

THIS SEASON, GIVE THE GIFT OF HEALTH TO CSS PARTICIPANTS.

At CSS we know that for participants to be independent and engaged in their community, they need to be healthy. Nursing Services are crucial to ensuring their health.

The long-standing relationship with RUSH University's College of Nursing Program benefits our participants like Ron and Ken, residents of our Lyons Place Group Home.

These senior master's level students conduct annual Nursing Assessments with everyone in our Group Residential program and most individuals in our Intermittent (I-CILA) program (those who live independently in the community with support from CSS staff to safely do so).

This Fall, the "Rush nurses" as they are affectionately known, spent time at the Cicero Day Program. They taught the importance of emergency preparedness. This included working with participants to create First Aid kits and teaching the basics of mental health including the value of meditation.

In addition to support from the Rush nurses, CSS employs a Registered Nurse, Medical Facilitator, Counselor and Board-Certified Behavior Analyst with the common goal to support the physical and mental/emotional well-being of our participants. This team helps coordinate more than 400 annual appointments, distribute daily prescriptions, educate participants and staff, and become the liaisons to the doctors when acute illnesses occur.

It may surprise you to learn that The Department of Human Services mandates the need for nursing care but does not provide adequate funding for these roles. The costs are \$1,900 per participant per year, which is eight times the reimbursement rate by DHS' contracts which covers only about \$250 each year.

When you give to CSS. Your contributions are used for these crucial, underfunded services.

GIVE THE GIFT OF HEALTH TO SOMEONE WITH AN INTELLECTUAL/DEVELOPMENTAL DISABILITY.

DONATE TODAY!



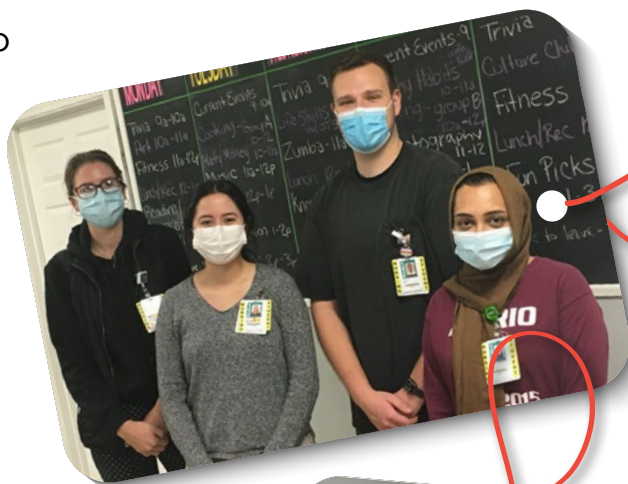
Seasons Greetings from all of us at



Diane Farina White
President/CEO

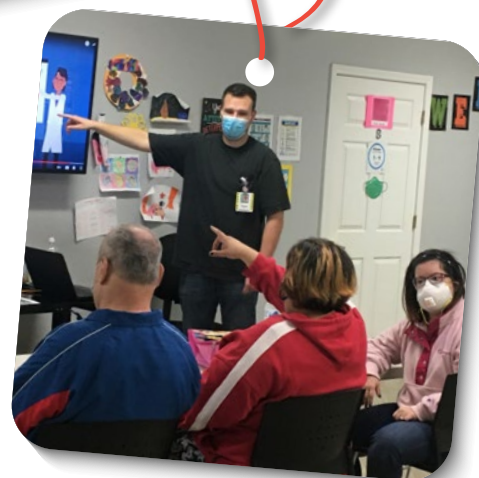


CSS proudly welcomes
Carole Graves, MM, MBA
Vice President of Program



(Above) Shelby, Karla, Brandon and Ayesha of Rush University's College of Nursing Program are assigned to CSS this semester through their internship.

(Below) CSS participants learn about meditation from Brandon, a Rush Nursing Student.



*This season,
give the gift of belonging
to someone like Paul.*



Paul at a CSS bowling outing.

When you see Paul in his wheelchair, he may appear limited. Born with cerebral palsy, he cannot move from the neck down. His parents were concerned about his happiness and the life he could lead.

But Paul and his family found CSS when he was just eight years old. At first, his CSS Respite worker helped Paul off the school bus and stayed with him until his parents came home from work.

Later, Respite services helped him develop life skills like swimming, shopping, eating out, and going to the movies. Today, he enjoys baseball games, bowling, and cooking classes with CSS friends.

Although he is soft spoken, friends describe him as funny and light-hearted—a real people person. Paul is an important part of any social occasion, and he won't let his disability define him.

Today, at 38, Paul also uses CSS Respite services to give back. He has held three long term volunteer roles—most recently at the Brookfield Zoo. Paul receives transportation and on-site supports while he mingles with guests and directs them to exhibits.

Paul reminds us of how important friendships and community connections are for everyone.



*With Chris, a
long-time friend
from CSS.*

**“CSS has helped Paul develop confidence
and a positive self-image.”**

—Elizabeth, Paul's mom



“CSS helped me become a social butterfly.”

—Paul, CSS Participant

Your gift to CSS this holiday season creates crucial social connections for people like Paul. Help bring the gift of belonging to someone with an intellectual/developmental disability today.

*This holiday season, give the gift of belonging to
deserving individuals like Paul.*

DONATE TODAY!



Seasons Greetings from all of us at



Diane Farina White, President/CEO





HOW CSS SAVED OUR FAMILY....TWICE.

Thank you for the opportunity to share with you. I'm writing to tell you how CSS has saved my life...and my family's life... not once, but twice!

My wonderful daughter Courtney was born with autism. In the early 1990s, it was believed that autism affected less than 1 child per 1,000. By contrast today, that number is 1 in 68. Courtney is our oldest child. As you can imagine, the years following her diagnosis were a blur of activities and therapies aimed at helping Courtney, as well as significant stress for our growing family.

I learned about "Respite", but assumed it was only for families with financial need...and since we could afford a babysitter, I concluded we weren't eligible. Meanwhile, we struggled on.

Then my good friend Lisa, whose son also has autism, intervened. Lisa was on the River Forest Township Mental Health Committee and explained that as River Forest residents, we were eligible for Township-funded Respite Services.

Thanks to Lisa and the Township, we connected with CSS and over many years, worked with four Respite workers who would change our life.

First Lori, then Kara, then Diana, then Sonia...each worked with Courtney for many years. They became part of our family, and Courtney became part of theirs. Courtney and my daughter Caitlin were even in Lori's wedding and our family attended Kara's wedding.

These amazing women gave up their weekends and their personal time to be with Courtney...sure they earned money...but Courtney can be tough...and they could have done far easier tasks to earn money. They were patient, loving, fun, creative, kind and firm, and they persevered with Courtney even when she was a challenge.

Because of our CSS workers, our family was able to rest and re-charge. We were able to take our other kids on adventures like other families...they could have friends over...we could be with other families. In short, we felt normal...for a little while. They truly saved our family during those many years, and measurably contributed to the mental health and well-being of our marriage, children, and family life.

When you give to CSS. Your contributions are used for these crucial, services for families like ours right in this community.

DONATE TODAY!



Sincerely,

Carla S., CSS Parent

P.S. Today Courtney is 33 and next week I'll tell you how CSS saved our life a second time!



9021 Ogden Avenue
Brookfield, IL 60513
708.354.4547
www.CSSservices.org



(Above) Courtney with her family.



(Below) Courtney, a CSS participant



HOW CSS SAVED OUR FAMILY....AGAIN.

I promised to share how CSS saved our lives not just once (through Respite services), but twice.

My wonderful daughter Courtney is quite verbal for a person with autism...she is physically strong, generally healthy, and capable of doing tasks and things which she wants to do. But her challenges prevent her from functioning well in our world.

Her cognitive skills are quite low, and her behaviors are extremely challenging, due to high levels of anxiety. In short, Courtney will not do what she doesn't want to do. She prefers to stay home in her comfort zone.

When Courtney turned 22, she graduated from Giant Steps. With no more school, we felt like the lights were turned out. Facing so much down time each day, we hired a full-time caregiver and began the journey to find a Day Program while she lived at home.

She tried four Day Programs in all...each attempted to work to Courtney's strengths and be flexible, but none of them worked. Also, we had no hope of finding a group home for her since she had no funding and was on the very long state waiting list. It was exhausting and mentally draining. The financial stress was significant.

Finally, years later, things changed. We became eligible for residential funding from the state of Illinois and one day we got a call from CSS offering her a home in the Westchester group home.

"I still remember that day when we got the news. I had hope for the first time in years!"

CSS was flexible, creative, and willing to work with us. NO ONE else was. They understood Courtney. NO ONE else did. Courtney moved in January 2018, six months before her 30th birthday.

None of us has ever looked back. Courtney is happy and well cared for, the staff is amazing. We still cannot coax her to the Day Program or group outings, but CSS deals with and accepts Courtney's reality. Trust me, this is a rare thing.

At home, we are at peace. We are 63 and are grateful that Courtney is in a happy and safe place, and that as we age, our children are not burdened with the difficult question of who will care for Courtney. We visit her often for short periods, as her personality dictates. We take her on the outings she enjoys. It is truly a miracle, and for the second time, CSS has saved our family.

When you give to CSS, your contributions are used for crucial services like group homes for individuals in the community.

DONATE TODAY!



Sincerely,

Carla S., CSS Parent



(Above) Courtney in her bedroom at her group home.



(Middle) Courtney with her housemate, Sammie.



(Below) CSS Westchester group home

