Community Service Portfolio

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Center of Love Service Learning Group is dedicated to share the members' talents with the disabled at Center of Love in Mokattam (Garbage City in Cairo, Egypt).

2011-2012



drawn by Joon Ho Park

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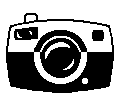
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### **SMART Goals**

**Specific**

Our goal at Center of Love is to make a close relationship with the children at the center and educate life skills and hygiene as well as academic knowledge.

**Measurable**

We will know that we have achieved my goal when the children are able to use soaps and hand sanitizers after each activity and meal. Also, we will notice how the children are enjoying our presence to see if they feel safe, contented, and accepting.

**Achievable**

Although the children are offered hygienic products, they do not have the habit or the understanding of why keeping themselves clean is important. It will be challenging to teach disabled children a confusing concept since we are neither a trained mentors nor speak the language fluently enough. However, we do believe that through demonstrations and repetition, the children will be able to achieve the goal.

**Realistic**

The goal is within our capability, resources, and authority. We are capable of demonstrating how to keep ourselves germ free and purchasing the necessary materials. Money may become an issue if our organization fails to pay for buying soaps and hand sanitizers.

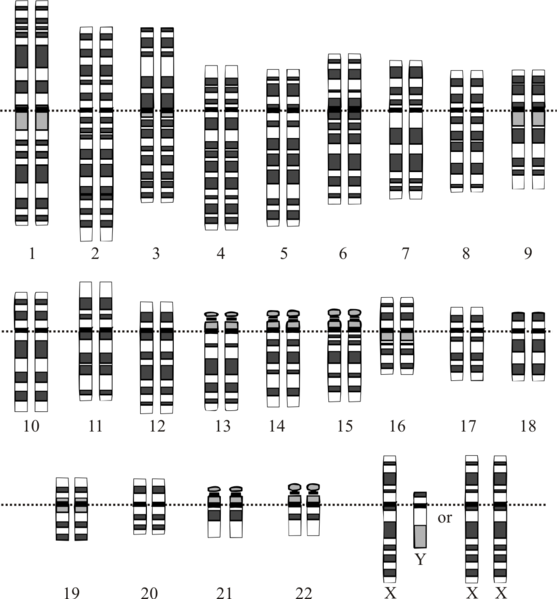
**Timely**

We would like to see a result by the end of the year, around the end of April or the beginning of May. Our goal is not to just see an action, but a habit. We want to see a constant habit of washing hands and keeping materials and surroundings clean.

### **Updated Action Plan**

### **Disability Research-Down Syndrome**

Down syndrome or Down's syndrome, also known as trisomy 21, is a chromosomal condition caused by the presence of all or part of an extra 21st chromosome. Many children at Center of Love have Down syndrome.

<Chromosomes of Down Syndrome>

**Causes**

Down syndrome results when one of three types of abnormal cell division involving chromosome 21 occurs. All three cell division abnormalities result in extra genetic material from chromosome 21, which is responsible for the characteristic features and developmental problems of Down syndrome. The three genetic variations that can cause Down syndrome include:

* Trisomy 21.

More than 90 percent of the time, Down syndrome is caused by trisomy 21. A child with trisomy 21 has three copies of chromosome 21 — instead of the usual two copies — in all of his or her cells. This form of Down syndrome is caused by abnormal cell division during the development of the sperm cell or the egg cell.

* Mosaic Down syndrome.

In this rare form of Down syndrome, children have some cells with an extra copy of chromosome 21. This mosaic of normal and abnormal cells is caused by abnormal cell division after fertilization.

* Translocation Down syndrome.

Down syndrome can also occur when part of chromosome 21 becomes attached (translocated) onto another chromosome, before or at conception. Children with translocation Down syndrome have the usual two copies of chromosome 21, but they also have additional material from chromosome 21 attached to the translocated chromosome. This form of Down syndrome is uncommon.

There are no known behavioral or environmental factors that cause Down syndrome.

**Signs**

* A flat facial profile
* An upward slant to the eye
* A short neck
* Abnormally shaped ears
* White spots on the iris of the eye (called Brushfield spots)
* A single, deep transverse crease on the palm of the hand
* Smaller than average size
* Exaggerated space between the first and second toe
* Poor muscle tone (called hypotonia)
* Joint looseness
* Broad feet with short toes
* Learning disabilities.

**Symptoms**

* Thyroid problems
* Hearing problems
* Congenital heart disease
* Eye problems
* Seizure disorders
* Bone, muscle, nerve, or joint problems
* Leukemia and other cancers
* Immune system problems
* Developmental delay
* Mental retardation
* Alzheimer's disease.

**Treatment**

Because it is a problem with the chromosomes, there are no cures for Down syndrome. Therefore, treatment for the condition focuses on controlling symptoms and any medical conditions that result because of Down syndrome.

Treatment for Down syndrome can include:

* Regular checkups and screening
* Medications
* Surgery
* Counseling and support

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## **Jan. 20 Journal**

I spent the whole morning building the overall structure of the website for the center. Fortunately, I came to learn how to build the two-language website. It is pretty tough to create a website written in two languages. Now I have framed the outline of the site and asked Eunhee, one of our members who are fluent in Arabic, to translate some stuffs in English into Arabic. All I need is little bit of time and effort to finish the website. Proud, I learned my small talent can make a huge difference.

In the afternoon, I arranged the drive to go to the center tomorrow. It took me almost three hours to finally set up the solution for the problem. Then, Sena told me about Youtheca, which is the organization for all the extracurricular activities. The institution will be holding the expo in this summer with the prize of 6000 dollars. I could not help myself from craving the money, which would greatly benefit helping the children at the center. Thus, I made the group page in Youtheca site and invited everyone to join. In the process of informing the wonderful organization, I was on the cusp of blowing up, because of a member who could not understand my crystal clear direction. Nevertheless, with great endurance, I could prevent such a disaster. Acknowledging that leadership always follows patience, I could grow up.

## **Jan. 21 Journal**

There is a little girl in class who loves me so much that she is kind of obsessed of grabbing my attention. In physical education class, she saw me passing a ball to other kids and she got really mad at the kids who were playing with me. (she couldn’t dare to hate me :)) So, she hit them and it was pretty shocking. I felt discipline in addition to love and care is needed to kids at the center.

## **April.11 Journal**

The smell of the garbage city in Mokattam was stinking as usual, which I can never get used to; however, it could not keep my friends and I from being excited to work with kids. Since we had gone the center only two days ago, the kids greatly welcomed our visit.

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Today, I went to the class where six or seven-year-old children are. As usual, I drew flower, sun, house, car, etc. on the kids’ hands and wrists with body painting color pencils and they loved it. Sometimes, I feel a bit guilty when kids appreciate things that I take it for granted.

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Well, I should not like a kid more than others. But, there is an exceptionally adorable, cute one in the class. So, I hugged him and lifted him up as he really liked me doing so. But then other kids saw us and demanded me to do the same thing. After 5 minutes, I was totally knocked down and my arms still hurt.

## **May.2 Journal**

When the bakes were sold out, I felt accomplished and contented. Through organizing the fundraising and selling the bakes, I realized I am now an independent individual who can make my own decision in my life and be responsible for it. Though the sale took place only for an hour, I learned invaluable life lessons. Also, today I had to speak to people who I do not know at all, to sell. This was a great to change me since I am not a person who expresses oneself frequently and tend to be shy to people who are not really friends of mine. And, today’s experience was a sort of compensation for me. Being a leader of a pretty large group (I think) was not easy for me. To confess, I was upset when the members were apathetic and unconcerned of what we do. However, today’s bake sale showed all of us are passionate about and dedicated to helping the children at the center. I am really proud of our service learning group.



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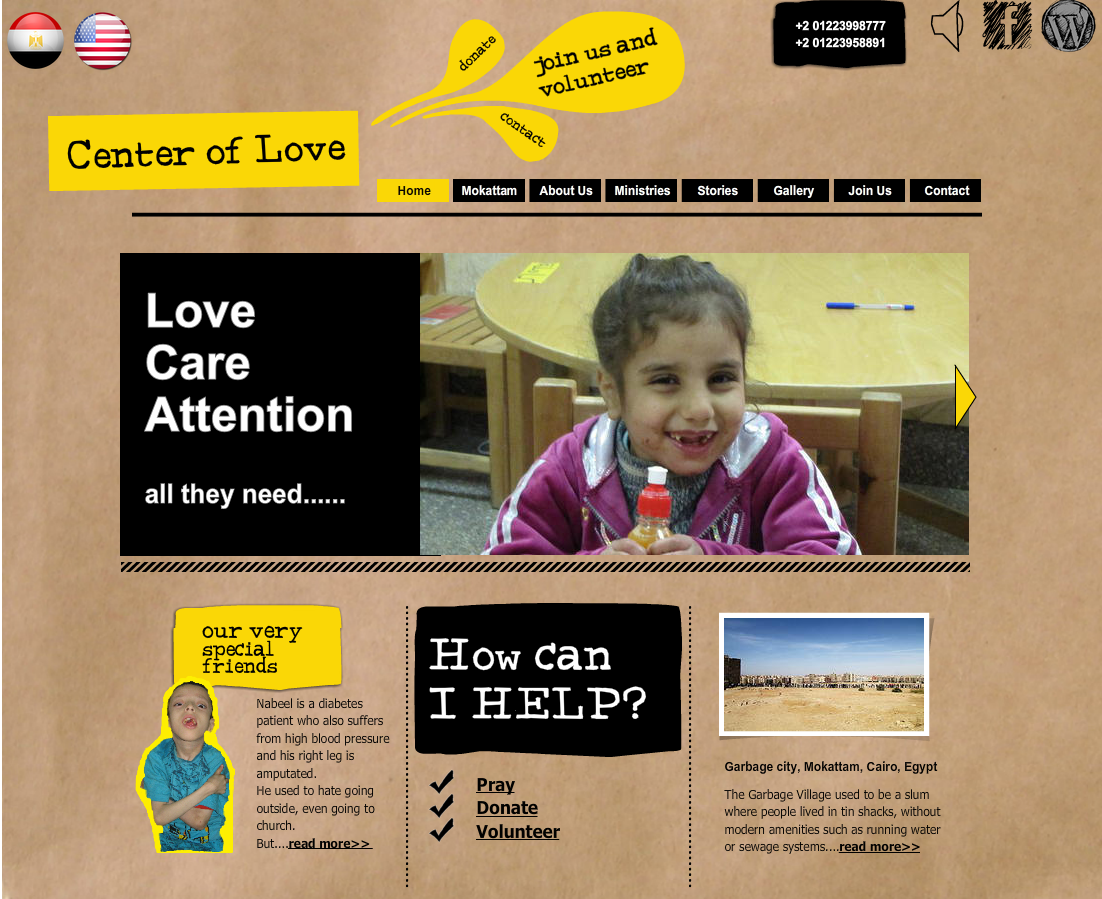






### **The Official Website of Center of Love** (approved by Ms. Mazhar this is equivalent to a reflective essay)

<http://www.centerofloveegypt.com/>



designed& created by Hannah Chang

(Arabic) translated by Eunhee Lee