



AIM Nursing Home Consortium Monthly Newsletter August 2025

Advance Care Planning (ACP)

This month's spotlight: **AIM Quarterly Meeting**

Wednesday, August 27

1 - 2:30 p.m. CT

Topic: Advance Care Planning

[Zoom Link](#)



UPDATE: We are changing the focus of this meeting's topic to **Advance Care Planning** for the upcoming AIM Nursing Home Consortium educational Zoom meeting.

FREE continuing education credits will be available to those attending the meeting. We hope you will join us and learn about how this is **much more** than advance directives.

Additionally, we have decided to extend the meeting times by 30 minutes starting with this upcoming 3rd quarterly AIM Nursing Home Consortium Zoom meeting on **August 27, 2025, from 1 p.m. - 2:30 p.m. Central Time**. This allows the presenter a full hour for the presentation and the following Q & A, along with additional information from the GWEP team.

The meeting agenda will be as follows:

1. Welcome and Introductions
2. Information about the AIM Nursing Home Consortium
3. Keynote speaker: Dr. Kevin Valadares presenting on Advance Care Planning
4. Q & A
5. Conclusion and Thank You!

Dr. Kevin J. Valadares

University of Southern Indiana



Professor of Health Services - Health Administration and Community Health

Kevin also serves as the Chair of the Bachelor of Science in Health Informatics and Information Management (HIIM) program and the Master of Health Administration (MHA) program.

Dr. Kevin Valadares

The Importance of ACP

Advance Care Planning (ACP) is a vital process that helps individuals make thoughtful decisions about their future healthcare, ensuring that their values and preferences are respected even if they become unable to communicate them. This upcoming webinar will explore the importance of ACP in promoting patient-centered care, reducing stress for families, and improving outcomes across healthcare settings. Participants will learn about evidence-based approaches to initiating and guiding ACP conversations, including tools and strategies that support individuals in documenting their wishes and engaging loved ones and healthcare providers in meaningful dialogue.

Watch the video to learn more about Advance Care Planning and What Matters Most from the USI GWEP or click the button below to find information on the website.



Learn More

Fall Prevention and Awareness

A Matter of Balance Upcoming Events

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance (MOB) is an award-winning program designed to manage falls and increase activity levels.

FREE upcoming MOB coach training: August 26, 2025, 9 a.m. - 4 p.m. ET

Become a certified A Matter of Balance coach so you can help older adults learn practical strategies to manage falls and reduce the fear of falling.

[Download the flyer](#)

[More about Matter of Balance Coach Training](#)



Upcoming MOB classes for older adults: FREE classes, but spots are limited!

MOB classes are offered weekly at various locations at different times. See the linked flyer for each county listed below.

- [Daviess County](#)
- [Dubois County](#)
- [Gibson County](#)
- [Martin County](#)
- [Knox County](#)
- [Greene County](#)



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

MOB Class Information

Please note:

The USI GWEP is geographically limited to serving 12 Indiana Counties and 3 Kentucky counties for MOB classes for older adults. The counties include the following for Indiana: Greene, Knox, Daviess, Martin, Pike, Dubois, Gibson, Posey, Perry, Spencer, Warrick, Vanderburgh. The counties include the following for Kentucky: Union, Henderson, Webster.

However, if you would like to become a MOB coach, you can be from any region, as long as you travel to the training yourself. Locally, training is hosted at Generations: Area 13 Agency on Aging and Disability in Vincennes, IN. The USI GWEP is happy to pay for the MOB coach training, but is unable to pay for travel to the training.

Scholarly Article About A Matter of Balance Evidence-Based Program

Falls are not a normal part of aging and pose a major concern for older adults' health and independence. This article discusses the impact of falls prevention programming on older adults' physical activity and falls efficacy (perceived self-efficacy to perform activities of daily living without falling). It demonstrates the successful use of A Matter of Balance program to reduce the fear of falls and improve mobility in older adults by age groups (65 to 84 years and 85+ years).

Read More

Center for Disease Control (CDC) Resource on Fall Prevention

STEADI, stands for Stopping Elderly Accidents, Deaths & Injuries, is a fall prevention initiative developed by the Centers for Disease Control and Prevention. It provides healthcare providers with tools and resources to help identify, assess, and reduce fall risk in older adults. STEADI focuses on three core elements: screening patients for fall risk, assessing modifiable risk factors, and intervening to reduce

those risks.



[More about STEADI - Older Adult Fall Prevention](#)

[STEADI - Older Adult Fall Prevention | Patient & Caregiver Resources](#)

Additional Resources

Alzheimer's Association Project ECHO Upcoming Events

There are 3 upcoming Project ECHO education series being hosted by the Alzheimer's Association that will start in **October**. We wanted to share these resources with you, as they are free; however, spots are limited and filling up quickly. *For example, the October Nursing Home Series is full, but we included it below, so you have information about the course.*

Alzheimer's and Dementia Care ECHO Program for [Care Navigation](#)

Who can be involved: This program is open to individual care navigators nationwide, including those at GUIDE and non-GUIDE sites. Ideal participants include Social Workers, Community Health Workers, Nurses, Behavioral Health, Case Managers, Nurse Practitioners, Occupational Therapists, Healthcare Administrators, Nutritionists, Physical Therapists, Speech Language Pathologists, and Nurse Managers.

Alzheimer's and Dementia Care ECHO Program for Professional Care Providers in [Nursing Homes](#)

Who can be involved: This program is open to professional care provider teams for people living with Alzheimer's and other dementia in Nursing Homes. Ideal participants include Nursing Home Administrators, Licensed Vocational Nurses, Social Workers, Activity Coordinators, and Resident Care Coordinators. **ALREADY FULL**

Alzheimer's and Dementia Care ECHO Program for [Primary Care](#)

Who can be involved: This opportunity is specifically catered to care teams in primary care, family medicine, and internal medicine. Geriatric and other specialty clinics are welcome on a case-by-case basis.

There are 2 upcoming Project ECHO education series being hosted by the Alzheimer's Association that will start in **January**. We wanted to share these resources with you, as they are free; however, recruitment for these programs begins in September.

Alzheimer's and Dementia Care ECHO Program for Professional Care Providers in [Nursing Homes](#)

Who can be involved: This program is open to professional care provider teams for people

living with Alzheimer's and other dementia in Nursing Homes. Ideal participants include Nursing Home Administrators, Licensed Vocational Nurses, Social Workers, Activity Coordinators, and Resident Care Coordinators.

Alzheimer's and Dementia Care ECHO Program for Professional Care Providers in **Assisted Living**

Who can be involved: This program is open to professional care provider teams for people living with Alzheimer's and other dementia in Assisted Living or Lifeplan Communities. Ideal participants include Nursing Home Administrators, Licensed Vocational Nurses, Social Workers, Activity Coordinators, and Resident Care Coordinators.

Looking for OTA clinical sites for the second half of Fall 2025!

USI OTA is currently looking for host sites for Occupational Therapy Assistant student clinicals. The clinical experiences are 8 weeks long. They are available in the first and second 8 weeks of the fall semester. The second term of Fall 2025 begins October 20 and ends December 8. Please note there are no geographical limitations to OTA clinical sites. However, students must work full-time (40 hours per week). If you are interested in becoming a clinical site for OTA students, please complete the survey below, and specifically select "OTA Clinical Site Location."



Looking for BSN clinical sites for the second half of Fall 2025!

USI Nursing is looking for clinical site locations for our undergraduate nursing students, and we would love for them to gain experience in long-term care! The second term of Fall 2025 begins October 20 and ends December 8. Please note we work with CastleBranch, which is a platform used by educational institutions, particularly in healthcare and related fields, to manage student compliance requirements, including background checks, drug testing, and immunization tracking. It provides a secure online system for students to order these verifications, upload documentation, and track their progress. The system also allows institutions to manage and track student compliance, ensuring they meet necessary clinical requirements. We need participating nursing homes to be able to work with the CastleBranch system.



Additionally, students must be supervised by an RN with at least 6 months' experience during the 8-hour time that they are there. The nursing home must commit to hosting 6-10 students, and the RN must be available while they are at the facility. Nursing students at USI only do clinicals Wednesday through Friday. Each student will spend one day per week for 8 hours per day at the clinical site. The clinical experiences are 8 weeks long. The clinical site must be within 70 miles of USI. If you are interested in becoming a clinical site for BSN students, please complete the survey below, and specifically select "BSN Clinical Site Location."



If you are outside of this region, but are still interested in

hosting clinical nursing students, please reach out to Gracie Money (gamoney@usi.edu), and she will connect you with your local Area Health Education Center (AHEC) and see if they can arrange this with local universities.

Clinical Site Interest

Recent Activities

MAIA Pre-Conference - Circle of Friends® Facilitator Training: August 6

We kicked off MAIA 2025 with a heartfelt thank you to the 16 passionate individuals who attended the Circle of Friends® Facilitator Training, held as part of the MAIA Pre-Conference on August 6. This impactful session was an opt-in initiative from the AIM Nursing Home Consortium, reflecting a shared commitment to reducing loneliness and isolation among older adults. Led by experts Dr. Max Zubatsky and Dr. Marla Berg-Weger, the training provided participants with the tools and confidence to lead evidence-based group interventions in their communities. The energy, engagement, and dedication of those who joined made this pre-conference a resounding success—and a powerful reminder of what's possible when we come together to support healthy aging.





18th Annual MAIA Conference: August 7-8

The 18th Annual Mid-America Institute on Aging and Wellness (MAIA) Conference, held August 7–8 at the University of Southern Indiana, brought together professionals, caregivers, and community members for two days of learning, inspiration, and connection. Day one opened with yoga and a powerful keynote by Dr. Jeremy Holloway on combating isolation among older adults through intergenerational programs. Attendees explored diverse topics in concurrent sessions—from Medicare insights and fall prevention to financial planning for caregivers and ethical considerations in aging. The day concluded with a screening of the Emmy-nominated documentary *Join or Die*, followed by a lively discussion with director Rebecca Davis and a Civic Engagement Fair. Day two continued the momentum with sessions on resiliency, trauma-informed care, healthy aging, and generational dynamics. Highlights included Dr. Urska Dobersek's talk on empowering older adults through diet and exercise, and Faith Bresnan Roberts' closing keynote exploring generational strengths in the workplace and family life. With engaging exhibits, expert-led panels, and a strong sense of community, MAIA 2025 reaffirmed its mission to promote aging and wellness through education, empowerment, and meaningful dialogue.



Upcoming AIM Quarterly Meetings

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.

You are invited to participate in our quarterly Zoom meetings, featuring presentations from national and regional experts. These sessions offer nursing home leaders the opportunity to engage with and opt into one or more targeted initiatives. For more information, please visit our website.

Continuing education credits will be available for each quarterly educational Zoom meeting at **no charge**.



Wednesday, August 27

1-2:30 p.m. CT

Topic: Advance Care Planning

Wednesday, October 29

1-2:30 p.m. CT

Topic: Rejuvenating Resident's Councils

[Zoom Link](#)

[Visit Our Website](#)

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.



USI[®] GWEP
Geriatrics Workforce
Enhancement Program



The University of Southern Indiana Geriatrics Workforce Enhancement Program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$5 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

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