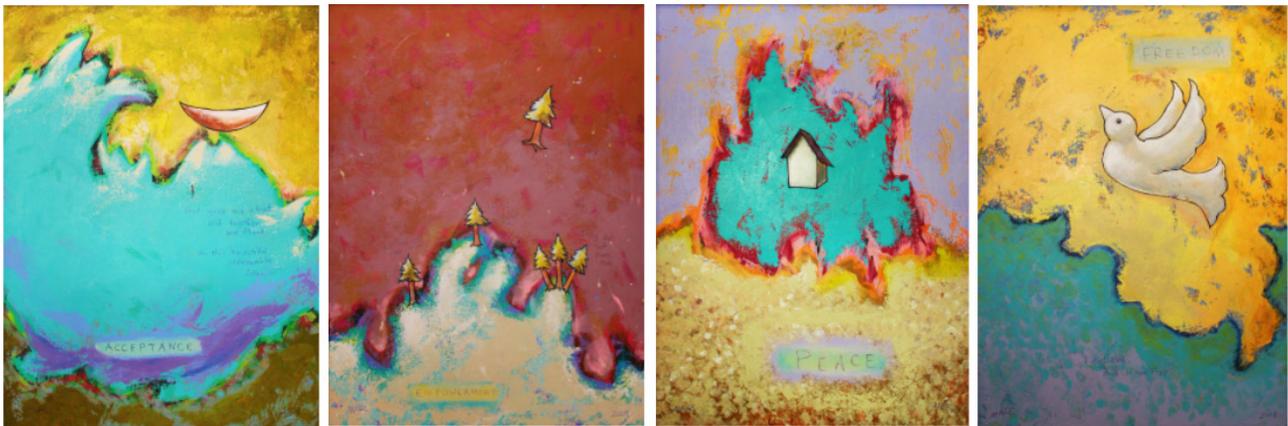




# the transitions™ vibe

Industry news and information from a source you trust

Welcome to the September 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: Suicide Prevention

September is **National Suicide Prevention Month**, an observance focused on prevention and education about suicide.

### The Facts

- Suicide is the 10th leading cause of death in the United States
- Studies have shown that the cancer-related suicide rate is dropping by 2.8% on average each year since 1999, due to advances in palliative care and hospice. (American Cancer Society)
- Pancreatic, lung and colorectal cancer are the most common cancers among people who died by suicide, especially men.



### Know the Signs

While warning signs may not be noticeable at first, always remember that it is never too late to take action. According to the Centers for Disease Control and Prevention (CDC), suicide warning signs include, but are not limited to:

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

## Take Action

Studies have shown that the risk of suicide increases significantly in the first year after a diagnosis of cancer in comparison with the general population, and this increase varies with the type and prognosis of cancer. Consider the following suggestions from the CDC on how you can provide support:

- Create protective environments and refer to mental health services
- Promote connectedness
- Teach coping and problem-solving skills

[Read more from Transitions >>](#)

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## Informational Articles and Resources

- [Rate of Suicides Related to Cancer Is Declining](#)
  - [Suicidal death within a year of a cancer diagnosis: A population-based study](#)
  - [Coping with a Disaster or Traumatic Event – CDC](#)
  - [Suicide Prevention Resources - CDC](#)
  - [Suicide Prevention – HelpGuide](#)
  - [Older Adults – Suicide Prevention Resource Center](#)
  - [Promoting Psychological Health and Suicide Prevention among Older Adults during COVID-19 – Suicide Prevention Center](#)
  - [Seniors' suicide Prevention Toolkit – Centre for Suicide Prevention](#)
  - [Suicide Prevention Lifeline](#)
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“Thank you so much for all of the excellent care my mother received from your nurses and CNAs. I am forever grateful for your compassionate care of Mom and our family in our time of need”

~The Vincent Family

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## September: Pain Awareness Month

**Pain Awareness Month** helps to raise awareness about issues related to chronic pain through the following:

- Create a greater understanding of chronic pain among healthcare providers, patients and the community
- Reduce stigma associated with chronic pain
- Break down the barriers to effective pain management

### Did you know?

- Chronic pain affects more than 100 million Americans.
- Pain affects more Americans than diabetes, heart disease and cancer combined.
- About 20% of American Adults say they have trouble sleeping because of pain or physical discomfort.
- In a survey of chronic pain sufferers, 77% felt depressed.



## Informational Articles and Resources

- [National Pain Awareness Month Infographic – The Pain Center](#)
  - [September is Pain Awareness Month – Johns Hopkins Medicine](#)
  - [Pain Awareness Initiatives – American Academy of Pain Medicine](#)
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## Partner Spotlights - Elderwerks



Outside of helping individuals find assisted living or senior housing and care options, our partner [Elderwerks](#) also provides resources and information to guide families in their transition of care process.

On May 24th, Elderwerks hosted Michael Iwanicki, Superintendent of Veterans Assistance Commission of McHenry County, for a virtual discussion about the programs offered by the Veterans Benefits Administration (VBA) and the Veterans Health Administration (VHA) to support veterans and their spouses.

In the recorded session, Michael goes over services such as adaptive housing grants, VHA grants for medically needed adaptations, in-home care, daycare, and more.

[Access the session recording here >>](#)



## Tech Talk: A Chat with Sam Tamburo-Jamorzik



### Technology's Role at Transitions: Meet Our EMR Manager

*Insights from: Sam Tamburo-Jamorzik, EMR Manager*

This month's Tech Talk features Transitions' EMR Manager, Sam Tamburo-Jamrozik. In this role, he oversees all of our electronic medical records and works extensively across all of our teams to make sure that our technology is aligned with our services. Recently, we connected with Sam to learn more about his background and gain his insight on the future of technology at Transitions.

[Access the interview >>](#)

## Transitions News & Events



### Ancillary Services and End-of-Life Options

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

At Transitions, we go the extra mile to maximize our patients' comfort in their final days. We do this by providing a variety of services that are patient-focused and individualized to each individual's needs.

During a recent [Good Day Stateline](#) interview, Stephanie shared about Transitions' Ancillary services, including End-of-Life Doulas (EOLDs), non-medical companions to the dying and their families. Doulas do not take the place of hospice personnel; rather, they complement other services that a dying person and their family may be receiving, including hospice or palliative care. They provide a wide range of holistic services, including physical, emotional, spiritual and practical support. EOLDs may work with families from initial diagnosis through bereavement. (NHPCO)

[View the segment >>](#)



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At Transitions, our team provides a holistic treatment approach to address both medical and psychosocial needs, including symptom management, counseling and community service support. [Learn more](#) or [submit a referral](#) today.

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## Save the Date - IL-HPCO Conference Creating Connections – Building for the Future

Wednesday, October 6, 2021  
Northern Illinois University (NIU) Naperville, IL



Join the Transitions team and other industry leaders as they network with other hospice and palliative care leaders to learn best practices and benchmarks.

Learn about:

- Regulatory and industry changes that impact hospice and palliative care
- Tools to ensure the provision of quality evidenced-based practice for end of life care
- Documentation and billing strategies to meet CMS guidelines

[Learn more>>](#)

## Save the Date - ACMA - Illinois Chapter 21st Annual Case Management and Transitions of Care Conference

Saturday, October 9, 2021  
Renaissance Convention Center in Schaumburg, IL



Join Transitions during the American Case Management Association - 2021 Illinois Chapter Conference to share knowledge and learn with case management and transitions of care professionals in healthcare. Learn new strategies and gain insights when you collaborate for care with your peers.

[Learn more>>](#)

## A Day Filled with Celebration

Recently, our team members in Central Illinois held a birthday celebration for one of our patient’s two sons. The Transitions team rented a mobile gaming station for the boys to have fun and enjoy the birthday party to the fullest, with their mom in attendance to see it all happen. Pictured below is one of the boys playing a game with one of our chaplains, Trevor Bartolomucci.



It is moments like these that remind us all the power of hospice care, and that at Transitions, **#ItsAboutLiving– always.**



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