



Creating circles of support for people with developmental disabilities and their families

March 28, 2012

To Whom It May Concern:

I am the Director of Family Services at Community Support Services, Inc., a not-for-profit agency that provides services to children and adults with intellectual/developmental disabilities. I have been working with Dave Geslak and the Exercise Connection for almost 2 years. Dave, as part of Exercise Connection implements a Health & Wellness Program 4 times a month for individuals at our agency.

Dave is very enthusiastic and dedicated to the individuals in the Health & Wellness program. There have been some very significant changes in the individuals since they first started the program. One individual has shown great improvement in his confidence and self-esteem. At first, he wasn't very willing to participate. Now, he participates every week, has lost some weight and his speed and mobility has improved significantly.

Each class has been consistent with an average of 12 individuals. The class was much smaller when it first started but because of the great work of Dave and the Exercise Connection, people want to be a part of the class.

Dave consistently displays a calm demeanor of caring and positive initiative when working with the individuals that are part of the Health and Wellness program.

Dave has established positive relationships with the individuals in the program, they look forward to the group each week and. Dave treats everyone as an individual, and he puts their abilities before their disability. He invested himself in the Health and Wellness program and the individuals involved in the program. Dave is very well liked by the participants and staff at CSS with, they always say wonderful things about him and what he has done with the group. He is very practical in his approach to meeting the needs of the individuals in the health and wellness program.

Dave has proven to be a true asset to Community Support Services and the health and wellness program.

If you'd like more information, I'd be happy to provide it. Please call me at (708) 354-4547, extension 138 and I will be happy to share more information with you.

Sincerely,

Kristine Ponta
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Community Support Services, Inc.

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