

Helping people with
disabilities flourish
and live full and
abundant lives

**1st Quarter
2024**

The COMPASS

So that our mission is never lost...

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2024 Event Schedule



Mark your calendars for all the 2024 Trinity Services events including:
Tom O'Reilly Golf Outing, Trinity Triumph 5K Run and Walk, Better Together Dinner Dance and Auction, and An Evening of Holiday Music.

Supporting people with disabilities
and mental health needs since 1950.



Members of The *Allegro!!!* Ensemble perform for Trinity guests at *An Evening of Holiday Music* held at the Butterfield Country Club in Oak Brook.

Trinity Services Makes It Merry with An Evening of Holiday Music!

On Friday, December 1, 2023, Trinity Services held its annual *An Evening of Holiday Music* fundraiser at Butterfield Country Club in Oak Brook.

This was the tenth consecutive year that Trinity has hosted the dinner and concert gala featuring beautiful holiday music performed by local area musicians.

Beginning at six o'clock, guests enjoyed cocktails and the delightful sounds of harpist Lisa Boggess. Attendees also had the opportunity to

purchase tickets for special raffle prizes including Apple watches and a Seasons 52 Chef's Table for ten.

Before dinner, Trinity President and CEO Thane A. Dykstra welcomed everyone to the joyous event. Reverend Nick Price, Trinity Lutheran Church in Lisle, delivered the invocation.

At seven o'clock, guests were treated to a delicious dinner while listening to the festive sounds of The *Allegro!!!* Ensemble of the Western Springs School of Talent Education.

(Continued on Page 11)

Letter from the President of the Board



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or call (815) 717-3750.

Dear Friends,

My best wishes to everyone for a happy and healthy 2024!

On behalf of the Board of Directors, I want to thank our entire Trinity Services staff for their dedication and remarkable efforts in helping the people we support to reach their personal goals and to lead full and abundant lives. We appreciate everything you do!

First, I want to extend my sincere gratitude to everyone for your generous donations to Trinity Services in 2023. Your gifts truly make a difference in the lives of the people we serve every day. Your continuous support makes this entirely possible, and we are so very appreciative.

This past year brought many positive outcomes for Trinity Services. Here are just a few of the highlights.

Last April, Trinity received a grant to develop Mobile Crisis Response Teams (MCRT) that are available to respond to mental health crisis calls. The MCRT responds to calls that go through the National Suicide Hotline (988), who refer callers to the MCRT when additional supports are required.

In May, Trinity's Homeless Support Team received a grant for \$800,000 over three years to provide rapid re-housing services for people who are unhoused. These funds will allow Trinity to expand services in Will County, and provide services in Grundy and Kane Counties.

Trinity also recently purchased a building to house our new Joliet Community Mental Health Center. This renovated building will allow Trinity to move its Counseling Center, Homeless Support Team, Mobile Crisis Response Team, and The Living Room services under one roof. In addition, this center will allow room for more therapists, and the ability to expand services to decrease wait times for care.

Finally, I want to express our heartfelt sorrow at the recent passing of long-time Trinity friend and associate, George Troha. During his lengthy tenure on the Boards of both Trinity Services and the Trinity Foundation, George, through his valuable legal expertise and networking skills, helped to grow Trinity as a social services agency. I am grateful to have worked with George, and we will certainly miss him.

Trinity Services is grateful to have wonderful friends and families who understand the work we do to support people with intellectual and developmental disabilities and mental health needs. Thank you for making Trinity a priority in your life.

Sincerely,

Raymond D. McShane,
Chairperson of the Board

George Troha, Long-Time Board Member, Left An Indelible Mark on Trinity Services

George Troha, a long-time valued member of the Boards of both Trinity Services and the Trinity Foundation, passed away peacefully surrounded by his family on January 1, 2024. He was 89.

“George was a colleague and a friend. I knew George for over 40 years,” recalled Art Dykstra, former President and CEO of Trinity Services, and the current President and CEO of the Trinity Foundation. “He was a very delightful human being, who was really kind, and who really cared about other people.”

Born in Joliet and a graduate of Fairmont Grade School, George, nicknamed ‘Sonny’, spent a year and a half at Joliet Catholic High School before attending the Carmelite Seminary in Canada for the next five years, where he developed his love for learning. After graduating from St. Joseph’s College in Rensselaer, Indiana, George served in the United States Marine Corps. Upon completion of his service, George graduated from DePaul University College of Law. He then practiced law in Joliet for over 55 years.

Originally introduced to Trinity Services through his wife, Anne, and her family, George

joined the Board of Directors in the late 60s, and quickly took on a leadership role. “George helped to spearhead the legal restructuring of Trinity Services and the Trinity Foundation that placed the organization on a sound financial footing,” said Dykstra. “His legal expertise was invaluable, and he never took a dime for his services.”

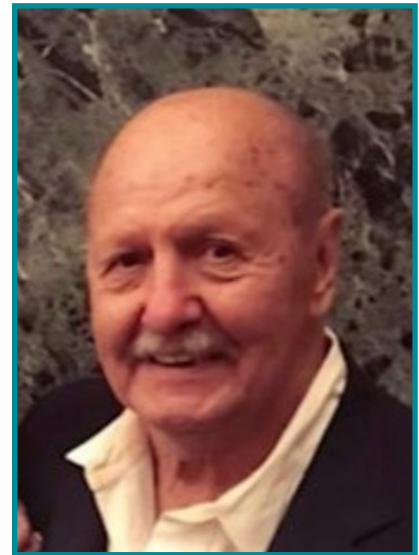
In the early 90s, George became the first Chairperson of the Trinity Foundation’s Board of Directors. As it turned out, George was also very good at networking. Both he and Ray McShane, who served on the Trinity Services’ Board of Directors, introduced Art Dykstra to the movers and shakers in state and local government, key donors, and many of the people who would play an important role in the growth of the organization. “Ray McShane and George Troha worked very well together,” explained Dykstra. “Their connections were essential to the continual development of Trinity as a social services agency.”

Dedicated and conscientious, George also had a humanitarian side. An early proponent of social justice, Troha worked with the homeless, veterans, and even

fought to overturn the sentences of people wrongfully convicted. “George did so much for others,” said Dykstra. “Yet, he never wanted to be in the spotlight. Everything he did was under the radar.”

When asked to offer some additional personal insights about George, Art Dykstra told a humorous story. “He loved Mexican food,” explained Dykstra. “For many years, George and I went to a local restaurant in town and enjoyed his favorite, pork and bean tacos, washed down with ice cold beer.”

When he could no longer actively serve on the Foundation Board, Trinity made George Troha an emeritus member. He will be missed by Trinity Services.



There's a Full Schedule of Exciting Trinity Services' Events and Fun Activities for 2024 - All for a Great Cause!

Tom O'Reilly Golf Classic Tuesday, May 21, 2024

Whether you're a scratch golfer or just a duffer, join Trinity Services at the 30th Annual Tom O'Reilly Memorial Golf Classic as we ride out for a day of spirited competition, with a Western theme, at our new course - Ruffled Feathers Golf Club in Lemont, Illinois.

We are delighted to be hosting the event at Ruffled Feathers, which boasts an exquisite Pete Dye-designed championship layout with remarkable amenities in a breathtaking natural setting.

Your registration fee includes a gift, breakfast and post-tournament meal, pop, beer and snacks on the course, a complimentary specialty drink and cigar on select holes, plus the awards ceremony. Enter to win great raffle prizes, and bid on outstanding items at the silent auction. Recruit golfers you know and join the fun!

Trinity Triumph 5K Walk and Run Thursday, June 20, 2024

Run or walk for a great cause at the Trinity Triumph 5K. The race starts promptly at 7:00 pm at the Village Commons in New Lenox. This USA Track and Field-certified course winds its way through the beautiful Wildwood subdivision just south of Village Hall.

Top male and female finishers each receive a Trinity Triumph 5K trophy. Top three finishers in each

age group receive a medal. Your registration fee includes a race performance t-shirt, swag bag, and more! Form a team and run or walk to support people with developmental disabilities and mental health needs.

Better Together Dinner Dance Saturday, September 21, 2024

Join us at Dinolfo's in Homer Glen for Trinity Services' Annual 'Better Together' Dinner Dance and Auction. This is Trinity's biggest fundraiser of the year!

This year's event features live entertainment by The Connexion Band, fine dining, dancing, as well as silent and live auctions for the benefit of people with developmental disabilities and mental health needs who receive support from Trinity Services.

Get a table together and help support a truly great cause!

An Evening of Holiday Music Friday, December 6, 2024

One of the highlights of the year is the Trinity's annual *An Evening of Holiday Music* at Butterfield Country Club in Oak Brook.

Guests will enjoy an evening of musical performances that has become an annual holiday tradition for many families.

The night begins with cocktails and festive holiday harp music, followed by a delicious dinner and the delightful sounds of the talented *Allegro!!!* Student String Ensemble playing traditional holiday music

during the meal.

Later, a professional vocalist entertains during dessert and coffee, followed by the singing of Christmas carols. It's the most wonderful time of the year. Don't miss it!

Ways to Support Trinity Services and Make a Difference in 2024!

Spring Appeal - sent out in May, proceeds from the annual Spring Appeal help with replacement costs of items such as furniture, carpeting, hot water heaters, and windows.

Giving Tuesday - Your generous support helps people with disabilities flourish through residential programs, community day services, meaningful activities, and much more.

Giving Tree Program - When you select a person's name from our Giving Tree and purchase gifts from someone's wish list, you make a recipient's holiday merry and bright!

For event sponsorship and advertising opportunities or to learn more about giving to Trinity Services, contact Sherry Ladislas, Director of Development, via email at sladislas@trinityservices.org or call (815) 717-3750.

Mark Your Calendars for All of the 2024 Trinity Services Events and Feel the Good that Comes From Giving™!

Tom O'Reilly Memorial Golf Classic
Tuesday, May 21, 2024



Trinity Triumph 5K Walk and Run
Thursday, June 20, 2024



Better Together Dinner Dance
Saturday, September 21, 2024



An Evening of Holiday Music
Friday, December 6, 2024

Someone You Should Know

Nadia Sorensen, QIDP



"This is exactly what I want!"

-- Nadia Sorensen

Nadia Sorensen, the oldest of four children, was born and raised in Bonn, Germany. Her mother was German, and her father was Middle Eastern.

When Nadia was just starting high school, the family moved to the West Bank in Gaza, where her father had accepted the position of medical chief of staff for one of the hospitals, realizing a personal dream to practice medicine in his native country. However, there were serious drawbacks.

"In the 1980s, living in the West Bank was a challenge," says Sorensen. "Schools were constantly shut down and my parents realized their children were missing out on a quality education."

In 1984, the family moved again, this time to Southern California, where other family members resided. Nadia finished high school in Los Angeles. Four years later, she graduated from Cal State with a degree in psychology. After getting married and having two kids, the family left California and moved to Plainfield, Illinois in 2001.

"I stayed home for several years to raise my children," said Sorensen. "During that time, I volunteered at school, which was my first experience

working with children with disabilities. I have always enjoyed helping others, even when I was a claims adjuster for an insurance agency."

Eventually, Nadia went back to work, accepting a position with the Southern Will County Cooperative for Special Education working with preschoolers diagnosed with Down syndrome and autism. "It was the first time I realized my true passion," explained Sorensen. Over time, Nadia also worked with elementary and middle school students.

Ten years later in 2015, Nadia Sorensen joined Trinity Services as a program specialist supporting persons with intellectual and developmental disabilities. "It was the perfect job for me," explained Sorensen. "From the outset, I knew this was exactly what I wanted to do with my life."

Supporting people with disabilities and mental health needs comes naturally to Nadia, who embraces her responsibilities with an unbridled dedication to serve. "It happened a little later in life," said Sorensen. "I'm so grateful it did. Every day is a new experience. No two people are alike."

In a short time, Nadia became a Qualified Intellectual Disability

Professional, or QIDP. The new position meant giving up her duties as a program specialist and taking on a larger caseload.

"Fortunately, the person I had been supporting was still on my expanded caseload," explained Sorensen. "So I was able to work with him."

Nadia truly believes in the Trinity mission of helping people to flourish so they can lead full and abundant lives. "Whether it's going to the movies, eating at a restaurant, or learning a new skill, it's all about achieving their personal goals and living their best life every day."

When asked to cite examples, Nadia tells the heartbreaking story of one man she supported, diagnosed with a brain tumor in 2022, who recently passed away. "I was with him through the whole thing because his family lived out of state," said Sorensen. "He was so brave and worked so hard at his recovery. The day he finished radiation, he cheered and rang the bell. It was the best day of his life, and mine."

(Continued on page 7)

The Art of the Blog!

What's Coming Out of Your Horn?

Within the last week, I had two contrasting experiences that have stayed with me. Perhaps, like you, I have frequently repeated the affirmation to myself, “Don’t let other people determine what kind of day you’re going to have.” It’s rather like a preemptive strike, only it’s an internal one made about words and feelings. It’s a guard against discouragement and future negative emotions.

What I have discovered, however, is that in spite of my confidence in this self-talk approach, it may not protect me from having a few bad moments, even when I don’t want to have them. Let me illustrate.

Those of us living in the Chicago metropolitan area have had many consecutive days of rain, drizzle and below average temperatures. It has been downright gloomy. However, on this particular morning, the sun was shining, the temperature was up, and the leaves were incredibly colorful. It was beautiful. I had business in town and was entering a building with another person whom I did not know. In the joy of the moment, I smiled and said, “Good morning, isn’t it a gorgeous day out there? What great weather.” The woman looked at me somewhat scornfully and replied or perhaps grunted, “No, it’s too warm. I don’t like it.”

So, she did it to me in a matter of seconds. She ruined my next several minutes. I wanted to say, “Wow, you must be really down right now. I’m sorry,” but that would have been my second option. My first impulse was, “Wow, you must have had a pickle for breakfast,” or something worse.

I was mad at myself for letting someone else, a stranger no less, ruin

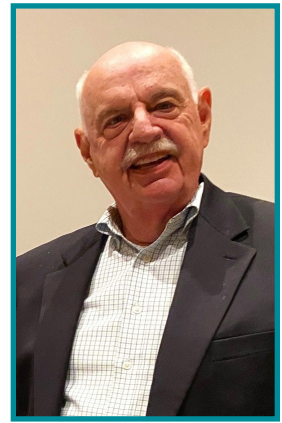
my good mood. Luckily, I was able to put the moment and my ugly thoughts behind me and get back to enjoying the day. We have to do as Martin Seligman has suggested — put a fence around those times and realize that you just had five bad minutes. You don’t have to let that experience cause you to have a bad day.

The following experience was similar to the first. It was early morning and I was outside—in the rain—waiting to meet a workman I had never met before. When the gentleman arrived, I said, “Hi, how are you doing this morning?” He paused ever so shortly, smiled and said, “You know, I’m really happy. How about you?” I don’t know why, but suddenly I was happy, too. I’m not sure why his response had so much power. Perhaps it was his smile, friendliness or believability — probably all three.

So there you have it — two morning greetings with two strangers, with two different results. With the first person, I wanted to distance myself, move back, run away, or say something hurtful. On the second occasion, my reaction to the person was much different. I was drawn to him, wanted to move closer, and get to know him.

The truth is that we really do effect other people, even when we don’t realize it.

Let me share the above thoughts one other way. Do you know the music of Charlie Parker, the great jazz saxophonist? He made a very astute observation I would apply to being positive. When asked how he made such great music, he responded, “If you don’t live it, it won’t come out your horn.”



Learn a Little: Check out Art Dykstra’s informative blog at <https://cherryhillconsultinggroup.com/blog/>.

(Nadia - continued from page 6)

Nadia’s own children are now grown. Her daughter is studying forensic science and specifically wants to solve cold cases, while her son is interested in pursuing cyber security and video game design. “I’ve learned it is important to follow your passion,” said Sorensen. “I want my kids to be fervent about what they do, too.”

In December 2023, Nadia received the Trinity Services’ Servant Leadership Award, presented to a person who exemplifies the Trinity mission. “I was completely surprised and overwhelmed to receive such an incredible award,” said Sorensen. “I cannot thank Trinity enough for this honor.”

Although offered other positions with more responsibility, Nadia is happy in her current role. “I could do more, but I would lose the ability to work directly with the people I care about.”

Nadia Sorensen is definitely someone you should know.

Trinity Services Welcomes You To Ruffled Feathers Golf Club



Anchored by its exquisite Pete Dye-designed championship layout, Ruffled Feathers Golf Club's remarkable amenities, superlative guest service and breathtaking natural setting have earned it recognition among the state's premiere daily fee golf properties. That is why Trinity Services is proud to invite you to join us for the 30th Annual Tom O'Reilly Memorial Golf Classic held at Ruffled Feathers Golf Club in Lemont, Illinois on **Tuesday, May 21, 2024.**

This year, we have a Western theme, the **Tumbleweed Tee-Off.** Your registration fee includes a gift, breakfast and post-tournament meals, a bucket of range

balls, pop, beer, and snacks on the course, complimentary specialty drink and cigar on select holes, plus the awards ceremony. Enter to win great raffle prizes and bid on unique items at the silent auction.

- **8:15 am – 9:30 am: Registration opens/ Bucket of range balls**
- **9:45 am: Mega Putt Contest**
- **10:00 am: Shotgun start**
- **3:30 pm – 5:30 pm: Post-tournament meal, cocktails, silent auction and awards**

\$220 per golfer; \$880 per foursome. Dinner only, \$55. For more information about golfing and tournament sponsorships, **contact Sherry Ladislav at sladislav@trinityservices.org or call (815)**



TUMBLEWEED TEE-OFF

May 21, 2024

Ruffled Feathers Golf Club
Lemont, IL

GENERAL INFORMATION

\$220 per golfer/\$880 per foursome
\$55 dinner only, \$10 Par-Tee Cart Raffle Ticket

Howdy, partner! Saddle up on **Tuesday, May 21, 2024**, for a rootin' tootin' good time at the **Tumbleweed Tee-Off** located at Ruffled Feathers Golf Club in Lemont.

Your registration fee includes a special gift, two meals with all the fixin's, a bucket of range balls, pop, beer and snacks on the course, complimentary specialty drink and cigar on the course, plus the awards ceremony. Enter to win great raffle prizes and bid on unique items at the silent auction. Round up the golfers you know for some good old-fashioned fun! Yeehaw!

NEW

Golf Ball Cannon Contest

Launch your golf ball over 300 yards with this epic cannon!

NEW

Par-Tee Cart Raffle

Enter to win the wildest ride in the west at this year's golf classic! The Par-Tee Cart will be fully-stocked with \$150 worth of beverages and decorated to fit the western theme. Raffle tickets are \$10 each. Winner will be announced at registration.

NEW

Mega Putt Contest

All players putt at the same time aiming to be the closest or first in the hole! Winner receives a foursome to Ruffled Feathers Golf Club.

8:15 a.m. - 9:30 a.m. Registration, breakfast, bucket of range balls

9:45 a.m. Mega Putt

10:00 a.m. Shotgun start

3:30 p.m. - 5:30 p.m. Post-tournament meal, cocktails, silent auction and awards



For more information, visit
www.trinityservices.org/golf,
email Sherry Ladislak at
sladislak@trinityservices.org,
or call (815) 717-3750.

Help people with developmental disabilities and mental illness flourish and live full and abundant lives by supporting Trinity's annual golf outing.

Therapy Animals Bring Comfort and Joy to People Served by Trinity!

The powerful bond between therapy animals and the people Trinity supports is a heartwarming and therapeutic connection that contributes to an improved quality of life and a true sense of happiness and pleasure for so many.

Through Trinity's therapeutic riding center and petting zoo, STRIDES, participants experience reduced stress and anxiety, improved socialization, enhanced muscular strength and condition, increased self-esteem, and much more.



Sponsorship Opportunities at STRIDES!

- **\$500** - Sponsor your own STRIDES horse including all feed, hoof trimmings, enrichment, and care for one horse for a month.
- **\$350** - Sponsor our goats and sheep including feed, hoof trimmings, enrichment, and care for Cupid, Arrow, Larry, Mo, Peter Pan, and Bambi.
- **\$250** - Sponsor Rio the mini cow including feed, hoof trimmings, enrichment, and care for one month.
- **\$150** - Package of 5 riding lessons for a person supported by Trinity Services.
- **\$100** - Package of 5 horse education classes for a person supported by Trinity Services.
- **\$50** - Supplies for fun day program experiences including our petting zoo, holiday celebrations, picnics, and more.
- **\$25** - Sponsor our small animals including feed and enrichment for our rabbits (Willow and Hazel) and our guinea pig (Squeak).

To become a STRIDES sponsor go to www.trinityservices.org/donate, or contact Laura Blume at lblume@trinityservices.org or call (815) 263-0085.

Trinity Services Brings Together Families and Friends for a Special Night of Festive Music and Good Cheer!



(Gala- continued from page 1)

Always a holiday favorite, The *Allegro!!!* Ensemble, an elite string performance group from Western Springs, has been dazzling audiences in Chicago and around the world for over 20 years.

Following dinner, guests enjoyed dessert as well as the vocal performance of well known entertainer Diva Montell.

The evening concluded with the traditional singing of Christmas carols led by Montell.

On behalf of Trinity Services, we want to extend our thanks to all our friends who made this a very special night.

Make plans now to join us for this year's holiday concert gala on Friday, December 6, 2024.



Donations

October 2023 through
December 2023

Trinity Services extends heartfelt thanks to the individuals and businesses whose generous contributions help people with disabilities and mental illness flourish and live full and abundant lives.

We update our records regularly to recognize donors how they would like to be addressed. Please let us know what format you would like your name or household to be listed in this newsletter and correspondence by emailing sladislal@trinityservices.org.

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