

University of Southern Indiana

Geriatrics Workforce Enhancement Program



AIM Nursing Home Consortium Newsletter

July 2026

Recent Events

7th Quarterly AIM Nursing Home Consortium Webinar

Burnout in Long-Term Care

Long-term care professionals recently joined Susan Wehry, MD, a nationally recognized geriatric psychiatrist, for the 7th Quarterly AIM Nursing Home Consortium Webinar on Burnout in Long-Term Care.



During the session, attendees explored the systemic factors contributing to burnout, moral distress, and moral injury across long-term care settings. Dr. Wehry also introduced the concept of buoyancy and shared practical strategies to help teams foster resilience, well-being, and a supportive workplace culture.

Save the Date: Registration is now open for the next AIM Nursing Home Consortium Webinar on October 21, 2026, from 1 - 2:30 p.m. CT. The topic and presenter will be announced soon.

[Register for the Next Webinar](#)

OT Students Utilize the Minka Learning Lab for Living Well

Case Studies and Simulations

USI Occupational Therapy Doctoral (OTD) students recently partnered with the Clinical Simulation Center to apply their classroom learning in the Minka Learning Lab for Living Well.



Using patient case studies, students assessed whether the home environment would support a safe return home following a fall, surgery, or other health event. They evaluated features such as accessibility, assistive technology, flooring, and bathroom safety, while also recommending modifications to promote independence and recovery.

This hands-on experience highlighted how thoughtful home design and supportive technology can help individuals safely age in

place and maintain their quality of life.

[Minka Learning Lab for Living Well](#)

Connecting Older Adults with Local Resources *Community Education Event*

The USI GWEP recently partnered with UnitedHealthcare, Ascension St. Vincent, SWIRCA & More, and the Vanderburgh County Health Department to host a community education event for older adults at the Evansville Vanderburgh Public Library.



Attendees learned about local programs and services available to support healthy aging and participated in a presentation on Addressing Social Isolation and Loneliness in Older Adults led by Dr. Kevin Valadares. The event also provided opportunities for participants to ask questions, connect with community organizations, and discover resources designed to enhance well-being and independence.

The event reflected the ongoing commitment of community partners to helping older adults stay informed, connected, and supported as they age.

Upcoming USI Opportunities

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. MAIA will offer inspirational keynotes as well as multiple sessions covering topics 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 Conference 2026](#)





Confronting Ageism and Advancing Age-Friendly Nutrition Care Training Opportunity

The AIM Nursing Home Consortium is pleased to offer up to 50 sponsored registrations for the upcoming webinar: "Rewriting the Recipe: Confronting Ageism and Advancing Age-Friendly Nutrition Care"

Tuesday, November 10
2 - 3:15 p.m. ET

As the older adult population continues to grow, health care teams must evolve to meet increasingly complex needs. This webinar, presented by Jocelyn Protopappas, MSW, MPH, RDN, CDCES, examines how ageism impacts care and introduces the Age-Friendly Health Systems 4Ms Framework: Mentation, Mobility, Medications, and What Matters.

Through practical examples from clinical and community settings, participants will learn strategies to:

- Recognize and address age-related bias
- Incorporate age-friendly principles into nutrition care
- Assess social drivers of health
- Strengthen client engagement and autonomy
- Enhance interdisciplinary collaboration

This training may be of particular interest to nursing home dietitians, dietary managers, nutrition professionals, and interdisciplinary team members serving older adults.

Registration for the webinar includes available continuing education credits offered through the event provider. Sponsored registrations are being provided by the USI GWEP to support workforce development in aging services.

Interested in receiving one of the sponsored registrations? Contact Gracie Money, GWEP Program Manager to express interest. Space is limited and registrations will be awarded on a first-come, first-served basis.

CE credits made possible with the support of the USI GWEP, funded by the Bronstein Center for Healthy Aging and Wellness.

[More Information](#)

BingoCize Classes

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!](#)



Upcoming BingoCize Class - Daviess County
Washington Jamestown Apartments
110 Jamestown Square Washington, IN 47501
Mondays and Fridays at 11 a.m. - 12 p.m. ET
September 14, 2026 - November 20, 2026
Contact Alma Kramer to register at 812-888-4527 or akramer@vinu.edu

[Print and Share Flyer!](#)

[USI BingoCize Website](#)



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



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:

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!](#)

A Matter of Balance Class - Gibson County

The Center
212 S. Richland Creek Dr. Princeton, IN 47670
Wednesdays 9 a.m. - 11 a.m. CT
September 2, 2026 - October 21, 2026
For more information contact Alma Kramer at
812-888-4527 or akramer@vinu.edu

[Print and Share Flyer!](#)

[USI MOB Website](#)

- 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. Hefron 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](#)

Other Opportunities and Resources

Evansville Gerontology Network

Monthly Networking Opportunity

Are you familiar with the Evansville Gerontology Network? This informal networking group brings together professionals and community members who share an interest in serving older adults. The group meets at noon on the second Tuesday of each month to connect, share ideas, learn about local resources, and strengthen partnerships across aging services.

Meetings typically include a presentation from a community partner or organization, offering attendees an opportunity to learn about programs, services, and topics that support the health and well-being of older adults.



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.

Pike County: Dementia Friendly Pike County is partnering with Lakewood Assisted Living to carry out "Paint Pike County Purple", a Memory Cafe event for people living with dementia, caregivers, and action team members. At the next Action Team meeting on August 28, they will be painting rocks purple and hiding them all over Pike County to bring awareness.

A similar event will also take place September 18, with the rocks being passed out to anyone who would like to hide them all over Pike County!

Email Brenda Hancock, Dementia Outreach Specialist, for any questions: bhancock@vinu.edu.

Vanderburgh County: The next Dementia Friendly Vanderburgh County Action Team Meeting will be held at EVPL Central on August 21, 2026, from 9:30 - 10:30 a.m. CT. There is a [virtual option over Zoom](#) for those who wish to attend but cannot attend in-person.

[Dementia Friendly Indiana Website](#)

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.



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 12
- 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](#)

Suicide Prevention Walk

Registration is open!

The Southwestern Indiana Suicide Prevention Coalition invites you to join community members impacted by suicide and mental illness for a meaningful event of remembrance and hope. Together, we will honor lives lost and raise awareness, with all proceeds supporting local suicide prevention, education, and outreach efforts.



September is Suicide Prevention Awareness Month - a time to raise awareness and provide education. In recognition of this, we invite you to participate in the annual Suicide Prevention Lifesaver Walk. This year's walk will be held at Garvin Park on Saturday, September 12. In-person registration is available the morning of the walk as well.

Itinerary for September 12, 2026 Suicide Prevention Walk

- 8 a.m. - Registration
- 8:30 a.m. - Refreshments and activities
- 9 a.m. - Welcome and program
- 9:30 a.m. - One mile walk

[Event flyer](#)

[Register for Walk](#)

Scholarly Article

The Caregiver Support Model for Informal Caregivers of Frail Older Adults: Randomized Controlled Trial

"Conclusions:

These findings highlight the importance of long-term tailored interventions that adapt to the evolving needs of caregivers through systematic assessment. The CSM offers a promising approach to enhancing the well-being of caregivers and managing the complex demands of caregiving, particularly in an aging population."

Leung, C. L., Li, K.-K., Yeung, D. Y., Chong, A. M., Chiu, M. Y., Guan, X., & Lo, T. W. (2025). The caregiver support model for informal caregivers of frail older adults: Randomized controlled trial. *JMIR Aging*, 8. <https://doi.org/10.2196/71638>

[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 webinars 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 webinar.

The AIM Nursing Home Consortium is made possible through the USI GWEP. Continuing education credits are provided by the Center for Health Professions Lifelong Learning - funded by the Bronstein Center for Healthy Aging and Wellness.



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

gamoney@usi.edu

812-464-1894

Health Professions Center, 3092

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