



# the transitions™ vibe

Industry news and information from a source you trust



Welcome to the January 2021 edition of the *Transitions Vibe*—a monthly briefing filled with information for those who trust Transitions to provide hospice and palliative care services for their patients and residents.

## Transitions Year in Review 2020



### Reflections from Jim Palazzo, Transitions Chief Executive Officer and Founder

By all accounts, 2020 has been a year unlike any other. We have seen a global pandemic affect just about every aspect of our work, family, and social lives. For months, we stayed inside, constantly followed the news, and for the most part, kept to ourselves. We experienced an election unlike any other, and a series of tumultuous political and social events that seemed to be an endless cycle of conflict and disagreement throughout the country. Along the way, we experienced pain, confusion, heartbreak, and fear of the future. But through it all, no matter how bad things became or have become, we also experienced a new level of kinship, togetherness, and unity.

At Transitions, unity and togetherness have undoubtedly surfaced as a reflection of your dedication to each and every one of our patients. I am so proud of the way that we have been able to persevere through such difficult times. As our campaign earlier in the year emphasized, all hospice and palliative care workers are heroes. You put patients' health and happiness above your own needs, and it is truly appreciated by not only myself and our leadership team, but also by the patients and families that you work so hard to serve. In a time like this, your impact is felt even deeper than before. When patients couldn't see their family, you became their support, their positive energy, and their condolence. When a son or daughter turned to you for help, you were there with open arms. In a time where many spirits have been in the depths of negativity, you provided a light at the end of the tunnel and hope for what may come. To all of you, the heroes, thank you for all that you have done in 2020 — you truly mean the world to each patients' life that you touch.

Through all of the chaos 2020 has brought our way, Transitions has experienced tremendous growth. By 2021, our daily census will be at 500 patients — a mark we have never reached before. In our newly organized regions, we are seeing increasing numbers each month, a sign that our marketing efforts have not gone unnoticed. We are continuously expanding to new areas as well, bringing our services to locations such as Northwest Indiana and Springfield, Illinois. Without the organizational skills of our executive team and the dedication to our model exhibited by each one of our care team members, this feat would not be possible. To that, I say thank you to our staff for your continued expression of compassion, focus, and care for each patient that crosses your path.

[Read Jim's reflection and goals for 2021>>](#)



## Transitions Spotlight: Music Therapy

### Music Therapy's Impact on Care

By: Mary Ellen Heelan, MT-BC, NMT



*As a Board-certified and Neurologic Music Therapist, Mary Ellen has witnessed the impact of Music Therapy on those who are receiving hospice services or palliative care.*

We haven't just reached the end of a challenging year. We've come to the end of a decade, and as we look back, we can't help but be grateful for the remarkable people who've shared their lives with us.

Some of these individuals are still with us. Many have passed on, but they've all demonstrated qualities that we admire and hope we have brought to our own lives. The music that many of them created or that we associate with them gives these memories strength.

The links below highlight a number of songs you can share with others. Themes include Resilience: Triumphant over setbacks; Reinvention: A new path traveled; Artists who've helped create a soundtrack for our lives; Optimism and hopefulness, no matter how difficult; Sports heroes who have brought us joy and Lasting legacies from those we will never forget:

- [Part 1](#)
- [Part 2](#)
- [Part 3](#)
- [Part 4](#) (In commemoration of Elvis's 86th birthday that would have been on January 8.)

Music therapists use methods such as songwriting, guided imagery and music, singing, instrument playing and music therapy relaxation techniques to treat the many needs of patients and families receiving care, including:

- Social (e.g. isolation, loneliness, boredom)
- Emotional (e.g. depression, anxiety, anger, fear, frustration)
- Cognitive (e.g. neurological impairments, disorientation, confusion)
- Physical (e.g. pain, shortness of breath)
- Spiritual (e.g. lack of spiritual connection, need for spiritually-based rituals)

Music helps patients work through a wide range of feelings that are experienced at the end of life and helps bring a sense of peace.

Resources:

- [Music Therapy in Hospice and Palliative Care: a Review of the Empirical Data](#), Russell E. Hillard. Evidence-Based Complementary Alternative Medicine.
- [Music Therapy in Palliative Care - A Randomized Controlled Trial to Evaluate Effects on Relaxation](#)
- [Music Therapy for Palliative Care Patients](#)

## Partner Spotlight: Accolade Healthcare



Accolade Healthcare Paxton Senior Living offers independent living options along with a skilled nursing facility for those who need extra care. This location is split into three sections: townhomes, apartments and skilled nursing.

[Learn more about their services>>>](#)

This month, we are proud to feature Jonas Hoedebecke, LNHA, Administrator for Accolade Healthcare of Paxton Senior Living, as our Partner Spotlight. Recently, he shared how COVID-19 has presented his facility with different challenges and how his team came together to support their residents and each other.

[Access Jonas' reflection here>>>](#)

## Understanding Grief Cycles



Watch the latest episode of [Good Day Stateline](#), featuring Dr. Kapur, Chief Medical Officer at Transitions, and Joe Agnello, Transitions Chaplain and Bereavement Specialist, as they discuss anticipatory grief and how to prepare for a loved one's inevitable passing. Although this can be a sad topic, Dr. Kapur and Joe share some great stories on how the knowledge of these grief cycles can make the tough times a little easier. [View the episode here>>](#)

**At Transitions, our team provides a holistic treatment approach that addresses both medical and psychosocial needs, including symptom management, counseling and community service support. [Learn more.](#)**

## Supporting Patients in Home-Based Settings

Palliative care is a team approach to treating patients with chronic and/or terminal illness in home-based settings. Unlike hospice, palliative services are appropriate for any person that has a chronic and/or terminal illness, regardless of life expectancy, in which additional support is needed to manage symptoms.

At Transitions, our palliative team consists of palliative care trained physicians, advanced practice nurses and licensed clinical social workers who work in conjunction with primary care physicians. Our goal is to provide a holistic treatment approach that addresses both medical and psychosocial needs, including symptom management, counseling and community service support.

[Learn more about Palliative Care Services>>](#)



## COVID-19 Vaccinations Have Begun

In December, the U.S. Centers for Disease Control & Prevention (CDC)'s Advisory Committee on Immunization Practices (ACIP) released an [interim recommendation](#) for the highest priority levels as states determine their first allocations. Health care workers and long-term residents represent roughly 17.6 million people who were first to receive the COVID-19 vaccine. Home care and hospice staff are included in the first group (Phase 1a) because the workforce falls within ACIP's definition of health care workers. (source: Hospice News)

COVID-19 vaccinations continue to roll-out throughout Illinois and Indiana. Below are a few resources:

### Illinois Department of Public Health (IDPH):

- [COVID-19 Vaccination Plan](#)
- [COVID-19 Vaccine FAQs](#)

### Indiana Department of Health (IDOH):

- [General information](#)
- [COVID-19 Vaccination FAQs](#)

### General Resources from the CDC and FDA:

- [VaxText Second Dose Reminder](#)
- [Pfizer Healthcare Provider Fact Sheet](#)
- [Pfizer Patient Fact Sheet](#)
- [Moderna Healthcare Provider Fact Sheet](#)
- [Moderna Patient Fact Sheet](#)

[Contact us](#) to learn more and discuss specific COVID-19 Vaccination plans.



# Transitions News & Events

## Register to Attend a Virtual Continuing Education Session

### Did You Just Say the “H” Word?

Learn to identify the common misconceptions about Hospice and how to effectively overcome these barriers through an interdisciplinary team approach.

**Presenter:** Katie Monahan Brooks, Manager of Business Development - Transitions Hospice

**Date:** Tues., Jan. 19, 2021

**Time:** 12 p.m. - 1 p.m. CT

[Download Flyer](#) | [Register](#)

1.0 CE available for Illinois Nurses, Professional Counselors and Social Workers. Zoom link will be sent after registering.

### Elderwerks Caregiver Symposium



This complimentary symposium is designed for caregivers to help maintain your sense of self, build some coping skills, learn techniques of self-care and about resources to help care for a loved one in the home.

**Date:** Mon., Feb. 15, 2021

**Time:** 9 a.m. - 5 p.m. CT

[Learn more and Register](#)

*Transitions is a proud sponsor of this event.*

## New Year. New Transformations.

For many, this time of year marks the time to set a new year resolution. This tradition provides an opportunity to begin behavior change and glean effective strategies for positive change.

Did you make a New Year Resolution for 2021?

Yes

Select

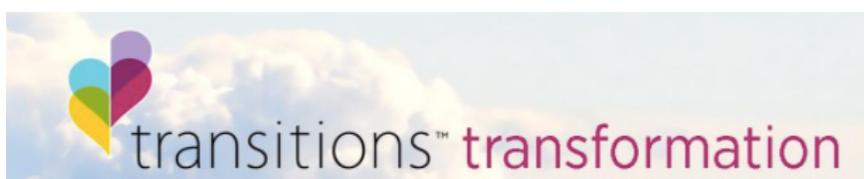
No

Select

According to the American Psychological Association (APA), action does lead to change. In fact, studies have shown that successful resolution makers employed strategies such as stimulus control and reinforcement (like avoiding the dessert menu or late night snack while watching your favorite movie). Also, these individuals share the belief that one can affect and maintain change, or succeed at changing ingrained habits.

Most importantly, the readiness to change, or how prepared a person is to enter the action stage of behavior change, tends to be the single best predictor of success. One is 10 times more likely to succeed than those who are not ready to put plans into action.

**Studies show that exercise helps support the well-being of one's mind, body and spirit, and little friendly competition always helps to motivate us all!**



To jumpstart a wellness mindset in 2021, we launched the **Transitions Transformation Wellness Challenge**, held September 1 - November 30, where Transitions staff members were encouraged to log at least 30 minutes of daily exercise.

Our Huntley office was the champion, logging in a total of 5080 minutes of exercise! Other offices “stepped up” by logging the following times: Rockford - 3750 mins.; Naperville - 2393 mins.; Indianapolis - 2015 mins.; Peoria - 1020 mins.; Champaign - 90 mins.

The top three employees who participated were also given Amazon Gift Cards for their amazing commitment to health and wellness. Individual champions were: Gizelle M. - 4775 mins. (Huntley); Richard A. - 2610 mins. (Rockford); and Vicky M. - 1770 mins. (Indianapolis).

In the end, everyone who participated was a winner for taking a step in the right direction for a healthier lifestyle. Congratulations to all, and great job making your health a priority!

**What have you resolved to accomplish in 2021?**

**Take a quick survey to share your ideas and we will post a few in our next newsletter!**

My 2021 Resolution

## Spreading Holiday Cheer

Transitions Regional Hospice Coordinator, Kirk Swanson, dressed up as Santa for the residents at the Villas of Holly Brook.

We hope your holiday season was jolly!



## A Renewed Attitude of Gratitude

Happy belated birthday to the game of BINGO! This fun game began in Italy in 1530 as "LoGiucoco del Lotto D'Italia," and is still played there today, almost every Saturday.

To celebrate the New Year, we incorporated a little "attitude of gratitude" into this game sheet.

[Click here to download and print the game sheet.](#)



Thank you for trusting Transitions with the care of patients, residents and families as we wish everyone a happy and healthy 2021.



**It's About Living.** [Submit a referral](#) or [contact us](#) at 877-726-6494 to discuss how we provide the tools and resources to assist patients and families through the physical, emotional, and spiritual challenges of life's final transitions.

[Visit our website to learn more.](#)



**Palliative Care | Hospice | 24/7 Support**

Serving Chicagoland, Northern Illinois, Central Illinois,  
Northwest Indiana & the Indianapolis metropolitan area

**877.726.6494 | [Transitions Hospice & Palliative Care](#)**



Transitions Group | 1551 Bond Street, #143, Naperville, IL 60563

