

TRINITY

Family Newsletter

Winter/Spring 2018

Serving the family and friends of Trinity Services, Inc.

Inside

In Brief	2
Barkery to aid homeless pets	3
New homes meet critical need	3
Around Town	4
Numbers Tell Stories	5
Roxy sparkles after renovation	6
AT conference returns	7

Don't miss...



Start training for Trinity's annual 5K run and 5K/1K walk. This year's event will be held Thursday, June 21. Details at www.trinitytriumph.com.

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,

It is a pleasure to write to you for the first time as President and CEO of Trinity Services.

Art Dykstra, my father and Trinity's previous executive director, taught me many life lessons, not least of which is the importance and value of serving others.

When I was a child, my father was an administrator at Elgin Mental Health Center. One of my earliest memories is of accompanying him to work and having the opportunity to meet people receiving treatment in that setting. Although I didn't fully understand why people were at Elgin, I understood how grateful they were to be valued and treated with dignity. These formative experiences had a profound impact on me and ultimately drew me to this field.

For me, working to make a difference in people's lives is a calling. It's easy to get out of bed and come to work every day knowing that I have the opportunity to positively impact the lives of program participants as well as staff members.

I studied clinical psychology and received my doctorate from the University of Nevada, Reno. The bulk of my career has been spent here at Trinity. I was director of the Behavioral Health Network for 20 years and spent two years as chief operating officer of the organization.

(continued on pg. 2)

Showtime at The Roxy



The Roxy, Trinity's unique historical venue in downtown Lockport, is now open to the public. It will operate as a business that generates revenue for Trinity's programs. Learn more on page 6.

Message from the Director *(continued)*

When my father announced he was planning to retire, I was honored to be considered for this role by Trinity's Board of Directors. I have a strong interest in preserving the positive organizational culture that has been built here, as well as Trinity's emphasis on person-centered supports and the sustainability of those services.

I am focused on ensuring that Trinity is providing the best possible quality of services, and that program participants are truly flourishing and living full and abundant lives. Based on the tenets of positive psychology, I believe everyone should experience positive emotions, engagement, relationships, meaning, achievement and vitality.

Trinity is blessed with dedicated, talented staff members who care about the people they work with, and the organization stands on strong financial footing.

As we move forward, we will continue to evolve the types of supports and services we provide. Most recently, we expanded our medical clinic and launched the Technology Enhancing Capabilities (TEC) Lab, which enriches people's worlds through the power of assistive technology.

We will also continue to confront the largest issue that impacts our field—the national staffing crisis. We are implement-

ing creative solutions to recruit and retain direct support professionals (DSPs). Entering the new legislative session in Illinois, we continue to advocate for the passage of Senate Bill 3508 and House Bill 5622, which would pay DSPs a living wage.

I cannot emphasize enough how important it is for you to contact your State legislators to ask for their support of these bills. Your voice truly matters and can influence change.

Trinity will also advocate for the passage of other bills that would positively impact those it serves, including Senate Bill 2429 and House Bill 4347, which would begin to address the dental needs of adults receiving Medicaid.

Over my years at Trinity, I have formed many strong relationships with program participants. One of my main goals is to support more members of our local communities to have the opportunity to do the same.

I am excited about the future and will work hard on behalf of families and their loved ones. Please feel free to contact me at tdykstra@trinity-services.org or 815-485-6197 if you have any questions or would like to know more about how to help Trinity.

Sincerely,

Thane Dykstra, Ph.D.

In Brief

Spring dance set

The Family and Friends Annual Spring Dance will be from 2 to 4 p.m. on Sunday, April 29, at Lincoln-Way West High School in New Lenox. The free event will feature snacks and DJ music with Jamie and John.

Programs get a new name

Trinity's former Adult Learning programs are now called Community Day Services. This aligns with the Illinois Department of Human Services change from the old term (Day Treatment) to Community Day Services. Trinity made the change for clarity purposes. Otherwise, the programs remain essentially the same.

SSI rate rises with COLA

People with disabilities receiving Supplemental Security Income or Social Security are seeing a rise in benefits. The higher payments are 2% above the 2017 amount.

This reflects a cost-of-living adjustment—or COLA—that happens automatically when inflation rises. The larger payments took effect in January.

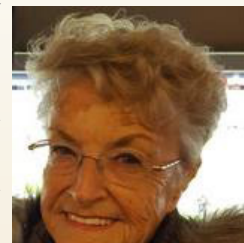
Now, the maximum federal SSI payment for an individual is \$750 per month (up from \$735 in 2017). For couples, the highest federal payment is \$1,125 per month (up from \$1,103). Depending on where a person lives, their state may add to this amount.

Remembering our dear friend

Trinity Services lovingly remembers Elizabeth “Betty” Kloski-Song, who passed away Feb. 1 at age 78.

Betty was an active, devoted member of Trinity's Family and Friends Group for more than 20 years. She helped to organize and host many of the group's activities.

She was a loving mother, grandmother, wife, aunt, sister, and friend. Her graciousness, smile, and constant support of Trinity's mission leave a lasting impact on the Trinity community.



Trinity Services, Inc.

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Barkery expands its presence, products

Program rolls out new treats, plan to help pets find forever homes

The Trinity Barkery—a Trinity Community Day Services program—is expanding its connections to local communities. This summer, it will host its first pet adoption day to help a local animal shelter offer adoptable pets on site.

The event will include a yard sale and other fun activities, and the public will be invited to stop by for treats and fellowship with other animal lovers.

Please watch Trinity's website and Facebook page for the event date.

This spring, The Barkery invites pets and their owners to its next pet wellness clinic. Co-hosted with Just Animals Shelter, the clinics provide low-cost and free services. The next clinic will take place from 4 to 7 p.m. on Friday, April 27, at the Barkery, 240 W. Baltimore St., Wilmington.

These events are an important way Trinity Barkery provides opportunities for persons with disabilities to serve their communities.



Ruth prepares Brew n Chew pet treats at The Barkery. The new treats are made from spent grain a brewer donates to Trinity.

In other exciting news, The Barkery now carries products for exotic birds and backyard chickens. These include food by Zupreem, and treats and toys by Wylds Wingdom. Feeders,

waterers, treats, and feed are now available for chickens at The Barkery's two locations.

Brew n' Chew

The Fritters for Critters line of pet treats have a new specialty—Brew n' Chew. To produce them, the Barkery partners with Tangled Roots Brewing Company of



Ottawa, IL. The brewery generously donates its spent grain, which is baked into the treats. Both Daisy's Dream, the first flavor, and the product packaging, honor the master brewer's dog Daisy.

New homes being readied to meet critical needs

Trinity's newest site for permanent supportive housing broke ground in Northlake in January.

Trinity Park Vista will feature modern housing, professional supports that range from intermittent to 24 hours, and close access to community amenities. It is open to persons who have a developmental disability or mental illness.

The three-story building will have 16 units—13 one-bedroom units and 3 three-bedroom units. The one-bedroom units are designed for individuals. The three-bedroom units, on the other hand, are designed

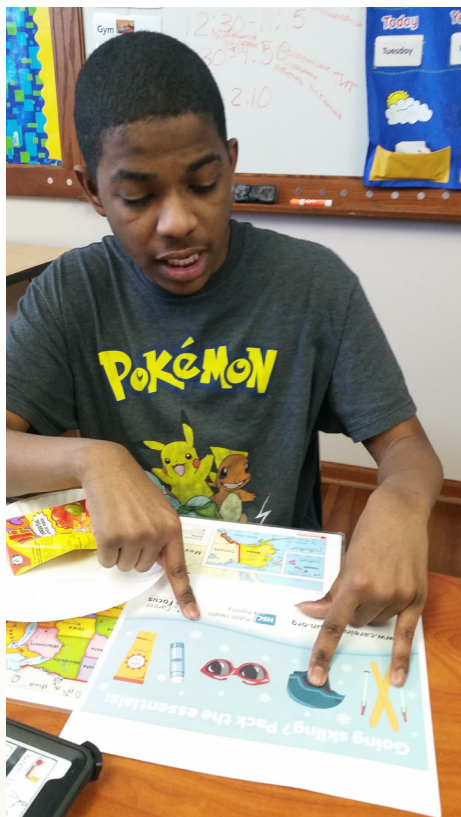
for one support provider to live with two persons who have developmental disabilities.

This option, called Shared Living, enables persons with disabilities to share a home with a supportive person who does not have a disability.

As more and more Americans enter adulthood with a diagnosis of developmental disability, and as the country's population ages in general, more individuals who have such disabilities, or a mental illness, are in need of appropriate residential options. Trinity is committed to meeting those needs whenever possible.



Staff and board members from Trinity Services join representatives from the City of Northlake, Worn Jerabek Wiltse Architects P.C., Brush Hill Development, the Illinois Housing Development Authority, and Synergy Construction Group for the Trinity Park Vista groundbreaking.



Understanding the risk

Aliex studies sun safety at Trinity School. The lesson teaches how to pack for outdoor adventures in winter since snow can increase a person's health risks. Snow reflects up to 80% of the sun's ultra-violet rays, increasing the risk of sunburn and skin cancer.



Above: Charlotte, Chris, and John discuss Mexican heritage and culture with teacher Kathy at The Branch: Well-Being and Enrichment Center. The Branch recently moved into Trinity's newly renovated building at 101 Hempstead Place in Joliet.



Branch moves to jazzy new spot

Trinity's newly renovated building at 101 Hempstead Place in Joliet is now home to The Branch: Well-Being and Enrichment Center. It is located 1.9 miles west of the former site. Soon, every corner of the building will be bustling with activity as Trinity moves

the medical clinic there from 100 N. Gougar Road, and builds a new TEC (Technology Enhancing Capabilities) Lab and dental clinic. The Branch offers young adults with disabilities a fun, age-appropriate place to pursue their next steps in life after high school.

Golf event will be a world of fun with your help

The 24th Annual Tom O'Reilly Memorial Golf Classic will be held May 17 at the Odyssey Country Club in Tinley Park.

The theme is Around the World in 18 Holes. Characters in ethnic dress, representing various cultures, will add to the fun.

Trinity appreciates your help with this fundraiser. Please contact any



business owner you know who may want to be a sponsor. Trinity also wel-

comes sports-related donations for the silent auction. The best auction items are tickets for sporting events (such as Chicago White Sox, Cubs, Bulls, Blackhawks or Bears games) and golf packages, golfing supplies, or pro shop gift cards.

For details, please call Anthony in the Development office at 815-717-3750 or visit www.trinitygolfclassic.com.

Upcoming Events

April 29

Trinity Family and Friends
Spring Dance

May 17

Annual Tom O'Reilly Memorial
Golf Classic

June 21

Trinity Triumph 5K run/1K walk

Holiday Office Closings

May 28

Memorial Day

Numbers Tell Stories

6,255

Trinity Counseling Center service hours

Last year, Trinity Counseling Center provided a total of 6,255 hours of professional, psychosocial treatment to its clients.

The center offers these services to individual children, youth, and adults, as well as couples, families, and groups. Clients come from Will, Cook, DuPage and Grundy counties. Their needs range from therapy for a mood disorder (such as depression or anxiety), to counseling for a major life transition, to marriage and family therapy.

Trinity's counselors use only evidence-based methods that are grounded in behavioral, cognitive-behavioral, and contextual-behavioral therapy approaches. In the groups counselors work with, participants address smoking cessation, chronic pain, or a similar issue.

Counselors may also work with a person on improving healthcare outcomes. For example, diabetes and heart disease are affected by diet and exercise but many people find it difficult to change unhealthy patterns of behavior.

About 75% of the services are provided in Will County (at the Joliet and New Lenox offices), and 25% in Cook County (the Homewood office).

Colorful affair to fund playground

In December, a group of Trinity friends attended the Wilmington Rotary Club's Annual Musical Theater Madrigal Dinner. The event was a fundraiser to provide money for an abilities-inclusive playground in Wilmington. The friends were

treated to a buffet-style dinner and entertainment by the Wilmington Community Theater.

Trinity, which operates community living homes and Community Day Services in the area, was a Blue Table Sponsor of the dinner.



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- clothing • accessories

815-476-5104





Above: Jennifer greets a "fair maiden" at the Wilmington Rotary Club Annual Musical Theater Madrigal Dinner. Left: Corina also spent time with the cast of Medieval characters.

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Network V & VI	
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Network VII / Trinity Northwest	
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Network VIII / Southwest Illinois	
Mike Lowry	618-566-4200
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amazon



Use Trinity's Amazon Smile link:

<https://smile.amazon.com/ch/36-2194838>

to donate every time you shop!

Celebrating love

Celebrating Valentine's Day at the annual dance in Des Plaines are, top right: Michael and Crystal, and bottom right: Kenyon, Neal, and Matthew.



Roxy glows with 1920s glamor

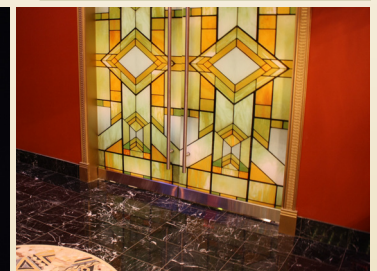
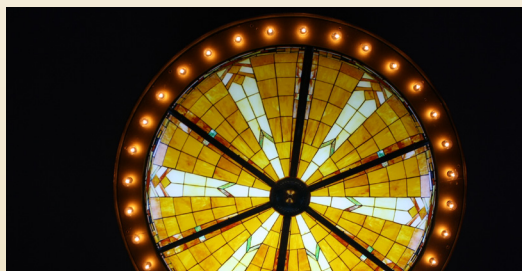
A stunning renovation of The Roxy nightclub was unveiled at an open house in February. The colorful, luxurious venue now serves the public.

All proceeds will benefit Trinity programs and services. Rentals will soon be available for parties, concerts, weddings, baby showers, etc.

For more information, call the Development office at 815-485-6197.



Above: The marquee at The Roxy. Left: Trinity executives Stephanie, Trina, Mickey, Anita, and Jen try out the bar on both sides. Below, below left: two of the many stained glass features.



ShopTrinity

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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

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Cherry Hill Books and Media

Resources for leadership and best practices in the workplace. 815-723-0898
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High Tide Press

Publications, training materials and resources for disability and nonprofit professionals. 815-320-7242
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AT conference set for June

The National Association of QDDPs (NAQ) and Trinity's assistive technology program will co-host a second annual assistive technology (AT) event for all of Illinois.

The Technology Enhancing Capabilities (TEC) Conference will meet June 6 and 7 at the Northern Illinois University Conference Center, at 1120 E. Diehl Road in Naperville.

The workshops and plenary sessions will cover topics, such as:

- AT in the Workplace: Utilizing Assistive Technology to Promote Employee Retention
- Affordable, Practical Smart Home Technologies
- Learning from the Past to Build the Future
- TEC Doesn't Have to be a Four-Letter Word.

Robin Pegg is among the featured speakers. Her presentation, "But What

if They Can?" is not just about creating opportunities, it is about changing perspectives. She invites families, disability services professionals, state agencies, educators, and others to join in a conversation that challenges how we think about "people with disabilities." It will address individuals' transformative use of AT.

Details and conference registration are on the NAQ website, www.qddp.org. Or, call conference organizer Connie Melvin at 815-485-6197.



Robin Pegg works in special education, occupational therapy, communication, AT, and computers.



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