

University of Southern Indiana Geriatrics Workforce Enhancement Program



AIM Nursing Home Consortium Monthly Newsletter June 2026

Recent Events

Positive Approach to Care Dementia Educator Training

The USI Geriatrics Workforce Enhancement Program (GWEP) recently hosted the Positive Approach to Care® (PAC) Dementia Educator Training and Certification. This intensive “train-the-trainer” experience equipped 19 passionate individuals with the knowledge and skills needed to improve dementia care and educate others within their organizations and communities.



Participants received hands-on training in evidence-based approaches such as Positive Physical Approach™, Hand-under-Hand®, and the GEMS® model, while also learning how to effectively teach and coach others using adult learning principles. Upon certification, these Dementia Educators are now licensed to lead a variety of PAC trainings, including Dementia Orientation, community education workshops, and caregiver support programs - expanding the reach and impact of dementia education across our region.

We are proud to invest in building a network of local dementia care champions and look forward to the meaningful impact these educators will have in supporting individuals living with dementia and those who care for them.

[Learn more about Teepa Snow's Positive Approach to Care](#)

Minka and USI Retirees Group

The USI Geriatrics Workforce Enhancement Program (GWEP) recently partnered with AARP to host an engaging session on aging in place in the Minka Learning Lab for Living Well. Attendees heard a one-hour presentation from local AARP volunteers highlighting practical strategies and resources - including the [AARP HomeFit Guide](#) - to support safe, independent living at home. The experience



concluded with a guided tour of the Minka, a model home thoughtfully designed with aging in place in mind. It was a phenomenal and informative event for all who attended.

We are excited to continue partnering with AARP to expand access to education and resources in our community. Locally, AARP connects older adults and professionals with volunteer opportunities, workforce development programs, advocacy initiatives, and community events. Programs such as the Senior Community Service Employment Program (SCSEP) provide job training for older adults, while Experience Corps offers meaningful volunteer tutoring

opportunities in schools. AARP Indiana also plays an active role in promoting age-friendly communities, affordable housing, and resources that support healthy aging.

To learn more or get involved, visit [AARP Indiana](#), explore [local updates and Evansville-area initiatives](#), or browse upcoming [AARP events](#).

BoldAge PACE Mobility Presentation for Older Adults



USI Occupational Therapy Assistant faculty, Sean Weir, recently partnered with BoldAge PACE to provide an interactive educational session for older adults focused on mobility and fall prevention. The session highlighted the importance of staying active to maintain health, independence, and quality of life, while also addressing practical strategies to reduce fall risks. Participants learned about safe movement techniques, home and community safety considerations, and the role of adaptive equipment and occupational therapy in supporting daily activities and independence. The presentation emphasized that mobility is not just about movement - it's essential for overall well-being, social engagement, and aging confidently in place.

Unlike traditional healthcare providers that focus on individual services, BoldAge PACE delivers comprehensive, wraparound care - bringing medical, social, and daily support together through one coordinated team to help older adults live safely and independently at home.

[Learn more about BoldAge PACE](#)

Upcoming USI Opportunities



Upcoming Educational Meeting *Free Continuing Education*

Wednesday, July 22

1 - 2:30 p.m. CT

Topic: Burnout in Long-Term Care

Please complete the Zoom registration before the meeting. To do so, please click the blue button below and register. After registering, you will receive an email immediately after that will provide a link to access the meeting.

[Zoom Registration](#)

[Visit Our Website](#)

Meet the Presenter:
Dr. Susan Wehry, MD
Burnout in Long-Term Care



Join Susan Wehry, MD - a nationally recognized geriatric psychiatrist with over 40 years of experience - for an engaging session on addressing burnout in long-term care. This presentation reframes burnout beyond individual self-care, exploring systemic drivers, moral distress, and moral injury affecting professionals from CNAs to CEOs. Dr. Wehry introduces the concept of *buoyancy* - a proactive capacity to stay afloat amid chronic challenges and crises - and shares practical strategies to create conditions where healthcare teams can sustain well-being and thrive.

**Community Education
Event for Seniors**
*Please share with seniors
in your community!*

The USI GWEP is hosting a community event for seniors in collaboration with UnitedHealthCare, Ascension St. Vincent, and SWIRCA & More. This event is an opportunity for older adults to learn about local resources and a topic specifically tailored to their needs.



Ascension



Light refreshments will be provided. There will be a 45-minute educational presentation about "Addressing Social Isolation and Loneliness in Older Adults" and opportunities to ask questions and learn about each partner organizations' resources. Registration is encouraged in order to plan for refreshments and handouts - but not required.

Who is this for? Older adults

When: Wednesday, July 15, 2026, 10 a.m. - 12 p.m. CT

Where: Evansville Vanderburgh Public Library (EVPL) Central - Browning Rooms A and B

[Event flyer](#)

[Register Here](#)

Please join us for a special event



Let's Talk Health & Wellness!

You'll enjoy learning from :

Dr. Kevin Valadares, PhD
Professor & Chair of Health Administration & Health Informatics at
University of Southern Indiana



Interactive lecture on addressing social isolation



Ideas to promote mental & physical health each day



Community Resources available



Refreshments and beverages will be provided

Come join us...

We'll also have helpful information about health benefits and resources available to you and your family.

DATE:

Wednesday, July 15, 2026

TIME:

10:00am - 12:00pm

LOCATION:

**Evansville Vanderburgh Public Library - Central Branch
200 SE MLK, Jr Blvd
Evansville, IN 47713**

Browsing Rooms A & B

(Located at the south east side entrance of Central Library off the main parking lot)

Reservations are appreciated but not required. Please scan the QR code to register for this event.



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Mid-America Institute on Aging and Wellness Annual Conference

This conference will provide practical tools and ground-breaking information to enable the attendee to incorporate current guidelines and best practices in successful aging and wellness through interprofessional collaborative practice. Topics will include inspirational keynotes as well as multiple sessions ranging from healthy aging to coping with illness.

Who is this for? Older adults, family members, caregivers, nurses, social workers, employees working in long-term care, case managers and more!

When: Thursday and Friday, August 6-7, 2026

Where: University of Southern Indiana - University Center

MAIA Mid-America
INSTITUTE
on Aging and Wellness



SWIRCA
& More



MAIA Watch Party

Free Virtual Option

The USI Center for Health Professions Lifelong Learning (CHPLL), in partnership with the USI Geriatrics Workforce Enhancement Program (GWEP), is offering a free virtual “Watch Party” option for select keynote sessions from the 2026 Mid-America Institute on Aging & Wellness (MAIA) Conference.

This opportunity is intended for organizations that are unable to attend the conference in person but still want to benefit from MAIA’s keynote presentations.

What is the MAIA Watch Party?

Participating organizations will designate one representative who will stream the selected keynote session(s) and host a group viewing within their facility for staff and residents/patients.

Available keynote sessions include:

- **Creative Care: Imagine Transforming Care Systems – August 6, 2026, 8:30 a.m. CT**
 - Presented by Anne Basting, PhD - MacArthur “Genius” Fellow Anne Basting will share how creativity can radically transform dementia and elder care, equipping caregivers with practical ways to bring meaning, connection, and joy into everyday care environments.
- **Using Artificial Intelligence to Assist in Prevention of Elder Abuse – August 6, 2026, 3:15 p.m. CT**
 - Presented by James Pridgen - Global security expert and law enforcement leader James Pridgen will explore how emerging technologies like artificial intelligence can help detect, prevent, and respond to elder abuse—one of the most urgent and growing challenges in aging services.
- **The Unstoppable Nature of Alzheimer’s Disease – August 7, 2026, 12:15 p.m. CT**
 - Presented by Sean Terwilliger - Alzheimer’s advocate and former technology leader Sean Terwilliger offers a powerful, firsthand perspective on living with the disease—sharing insights on navigating the healthcare system, advancing treatment, and maintaining purpose in the face of diagnosis.

Organizations may register for one, multiple, or all keynote sessions.

Important Requirements (Please Read Carefully)

- Only ONE registration per organization. One designated representative should complete the form and serve as the main contact.
- The representative is responsible for hosting a group viewing in an accessible space for all interested staff and residents/patients.
- A mandatory technology test run with CHPLL must be completed in advance to ensure audio/visual compatibility. Day-of troubleshooting will not be available.
- Attendance must be tracked during the session(s), including total participants and an approximate breakdown of staff vs. residents/patients. This information helps us evaluate reach and plan future opportunities.
- Continuing education (CE) credits are not available for this watch party option.

Important Dates

- Conference Dates: August 6–7, 2026
- Registration Deadline: July 31, 2026

How to Register

Organizations interested in participating must complete the registration request form:

[REGISTER FOR MAIA WATCH PARTY](#)

After submitting the form, the designated representative will receive a confirmation email and next steps for scheduling the required technology test with CHPLL.

This is a limited, grant-funded opportunity designed to expand access to MAIA's keynote presentations. Thank you for helping us extend high-quality aging and dementia education to your staff and those you serve.

[MAIA Conference 2026](#)

NEW A Matter of Balance Classes

Please Share with Seniors



A Matter of Balance is an award-winning evidence-based program that emphasizes practical strategies to manage falls.

Who can attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

FREE class - limited to 15 participants

Participants learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

A Matter of Balance Class - Pike County

Petersburg Senior Center
801 Main St. Petersburg, IN 47567
Wednesdays 12 - 2 p.m. ET
September 2, 2026 - October 21, 2026
Lunch at 11 a.m. - donation based
For more information contact Alma Kramer at 812-888-4527 or akramer@vinu.edu

[Print and Share Flyer!](#)

A Matter of Balance Class - Knox County

Good Samaritan Hospital - Cancer Pavillion Entrance
519 S. 9th St. Vincennes, IN 49791
Thursdays 1 - 3 p.m. ET
August 27, 2026 - October 15, 2026
RSVP at 812-885-3765
For more information contact Alma Kramer at 812-888-4527 or akramer@vinu.edu

[Print and Share Flyer!](#)

A Matter of Balance Class - Daviess County

Senior & Family Services, Inc.
211 Main St. Washington, IN 47501
Thursdays 1 - 3 p.m. ET
September 3, 2026 - October 29, 2026 (& Health Fair October 8)
RSVP with Jodi at 812-254-1881
For more information contact Alma Kramer at 812-888-4527 or akramer@vinu.edu

[Print and Share Flyer!](#)

[USI MOB Website](#)



NEW A Matter of Balance Coach Training *Please Share with Staff*

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Sign up now to be a coach so you can help others learn practical strategies to manage falls.

Coaching responsibilities:

- Good communication
- Lead 8 sessions of fall prevention topics: home safety, medication management, getting up from a fall
- Exercise demonstration
- Promote socialization
- Interest in working with older adults
- And have fun!

Coaches help participants:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance
- Proper way to fall or get up from a fall

A Matter of Balance Coaches Training - Daviess County

Daviess County Health Clinic

300 E. Hebron St. Washington, IN 47501

August 12, 2026, 9 a.m. - 4 p.m. ET

For more information or to RSVP contact Alma Kramer at 812-888-4527 or akramer@vinu.edu

[Print and Share Flyer!](#)

[USI MOB Website](#)

NEW BingoCize Class *Please Share with Seniors*

Bingo + Exercise = Bingocize

A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!

BingoCize® is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall.



FREE class and prizes.

Upcoming BingoCize Class - Knox County

Jamestown Community Center

360 Felt King Road, Vincennes IN 47591

Tuesdays and Thursdays at 10 - 11 a.m. ET

June 18, 2026 - August 27, 2026

Contact Alma Kramer to register at 812-888-4527 or akramer@vinu.edu

[Print and Share Flyer!](#)

[USI BingoCize Website](#)

Other Opportunities and Resources

SWIRCA & More

Caregiver Support Events

"Caregiver Support Groups" are available each month to support those caring for loved ones. A dementia-focused caregiver group meets on the second Wednesday of each month at 3:00 PM. A general caregiver group for non-dementia-related conditions meets on the last Monday of each month at 2 p.m. A virtual caregiver support group is also offered on the third Tuesday of each month at 2 p.m.

For more information, to register, or to receive the virtual meeting link, please contact Linda Wright at 812-492-7443 or lwright@swirca.org. We encourage you to take advantage of these supportive resources.

[Caregiver Support Groups Flyer](#)



SWIRCA & More hosts monthly Dementia Friends educational sessions every second Monday at 1 p.m. (unless it's a holiday). This free educational session about dementia is open to the public!

For more information, contact Linda Wright at 812-492-7443 or lwright@swirca.org.



Dementia Friendly Indiana *Updates*

Dementia Friendly Indiana has been on the move! Counties throughout the state have been working hard to make their communities more accommodating to people living with dementia. Many counties in Indiana are working to become more dementia friendly.

Vanderburgh County: Dementia Friendly Evansville had its second Action Team meeting April 24 at EVPL Central. People from various professional backgrounds joined together with one common theme - a passion for making the community more dementia-friendly. The most recent Dementia Friendly Evansville Action Team meeting is June 26, 2026, from 9:30 - 10:30 a.m. CT at EVPL Central. Come join next time!
Contact: kellim@evpl.org

[Dementia Friendly Indiana Website](#)

Matthew 25 - HIV & Aging *Quarterly Meetings*

Looking to connect with others in the aging industry? Join Matthew 25 for a quarterly HIV and Aging group for networking, updates, and learning more about what resources are available in the area. Each meeting will have a new guest speaker.



Below are the dates for this year's HIV and Aging meetings:

- August 15
- November 4

These meetings are from 2 - 3:30 p.m. CT. The meetings are at Matthew 25's clinic at 101 NW 1st Street, Evansville, IN 47708, suite 215. They are located on the 2nd floor of the building.

[More about Matthew 25](#)

Scholarly Article

The effects of moral distress on burnout and mental well-being across healthcare and care occupations: Do age and work resources matter?

Abstract

This study investigated how moral distress contributed to burnout and mental well-being among 1318 healthcare and care professionals in Sweden using cross-sectional survey data and partial least squares structural equation modeling. Moral distress significantly increased both exhaustion and disengagement, which in turn negatively impacted mental well-being. Mediation analyses confirmed that burnout processes mediated the relationship between moral distress and mental well-being. Job control buffered the moral distress-exhaustion link, while collegial support had no effect. Linear moderation by age was non-significant, but curvilinear analysis suggested that moral distress affects burnout differently across ages. Age-group comparisons revealed that professionals under 30 and over 60 were most vulnerable to moral distress-related burnout. These findings highlight the need for preventive, age-sensitive strategies and workplace interventions that reduce moral distress and strengthen protective resources. The Swedish version of the Moral Distress Scale was validated across healthcare and care groups.

[Read the Article](#)

What is the AIM Nursing Home Consortium?

Join the USI GWEP AIM Nursing Home Consortium!

The [USI Geriatrics Workforce Enhancement Program \(GWEP\)](#) has established a [nursing home consortium, AIM \(Advance, Improve, Move\)](#), designed to support nursing home leaders with education and innovative opportunities to grow age- and dementia-friendly care.

How to Join?

Become an AIM Nursing Home Consortium member by attending one of our quarterly educational meetings or [opting in to one or more of our initiatives](#).

Quarterly Educational Meetings

Quarterly meetings featuring national and regional experts will be hosted on Zoom, with **free continuing education credits** offered at each meeting.

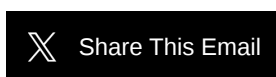
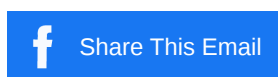
USI[®] GWEP

Geriatrics Workforce Enhancement Program

For additional information or any inquiries regarding the AIM Nursing Home Consortium, please contact Gracie Money, the USI GWEP Program Manager.

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