



# 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®



## 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.

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### 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:

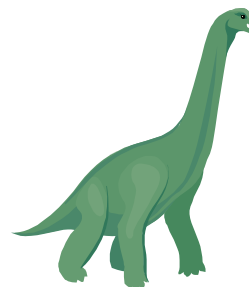
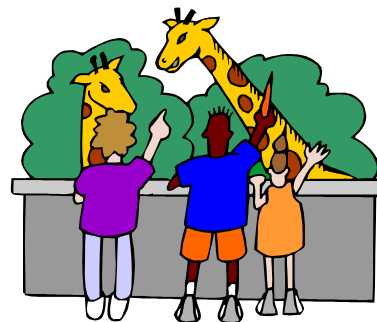
- Rent a good movie and pop some popcorn. Can't pick a favorite movie? Watch two!
- Get out in the community and lend a hand. Think soup kitchen or run walk.
- Like sports? Creighton sports are lots of fun. Attend a volleyball, soccer, or basketball game. Go Jays!
- Stroll the mall. Even window

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](mailto:carriebon-sutto@creighton.edu). We look forward to hearing about your adventures and friendships!

## Best Buddies

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

▶ I see you.

Visit us on the Web!  
[www.creighton.edu/groups/bestbuddies](http://www.creighton.edu/groups/bestbuddies)

RING RING! Don't forget to contact your  
Buddy once a week. Communication is key  
when building relationships!



# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chapter Meeting	2	3
4	5	6	7	8	9	10
11 Group Event	12	13	14	15	16	17 CU Fall Break
18 CU Fall Break	19 CU Fall Break	20 CU Fall Break	21 CU Fall Break	22 CU Fall Break	23 CU Fall Break	24 CU Fall Break
25 CU Fall Break	26	27	28	29	30	31 Halloween