

# University of Southern Indiana Geriatrics Workforce Enhancement Program



## AIM Nursing Home Consortium Monthly Newsletter January 2026

### Upcoming AIM Opportunities



#### Upcoming Educational Meeting *Free Continuing Education*

Wednesday, January 28

**1 - 2:30 p.m. CT**

**Topic: Mobility - Evidence-based Fall Prevention  
Programs: What are they? Why are they important?**

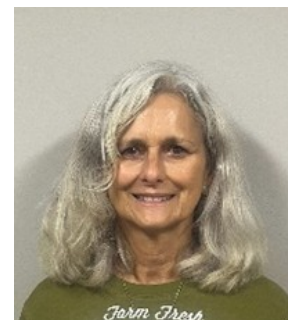
Please complete the Zoom registration before the meeting. To do so, please click the blue button below and register. After registering, you will receive an email immediately after that will provide a link to access the meeting.

[Zoom Registration](#)

[Visit Our Website](#)

#### Meet Our Presenter: Catherine Jones

Catherine Jones is the Director of Planning and Community Development for Generations, Area 13 Agency on Aging. In this role, she supports programs that provide options for older individuals, caregivers and those with disabilities for a better quality of life. She is a Master Trainer in the Chronic Disease Self-Management Program®, Diabetes Self-Management Program® and A Matter of Balance, Managing Concerns about Falls® and a trainer in the Bingocize® program. She has experience working with diverse age groups and individuals with different abilities. She has over 30 years' experience leading individuals in the workplace, 20 years coaching youth, seven years teaching baccalaureate and master level classes at the collegiate level. In addition, she has experience as a child protective services investigator and



helped youth through the Upward Bound and Youth Employment Training programs. She also was a caregiver to her mother with dementia and supports lifelong arts and education for caregivers and their care recipients.

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## Current AIM Offerings to Consider for 2026

### *Professional Development*

Read about each opt-in in more detail on our [website](#). You can opt-in by completing our [survey](#).

1. **Administrator-in-Training Preceptor training for HFAs\***
2. **Circle of Friends® Program for your residents\***
3. **A Matter of Balance Coach Training\***
4. **A Matter of Balance Program for your residents\***
5. **Alzheimer's Association Project ECHO Educational Series\***
6. Nursing clinical site for USI students
7. Occupational Therapy clinical site for USI students
8. Occupational Therapy Assistant clinical site for USI students
9. Administrator-in-Training residency site for USI students/future HFAs
10. Age- and dementia friendly information session: *The Importance of Mobility in the Geriatric Population: Enhancing Quality of Life and Independence*
11. Alzheimer's Association essentiALZ® staff training and certification
12. Dementia Live® simulation
13. Teepa Snow's Positive Approach to Care® in-service by a certified PAC® Trainer
14. Dementia Friends training session for family, friends, and/or residents at your facility
15. BingoCize® for your residents

**\*More details in this newsletter**

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## Spots Still Available!

### *Administrator-In-Training (AIT) Preceptor Training*

***With 8 hours of continuing education credits!***

Become a [Certified Administrator-in-Training \(AIT\) Preceptor](#) in just one day! Join the training online on **Wednesday, January 21, 2026, from 7:30 a.m. to 4 p.m. CT** for a dynamic, IPLA board-approved training designed for Health Facility Administrators.



If you're an HFA today, someone once precepted you - now it's your chance to pay it forward and support the next generation of administrators.

This interactive, virtual course fulfills the state-required educational hours for nursing home preceptors and **awards 8 continuing education credits upon completion**. The training goes beyond lectures. Expect group work, problem-solving and engaging activities throughout the day. Don't miss this opportunity to meet your preceptor eligibility requirements in just eight hours!

#### **Event Details:**

- When: Wednesday, January 21, from 7:30 a.m. - 4 p.m. CT (8:30 a.m. - 5 p.m. ET)
- Where: Online
- What: AIT Preceptor Training – become certified to precept future HFAs!

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**If you are interested, please complete the survey below, and specifically select  
"Administrator-in-Training Preceptor Training for Staff."**



## Looking for Host Sites! *Circle of Friends® Program*

Circle of Friends is an evidence-based program that helps reduce loneliness and social isolation in older adults.

Generations, the Area 13 Agency on Aging and Disability, is offering some of their certified Circle of Friends Facilitators to lead two 12-week programs. **We**

**are seeking two health campuses or senior housing locations to host a 12-week program, with one session per week for their residents and/or patients starting May 2026.**

This program will draw senior residents from independent, assisted living and nursing home residential facilities to participate. The program engages older adults in building meaningful connections and has been shown to be effective in the reduction of loneliness.

If your facility is located in Daviess, Dubois, Knox, Martin, Pike, Vanderburgh, Warrick, Spencer, Gibson, Perry and Posey counties, you can be one of the two host sites!

Indicate your interest by completing the opt-in initiative survey. Find more information about Circle of Friends® [here](#). AIM hopes to announce additional Circle of Friends® programs in the future.

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**If you are interested, please complete the survey below, and specifically select "Circle of Friends® Program (To Reduce Loneliness)."**

**Circle of Friends Program Survey**

## Spots Still Available! *A Matter of Balance Coach Training*

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

Generations, the Area 13 Agency on Aging and Disability, is offering free A Matter of Balance coach training in partnership with the USI GWEP. This training is perfect for HFAs, Activity Directors, and other LTC staff. With this coach certification, you can host MOB sessions right in your facility for your residents.



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**If you are interested, please complete the survey below, and specifically select "A Matter of Balance Coach Training"**

**A Matter of Balance Coach Training Survey**

## Looking for Host Sites!



## A Matter of Balance Program

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

Generations, the Area 13 Agency on Aging and Disability, is offering some of their certified A Matter of Balance Coaches to lead some of these programs for senior residents from

independent, assisted living and nursing home residential facilities to participate.

If your facility is located in Daviess, Dubois, Knox, Martin, Pike, Vanderburgh, Warrick, Spencer, Gibson, Perry and Posey counties, you can be one of these host sites!

See the list of current MOB host sites on our [website](#). Nursing home sites featured below.

- The Villages at Oak Ridge [flyer](#).
- St. Charles Health Campus [flyer](#).

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**If you are interested, please complete the survey below, and specifically select "A Matter of Balance Program"**

**A Matter of Balance Program Survey**

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## Team Slots Available! *Virtual Educational Series*

The Alzheimer's Association is hosting several Project ECHO educational series. These are team-based sessions hosted over Zoom. There are various topics to choose from. They are actively recruiting for the two series below:



### **Alzheimer's and Dementia Care ECHO Program for Professional Care Providers in Nursing Homes**

*Topics:* Overview of Alzheimer's and Dementia, Person-Centered Care, Activities of Daily Living, Assessment and Care Planning, Transitions of Care, Dementia-Related Behaviors, Quality Improvement and Evaluation

*When:* Tuesdays beginning April 28, 2026 until June 16, 2026 from 2:00 -3:00 pm CT (3:00 - 4:00 pm ET) via Zoom

*Number of Sessions:* 8 sessions over 8 weeks

*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.

*Attachments:* Professional Care Provider FAQ, Professional Care Provider Flyer NH Spring 2026, Registration Form NH Fall 2025, Series Agenda Professional Care Providers NH Spring 2026

*Contact:* Nicole Atchison, Sr. Specialist, Project ECHO *Email:* [niatchison@alz.org](mailto:niatchison@alz.org)

[Flyer](#)  
[Schedule](#)  
[FAQ](#)

### **Alzheimer's and Dementia Care ECHO Program for Primary Care**

*Topics:* ECHO Introduction and Disease Causing Dementia, Signs and Symptoms of Cognitive Impairment and Cognitive Assessment Tools, Evaluation and Diagnosis in the Primary Care Office, Routine Care Planning, Person-Centered Communication, Care Management: Addressing Role and Needs of Caregivers, Referral and Specialty Testing, Behavioral and Psychological Symptoms of



Dementia (BPSD), Care Management: Cognition and Comorbidities, Developing Treatments and the Clinician's Role, Advance Care Planning, Coordination of Care and Transitions of Care  
*When:* Thursdays beginning April 16, 2026 until September 17, 2026 from 12:00-1:00 PM CT (1:00-2:00 PM ET) via Zoom

*Number of Sessions:* 12 sessions over 6 months

*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.

*Attachments:* PCP Clinicians Flyer, Health Systems and Medical Professionals FAQ, Project ECHO Primary Care Schedule

*Contact:* Rachel Goldberger, Sr. Specialist, Project ECHO *Email:* [rbgoldberger@alz.org](mailto:rbgoldberger@alz.org)

[Flyer](#)

[Schedule](#)

[FAQ](#)

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**If you are interested, please complete the survey below, and specifically select "Alzheimer's Association Project ECHO"**

**Project ECHO Survey**

## Other Upcoming Opportunities



### Dementia Friendly Indiana Communities

#### *Age- and Dementia-Friendly Initiatives*

##### **Upcoming Meeting**

There will be a Dementia Friendly Indiana Communities (DFIC) breakfast meeting on Wednesday, January 28, 2026, 8 - 10 a.m. CT located at the University of Southern Indiana on the 3rd floor of the Health Professions building.

**All DFIC members are welcome to attend!** Please email Dr. Kevin Valadares at [kvaladar@usi.edu](mailto:kvaladar@usi.edu) if you are interested in attending.

##### **Interested in Joining the Movement?**

If you are a person living with dementia, care partner, aging services professional, volunteer in the movement, business owner interested in dementia-friendly practices, state or local leader who want to bring dementia-friendly practices to their jurisdictions, contact Amanda Oporta with DFIC at [admin@dfindiana.org](mailto:admin@dfindiana.org).

[More about Dementia Friendly Indiana Communities](#)

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## SWIRCA & More Upcoming Opportunities

### *Area Agency on Aging in Evansville, IN*

SWIRCA & More is an Area Agency on Aging serving Vanderburgh, Warrick, Spencer, Gibson, Perry and Posey counties. Their activity center is located in Evansville, IN. They are hosting several upcoming events for older adults, family, and caregivers after the new year. *All events are in Central Time.*

##### **In-Person at SWIRCA:**

- January 26, 2 p.m. – Dementia Caregiver Support Group – Main Conference Room



- January 26, 2 p.m. – Living With Dementia Support Group – SWIRCA & More
- February 7, 6 p.m. - [Super Bingo](#) (volunteers needed) - SWIRCA & More

#### In-Person Other Locations:

- January 21, 1 p.m. – Warrick/Spencer County Memory Café – TBA
- January 22, 9:30 a.m. – Dementia Friendly Spencer County Action Team Meeting – Trinity United Methodist Church gym - Rockport

#### Virtual:

- January 20 – 2 p.m. – Virtual Caregiver Support Group – Zoom

[More about SWIRCA & More](#)



## AHEC Lunch and Learns

### Free Zoom Sessions

The West Central Indiana Area Health Education Center (WCI-AHEC) is hosting a virtual lunch and learn series that is great for healthcare professionals. The sessions require registration and are hosted on Zoom from 11 a.m. - 12 p.m. CT.

- Thursday, January 22 - Self-Care & Burnout Prevention for Healthcare Professionals
- Thursday, February 5 - De-escalation Strategies in High-Stress Situations.

[Learn more and register](#)  
[Flyer](#)

## 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:

- February 4
- May 6
- 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 1<sup>st</sup> Street, Evansville, IN 47708, suite 215. They are located on the 2<sup>nd</sup> floor of the building.

[More about Matthew 25](#)



## National Alzheimer's and Dementia Resource Center

### Free Webinar

On **February 11, 2026, from 1 - 2 p.m. CT**, the National Alzheimer's and Dementia Resource Center will host the webinar, ***Living Longer: The Increasing Need for Dementia Care and***

**Support for People with Intellectual and Developmental Disabilities.** A description of the webinar and registration information follows.

Advances in medicine, technology, and community living are extending the lives of people with intellectual and developmental disabilities (IDD). As a result, individuals with IDD are now at greater risk of developing dementia. Dementia can present differently in people with IDD, and supporting individuals with both conditions often requires specialized knowledge and skills from healthcare professionals and aging and disability service providers.

This webinar will provide participants with an overview of IDD and dementia including prevalence, signs and symptoms, and assessing if a person with IDD may be developing dementia. Participants will also learn practical considerations for supporting people with IDD and dementia with an emphasis on enhancing workforce training. The webinar will also include insights into the National Alzheimer's and Dementia Resource Center newly released resource, [\*Intellectual and Developmental Disabilities and Dementia: Practical Strategies for Professionals\*](#).

Additional information about this webinar and the **registration form** can be found here: [02-11-2026 NADRC Webinar- Living-Longer-Increasing-Need-for-Dementia-Care](#)

**Please note:**

- National Alzheimer's and Dementia Resource Center (NADRC) webinars are free of charge and open to the public.
- NADRC webinars are recorded and will be available for viewing at <https://nadrc.acl.gov/>.
- Pre-registration is required to attend the live webinars.
- Closed captioning is available during the live event and is included in the recording for all NADRC webinars.

If you have questions, please email [NADRC-Webinars@rti.org](mailto:NADRC-Webinars@rti.org).

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## Dakota Geriatrics

### *Free Virtual Learning Event*

Dakota Geriatrics presents a free virtual learning event - Navigating Everyday Life with People Living with Dementia - designed to provide practical strategies and insights to improve quality of life for those you care for. Earn up to 3 AMA PRA Category 1 Credits™ and 3 face-to-face contact hours for Nursing, PT, and OT!



**What You'll Gain:**

- Design meaningful daily activity plans tailored to individual needs
- Develop effective strategies for supporting ADLs and iADLs
- Understand the role of intimacy and emotional connection in dementia care
- Integrate physical activity into care plans for better outcomes

**Event Highlights:**

- Activity Planning for People Living with Dementia – Julie Praska-Moser, CMC, Alzheimer's Association
- Intimacy and Dementia – Maggie Syme, PhD, Massachusetts General Hospital
- Navigating ADLs and iADLs – Megan Dooley, OTD, Innovative Therapy Solutions
- Exercise and Dementia – Ryan McGrath, PhD, North Dakota State University

**Date & Time:**

Thursday, January 22, 2026, 12 – 4 p.m. CT

[Register Now](#)

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## Resources

**Rush Center for Excellence in Aging**

Enhance your impact in supporting individuals with dementia with this specialized educational module on Alzheimer's Disease and Related Dementias (ADRD), developed by leading experts at RUSH University Medical Center in collaboration with faith leaders and first responders. Funded by the Illinois Department of Public Health (IDPH), this training is designed to provide information to Faith Leaders about brain health, ADRD issues, prevention, linkages to care, and the importance of supporting caregivers of individuals with dementia.

### [Alzheimer's Disease and Related Dementias \(ADRD\) Training for Faith Leaders](#)

This free 60-minute ADRD Training for Faith Leaders is offered by the Illinois Department of Public Health and contains the following brief modules:

1. Dementia Basics
2. Working with an Older Adult with Dementia who is Agitated
3. Supporting and Educating Family Caregivers
4. Engaging Older Adults with Dementia in Spiritual Practice

### [Alzheimer's Disease and Related Dementias \(ADRD\) Training for First Responders](#)

This course meets the dementia training requirement for EMT licensure. This free 60-minute ADRD Training for First Responders is offered by the Illinois Department of Public Health and contains the following brief modules:

1. Dementia Basics
2. Communicating with Older Adults with Dementia who need Emergency Medical Care.
3. Helping an older adult with dementia who is wandering
4. Working with a caregiver of an older adult with dementia in an emergency
5. Engaging an older adult with dementia who is agitated

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## **Falls Prevention Coalition Indiana and Other State Coalitions**



Communities across the country are making great progress in raising awareness about falls prevention and building strong, collaborative networks. Indiana is part of this movement, with its Indiana Falls Prevention Coalition currently in development. As we look ahead to our upcoming meeting on mobility, this work couldn't be more relevant. Awareness is a great start, but lasting impact requires the next step: advancing policy changes that make falls prevention a priority for everyone.

Please contact Rebecka Fee (contact information below) to become involved in Indiana's movement.

University of Indianapolis Center for Aging & Community  
1400 E Hanna Ave. Indianapolis, IN 46227  
Phone: 317-791-5930  
Email: [feer@uindy.edu](mailto:feer@uindy.edu)

[Website](#)

See your state's status regarding the falls prevention coalition by following this link:  
[State Falls Prevention Coalition Contact Sheet](#).

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## **News**

### **Recent News Regarding Older Adults Publicly Available Articles**

- [What Is the Impact of GLP-1s in Older Adults with Obesity?](#)



- [Homeless Shelters For Seniors Pop Up, Catering To Older Adults' Medical Needs](#)
- [Stress Among Older Adults Linked To Worse Surgery Recovery](#)
- [SNAP Benefits in 2026: What Older Adults Should Expect From Work Requirements](#)
- [Environmental Factors Associated With Greater Risk Of Mortality And Depression Among Older Adults, Two Massive Studies Find](#)

## Scholarly Article

### "Effectiveness of evidence-based fall prevention programs to reduce loneliness in the United States" (Smith & Han, 2024)

Falls and loneliness are two major challenges for older adults - but what if one program could address both? This recent study explores how evidence-based fall prevention workshops, including A Matter of Balance, not only improve physical safety but also reduce loneliness among participants. Learn how social connection and confidence grow through these programs and why attendance matters.

#### Reference

Smith, M. L., & Han, G. (2024). Effectiveness of evidence-based fall prevention programs to reduce loneliness in the United States. *Frontiers in Public Health*, 12. <https://doi.org/10.3389/fpubh.2024.1459225>

[Read More](#)

## Recent Activities

### A Matter of Balance Program for Older Adults - Started January 2025

We are excited to kick off 2026 with the first A Matter of Balance (MOB) program in Huntingburg, IN! This evidence-based program is designed to help older adults reduce their fear of falling, build confidence, and remain active in their daily lives. Through practical strategies and group discussion, participants learn how to manage concerns about falls and improve overall safety and independence.



The USI GWEP offers MOB at multiple locations throughout the year in partnership with Generations Area 13 Agency on Aging and Disability. This Dubois County program is the first of many opportunities coming in 2026.

The current session is held at the Huntingburg Public Library (419 N. Jackson St., Huntingburg, IN) on Wednesdays from 8:30 to 10:30 a.m. CT, running January 7 through February 25, 2026.

[Flyer](#)

## 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.

*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 Grant Coordinator.

gamoney@usi.edu

812-464-1894

Health Professions Center, 3092

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