



the transitions™ vibe

Industry news and information from a source you trust

Welcome to the March 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: Social Services & Palliative Care



The Impact of Psychosocial Support on Palliative Care Patients and Families

Insights from: Stephanie Tintner, LCSW, CDP, BCPA - Director of Ancillary Service, Transitions Hospice

Palliative care is focused on improving the quality of life for people living with a serious illness like cancer or advanced heart failure. 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.

Palliative Care is a specialized discipline that typically evokes thoughts around pain management, symptom management and coordination of care models. Another vital aspect of Palliative Care is the psychosocial support provided and the impact it can have on overall well-being and quality of life for patients. Oftentimes, the psychosocial impact of chronic and serious diseases is not prioritized, or in some cases even minimized, by healthcare providers. Doctors and specialists are primarily focused on treating conditions and symptoms, and they may fail to see the emotional and psychological impact these conditions can have. This is where the support of a social worker is imperative.

Palliative Care social workers are primarily concerned with the psychological and emotional well-being of patients and their family/caregivers. Not addressing these issues may lead to negative coping mechanisms, increased complexity of the disease, decreased communication and relationship breakdowns among patients and their support systems. Addressing these psychosocial needs encourages the patient and family to express their thoughts and feelings about the disease and allows the social worker to present healthy coping strategies to anyone who may be struggling. [Read the complete article>](#)

Ready to learn more? [Contact us](#) to discuss how Transitions' Palliative Care services can support your patients or [submit a referral](#) today.



Honoring Social Workers

During the month of March, join us in showing our appreciation to Social Workers who help people address personal and systemic barriers to optimal living.

Did you know? There are more than 700,000 professional social workers employed in the United States and more than three million worldwide. The U.S. Bureau of Labor Statistics continues to identify social work as one of the fastest-growing professions in the United States! Learn more by visiting the [National Association of Social Workers](#) website.

Thank you for creating positive change for those we serve. #SocialWorkIsEssential



Palliative Care Services

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 our Palliative Care Services>](#)



Partner Spotlights

DUTTON CASEY & MESOLORAS P.C.
ATTORNEYS AT LAW

We are proud to feature our partner, **Erin Vogt, LCSW, ACSW, CMC - Client Coordinator for Dutton Casey & Mesoloras, Attorneys at Law**. In a recent article, she details their Care Navigation and Advocacy services, which are designed to help with decision making as well as establishing and maintaining quality care.

[Read the complete article>](#)

E L E M E N T S
the cremation company

families rethink how to mourn the loss of a loved one. It made individuals wrap themselves in new traditions, different comfort and allowed them to explore options they did not know existed before 2020. [Read the complete article>](#)

Transitions' Partner, **Ronette Leal McCarthy, Esq., Legal Counsel at Elements, the cremation company**, shares her perspective on how 2020 has changed the funeral industry in a recent article. Ronette explains that while we find comfort and normalcy in traditions and occasions, this past year made

Join us on March 11 as we appreciate and honor Funeral Directors and Morticians. On behalf of the Transitions Hospice team, thank you for all you do to support our families during the loss of a loved one. [Learn more about this recognition day and interesting facts>](#)

Resources:

- [Family Resources - https://rememberingalife.com](#)
- [National Funeral Directors Association](#)



Transitions News & Events

COVID-19 Update - March 2021

From the desk of Heidi Krug, Chief Compliance Officer, Transitions Group

To our Valued Healthcare Partners,

The past year has been filled with difficulties, challenges and a level of perseverance, unlike anything we have ever experienced. We are extremely proud of frontline healthcare workers and are forever grateful for their contributions in keeping us and our families safe during these unprecedented times.

One year after the pandemic's onset, the safety and well-being of our patients, their family members, and our staff remains the priority of Transitions Hospice. Throughout the COVID-19 pandemic, we have taken every precaution possible to stop the spread, following the lead of the Centers for Disease Control and Prevention (CDC), along with Federal, State, and local health department guidelines.

With the approval of both **Pfizer-BioNTech** and **Moderna** COVID-19 vaccines in December of 2020, many of our employees and field staff have since been vaccinated. These vaccines come in two steps, in which someone may receive the second dose of the vaccine within 21-28 days of receiving the first dose. Someone who receives the vaccine cannot become infected or infect others, as it contains no live virus. However, the vaccine does promote the body to create antibodies to fight off COVID-19 if you become exposed to the virus, allowing people who receive it to resist future infection.

[Read the complete article>](#)

Further information about COVID-19, vaccinations, best practices and more can be obtained by visiting the following websites:

- <https://www.dph.illinois.gov/covid19/vaccine-faq>
- <https://www.coronavirus.in.gov/vaccine/>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/>



Celebrating National Doctors' Day - March 30th

National Doctors' Day honors the dedication and care provided by doctors to their communities. This year, we would like to recognize Transitions physicians **Kuljit Kapur, DO** (Illinois), **Ibrar Faquir Paracha, MD** (Indiana) and **Chirag N. Patel, MD** (Indiana).



About Our Transitions Physicians:

- **Dr. Kapur** is an Internal Medicine physician with a sub-specialty in Hospice and Palliative Care. She graduated from the Chicago College of Osteopathic Medicine.
- **Dr. Paracha** is an Internal Medicine physician with a sub-specialty in Nephrology. He graduated from the University of Missouri - Kansas City School of Medicine and holds Board Certifications in Internal Medicine and Nephrology.
- **Dr. Patel** is an Internal Medicine physician with more than 25 years of experience in the field of medicine. He graduated from the University of Missouri - Kansas City School of Medicine.

**We are grateful for your dedication and the clinical guidance you provide
to our team and to those we serve.**

Health Care HR Professionals Week



March 15-19, 2021 is dedicated to recognizing human resources professionals in health care organizations across the nation for their important role across the continuum of care. Visit the [American Society for Health Care Human Resources Administration \(ASHHRA\)](#) website to learn how you can support!

Thank you to **Trendelina Sacipi**, Benefits and HR Specialist, **Arianna Marcoci**, Payroll Specialist and **Daniela Geana-Cabrera**, HR Manager, for all that you do to support the Transitions team! #HCHRWeek



Register to Attend a Virtual Continuing Education Session

Risk of Social Isolation in Seniors

Presenter: Stephanie Tintner, LCSW, CDP, BCPA, Transitions Hospice

Date: Wednesday, March 10, 2021

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

There is no charge for this event.

[Register](#)

About the session: Social isolation is linked to long-term illness in seniors—and it can have both a physical and mental impact on individuals. By maintaining connections and building a new community of friends, you can live a happier, healthier, longer life. Objectives include:

1. Define social isolation
2. Identify the effects of social isolation
3. Identify how to prevent increased mortality associated with social isolation

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

Culture & Sensitivity in Healthcare

Presenter: Katie Monahan Brooks, BM-MT, Manager, Business Development, Transitions

Date: Thursday, March 18, 2021

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

There is no charge for this event.

[Register](#)

About the session: Join ACMA and Transitions Hospice for a lunch-hour CEU focused on the differences in how people cope with aging, illness and death, which reflect deeper values and priorities influenced by culture and circumstance. Objectives include:

1. Identify the goal of cultural sensitivity in healthcare
2. Explore cross-cultural communication as the foundation for the provision of culturally competent healthcare with a focus on values, beliefs, attitudes and diversity
3. Identify strategies for promoting effective cross-cultural communication in varied healthcare settings

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



Raise Your Paws for National Puppy Day on March 23

We're sending a few wags and smiles from the Transitions' pups to remind you to have a paw-some day! Below are just a few of our teams' cute furballs!

An Irish Blessing

"May your troubles be less, and your blessings be more,
and nothing but happiness come through your door."



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](#)



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