

Brighten the life of

SOMEONE LIKE JOHN AND MAKE IT LAST THE WHOLE YEAR!

When John turned 22 last year, he aged out of high school—a term that means you need to move on. But what would John do now? His parents, Andrea and Mark weren't sure.

"Transitioning from high school is like falling off a cliff," they said. John is their only child and is diagnosed with Down syndrome, with autistic tendencies.

Andrea and Mark wanted John to join a fun, dynamic day program where he could be in the community and have a variety of experiences and outings to choose from. But they knew that John's sensory issues could quickly spiral into behavioral issues, so the search was challenging.

When Andrea met the staff at CSS, their world changed. **"CSS has a different mindset than other organizations. The staff was very thoughtful and treated him like a true individual."**

For **starters**, a Board Certified Behavior Analyst met with their family ahead of time, and then coached the staff about how to introduce John to the day program. She even stayed with John for a few days to make sure his transition was smooth. Andrea cautioned that John doesn't make connections easily, but he hit it off with two staff members right away, calling Vince and Andrew friends.

John's behaviors of concern have decreased and are now being replaced with more appropriate **actions** through positive reinforcement. Not long ago, John got a special visit to the park when he remembered to use speech rather than disruptive behavior to express himself. Now, what do his parents think about that cliff they were worried about?

"At CSS, John is safe and happy...what more could we ask for?" —Andrea & Mark, John's parents

THIS HOLIDAY SEASON, BRIGHTEN THE LIVES OF YOUNG PEOPLE AS THEY TRANSITION TO ADULTHOOD.

DONATE TODAY! 

Seasons Greetings from All of Us at



Diane Farina White
President/CEO



*John (top)
John and Andrew
(bottom)*



CSS Provides Josh

HAPPINESS FOR THE NEW YEAR!

In 2019, Josh will celebrate his 23rd birthday. Thanks to CSS, this new year holds a lot of promise for him.

When he completed high school, his mom, Alisa, searched for ways for him to stay involved and active.

"I like being busy. Busy is who I am!"
said Josh.

The transition team at Riverside Brookfield High School told his family about CSS. Knowing his eagerness to participate in just about everything, they checked out CSS' new day program, **Community360**. Josh already had a job at Culver's where he worked one day per week, so he wanted a flexible schedule to enjoy other activities.

Community360 seemed like the perfect fit for him. He could attend full-time or part-time. His family felt the intimacy of the day program as soon as they visited the site. They said there was ample staff and the environment was just the right size for Josh. **"It was clear that the staff was engaged and recognized everyone for their unique abilities,"** remembers his mom.

But Josh didn't stop there. He also signed up for CSS' **Team Up** program on Thursdays in Oak Park with his long-time friend, Kelly. They stay healthy in Exercise class, and prepare nutritious lunches at Fox Center in Oak Park. Plus, there are plenty of fun activities each week like going to the movies, visiting the zoo, taking trips to the park, and even enjoying the beach in the summertime.

Josh also has a creative side that developed when he signed up for **CSS' Art360 program**. He learned about the importance of recycling and demonstrated his skills by making art from recycled materials. Josh proudly showed off his work on the final day of class where his family and friends attended a real art exhibit featuring his work.

This year, Josh's schedule looks like this—he has the perfect blend of continued learning and being social with friends.

Josh's Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CSS Day Program	CSS Day Program	Work at Culver's	CSS Team Up	CSS Day Program

CELEBRATE THE NEW YEAR BY HELPING INDIVIDUALS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES GET THE MOST OUT OF 2019.

DONATE TODAY! 

Happy New Year from All of Us at



Diane Farina White
President/CEO



Josh with friends
at Community360 (top)
Josh at Art360 exhibit
(bottom)



CSS is a Blessing to Our Family

Kazzy is diagnosed with autism and is non-verbal. At just 18 months, she developed two cysts on her brain from a tragic injury at birth. Although the cysts were removed, as Kazzy grew, she developed a severe seizure disorder. These were so severe they caused her to drop to the floor, turn purple and stop breathing. This was a terrifying experience for her family.

Her family relocated to Lyons so they could be closer to Kazzy's hospital. Her medical conditions required frequent visits. But for months after the move, Kazzy and her mom, Marlene, were together "24/7." Her mom was Kazzy's sole caregiver and with such complex medical issues, she never felt safe leaving Kazzy with anyone else.

"This togetherness had its benefits, as well as challenges," remembers Marlene. She didn't have time to spend with her husband, or take time for herself.

Fortunately, they soon found CSS and were able to taking breaks from their caregiving twice per week as their Respite worker, Laura, stepped in. **"Laura was a blessing!"** said Marlene, **"CSS helped me to find a safe, reliable person to leave my daughter with. They go the extra mile and do background checks, teach CPR and safety certification training that helped me feel safe leaving my daughter in this person's hands."**

Now Marlene can run necessary family errands, or just take a walk by herself, while Kazzy is safely with her CSS Respite worker doing fun art projects she loves. Marlene and her husband even had a date night, their first in three years!

Respite is CSS' most requested service. Your gift to CSS this holiday season provides precious time for loving care givers to replenish their energy and enjoy family time.

THIS HOLIDAY SEASON YOU CAN...GIVE THE GIFT OF FAMILY TOGETHERNESS FOR SOMEONE DESERVING LIKE KAZZY AND HER FAMILY.

DONATE TODAY! 

Seasons Greetings from All of Us at



Diane Farina White
President/CEO



**Kazzy (top)
Kazzy and Laura
(bottom)**



CSS Helps Marco

REGAIN HIS CONFIDENCE BEHIND THE WHEEL

Marco was in a serious accident where the family car was totaled and an ambulance was needed. What's worse, he was the one driving. **So, getting behind the wheel again after such a traumatic accident seemed nearly impossible.** But Marco is 29 and lives with his parents, who continually encourage him to become more independent. They know driving, just like working and cooking, is an important life skill.

Marco is diagnosed with a mild intellectual disability, autism, ADHD, and Obsessive Compulsive Disorder. These diagnoses qualified him for services with CSS. They requested a male Direct Support Professional for weekly Respite services for their son, and found a great fit in his Direct Support Professional (DSP), David.

David works with Marco on all of his life skills including doing laundry, preparing meals and of course his largest goal, to feel comfortable driving again. Since the summer, Marco and David drive together each week throughout his Riverside neighborhood. The confidence of having someone in the passenger seat has helped Marco regain his confidence. He's great with directions and knows the streets and stores nearby. **When Marco gets nervous, David reminds him, "pull over, relax and take a deep breath."**

Besides Respite, CSS prepared Marco for employment through the Supported Employment Program. He started off at McDonald's and now works four days a week at Mariano's in Westchester. He has held this job for three years!

Marco continues to work on his goals with the loving support of his family and his DSP David. Eventually, Marco's parents hope that he will regain the confidence to drive himself to work and lead an even more independent life.



*Marco and David (top)
Marco doing laundry
(bottom)*

THIS HOLIDAY SEASON, BRIGHTEN THE LIVES OF YOUNG PEOPLE AS THEY TRANSITION TO ADULthood.

DONATE TODAY! 

Seasons Greetings from All of Us at



Diane Farina White
President/CEO

