

Sally  
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# Transitions MATTER



Sally Deane Norton is an Omaha author and speaker who hopes to help people with Transitional Navigation: the term she prefers to use when talking about navigating everything that comes with terminal illness, death, and the dying process. A portion of Sally's nursing career was spent in hospice with the dying and their families. These experiences coupled with the death of her own loved ones prompted her to write two books on the subject. Her books chronicle her personal experiences while showing how different people live with chronic illness, death, and grief.

After seeing the positive effect that her books have had on readers, Sally decided to share her lifetime of lessons and personal experiences. She speaks to groups of people who are dealing with similar experiences in order to help guide them through this difficult time in their lives. Sally likes to use humor, sincerity, and insight to bring light to an often dark and heavy topic so that people can learn how to live a full life even with the influence of a chronic illness. She has come to view illness, death, and loss as a "transition" from one part of life to the next. Sally teaches her presentation Transitions Matter to guide people living with a chronic illness as well as their grieving loved-ones to begin a new life filled with love and light.

## *Topics for Sally to Discuss*

(See website for more topic suggestions)

- Reviewing last wishes
- It's not always about money
- Develop relationships
- Treatments
- Asking family & friends for help
- Celebrate life in big ways
- Getting counseling
- Dealing with anticipatory grief
- How to have conversations about dying
- Grieving the loss of a loved one



## *Groups that Will Benefit from the Transitions Matter Presentation*

- Cancer centers
- Support groups for terminal illnesses
- Grief groups
- Veteran's organizations
- Hospice organizations
- Long-term care facilities
- Nursing homes
- Assisted living facilities
- Nursing & medical students
- Caregivers & family members



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