



the transitions™ vibe

Industry news and information from a source you trust

Welcome to the June 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.



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.](#)

Transitions Spotlight: Men's Health Month

Reflecting on a Career in Care

Tim Scully, Chief Development Officer - Transitions Hospice



Tim Scully, our Chief Development Officer, oversees all business development and marketing activities at Transitions. He has over 20 years of experience with a number of healthcare organizations, with a track record of high speed growth and development. Tim has been a key team member in expanding our footprint over the last few years, and we are so glad to have him as a member of our leadership team.

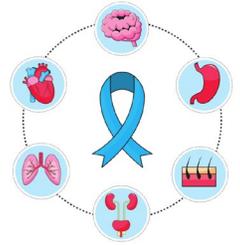
With June being National Men's Health Month, we sat down with Tim to talk about his hospice experiences, how he focuses on his health and what Transitions means to him.

[Access the full interview here>>](#)

Celebrating Men's Health Month

June is **Men's Health Month**, helping to raise awareness of preventable health issues, encourage early detection of disease and support healthy lifestyles.

The life expectancy of men in the United States is five years shorter than that of women. Men are less likely than women to seek medical care and are nearly half as likely as women to pursue preventive health visits or undergo screening tests. Despite public health messages about the importance of a healthy diet and regular exercise, the prevalence of overweight and obesity in men continues to increase.



Consider the following facts:

- More than 700,000 men are diagnosed with a type of cancer each year; 300,000 of those cases will result in death. In Illinois, 234.6 per 100,000 men are diagnosed with cancer, compared to 165.8 per 100,000 women.
- Approximately 46% of hospice Medicare beneficiaries are male.
- 230,000 men are diagnosed with prostate cancer every year. It's the second leading cause of death in men.
- 450,000 men die of cardiovascular disease each year.
- More than 60% of adult American men are overweight or obese.

Encourage all the men in your life to take positive steps toward maintaining a healthy lifestyle and scheduling regular exams and screenings in order to prevent disease and maximize the quality of life. *It's about living.*



Informative resources:

- [Illinois Department of Public Health](#)
- [Fast Facts: Men's Health](#)
- [NHPCO Facts and Figures - 2020 Edition](#)
- [Prevention and Chronic Care - AHRQ](#)

Celebrating CNAs at Transitions

Certified Nurses Assistants (CNAs) are an essential part of the hospice care team. At Transitions, we want our patients to live as comfortably as possible, and the work that CNAs do is at the heart of living happily and comfortably for all of our patients. Thank you, CNAs, for all you do!

In honor of [National Nursing Assistants Week](#) being celebrated June 17-24, we spoke with a few of Transitions' CNAs—Lourdes Cepero, Samantha Burgess, Kaitlyn Watson, and Kristina Rasmussen—to discuss their work, why they joined Transitions, advice for aspiring CNAs and more.

[Access the full interview>>](#)



Grief Notes

Good Grief - Keeping the End in Mind, Discovering a New Purpose

Welcome to *Grief Notes*, a standing feature where our Bereavement Coordinator, Joe Agnello, will share about grief, bereavement, spirituality and dealing with a loss.

Grief is not just one emotion. It is a group of emotions that get elevated the closer we are to the person we lose. While a person's first instinct may be to avoid grieving, it is a harmful approach as it is interrupting our body's natural way of coping with loss. [Read More>>](#)



In-Person Grief Support Services

This year and a half has been fraught with hardship in many ways. There is not one person in this community who has not been touched, in some way, by loss.

The **Transitions Hospice team in Northwest Indiana** is pleased to announce that starting in June 2021, they will offer **in-person Grief Support Groups** led by Justin Hopkins Clark, MSW, LSW, and Chaplain Rob Dorow. The meetings will be at our office in [Crown Point](#).

Where: Transitions Hospice, 11035 Broadway, Suite E., Crown Point, IN

When: • Every 2nd Tuesday of the month from 1:00-2:00 pm
• Every 3rd Thursday of the month from 5:30-6:30 pm

[Learn more>>](#)

For more information, please contact Transitions Hospice at 877-467-6880.



Partner Spotlights



Affiliated Oncologists is a comprehensive medical and radiation oncology and hematology practice of physicians specializing in the diagnosis and treatment of cancer and blood disorders for patients in the greater Chicago area.

Transitions has been working alongside **Affiliated Oncologists** since May to provide high-quality hospice and palliative care to a growing number of patients in Illinois. We are very excited about this new partnership and the support it will bring to our patient care.

[Learn more >>](#)

Transitions News & Events



Transitions Living Well Series

During a recent [Good Day Stateline](#) interview, Dr. Kapur highlighted how early diagnosis of a neurological illness, such as dementia, is the key to living well, and how Transitions' programs can help prolong the quality of life.

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](#) or [submit a referral](#) today.



To Care For Those Who Have Borne The Battle: Serving Older Veterans

(virtual session)

Presenter: Dr. Stanley McCracken, Ph.D., LCSW

Date: Tuesday, June 15, 2021

Time: 9:00 a.m.-10:00 a.m.

There is no charge for this event. 1.5 CE Credits are available.

[Register](#)



About the session: Join IL-HPCO for a must-attend workshop that will address the lasting impact of military service and the risks of war. Some of the topics to be addressed include exposure to violence and killing, post-traumatic stress disorder (PTSD), late-onset stress symptomatology (LOSS), traumatic loss, suicide, and moral injury, a term used to describe a syndrome of shame, self-handicapping, anger, and demoralization that occurs when deeply held beliefs and expectations about moral and ethical conduct are transgressed or violated.

Deciphering the Surrogate Decision Maker: Whose Call Is It?

(virtual session)

Presenter: Amy Gjesdahl, JD, Dutton Casey & Mesoloras

Date: Thursday, June 24, 2021

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

There is no charge for this event.

[Register](#)

About the session: Join Attorney Amy Gjesdahl of Dutton Casey & Mesoloras, who will discuss the types of decision-makers authorized by Illinois law to make decisions on behalf of a disabled adult including agents under Powers of Attorney, trustees, guardians, and health care surrogates. Before you can successfully work with these decision-makers, you need to (1) understand whether the decision-maker is legally entitled to make the decision at issue, and (2) know the extent of a decision-maker's authority and what ethical standards he or she should apply when making decisions.

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

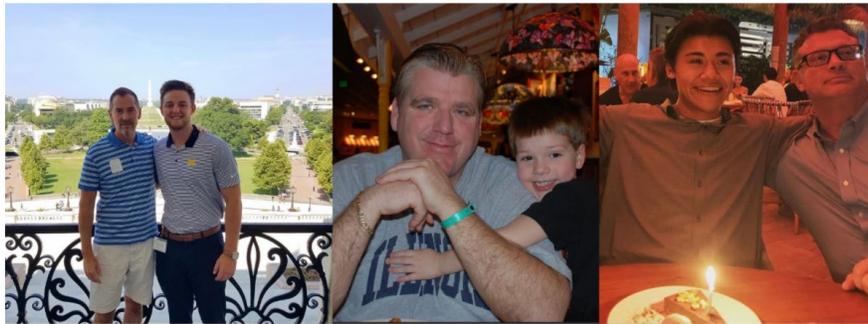


Deciphering the Surrogate
Decision Maker: Whose Call Is It?

Amy Gjesdahl, JD



From Transitions, to all of you...



Happy Father's Day!



transitions™

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

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