



# the transitions™ vibe

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Welcome to the **June 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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### Happy CNA Week 2022!!!

In honor and celebration of CNA Week, we sat down with two of our wonderful Transitions CNA's, Lourdes Cepero and Maricruz Cortez, to chat about their careers! We discuss rewarding moments, their day-to-day, conversations with families, challenges, how we go above and beyond for our patients, and what they love most about being a CNA!



[Check out our interview with Lourdes and Maricruz here >>](#)

"After a bad fall and broken femur, my father (who had very advanced Alzheimer's) moved from symptom management care to end of life care with Transitions. From the first day of care, Transitions was the on-site advocacy that he needed. They were experts in identifying non-verbal signs of pain/anxiety and working with the staff at his facility to improve his comfort. Every single staff person we spoke with was a gem, caring and professional. Transitions gave us suggestions for facilities which could meet his needs and then helped ensure that he was well cared for and comfortable for the final 8 weeks of his life. We are immensely grateful to them and highly recommend to anyone who wants the best care for their loved one in their last stage of life."

**-Family of Transitions Patient**





## “Children Grieve Too!”

by Joe Agnello,  
Transitions Bereavement Coordinator

After the death of a loved one, it is common for many adults do not realize children grieve the loss as well. There is much to learn about the ways in which children grieve. "All of the thoughts, feelings, and behaviors associated with the person who died become part of the child's grief experience." Joe Agnello, Bereavement Coordinator at Transitions, explains how we can look for signs in the behavior of a child, as well as ways we can help communicate with them.



[Read a note from Joe about about how children grieve >>](#)



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.

## Transitions News and Events

### June is National Men's Health Month!

In observation of [National Men's Health Month](#), we encourage all the wonderful men in our lives to take time to focus on both physical and mental health! Did you know - 1 in 4 men will be diagnosed with prostate cancer in their lifetime? Or that men are almost twice as likely to die of a heart attack than women?

It's never too late to start developing a healthier



lifestyle! [Here are some easy tips](#) that promote good health:

1) Adjust your diet - Set a monthly goal for yourself. Even starting small, such as limiting alcohol, salty foods, or red meats can make a HUGE difference! Start a fun food tracker each day! If you can manage one month, you can manage two, then three, then a year! Baby steps can become leaps and bounds for your future health!

2) Schedule check-ups - If it's been awhile since you've had a routine check-up, or if you are experiencing any aches or pains, problematic areas, or persistent symptoms, schedule an appointment! Always remember, [preventative measures and early detection are](#)

[very important](#) in treating disease!

3) Self-care - Stress is linked to higher blood pressure and body weight, so it's important to take time to enjoy personal hobbies and activities, as well as take time for relaxation. Take a walk, schedule a massage, take a warm bath, read a book, light a candle, watch a favorite movie, spend lounge time with family or friends, anything that helps you unwind and relax.

4) Exercise - [Even just 20 minutes of walking a day](#) can have a significant effect on aging! It keeps your muscles strong, improves blood flow, decreases the risk for diabetes, boosts mood, and studies show you'll live longer too!

5) Get educated - Check out the links provided throughout this article, as well as below!



[Learn more about the importance of National Men's Health Month >>](#)

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## June 19 is Father's Day!

In honor of **Father's Day 2022**, we wanted to recognize and appreciate all the amazing Dads out there!

Fathers make a huge impact on our lives - stepdads, uncles, grandfathers, godfathers, spouses... thank you for being there to provide your love, your guidance, your wit, your sense

of adventure, your endless wisdom, and all your quirks.

*“My father gave me the greatest gift anyone could give another person: He believed in me.”*  
–Jim Valvano

You are our heroes, and the world wouldn't be the same without you!



[Click here for fun Father's Day activity sheets for the whole family!>>](#)

## 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? Join in on Joe's monthly Zoom sessions!

Next Session:  
*Getting to Know  
Grief Work!*  
Thursday, June 23  
at 3PM

A portrait of Joe Agnello, an older man with glasses, wearing a brown jacket over a light green shirt.

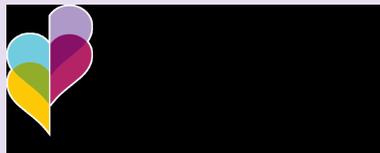
FREE zoom sessions for anyone grieving the loss of a loved one - parent, spouse, sibling, friend. Employees also invited! Hosted each month by **Joe Agnello**, Bereavement Coordinator at Transitions.

Please share with anyone in need! ♥

Next session:  
**Getting to Know Grief Work!**  
**Thursday, June 23 at 3PM**

RSVP with Joe Agnello for your Zoom link:  
✉ [jagnello@transitionscares.com](mailto:jagnello@transitionscares.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,  
greater Pittsburgh region, NW Indiana & the Indianapolis metro area

