



# the transitions™ vibe

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Welcome to the **August 2022** 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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# An Inside Perspective on Vigil Sitting at End of Life



## Thoughts from a Transitions Care RN

Vigil sitting is the presence of being at the bedside of someone who is in their last hours of life. **Aaron Drog**, an RN Case Manager at Transitions Care, shares his experiences with vigil sitting at end of life. "I am constantly amazed at the fulfillment that not only I can give, but also that I can receive by taking care of those who are most in need." Aaron, along with

all Transitions Nurses, Volunteers, and Social Workers, provide companionship while supporting our patients to make sure they are as comfortable as possible and at peace.



[Read Aaron Drog's personal account from Transitions here >>](#)

## Partner Spotlight: Eat This, Not That

### Doctors Say Never Do These Things After 60

"Your 60's are a wonderful age to enjoy time with family and friends, explore new places, and live your life to the fullest. As we say at Transitions Care, it's about living!" **Transitions Chief Medical Officer, Dr. Kapur**, sits down to chat about lifestyle choices with [Eat This, Not That](#), sharing some of her views on what not to do after 60 and providing tips on healthy aging!



[Read tips on healthy lifestyle and aging from Dr. Kapur here >>](#)

"Transitions Care was above my expectations on what care and support we would receive! The team was amazing and we were very pleased. Every team member was friendly and I felt they were exceptional for my friend. He got the best of care and I'm glad I used Transitions Care and kept him home."

**-Family of Transitions Patient**



## Let's Talk Grief



### **“Grief Can Get Complicated”**

**by Joe Agnello,  
Transitions Bereavement Coordinator**

Grief is a normal and natural human experience. For some, the grief process can get complicated. Transitions Care can help every step of the way. "With Prolonged Grief, the intensity of the grief reaction is either too much or too little, and the duration is too long or too brief." **Joe Agnello, Bereavement Coordinator at Transitions**, sheds light on the issue of prolonged grief, explaining

contributing factors and signs to watch for, as well as providing the best forms of treatment and resources for recovery.



[Read more from Joe about prolonged grief here >>](#)



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.

## Toledo Ribbon Cutting Celebration



This month, we were extremely proud to announce the grand opening of our **Toledo, Ohio** office, honoring the date with a celebratory ribbon cutting!

As we begin to take patients in the Toledo community, providing our end of life care, symptom management, and primary care, our lovely Toledo team is ready to show everyone what Transitions Care is all about!

As always - we are grateful to promote our **"it's about living"** philosophy and excited to share our 24/7 kindness, compassion, and dedication!

## Alzheimer's Association Walk

The Transitions Care team in Central Illinois (Greater Champaign/Urbana, IL) will be participating in the upcoming **Alzheimer's Association Walk to End Alzheimer's** on **9/17/2022!** People of all ages and abilities are invited to join the event!

Our goal is to raise **\$1000** for the fight against Alzheimer's!

Consider supporting our team by [joining in on the walk](#) or [donating here!](#)



## Grief Workshops with Joe

transitions™  
**Grief Workshop**

with Joe Agnello, Transitions  
Bereavement Coordinator

Are you or someone you know  
grieving the loss of a loved one?  
You don't have to grieve alone.  
Join in on a FREE monthly Zoom  
session with Joe!

Next Session:  
*Accepting and  
Understanding Grief*

Thursday, September 22  
at 2PM

RSVP with Joe at [jagnello@transitionscore.com](mailto:jagnello@transitionscore.com)



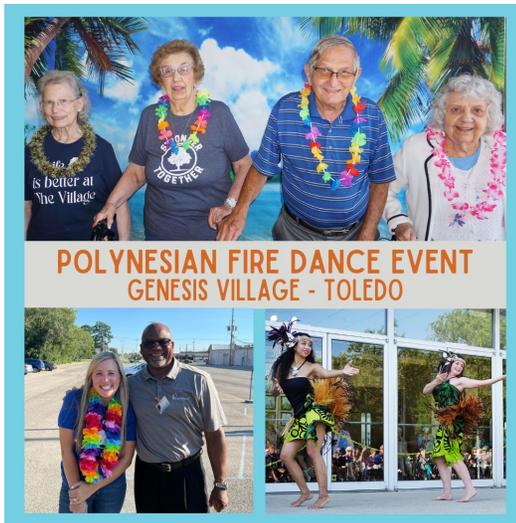
FREE zoom sessions for anyone grieving  
the loss of a loved one - parent, spouse,  
sibling, friend. Employees also invited!  
Hosted each month by **Joe Agnello**,  
**Bereavement Coordinator** at Transitions.

Please share with anyone in need! ♥

Next session:  
**Accepting and Understanding Grief**  
**Thursday, September 22 at 2PM**

RSVP with Joe Agnello for your Zoom link:  
✉ [jagnello@transitionscore.com](mailto:jagnello@transitionscore.com)

## More Fun Activities in the Transitions Community



**Transitions Care**

**877-726-6494**

**End of Life Care | Symptom Management | 24/7 Support**

Serving Chicagoland, Northern Illinois, Central Illinois, SE Michigan,

