

## BEST FRIENDS MENTORING PROGRAM

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## *Best Friends Mentoring Program*

# The Best News

[www.westernwellness.org](http://www.westernwellness.org)

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## Mentor provides great one-on-one time

DeAnna enrolled her daughter, Hannah, in the Best Friends program when a babysitter had asked if she could be her mentor. Although the first mentor is no longer around, Hannah is still in the program and with a new mentor, Katlyn.

DeAnna decided to enroll her daughter in the program because Hannah is the middle child, and DeAnna thought that she might not be getting the attention she needed.

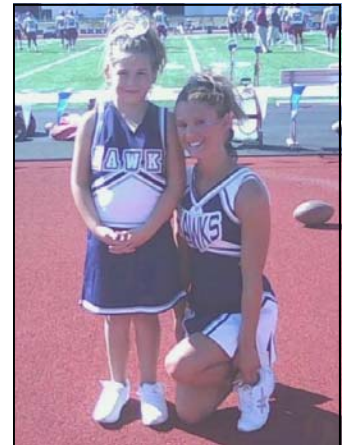
DeAnna also thought a one-on-one friendship would benefit Hannah.

Katlyn is a student at

Dickinson State University and is involved in cheerleading and wellness club. Katlyn decided to become a mentor because she wanted to give some of her time to a child who needed it.

Hannah said that if she could, she would spend every day with Katlyn. DeAnna has noticed that Hannah has been getting along more with her siblings since entering the Best Friends program, and contributes this to the one-on-one friendship that Hannah receives from Katlyn.

"I think it's been such a good thing," DeAnna



**Hannah and Katie in DSU cheerleading uniforms.**

said.

Katlyn and Hannah have been matched since April 2009 and enjoy cheerleading, going to the rec center, and makeovers.

## VISTA joins The Best Friends Program



**Casey Peterson**

The Best Friends Mentoring Program welcomes Casey Peterson as an AmeriCorps VISTA. Her work will include supporting the mentoring program, special event planning, marketing, and working with

other forms of communication.

Originally from Staples, Minn., Casey graduated from North Dakota State University in May with a bachelor's degree in public relations and advertising. Casey has experience as the communications intern at the Home Builders Association and working with first-year college women as a resident assistant at

NDSU.

AmeriCorps VISTA is a national service program designed to fight poverty. A recent program evaluation showed that 68 percent of youth in the Best Friends Program qualify for free or reduced cost meals, which is almost double the state average. VISTA stands for Volunteers in Service to America.

**YOUR BUSINESS NAME HERE...CALL 483-8615 FOR DETAILS!**



## Junior Friend Profile: Positive Role Model Needed

Michael is a second grader looking for a Senior Friend to be a positive role model in his life and to hang out with him outside of school.

Michael's favorite activities are riding his bike, skateboarding, and playing cards. He also enjoys activities such as playing video games, sports, and

fishing. Michael is involved in Cub Scouts and hockey club.

Michael would like a Senior Friend who can teach him more about mini-golf, camping, and bowling.

Could you be that special person who brings a male perspective to Michael's life?

Call Best Friends Mentoring Program today to find out how you can make a difference in a child's life: 483-8615 or toll free 1-877-877-8685.



**"A lot of people have gone further than they thought they could because someone else thought they could."**

**-Unknown**

## Match Spotlight: Tyler Schmidkunz

Tyler Schmidkunz volunteered with Best Friends because he likes working with kids and wanted to be able to make a difference in a kid's life.

Tyler has been matched since October 2008 with a boy in elementary school. They do many different activities together such as watching movies, going to football games, going to

the rec center, homework, and carving pumpkins at Halloween time. He also spends some extra time helping his Junior Friend's classroom.

"Mentoring is never boring. There's always something new. I really like hanging out with the boy that I mentor," Tyler said.

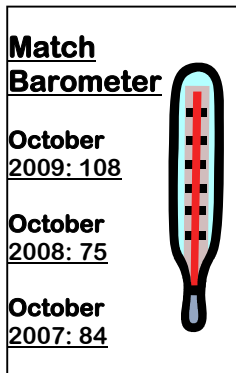
Tyler currently attends Dickinson State University,

where he is majoring in elementary education, plays football and runs track.



**Tyler Schmidkunz**

## Match Spotlight: Friendship Milestones



The Best Friends Mentoring Program recognizes the anniversary milestones of long time mentors and youth in the program.

### Six Year Anniversary

**Connie and Annie**  
Matched: 01/07/2003

### Three Year Anniversary

**April & Katie**  
Matched: 10/25/2006

**Shaunda & Missy**  
Matched: 09/27/2006

### Five Year Anniversary

**Samantha & Debra**  
Matched: 2/11/2004

**Laurie & Shantel**  
Matched: 11/19/2004

**Brittany & Courtney**  
Matched: 11/30/2004

*Have you considered a bequest to the Best Friends Program?*

# DHS graduate named as 2009 mentor scholarship winner

The Best Friends Mentoring Program has awarded Shawn Senescall, of Dickinson the Senior Friend Scholarship.

While a high school senior, Shawn signed up to share some of his time mentoring a sixth grade boy once a week for nine months.

“I initially signed up for Best Friends to do my part in a community that has given me so much,” he said. “I have had fun and gained new perspective. I

am thankful for this opportunity.”

Shawn spent an hour each week with his Junior Friend, eating lunch at school and doing fun activities. Shawn also volunteered at Best Friends’ carnivals and other special events.

Shawn graduated in May from DHS and was involved in many extracurricular activities. He is now a first-year student at North Dakota State University, Fargo. Shawn is the son of

Scot and LuAnn Senescall, Dickinson.

To be eligible for the scholarship, the applicant must have volunteered as a Senior Friend at least nine months, submit an application and an essay, and be attending post-secondary education or training in the 2009-2010 school year.



Shawn Senescall

*“Mentoring is a brain to pick, an ear to listen, and a push in the right direction.”*

**-John C. Crosby**  
American Politician

## January is National Mentoring Month

National Mentoring Month (NMM) will be going into its ninth year in 2010 this January.

NMM celebrates mentoring and the positive effect it can have on young lives.

NMM’s goals are to raise awareness of mentoring in its various forms, to

recruit individuals to mentor, especially in programs that have wait lists of young people, and to promote the rapid growth of mentoring by recruiting organizations to engage their constituents in mentoring.

The Harvard School of Public Health and MEN-

TOR created NMM in 2002 with strong support from the U.S. President, Congress, and many celebrities.

If you or someone you know is interested in becoming a mentor, call the Best Friends office at 483-8615 or toll free at 1-877-877-8685.



Let us know if you would like to receive our newsletter electronically. Be one of the first 200 people to return this slip or email us at [bestfriends@ndsupernet.com](mailto:bestfriends@ndsupernet.com) to receive a BEST FRIENDS SHIRT! \*Shirts must be picked up at the Best Friends office.

Name: \_\_\_\_\_

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Thanks to Custom Design and Continental Metal for sponsoring the Best Friends shirts!

**'Making a positive difference in children and families, one at a time.'**

**BEST FRIENDS  
MENTORING PROGRAM**

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on Facebook too!**

**Sign up to receive this newsletter electronically: Call 483-8615 or email friends@ndsupernet.com.**



## Upcoming Activities & Events:

### **Fundraisers:**

*Help* with Santa photos. Best Friends receives a donation from each photo with Santa. Call the Best Friends Office at 483-8615 if you can help. The Santa schedule is posted in the office.

*Donate* The Best Friends Mentoring Program has started its annual Friendship Drive. Send your contribution to Best Friends, P.O. Box 542, Dickinson, ND 58601 or donate online at [www.westernwellness.org](http://www.westernwellness.org).

*Donate* Please save and recycle cell phones (all types) and aluminum cans. Items can be dropped off at our office. Please bring aluminum cans to one our recycling locations in Dickinson: the parking lots at Wal-Mart, Runnings Farm & Fleet, West River community Center and next to our office at 135 W. Villard St.

### **Fun:**

*National Mentoring Month* January is National Mentoring Month. Who mentored you? Thank them and pass it on!



**Best Friends  
Mentoring Program**

