

My Mommy Goes To School Too!

As adult education students, parents are models for their children.

With pigtailed flying, 2 1/2 year old Rubi races through the front door of Mothers' Club each morning, cheerfully greeting teachers and friends with a big "Hi!" Rubi can't wait for school to begin. And, her mother can't wait for her own class to begin, too! While Rubi is in the early childhood program, her mother, Connie, is enrolled in one of our adult education classes, English as a Second language. She dedicates



Rubi with her mother, Connie.

three hours a day, three days each week to learning English - developing her speaking, reading and writing skills. Connie's goal is to become fluent in English. As an adult learner, Connie is a model for her daughter.

Since joining Mothers' Club last June, Connie has made significant progress in her studies. She hardly ever misses class, takes home assignments to do on her own, and helps other students when they need it. Every day Rubi sees her mother studying, completing assignments, checking out books from the library and enjoying school. And when a mother is successful she transmits that success to her child. Now I know how Rubi learned to be so confident. She has watched her mother!

It takes a lot of courage to go back to school after many years of being
See **Adult Ed**, page 2

Promoting Healthy Lifestyles

Huntington Hospital Brings Diabetes Prevention Class to Mothers' Club.

This summer, twenty one parents at Mothers' Club took advantage of a Diabetes Prevention Class through **Huntington Hospital's, "Healthy Eating Life Style Program."** According to **Ruth Blandon**, the Health Educator who taught the class, "We started this outreach program because we saw a great need for health information in the community. We developed three classes: Childhood Obesity, Diabetes Prevention and Diabetes Management. The overarching goal of this program is to encourage families to be more proactive in their health and to support families to make healthy lifestyle changes by creating better nutrition habits and including more physical activity in their day."

In the diabetes prevention class our parents learned how to make small changes in their eating habits and to be more conscientious when buying foods at the supermarket. Belen, one of the mothers who benefited from the course, shared her experience in the class, "Ruth is the teacher of this class and she comes every Wednesday. In the first class she weighed us and measured our waists. She explained to us about how excessive fat puts us at risk for having heart attacks and diabetes.

See **Diabetes**, page 2



Ruth Blandon, a Bilingual Health Educator from Huntington Hospital, leads diabetes prevention discussion.

In This Issue...

Let's Hear it for the Class of '08

Pre-kindergartners graduate at Mothers' Club.....Page 2

There's No Place Like Home

Our annual benefit successfully raised funds for new and on-going programs.....Page 3

Highlights from 2008 Annual Meeting

Honoring the service of retiring Board members and welcoming new Board membersPage 4

Help Mothers' Club Every Time You Shop!

Link your Ralphs club card to Mothers' Club on-line to support our programs.....Page 4

Grant Awards and Guardians.....Page 4

From the President.....Page 5

From the Director.....Page 5

Upcoming Events Open House Schedule.....Page 6

Mothers' Club Family Learning Center

980 N. Fair Oaks Avenue
Pasadena, CA 91103
626.792.2687 Office
626.793.1832 Fax

Visit our website at
www.mothersclub.org

Let's Hear it for the Class of '08



The Mothers' Club annual Pre-kindergarten "graduation" event is the culmination of our Early Childhood Education program. As the first year in our new home came to a close, we were thrilled to graduate 13 children who will be entering kindergarten this coming September. The ceremony was held in the auditorium at **Jackie Robinson Community Center** which provided the setting for our children to perform a traditional waltz that was choreographed by our mothers.

Following the recognition of the children, everyone returned to Mothers' Club for a reception in our beautiful S. Mark Taper Foundation Outdoor Learning Center.

With the efforts of teachers, parents, children, and supporters of Mothers' Club, we celebrated a joyful day with great company, delicious food, and memories that will be cherished by the children and families in the years to come. This event marks the beginning of a new adventure in their lives, and I

am confident that the children have not only gained a better understanding of the world around them, they have also discovered the joy of learning through the power of play. Mothers' Club provides a unique opportunity for children to gain solid skills as they explore and learn in a nurturing environment.

We would like to thank **Karen Bagnaard** and the **Pasadena/Altadena Soroptimist Club** for the backpacks presented to our graduating children, full of many goodies including uniforms and school materials. We also thank **Teri Davis** and the **National Charity League** for their backpacks stuffed with pencils, paper, stickers, socks, band-aids, and much, much more! Our children are off to a great start in school thanks to these two organizations.

Thank you to our graduation committee of mothers who organized and coordinated the children's waltz, food and decorations. And lastly, thank you to our pre-kindergarten teachers, **Sarahai Alvarez** and **Maria Sanchez**, for a great year spent preparing and caring for our children. This would not have been possible without all of your support, love, and dedication to Mothers' Club and the families we serve.

- Ana Gellegos

Children's Program Director

Adult Ed, cont. from page 1

away from it. Some mothers are ashamed that they did not finish high school or that they do not speak English very well. Many have had negative experiences in school that impact how they see themselves as a student. As a result, they feel inadequate and frustrated when helping their older children with homework assignments. Our adult education program provides these mothers with a second chance. We offer them support and guidance along with many opportunities to improve their skills, build confidence and achieve their goals.

Recent research in the field of adult education has revealed that adults learn best when they are engaged in activities that are meaningful and relevant to their lives. Our teachers

take time to assess the parents' needs and interests. Our challenge is to listen to parents and then to take an individualized approach to teaching them.

Our advanced ESL teacher Edgard Escalante works to create an open, trusting atmosphere in his classroom, "A morning in the ESL classroom is a happy, and educational time. Step by step, it builds a better student, capable of understanding and using the language in all life situations."

Connie recently wrote in one of her assignments, "The teachers are always motivating us to keep moving forward and not to give up." So, Connie and her daughter Rubi come together to Mothers' Club and are *BOTH* learning how to succeed in school.

- Julie Espinoza

Family Literacy Coordinator

Diabetes, cont. from page 1

I am learning to eat right and also how many calories I need per day. Ruth also played a video of simple and easy ways to exercise at home while cleaning and doing other house work. Walking at the park and playing ball with kids are good exercise and fun. She encourages us to make natural drinks from fresh fruits instead of buying them at the store, because these contain a lot of sugar."

Another mom in the class told me, "I was a person who had twelve tortillas a day! But now I only eat two or three. I eat more vegetables, and I cut down on soda." Ruth is excited and happy to be able to touch so many lives through this program. When I asked her what she wants the mothers to get out of her class, she was adamant: "It isn't about three or four weeks of change, it's a life style change."

- Julie Espinoza

Family Literacy Coordinator

There's No Place Like Home

Our annual benefit successfully raised funds for new and on-going programs.

On June 22nd, we opened the doors of our new home and welcomed over 175 community members to our annual fundraising dinner. Guests were happy to step out of the 100 degree heat wave, into our environmentally friendly facility - a facility whose solar-powered air-conditioning system passed the test with flying colors that evening.

Board members, donors and friends came together to honor **Judy and Randy Wilson** and the **Pasadena Chapter of the National Charity League** for their dedication to the agency and the Pasadena community. And **Alejandra Chavez**, a Mothers' Club participant, received our 5th Annual Inspiration Award for her leadership within our programs.

Judy Wilson, Past President of the



Board President Judy Smith (center) honors Judy and Randy Wilson.

Mothers' Club Board of Directors provided the visionary leadership that set the 46 year-old non-profit on the path to our new home. She spearheaded the organization's successful capital campaign and inspired many in Pasadena to make the new Learning Center a reality. Randy Wilson is an experienced real estate developer in Pasadena. His expertise, guidance and reputation helped keep Mothers' Club on the road to success.

The National Charity League, Pasadena Chapter, is part of a national non-profit organization which focuses mother-daughter relationships in a philanthropic group committed to community service, leadership development and cultural awareness. Mothers' Club



Board Member John Carlton (center) and other guests place children's photos on a "quilt" - another way the event helped generate funds for programs.

has benefited from myriad acts of kindness and generosity from this group of dedicated and hard working mothers and daughters.

Alejandra Chavez came to Mothers' Club in 2004, where she started to learn English and was given the opportunity and encouragement to set her goals. Currently, she and her two children attend Mothers' Club and she is teaching Spanish as a volunteer in the program. Alejandra is a homemaker and is working to reach her goals. She takes advanced ESL classes at Pasadena City College and wants to validate her degree from her home country this summer. Her dream is to become a teacher, and with support from Mothers' Club and her husband, she is sure to reach her goal.

The event raised over \$58,000 for new and on-going programs for families in northwest Pasadena - programs



Alejandra Chavez with husband Martin.

designed to strengthen families and break the cycle of poverty and illiteracy. We are very grateful to the dedicated group of volunteers who planned the event: **Judith Brown, Tom Coston, Susan Futterman, Pat McLaughlin, Sylvia Paz, Aty Rotter, Bonnie Valles, and George Wiley.**

We'd also like to express our sincere gratitude to all of our event underwriters and sponsors, including: **Sapphos Environmental, Inc., G.L. Kaplan Construction Company, David Catering, Unified Parking Service, Typecraft Wood and Jones, Harley Ellis Devereaux, Professional Business Bank, Foley & Lardner, LLP, and the Flintridge Operating Foundation.**

- Sarah E. Orth
Development Director



Executive Director Sue Kujawa (right) acknowledges Teri Davis of the National Charity League.

Highlights from our 2008 Annual Meeting

Two exceptional Board members recently completed their sixth year on the Mothers' Club Board and were acknowledged at our Annual Meeting on June 4th. **Mayor Bill Bogaard** was on hand to acknowledge **Judy Wilson** and **Betty McKenney**, who both served as President and were key leaders while Mothers' Club planned and implemented our capital campaign and built our new home. They will be missed by all of us.

That same night, we officially welcomed our new Board Members. **Linda Lopez** is a Broker Associate with Prudential California Realty. She has worked with a number of non-profits on various committees including the Junior League of Los Angeles, Team Mentoring Los Angeles, and Challenger Boys and Girls Club.

Sylvia Paz is currently working on her PhD at UCLA's School of Public Health. Her primary interest is Measurement and Access to Health Care of minority populations. Before beginning her doctorate, she worked in USC's Department of Ophthalmology managing NIH grants to evaluate general and vision care, and access to care of Latinos in the Los Angeles area. In the past, she served on the Board of the Pasadena Jewish Temple and Center.



George Wiley welcomes incoming Board members (from left to right) Jil Sheldon, Linda Lopez and Sylvia Paz.

Manfred A. (Manny) Perera is an associate at Foley & Lardner LLP, and a member of the Information Technology and Outsourcing Practice.

Finally, **Jil Sheldon** is a retired pre-school and kindergarten teacher. She has served on many Boards in Pasadena, including the YWCA, Pasadena Child Health Foundation, and Pasadena-Foothill Childcare Information Services.

Recent Grant Awards

Thank you to the following funders for their recent support of our programs for children and their parents in Northwest Pasadena:

The Carl & Roberta Deutsch Foundation
MOMS Club of Altadena
MOMS Club of South Pasadena
Peter Norton Family Foundation
Pasadena Community Foundation
Pasadena Tournament of
Roses Foundation
The Foundation of San Marino
Community Church
Soroptimist of Altadena/Pasadena
Whitecap Foundation

Thank you to Our Guardians

Individuals who sustain our programs with annual giving of \$1,000 or more:

Judy Smith Asbury & Greg Asbury
Gwen & Guilford Babcock
Carole & Mike Babcock
Ann & Olin Barrett
Renu Bhat-Hansen & Alex Hansen
Claire & Bill Bogaard
Jeannine Bogaard
Marie Campbell
Nancy & John Carlton
Kevin Clifford
Mrs. James Alexander Cobey
Mary Anne Cunningham
Leslie Dennis
Dorlys Devereux
Bonnie & John DeWitt
Sonia & John DiCiaccio
Anne Esbenshade & Michael Miele
Helen Minton Farley
Christine & Ira Felman
Jean & Louis Fleming
Susan Futterman & Arnold Siegel
Jennifer & Mark Giles
Stephanie & J. Dale Harvey
Deborah Heitz & Shaw Wagner
Tracy & Richard Hirrel
Adelaide Hixon
Ellen & Harvey Knell
Annette Kunzman & Douglas Soloman
Valerie & George Leiva
Rosemary Lonergan
Linda Lopez & Harold Perera
Maria Low Way
Kathy & Tony Magistrale
Judy & Stephen McDonald
Betty & Charles McKenney
Patricia McLaughlin
Margaret & David Mgrublian
Maria & John Minervini

Help Mothers' Club Every Time you Shop!

If you shop at Ralphs Supermarket, they will make a donation to Mothers' Club every time you use your Ralphs Club Card. Just follow these simple steps to register and help fund our programs:

Register online at www.ralphs.com, click on community contributions then click on participants.

Be sure you have your Ralphs Club Card available and register the card with Mothers' Club by following the easy online directions.

If you do not have a Ralphs Club Card, they are available at the customer service desk at any Ralphs.

Remember, purchases will not count for Mothers' Club until after you register your card.

Do you use your phone number at the register? Call 800-660-9003 to get your Club Card number.

Members must swipe their registered Ralphs Club Card or use the phone number that is related to their registered Ralphs Club Card when shopping for each purchase to count.

Norah Morley
Janice & Richard Morris
Wendy Munger & Leonard Gumport
Jennifer & E. David Murphy
Mary Lois Nevins
Celia Gomez Newman
Judy & John O-Neill
Beth & Christopher Orndorff
Kathleen & Donald Orth
Claudia & Ramon Pack
Sue Parilla & Theodore Krontiris
Teresa Payton
Sylvia & Benjamin Paz
Peggy Phelps
Gay & Ron Redcay
Marsha V. Rood
Aty & Howard Rotter
Pam & Tony Schwarz
Carol & Carl Selkin
Joyce & Richard Summerwill
Victoria & John Tongish
Maxine Tongish
Heather & Michael VanMeter
Julie & Stephen Webber
Judith & John Whiting
Cindy & George Wiley
Judy & Randy Wilson

From the President...

Dear friends,

As I prepared to enter a second year as president, I reflected on how much was accomplished this year. It was a year of firsts: moving in and adjusting to our incredible new home, and beginning our journey to discover what paths to take as we grow into the promise of our expanded facility.

I am especially grateful to our board and the members of the executive committee for their thoughtful leadership this year.

Under the leadership of our development chairperson, **Marie Campbell**, our Board reached all of their fundraising goals. She personally spearheaded the work of our *Guardian* team, bringing on 10 new *Guardians* during the year. I acknowledge each of her sub-chairs for their dedicated work: **Kathy Magistrale** who headed our Outreach Team; **Judy Wilson** who transitioned our capital campaign into a Major Gifts team; and **Aly Rotter** who helped make our annual fundraising gala a great success.

Our Building and Grounds committee, led by the energetic **Marsha Rood**, compiled the manual for maintaining our new building - a binder of multiple inches! They also tackled the strategic thinking on how to handle rental requests, funds for future maintenance, and more. I never realized so much goes into maintaining a 10,000 sq ft building!

Our finance committee, led by **Pat McLaughlin**, made sure we towed the line on our fiscal responsibility as board members, ensuring our income always exceeded our expenses.

And our Nominating & Governance committee chair **George Wiley** helped us define policies for more transparency and clarity in our board nomination process. His team successfully recruited four new Board members.

These chairs, joined by Vice-President **Norah Morley** and Secretary **Kathy Magistrale** rounded out the Executive Committee that guided us this year, and I am very grateful to all of them, and every single board member, for their support and commitment to Mothers' Club.

2008/2009 will be an exciting year for Mothers' Club as we discover how to best expand our services. We have been engaged in a rich dialogue with

From the Executive Director...

Most people know that Mothers' Club is not just for mothers. In fact, we are acutely aware of the important role that fathers play in the healthy development of families. One of the most popular parent education topics involves the necessity of engaging fathers in parenting young children. Our mothers often share stories from their childhoods about the bonds they had, or were not able to have, with their fathers. We also know that fathers often face very tough challenges. Many of them work more than one job to provide for their families; many of them didn't have a father to provide a role model; and many times their extended families are not available to provide support. So there are many, many pressures weighing down on them.

So it is especially rewarding to witness the celebration of Father's Day at Mothers' Club. This year, the mothers, as part of their leadership training, planned an outstanding event.

Fathers were invited to come to Mothers' Club one Monday evening in late June. The children's teachers had worked with the children to make gifts for their fathers, including portraits, framed photos, poems, and much more. Teachers made sure there were plenty of examples of the children's work on the walls, and planned simple activities for children and their fathers to do together that evening. More than 30 fathers and their families arrived, many after working all day, and some having taken time off

outside experts, community members, board and staff about our future directions. We are growing a vibrant new chapter for Mothers Club Family Learning Center - a chapter that honors its beginnings, but also embraces the new reality it has and can become.

With Warm Regards,
Judy Smith Asbury
President of the Board

from work to be there. The halls were filled with the sounds of children laughing and calling to their "papas" to see this and see that.

After visiting the classrooms, the fathers moved into our parking lot which had been transformed into a family style dining area. Food - and I mean lots of food - had been prepared by the mothers and set out on a long line of tables. Our wonderful, reliable, cheerful volunteers from the National Charity League served up large portions to fathers, mothers, grandparents, little children and older siblings.

The highlight of the evening came after dinner, when a group of mothers performed karaoke songs to an attentive audience. The performers dressed up as popular Latino singers, complete with cowboy costumes, sombreros, and wireless mikes (made of wire and duct tape). By far the most popular performance was a rendition of Venezuelan singer Franco de Vita's



A mother lip syncs to Venezuelan singer Franco de Vita's song "Not Enough" while other mothers wave images of fathers with children.

song, "Not Enough," that challenges men to be better fathers; telling them that it takes more than having a baby to be a father, and urging them to not hit their children, but to love them and stand by them. Mothers and fathers applauded and shouted their approval, grateful for this time to be together as a family, and to know they are a part of the larger Mothers' Club family.

- Sue Kujawa
Executive Director

Executive Director

Susan Kujawa

Board of Directors

Judy Smith Asbury, *Chair*
Renu Bhat-Hansen
Marie Campbell
John Carlton
Leslie Dennis
John DeWitt
Susan Futterman
Ellen Knell
Linda Lopez
Kathy Magistrale
Patricia McLaughlin
Norah Morley
Ramon Pack III
Sylvia Paz

Manfred Perera
Aty Rotter
Marsha V. Rood
Jil Sheldon
John V. Tongish
Heather Boyle VanMeter
George Wiley

Community Advisors

Judith Brown, *Chair*
Carole Babcock
Christle Balvin
Joan Cathcart
Jinny Cobey
Congressman Adam Schiff
Ann Erdman
Jean Fleming
Victor Gordo

Adelaide Hixon
Judy McDonald
Mary Lois Nevins
Fran Scoble
Maria Low Way

The Power of Two

July 2008
Editor, Sarah E. Orth
Photos, Mothers' Club staff,
Bonnie Valles for "There's No
Place Like Home"

Mothers' Club is a 501(c)3
non-profit organization.
Tax ID 23-7275324

About Mothers' Club

Founded in 1961, Mothers' Club prepares families living in isolation and poverty to succeed in school and in life. We promote strong parent/child relationships and encourage friendship and mutual support among mothers through our educational programs and social services, thereby creating a stronger community for all families. Since our inception, we have evolved in direct response to the needs of families in our community. Today we are a model family support and education center.

Learn more at www.mothersclub.org

Community Open Houses

Please join us for a tour & conversations with staff and Board members.

9:00 AM - 10:00 AM

September 16
October 14
November 18
December 9

Please note that there will be no Open House in August.

To provide a courtesy RSVP, or for more information, please call us at (626) 792-2687 ext. 122

Help Our Endowment Grow One Gift at a Time

Gifts & bequests to our endowment fund will ensure future programs for generations of mothers and young children.

We recently received a phone call from one of our supporters who wanted to know if Mothers' Club has an endowment. Yes we do! The fund is wisely invested by our Board of Directors and the interest can be used to fund on-going programs and operations. This donor went on to make her family's gift to our annual fund, AND a matching gift to our endowment - putting her donation to work now and investing in future generations!

Another way to help our endowment grow is by making a legacy gift to Mothers' Club through your will or living trust. A provision in your estate will touch the lives of many families in perpetuity. If you would like to learn more about legacy giving, talk to your financial advisor or contact our Development Office at (626) 792-2687 ext.122.



Mothers' Club Family Learning Center
980 N. Fair Oaks Avenue
Pasadena, CA 91103

Return Service Requested

Non Profit Org.
U.S. Postage
PAID
Pasadena, CA
Permit No. 265