



# the transitions™ vibe

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Welcome to the **November 2021** edition of the *Transitions Vibe*—a monthly briefing filled with Transitions updates, industry news, and 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.](#)

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November 2021 Spotlight:  
Ilene Thorman, Transitions Volunteer Coordinator

**Learn more about volunteering with our Veterans in hospice care!**

In observation of the upcoming Veteran's Day 2021, we had a chat with Transitions Volunteer Coordinator, Ilene Thorman, who is responsible for recruiting and training new volunteers (many of which are Veteran and Active Military who serve our Veterans in hospice care), matching volunteers to opportunities that suit their skills, and conveying Transitions' unique and personalized care



model to the public.

We discuss the needs of our Veteran hospice patients, challenges and obstacles they face, and the ways we can help. We also learn more about Transitions Veteran partnerships, activities and events, and how volunteering can make a rewarding difference for both patient and volunteer.

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



If you or someone you know would like to volunteer with our Veterans in hospice care, please contact Transitions Volunteer Coordinator, Ilene Thorman, by phone at **224-281-6243** or by email at [ithorman@transitionshospice.com](mailto:ithorman@transitionshospice.com).

## November is National Hospice and Palliative Care Month

**National Hospice and Palliative Care Month** is observed every November to raise awareness about these vital end-of-life services. The main objective is to help spread the message to the public that hospice is not “a place,” but rather a means of high-quality care to enable patients and families to focus on living, comfort, and embracing the present as much as possible despite a life-limiting illness.

Another focus is to gain recognition and understanding for palliative care, which is different from hospice care, with a focus on symptom management in the home for chronic and life-altering diseases.

We also take this time to celebrate and show our gratitude to all of the hospice and palliative care workers who serve patients across our nation. They generously dedicate themselves to selflessly providing care and support for the ones who need it most. They not only commit their time to the demanding schedules and needs of their patients, but also devote their emotions to supporting families who are grieving.



**Curious about how to help a hospice/palliative care patient or professional in your community? [Click here for ways you can make a difference!](#)**

## Facts About Hospice/Palliative Care

**1.4**  
MILLION

“Every year, nearly **1.4 million people living with a life-limiting illness receive care from hospices in this country**,” said Edo Banach, president and CEO of the NHPCO (National Hospice and Palliative Care Organization.)

More people are living with chronic and terminal illness than ever before, with conditions that shorten their life expectancy and affect their quality of life. In a Pew Research Center estimate, **10,000 adults will turn 65 every day from now until 2030**. It is Transitions’ objective to go the extra mile to

10k  
ADULTS

provide the tools and support to make sure all patients are cared for in the way that they choose, to effectively manage symptoms and increase their ability to enjoy life.

90%

A survey by the NHPCO found that **90% of adults, if diagnosed with a terminal illness, would prefer to be diagnosed at home.** Contrary to many misconceptions, most hospice care in the U.S. is provided in the patient's own home. With the commitment and dedication from the team at Transitions, patients are able to be with their families and loved ones in comfortable surroundings as they approach their end of life.

6  
MILLION

Palliative care, focusing on comfort care, offers the same interdisciplinary team approach for a serious illness, but earlier in the stages to concentrate on symptom management. According to the CAPC, (Center to Advance Palliative Care) approximately **6 million people in the US could benefit from palliative care.**

94%  
OF FAMILIES

More research by NHPCO shows that **94% of families with a loved one cared for by hospice professionals rated the care as "very good to excellent."**

TOP 3  
WORRIES

"Being a burden to family and friends, pain, and lack of control" were the **top three most common worries** adults had about approaching their end of life. Transitions aims to empower patients and their families to embrace life, easing fears and worries, to focus on a better quality of living.

90%

**90% of adults believe it is the family's responsibility to care for the dying.** Transitions provides families with the support needed to keep their loved one at home, also offering to fully take over with short "respite" periods to give much needed break times for families.

ONE  
YEAR

Most adults believe **it would take a year or more to adjust to the death of a loved one.** Transitions offers up to 18 months of bereavement and grief counseling for the family after their loved one passes.

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### Informational Articles and Resources

- [What are palliative care and hospice?](#) - National Institute on Aging (NIA)
- [National hospice and palliative care month](#) - National PACE Association (NPA)
- [Hospice care information](#) - Hospice Foundation of America
- [Palliative care facts and stats](#) - Center to Advance Palliative Care (CAPC)
- [Resources and education for making informed care decisions](#) - NHPCO

- [Hospice care for Veterans](#) - VA
- [Palliative care for Veterans](#) - VA
- [More care resources for Veterans](#) - IL-HPCO

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“We are most grateful to you. Everything seemed to happen so rapidly, but you were all right there, offering your services, your support, and keeping us informed. Thank you. You provided great comfort. May your work continue and spread.”

-The Dessen Family

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## Transitions Partner Spotlight: IL-HPCO

For this month’s Partner Spotlight, we had a discussion with **Ellen Byrne**, Public Policy Consultant for IL-HPCO. Focusing on policy and consumer innovations to improve healthcare quality and efficiency, Ellen brings many years of management, human resource development, and sales experience to her team.



Since 1980, the [Illinois Hospice and Palliative Care Organization \(IL-HPCO\)](#) has extended the access of care to hospice and palliative care patients in the state of Illinois. Through a steady commitment to enhance end-of-life care, IL-HPCO has vowed to provide personalized, family-centered care to meet the physical, spiritual, emotional, and practical needs of chronically ill patients with life-threatening illnesses.

We sat down with Ellen to discuss some of IL-HPCO’s recent accomplishments, policy advocacy, partnerships, and events. We also chat about the future of IL-HPCO with exciting new adventures, coalitions, innovations, and the development of new plans and policies for the state of Illinois.

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

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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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## A heartwarming gift to our Veteran patients in hospice

These beautiful patriotic prayer shawls were knitted for our Veteran patients in hospice by a group of very kind ladies from [Shepherd of the Prairie Lutheran Church!](#)

Our hearts are filled by such a generous act of kindness and compassion. Thank you so much for thinking of our Veterans at Transitions!



## Last month was National Breast Cancer Awareness Month

In support of [Breast Cancer Awareness Month](#), Transitions, River Bluff nursing home, and Greencastle of Rockford teamed up to take the walk for breast cancer awareness.

Many breast cancer survivors were in attendance, and we were honored to celebrate them while raising awareness for the cause.

We, at Transitions, deeply cherish our opportunities to make a positive impact and difference in the community!

## Oktoberfest Music Event

What a very special day at [Lincolnshire Place of Loves Park!](#) Transitions hosted an Oktoberfest-themed Music Therapy session at this wonderful community for the 5th year in a row!

We are always so excited and honored to perform music for the enthusiastic residents at Lincolnshire Place!

Pictured: Mary Ellen Heelan, Transitions Music Therapist with Becky Burke, Lincolnshire Place Activity Director.



Save the Date - HRS Home Health - Free CEU Program

A Clinical Approach to Attacking Re-Admissions for the COPD Population



Thursday, November 4, 2021  
5:30PM Greeting, 6-7PM Dinner and Presentation  
Moretti's Ristorante and Pizzeria in Rosemont, IL

Nurses, social workers, case managers, and registered dieticians are invited to join the Transitions team and Jason Mahilo, who oversees the transitional care department that aims to transition patients home safely. Course counts as 1 CE credit.

Course Objectives:

- Identify patient centered care planning for COPD patients based on re-admission risk
- Identify successful prevention strategies for COPD patients in home health
- Review participating patient data & results from a successful COPD pilot program

RSVP below:

[Learn more>>](#)

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## Save the Date - Elderwerks - Caregiver Support Group



### Caregiver Support Group - Coping with Holiday Stress

Monday, November 8, 2021

7-8PM

Virtual Zoom Session with Elderwerks

Join Transitions at the Elderwerks Virtual Caregiver Support Group to learn more about:

- Caregiving and additional challenges brought by the holidays
- The “new” normal during the holidays
- Expectations at this time of year

Facilitator, Rosemary Monahan, will provide emotional support, enhance the confidence for the caregiver and empower caregivers to take care of themselves to assure continued quality care of those they are dedicated to. Free to join. Register below for the Zoom link:

[Learn more>>](#)



## Transitions Hospice & Palliative Care

**877-726-6494**

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Serving Chicagoland, Northern Illinois, Central Illinois, SE Michigan, greater Pittsburgh region, NW Indiana & the Indianapolis metro area

