

# TRINITY

# Family Newsletter

Summer 2018

Serving the family and friends of Trinity Services, Inc.

## Inside

In Brief	2
Knitters welcome wee ones	2
TEC activities in growth mode	3
Around Town	4
Numbers Tell Stories	5
Adding a splash of color	6
Bark Bash to be the best ever	7

## Don't miss...



Trinity's 29th Annual Dinner Dance and Auction—Saturday, Sept. 22. Details on page 6.

## Mission

To provide the highest quality, person-directed services and supports to people with disabilities and mental illness so that they may flourish and live full and abundant lives.

## Message from the Director

Dear Friends,

For the last several years, Trinity Services has made a commitment to maximizing the principles and practices of positive psychology. We do this with the people we serve and support, as well as our staff and system partners.

We work to elevate everyone's psychological capital with four elements of well-being—hope, self-efficiency, resilience, and optimism. Some folks refer to it as HERO.

One resource Trinity uses is *Flourish* by Martin Seligman, a wonderful book that fleshes out the research behind well-being. This year, 91 Trinity colleagues gave their own interpretations of Seligman's five elements of well-being in a new High Tide Press book, *Beeing a Leader: Insights from the Trinity Beehive*.

Employees wrote leadership narratives that describe these elements in action in the workplace. The result is a useful, uplifting primer on how positivity and service can enrich the lives of a person receiving services, and a person who serves. The five elements of well-being (aka PERMA) include:

**Positive Emotion** – having a pleasant life, with positivity and optimism.

(continued on pg. 2)



## Sweet land of liberty



Michael and Valerie pose for a picture (left) before a dance performance (above) of "Yankee Doodle Dandy." The duo was one act among many in the annual Trinity South talent show. This year, it was performed in May, as usual, in Wilmington. And, due to its popularity, the show made an encore performance at Trinity's Cherry Hill Conference Center in Joliet.

## Message from the Director *(continued)*

**Engagement** – being committed to issues that matter most to us (work, family, friends, faith, hobbies, causes).

**Relationships** – developing quality relationships; it is one key to happiness.

**Meaning** – a sense of living for something more important than oneself; it is one key to satisfaction and peace.

**Accomplishment** – thriving when accomplishing or achieving goals.

You may order the book at [www.cherryhillhightide.com](http://www.cherryhillhightide.com). Or, call Terra at the Cherry Hill Bookstore: 815-723-4896.

Sincerely,

*Thane A. Dykstra, Ph.D.*

## In Brief

### Fun and creativity at Roxy event

A Paint Night fund-raiser for Trinity programs will be held from 6 to 9 p.m. on Thursday, Aug. 30, at the newly-renovated ROXY venue in Lockport. The fund-raiser will offer a fun, sociable way to learn or practice basic painting techniques. Tickets and more information are available by calling Leah in the Development office at 815-717-3750.

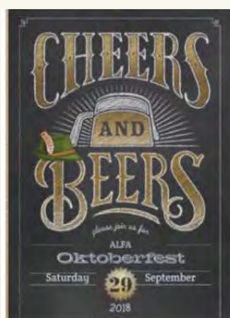
### Go Southwest for Cheers & Beers

The folks in Trinity's Southwest program encourage everyone to come down to Southwest Illinois for a fund-raiser to benefit its programs and services. Cheers and Beers, the ALFA Oktoberfest, will kick off at 5 p.m. on Saturday, Sept. 29, at the beautiful Trinity Gardens and Farmstead, 11858 Zimmermann Rd., Mascoutah.

The event will feature authentic Bavarian food, drink, entertainment, and atmosphere.

Dinner will be from Mascoutah's renowned German restaurant, Toemer Topf. A beer trailer will provide wine, tastings, and a free stein of beer. Also featured are Bavarian beverages and pretzels, and Charlie Wyhaupt's polka music.

Tickets are \$45 a person, \$85 a couple, or \$340 for a table of eight. Order yours today at [alfafoundationinmascoutah@gmail.com](mailto:alfafoundationinmascoutah@gmail.com). Reservations are required.



## A warm welcome

Knitters who attend Community Day Services in Joliet found a new way to serve the community. They now make colorful hats to welcome newborn babies.



So far, they have delivered dozens of hats to Advocate South Suburban Hospital in Hazel Crest and Silver Cross Hospital in New Lenox. They get free yarn and string from the yarn exchange at New Lenox Public Library. Pictured at

the library are Karilyn (above), and Kelley (below).



### Multi-Surface Cleaner

- Baby Safe
- Non-Streak
- Non-Scented
- Non-Toxic
- Hypoallergenic

If you could get only one SafeNow cleaner, pick this one. Super useful and SafeNow never adds harsh chemicals!



### Board of Directors

**Trinity Services, Inc.**  
301 Veterans Parkway  
New Lenox, IL 60451  
phone 815-485-6197  
fax 815-485-5975  
[www.trinity-services.org](http://www.trinity-services.org)

Raymond McShane, *Chairperson*  
Jan Agazzi  
Chris Falvey  
Greg Geuther  
Barbara Hall  
Bob Libman

Barbara McGoldrick  
Ron Stricklin  
Ken Stromsland  
Rolf Troha  
Thane Dykstra, Ph.D. *President and CEO*



## Happy retirement!



Janine shows the gifts and cake her friends provided to honor her retirement from the Wilmington-area Community Day Services program.



Above: Friends from Trinity's Northwest program escape the summer heat in a swimming pool during their summer camping trip in Michigan. Clockwise from bottom left are: Darryl, Justin, Carly, Lydia, Dwayne, Josh, and Darnell.

## TEC Lab progresses with help from Will County foundation

The Will County Community Foundation awarded one of its 2018 grants to Trinity Services. A generous contribution of \$15,000 is supporting development of the Technology Enhancing Capabilities (TEC) Lab. The grant was partially funded by The Rink Family Grant Fund.

Trinity is outfitting the lab with supplies and equipment that range from hand tools to devices and materials that support mobility, better lighting, communication, food prep, laundry, medication routines, etc.

Trinity staff are assessing individuals, training staff, and creating solutions, with an eye to low-tech, inexpensive options whenever possible. The target activities can be anything from getting dressed independently to completing tasks at work. An assistive technology loan pool allows a person to try products before investing in them.

Right: Hayrides are a fun part of the Red Berries and Bluegrass fest held in Mascoutah in May. The fest is open to the whole community, and hosted by Trinity Gardens and Farmstead.



Above, left: Participants follow instructions for making assistive technology at Trinity's 2nd Annual Technology Enhancing Capabilities (TEC) Conference. TEC Lab manager Richard Harrington (right) demonstrates how to make a sensory board with inexpensive, easy-to-find materials. He and lab co-manager Connie Melvin coordinated the conference.

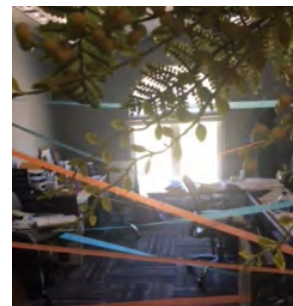




## Art for sale

Mara sells her handmade bookmarks at this year's Red Berries and Blue-grass fest in Mascoutah. Her Trinity friends were also there, selling arts and crafts, such as barn quilts (background) and nautical paintings.

## Follow the clues!



Members at The Branch (above left, clockwise from left) Mark, Andrew, Greg, Chris, and Johnny work on a series of hidden riddles in honor of Sherlock Holmes Day. The gamers navigated a booby-trapped room (right) to uncover hidden treasure. And, they followed clues to find a key and "deactivate a bomb". Top right: Charlotte, Ali, and Sam celebrate after solving the riddles.

## Fun and competition at Trinity Triumph 5K run/1K walk



Families, friends, co-workers, and individual runners shared their joy at Trinity's annual 5K run and 1K walk in New Lenox. Despite heavy rain early in the day, the weather cooperated for a wonderful race and celebration.



## Upcoming Events

### Aug. 30

Paint Night at The ROXY fund-raiser

### Sept. 22

29th Annual Dinner Dance & Auction

### Oct. 12 and 13

Petals & Twigs fall Spooktacular

### Oct. 19

Trivia Night fund-raiser

### Dec. 1

"An Evening of Holiday Music"  
Concert Gala and Dinner

### Holiday Office Closings

#### Sept. 3

Labor Day

#### Oct. 8

Columbus Day

#### Nov. 12

Veterans Day

## Numbers Tell Stories

6,453

### Medical appointments in a year

Trinity serves over 600 individuals in residential settings. Whether the person lives in a CILA (Community Integrated Living Environment) or an apartment, they regularly access high quality health care. A critical role of Trinity staff is ensuring that access.

The staff accompany a person to appointments and urgent care. They make sure medications are taken properly and other self-care tasks are completed. And, they track and record all healthcare efforts from start to finish.

In one year, Trinity staff ensure that individuals make it to approximately 6,453 medical appointments. That includes appointments for lab work.

These activities come with costs. Trinity pays for transportation—fuel and mileage, vehicle purchase and upkeep, insurance, staff time, and so on. Unfortunately, some persons served at Trinity incur emotional costs. They may experience significant anxiety during a trip to the doctor due to a crowded waiting room, noisy activity, and other stimuli.

In the delivery of health care, Trinity staff exercise compassion, good listening and speaking, attention to detail, good driving, and excellent follow-through. In addition, they use skills directly related to the needs of persons with developmental disabilities and mental illness. These are critical competencies that medical personnel often lack.



### A responsive medical home

The costs of "going to" healthcare can be avoided with on-site healthcare. To offer this option to persons it serves, Trinity recently opened a medical clinic in Joliet and one in Des Plaines.

Trinity's nurse practitioner and physician provide annual physicals; treatment for minor injury or illness; follow-up for a minor medical condition, emergency room visit, or hospital discharge; referral to a specialist; routine immunization; and, seasonal immunization (such as a flu vaccine).

Eventually, it may be possible for every person served in a residential setting to have the option of a "medical home" at Trinity.

## A world of fun at golf classic

Trinity staffers don costumes from various countries for the 2018 Tom O'Reilly Memorial Golf Classic in May. Trinity gratefully acknowledges the volunteers, sponsors, and participants who made the day a huge success.







- pet treats • food • decor
- clothing • accessories

815-476-5104





## Department Contacts

Network I	
Stephanie Leigh	815-485-6197
Network II	
Anita Goulding	815-476-5405
Network III	
Mickey Gossen	815-485-6197
Network IV / Behavioral Health	
Mike Mecozzi	815-485-6197
Network V	
Lisa Dillon	815-485-6197
Network VII / Trinity Northwest	
Jennifer Hodges	847-299-2200
Network VIII / Southwest Illinois	
Mike Lowry	618-566-4200
Staff Development	
Trina Sieling	815-722-0166
Network X / North Central Illinois	
Jennifer Price	815-941-1503
Thane Dykstra	815-485-6197
President and CEO	
Ray Carmody	815-485-6197
Administrative Operations	
Tina Fogarty	815-485-6197
Chief Operating Officer	
Lori Hausherr	815-485-8146
Network VI / Community Day Services	
Sherry Ladislav	815-717-3750
Development	
Sharon Parker-Love	815-485-6197
Health Services	
Dr. Rajani Patwari	815-320-7326
Medical Director	
Sally Ritchey	815-485-6197
Information Technology	
Mike Sieling	815-485-6197
Financial Operations	





**Use Trinity's Amazon Smile link:**  
<https://smile.amazon.com/ch/36-2194838>  
**to donate every time you shop!**

## Bursts of color to celebrate a 50th

Participants in the New Lenox Woodworks program are completing a large, colorful project with the Frankfort Chamber of Commerce.

When completed, they will have made 55 Adirondack chairs for a variety of people to paint and display in downtown Frankfort.

This art installation celebrates the 50th year of the Frankfort Fall Festival. This year's fest, "Escape to Paradise", runs Sept. 1, 2, and 3.

The chamber shared this news on its Facebook page, highlighting the woodshop and Trinity. You can see it at <https://www.facebook.com/pg/FrankfortFallFestival/posts>.

On a July day, six participants joined folks from around town to paint some of the chairs outdoors.

Above right: Jacquie and Dennis add splashes of color to a white chair. Right: With the finished product are Dennis, Bobby, Mike, Mo, Mike, and Tom.



## Revel, feast in classic elegance

Moonlight Serenade is the theme for the 29th Annual Trinity Dinner Dance and Auction on Saturday, Sept. 22, at the Odyssey Country Club in Tinley Park.

The event features an elegant dinner, live music, dancing, and socializing. A silent auction will feature dozens of wonderful items and experiences. Your generous donations can help make it a success.

Talk to your friends! Ask a neighbor, a loved one or a favorite business owner to buy an ad in the program book. Ad prices begin at just \$50.

We are happy to accept a wide variety of new items, such as a gift certificate from a restaurant, spa or hair salon. Also popular are frequent flyer miles; tickets to a sporting event; an art piece; or a themed basket (such as

gardening, golf, baby, fitness, housewarming, Christmas, etc.).

You can enter to win a \$2,000 travel voucher for just \$5! Winner



need not be present to win. For more information about the raffle or to purchase an ad, please call Anthony in the Development office at 815-717-3750.

# ShopTrinity

## Petals & Twigs

A gift shop in a Victorian home offering home décor, candles, and much more. 815-485-5976  
www.petalsandtwigs.com

## Trinity Barkery

Home of Fritters for Critters, the yummy, all-natural dog treats. 815-476-5104  
www.frittersforcritters.com

## SafeNow

Human-safe, earth-friendly, purpose-driven cleaning products for all your household needs. 815-723-0898  
www.besafenow.com

## Cherry Hill Books and Media

Resources for leadership and best practices in the workplace. 815-723-0898  
www.cherryhillhightide.com

## High Tide Press

Publications, training materials and resources for disability and nonprofit professionals. 815-320-7242  
www.cherryhillhightide.com

## All Area Custom Designs

Custom designs for corporate, school, and sports apparel, or personalized items. 815-726-8323  
www.allareacustomdesigns.com

## Let's dance!



*Tearing up the floor at the annual spring dance are, above left: Scott and his friend, and above, right: Sonia and Ashley.*

## Bark Bash a waggin' good time

The annual Halloween BarkBash will be held from 1 to 3 p.m. on Sunday, Oct. 21, in Wilmington.

Hosted by Trinity Barkery, the event will feature a costume parade and contest, and a talent contest. Come and show off your awesome pet or that special trick!

The location is next door to AJ's and just over the Kankakee River Bridge on Route 53.

Pets and their owners receive a free \$10 Trinity Barkery store voucher and a treat bag. The fun also includes a Poker Run (that is, four stations with fun activities), games with prizes, autumn

food and beverages, and a raffle for a pet gift basket. Sign up early and receive your free raffle ticket.

Free pet photos will feature a fall background setting.

To purchase raffle tickets, at one dollar each or six for \$5, call or stop in at the Trinity Barkery, 240 W. Baltimore St., Wilmington. Or, call: 815-476-5104, or email: slewis@trinity-services.org.



The right message  
for any occasion!

Order now for fall sports.  
www.allareacustomdesigns.com



New designs  
and seasonal favorites



To order: 815-463-4692





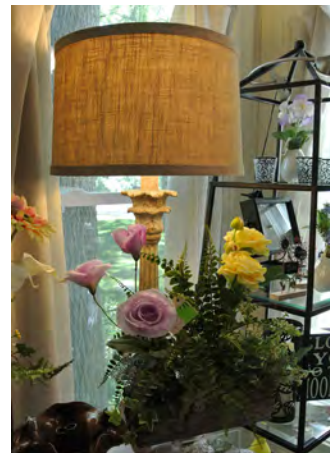


*Petals & Twigs*  
Home Decor and Gifts



- ❖ Purses, hats, scarves & jewelry
- ❖ Hand creams & lotions
- ❖ Yankee candles & soy candles
- ❖ All new fall decor!

*Table runners  
for all seasons!*



9 to 6 Mon. – Fri.  
9 to 5 Sat.  
11 to 4 Sun.

PH: 815-485-5976

[www.petalsandtwigs.com](http://www.petalsandtwigs.com)