The Buddy Bulletin

A New Best Buddies Year!

It is a brand new year for Best Buddies at Creighton as students return back to campus. We have a great group of College Buddies and Associate Buddies who are very excited about finally meeting their new friends! The matches have been made and September 27, the pairs will meet and start building friendships over cookie decorating. For the next two semesters, matches will attend group events and participate in one-on-one activities as they get to know each other. Friendship is so important for everyone to have in their lives and it is Best Buddies’ goal to make sure that everyone has a great time together. So get out there and enjoy your new friendship!

Best Buddies Mission Statement

The mission of Best Buddies is to enhance the lives of people with intellectual disabilities by providing opportunities for one-on-one friendships and integrated employment.

Inside this issue:

- A New Best Buddies Year
- Upcoming Events
- Ideas for One-on-One Activities
- Buddy Profiles
- Calendar

Upcoming Event:

- Matching Event Cooking Decorating September 27, 2009 Harper Center @ CU 2:00pm—4:00pm
- Chapter Meeting October 1, 2009 COBA 310 9:00pm
- October Event Field Day October 11, 2009 Elmwood Park 12:00pm—2:00pm
Ideas for One-on-One Activities

So, you are starting out a new year with Best Buddies and you are stumped to find an activity that you and your Buddy will both enjoy. Well here to help is a list of just some of the possibilities that could be both fun and a great way to get to know each other:

• Rent a good movie and pop some popcorn. Can’t pick a favorite movie? Watch two!
• Get out in the community and lend a hand. Think soup kitchen or run walk.
• Like sports? Creighton sports are lots of fun. Attend a volleyball, soccer, or basketball game. Go Jays!
• Stroll the mall. Even window shopping can be fun!
• Hang out in the kitchen and make some delicious cookies or a marvelous lunch.

Here are some fun things going on in Omaha that you and your Buddy can enjoy:

• Omaha Farmer Market (until October 10th) in the Old Market
• History of Omaha Ice Hockey at the Durham Museum (until November 1st)
• Explore pre-historic Omaha at DinoQuest in Fontenelle Forest (until October 31st)
• Check out the animals at the Henry Doorly zoo.

Buddy Profiles

Have a story about you and your Buddy that you would like to share? Did you have a great idea for a one-on-one activity that you really enjoyed? Please share with us and we will post it in the next issue of the Buddy Bulletin. Submit your stories to carriebon-sutto@creighton.edu. We look forward to hearing about your adventures and friendships!
RING RING! Don’t forget to contact your Buddy once a week. Communication is key when building relationships!

Best Buddies
Creighton University
2500 California Plaza
Omaha, NE 68178

Contact College Buddy Director, Katie Jacobs, at kathleenjacobs@creighton.edu

I see you.

Visit us on the Web!
www.creighton.edu/groups/bestbuddies

October 2009

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