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Learn practical tips on selecting a healthcare power of attorney and making your wishes known to your loved ones regarding your future medical care. We use a simple and comprehensive document called Five Wishes that will guide you through the process one step at a time.

Conversation Café Series

Let us bring to your group an experience called Conversation Café. Imagine a comfortable environment over coffee and refreshments where we share personal stories with your group. You may know people in your community who are facing similar issues and the good news is that they don’t have to go through this alone and uninformed about the resources available to them. Allow us to come to your group to bring comfort and encouragement as you hear firsthand accounts from people who have navigated the difficult waters associated with these life-changing issues.

Understanding Grief

This presentation defines the differences between loss, grief and mourning. It explores the five dimensions of grief reactions and describes how to effectively help someone who is grieving while also taking care of yourself. We will also discuss additional bereavement resources and services that are available for those who have experienced the loss of a loved one.

Death Café

Death Café is an international movement that arrived in the USA in 2012. In 2013, we were honored to be invited by the Historic Oakwood Cemetery to facilitate Raleigh’s first ever Death Café. It proved to be a great success that highlighted our community’s readiness to have this much needed conversation. It is designed to provide a safe and comfortable setting for people to talk about death. The sole objective of a Death Café is to increase awareness of death with the goal to helping people make the most of their (finite) lives. There is no intention of leading participants to any particular conclusion, product, or course of action. Instead, a Death Café provides an open, respectful, and confidential space free of discrimination where people can express and explore their understanding of death safely. Death Cafés normalize a difficult, not morbid, topic with the goal of enriching the lives of the participants.

Aging In America: Choosing Long Term Care

“Long term care” means helping people of any age with their medical needs or daily activities over a long period of time. Long term care can be provided at home, in the community, or in various types of state and federally regulated residences. This educational offering compares and contrasts types of long term care options available in your community.

Caregiver Support Group Facilitator Training

Support groups offer a powerful way for those that are on a caregiving journey to connect, energize, and find solutions. If you have been helped by a support group, or are in contact with caregivers that would be positively impacted by a support group we can help you start your own. Transitions LifeCare will help you start your support group and model the first few sessions with you and then provide ongoing consultative support during your start up period.

Living With Alzheimer’s

“What is it?” “What can I do?” Whether you are concerned about a loved one or you are just interested in helping others impacted by Alzheimer’s or dementia, this interactive discussion offers information on how to recognize warning signs, as well as the most common symptoms.

Book: The Four Things That Matter Most

Through more than 25 years of caring for gravely ill patients and their families, Ira Byock, M.D., has discovered the life-transforming power of four simple phrases: “Please forgive me,” “I forgive you,” “Thank you,” and “I love you.” Dr. Byock reveals how honest and heartfelt words can serve to heal emotional wounds, strengthen connections, and bring lasting peace of mind when spoken not only in times of dire illness and crisis, but at any time—and often—throughout the course of daily life.

Film: Honor Flight

Honor Flight is a heartwarming documentary about four living World War II veterans and a Midwest community coming together to give them the trip of a lifetime. Volunteers race against the clock to fly thousands of WWII veterans to Washington, DC to see the memorial constructed for them in 2004, nearly 60 years after their epic struggle.
Learn practical tips on selecting a healthcare power of attorney and making your wishes known to your loved ones regarding your future medical care. We use a simple and comprehensive document called Five Wishes that will guide you through the process one step at a time.

Gain a deeper understanding of Transitions LifeCare and the services we offer to the families and loved ones in our community suffering from a life-limiting illness. This presentation will help to dispel the misconceptions of end-of-life care by describing how our services work, who is eligible, how to initiate care, where we serve, and the various care team members involved through the staff and volunteers at Transitions LifeCare.

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Many people receive care at home for illnesses, recovery from surgery, disabilities, and other conditions. Home care comes in many different forms, depending on the situation. The choices can be confusing. Home care services can offer you and your family member trained help with medical and personal care. Home care, like much of health care, is changing rapidly. Most people desire to age in place. This offering is intended to provide basic information; your family member’s situation will determine what services are available (care needs, insurance, location, etc.).

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Consider the Conversation is a remarkable, thought-provoking film that looks at many of the issues that we will all face at end of life. Consider the Conversation is a series of films created by two long-time Wisconsin friends, Terry Kaldhusdal and Michael Bernhagen. Both lost loved ones to severe chronic diseases and struggled to make sense of what was happening. Their goal: inspire culture change that results in end-of-life care that is more person-centered and less system-centered.

Consideration Café Series
Let us bring to your group an experience called Consideration Café. Imagine a comfortable environment over coffee and refreshments where we share personal stories with your group. You may know people in your community who are facing similar issues and the good news is that they don’t have to go through this alone and uninformed about the resources available to them. Allow us to come to your group to bring comfort and encouragement as you hear firsthand accounts from people who have navigated the difficult waters associated with these life-changing issues.

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Our Facilitators

Rich Gwaltney
Community Engagement Representative
919.627.0172 • rgwaltney@transitionslifecare.org

Rich Gwaltney serves as the community engagement representative for Transitions LifeCare. He has served non-profit organizations in both education and spiritual care. Rich received his graduate degree in educational leadership from Wright State University in Dayton, Ohio. Most recently he and his family returned from a five year adventure in Malaysia where he served as the spiritual life director at an international school.

Rich has a lifelong passion to engage people of all ages concerning the issues that matter the most in life.

Nicole Bruno
Community Educator
919.428.5751 • nbruno@transitionslifecare.org

Nicole has spent a major portion of her career in various capacities at the Northeast Health and the Eddy Memorial Geriatric Center in New York. Nicole served as a social worker and team leader of their Special Care Unit for individuals with dementia and as director of an Adult Day Medical Health Center (Adult Daycare). During her tenure at the Eddy, Nicole served on the Board of the Alzheimer’s Association of Northeastern NY chapter and trained professionals on the up and coming techniques for dementia care nationally. When moving to North Carolina, Nicole expanded her area of expertise to the field of private duty in-home care and also co-founded a nonprofit in the area that focuses on caregiver support. She currently holds a position as community educator at Transitions LifeCare. Nicole also hosts a weekly radio show “Caring Connections” on 97.9 fm and 1360 am WCHL. It focuses on educating the family caregiver about resources and what to expect in their roles.

Community Education Resources

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