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club 21

Learning and Resource Center

Serving individuals with Down syndrome,
their families, educators
and the community





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club 21 Learning and Resource Center*

is dedicated to the inclusion of individuals with Down syndrome in home, school and community life. Club 21 seeks to become a vital link in every family and educator's support network, offering services to children of all ages while helping them become visible, active, and appreciated members of the community.

club 21 Envisions...

a society enriched by the inclusion of individuals with Down syndrome.

club 21's Mission...

is to support individuals with Down syndrome, their families, and communities so that those individuals will reach their full potential and become fully included members of society.

club 21's Strategy...

is to create educational partnerships and progressive programs that will enable individuals with Down syndrome to fully integrate into society.

club 21's Core Values are...

- Family Support: You are not alone.
- Partnerships: Working together is better.
- Innovations: Let's try something new.
- Raising Expectations: I can do it!
- Inclusion: I believe I belong.



* Club 21 is named for the extra 21st chromosome that individuals with Down syndrome share.



Photography courtesy of Nicholas Lopez©

With your help club 21 can make a difference

There are many ways to impact the lives of individuals with Down syndrome at Club 21.

Here's how you can help...

- **Spread the Word**

Let people know that communities are enriched by the inclusion of individuals with Down syndrome and that Club 21 Learning and Resource Center is investing in the potential and future of children with Down syndrome.

- **Donate**

Club 21 is a non-profit 501 (c) (3) organization. Funds raised are essential in order for Club 21 to continue providing invaluable resources and services to children with Down syndrome, their families and educators. Opportunities exist for donors to underwrite programs and activities. Donors can become part of this powerful effort to work toward promoting knowledge and resources that meet the needs of individuals touched by Down syndrome. Donations are tax deductible and every donation is appreciated - large and small! Please contact us to learn more about supporting Club 21.

- **Sponsor an Event**

Serve as a sponsor for a Club 21 special event. The benefits of sponsorship include: company name and logo on all marketing and advertising materials, signage, press release and logo recognition and link on Club Twentyone website for one year.

- **Get Involved – volunteer time, talent and service**

Volunteers are an essential part of Club 21, without them, the programs cannot succeed. From tutoring, to caring for children, to peer buddies, the breadth of experiences and the compassion gained by a Club 21 volunteer is immeasurable. We invite you to get involved at Club 21. **Please contact us!**

Learn more about Club 21 at:
www.clubtwentyone.org

Down syndrome: FAQs

What is Down syndrome?

Down syndrome is one of the leading clinical causes of cognitive delay in the world - it is not related to race, nationality, religion or socio-economic status. Down syndrome is a genetic condition involving an extra 21st chromosome (Trisomy 21). This results in developmental delay, some unique physical features, and an increased chance for certain health conditions. When early intervention is taken and medical care is properly managed, most of these health conditions do not delay the child's developmental progress.

What causes Down syndrome?

Down syndrome results from a genetic imbalance in cells caused from an extra set of genes on chromosome 21.

How often does Down syndrome occur?

It occurs in approximately one out of every 800 live births. Women over the age of 35 are more likely to give birth to a baby with Down syndrome; however, over 80% of babies born with Down syndrome have mothers under the age of 35. There are approximately a quarter million families in the United States touched by Down syndrome today.

How does Down syndrome impact the development of a child?

There is wide variation in mental abilities, behavior and physical development in individuals with Down syndrome. Current research indicates that though the impact of Down syndrome can be severe, most children have only a mild-to-moderate intellectual impairment and are very capable of becoming educated, self-sufficient adults. Each individual with Down syndrome has their own unique personality, capabilities and talents.

What does the future hold for children with Down syndrome, today?

It is a bright and promising future for children with Down syndrome. Due to early intervention programs, living at home with their families, and inclusion in school and community life, yesterday's images and myths of Down syndrome are being shattered.



Photography courtesy of Janel Pahl©



club 21 is pleased to offer the following services

Family Support

Join other parents in a caring community where families thrive by getting the encouragement and resources they need.

- Weekly Open Play Groups to welcome parents of babies and young children
- Peer Social Events for children with Down syndrome, siblings, and friends
- Sibling Support Groups
- Individual Parent Consultations with Family Support Liaisons to help connect parents to other families, community resources, and Individual Education Program (IEP) support.

The First Steps Program

Celebrate those first milestones together! Appropriate ages: 0 - 3.

- Parent-Child Play Groups facilitate language and communication while developing fine and gross motor skills.
- Sign Language Classes
- Therapy Consultations - Speech, occupational and physical therapy

Core Classes

Teaching foundational skills essential to every child's academic and social development is at the heart of Club 21.

- **Every Child a Reader** program provides one-on-one literacy tutoring
- **Club Connections** program builds additional skills through:
 - small communication groups
 - social skills classes
 - assistive technology and computer literacy classes
 - enrichment programs; field trips, art, dance, music, martial arts, and a variety of other activities

School Support

Club 21 connects parents and teachers to the resources necessary to make inclusion successful.

- **The Mod Pod** - An educational resource center equipped with the tools and technology needed to modify classroom curriculum appropriately matched to each child's needs and abilities.
- **Outreach Facilitators** - Individuals dedicated to providing school and classroom consultations, Down syndrome awareness presentations, and inclusion support for educators and professionals.

Workshops and Conferences

Club 21 also provides current and practical information to families and educators.

- Sign Language Classes
- Down syndrome Age-Specific and Topic-Centered Workshops
- Teacher Training
- Literacy Nights
- Annual *Tools For the Journey* Conference for families and educators

For more detailed information about Club 21 programs, please visit:

www.clubtwentyone.org

