



July 2026 Newsletter



July Impact Story: Issaquah HS Mentor Etta

Mentor

I have been a part of Athletes for Kids for about a year and a half, starting my sophomore year. My siblings had all been a part of it and had told me all about the countless happy memories they had shared with their mentees. I really wanted to join in hopes of making a connection and making a difference in someone's life. From the moment I met my mentee, I knew there was never going to be a dull moment in the time we shared together. Meeting with her every week and doing different activities together is always something I look

every week and doing different activities together is always something I look forward to. No matter how stressful school or sports get, spending time with my buddy is always the highlight of my week. One of the biggest things I have learned from my connection with my buddy is to find joy in the little things and not take life too seriously. Her positive attitude and excitement during our visits have reminded me to stay present and appreciate every moment.

From exploring different parks to trying new crafts, I always have a wonderful time with my buddy. One of my favorite memories was when we tried finger painting one week. We experimented with making different animals using the palms of our hands. Our finished product was a canvas with our handprints on either side of a heart, along with the date and our initials. My buddy excitedly ran upstairs to tell her mom about our amazing artwork. As she led us to her room, she exclaimed “we can put it on my dresser, next to the picture of us!” Confused about what photo she was talking about, I looked at where she was setting the canvas down. There on her desk was the photo we had taken at the Halloween event, put on by Athletes for Kids. The photo was framed in the case that we had decorated with all sorts of stickers that day.

Seeing how much joy and happiness one little photo we had taken together brought to my buddy made me realize just how much our connection meant to her and how I was impacting her life for the better. She has helped me grow as a person ever since our first meeting, and I can’t wait to continue making memories with her that I will cherish for the rest of my life.

Mentee Parent

Our daughter absolutely adores Etta! I have seen her turn into a confident, happy girl who has more self-esteem. She so looks forward to her time with Etta. I can’t say enough good things about Etta. What an amazing girl! She blows me away with her commitment and support for our daughter. Every week, she gives her the most important gift anyone can give - her time. I hope our daughter is just like Etta when she is that age. Amazing girl!

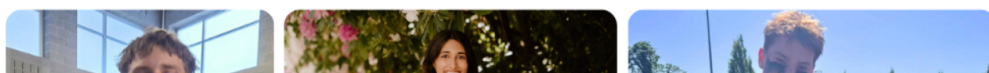
With Gratitude



Thank you to Nothing Bundt Cakes!

A huge, sweet thank you to the Issaquah Nothing Bundt Cakes for donating desserts for this year’s Senior Mentor Celebration. This is the second year in a row that mentors and their family members were treated to delicious bundtins! Thank you, Nothing Bundt Cakes, for recognizing and celebrating the work Athletes for Kids does in the community. We appreciate your support!

AFK Moments





As we reflect on a month of memories, we look forward to more mentorship moments and embracing acceptance, friendship, and kindness every day.

[Donate Now](#)

[CONTACT US](#)
[JULY CALENDAR](#)
[VISIT OUR WEBSITE](#)
[UPDATE YOUR INFORMATION](#)

FOLLOW US

