



The Buddy Bulletin

BEST BUDDIES MISSION STATEMENT

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



Welcome Back Buddies!

As the College Buddies begin their Fall semester, it is time for the Creighton chapter of Best Buddies to come back together and develop

more Buddy friendships.

Over the summer, many returning Buddies kept in touch and continued their friendships. Now,

with new members joining the group, new friendships will blossom and hopefully lead to wonderful experiences for everyone!

Creighton University Best Buddies

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September 2008

Important Dates:

- ☺ Matching Event
Ice Cream Social
Sept. 28
- ☺ Chapter Meeting
Oct. 2 @ 9:00
BA 315
- ☺ Group Event
Oct. 12 @

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Ideas for One-on-One Activities



The hardest part of a friendship can sometimes be finding something to do together that you both will enjoy. Here are some ideas to get you started:

- Watch a movie at home. If you can't decide on a favorite, watch two!
- Attend a sporting event together. Go Jays!
- Get involved in the community with a volunteer project or Run/Walk Event.
- Enjoy nice weather with a walk in the park or a fun game of Frisbee.
- If you both like to shop, head to the mall. Even window shopping can be fun!
- Introduce your buddy to your friends and ask to meet theirs. The more the merrier.
- Meet for lunch or get creative and make lunch together.



Buddy Profiles

Every month in our newsletter we want to feature a Buddy Pair, so that we can get to know everyone and share in the joys of the friendship. If you would like to be featured in the monthly article, please contact Carrie Bonsutto at carriebonsutto@creighton.edu



Commit to Your Friendship

This year, we want to guarantee the success of the friendships formed through Best Buddies. A friendship like this takes work and requires both people to nurture it. Most importantly, we want everyone to have fun. The more you participate, the more you will get to know your Buddy, and the more fun you will have.

Creighton University Best Buddies

Contact Ashly Moore with any Best Buddies questions

E-mail: ashlymoore@creighton.edu

I see you.

BEST BUDDIES



DON'T FORGET:

Call or email your Buddy at least once a week.

They love to hear from you and you both can learn more about each other through communication!



COLLEGE BUDDIES! YOUR MEMBERSHIP DUES ARE DUE AT THE MATCHING EVENT !!

October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Chapter Meeting	3	4
5	6	7	8	9	10	11
12 October Event	13	14	15	16	17	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 CU Fall Break	27	28	29	30	31 Halloween	