

University of Southern Indiana Geriatrics Workforce Enhancement Program



AIM Nursing Home Consortium Monthly Newsletter December 2025

Upcoming 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

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. Nursing clinical site for USI students
2. Occupational Therapy clinical site for USI students
3. Occupational Therapy Assistant clinical site for USI students
4. Administrator-in-Training residency site for USI students/future HFAs

5. Age- and dementia friendly information session: *The Importance of Mobility in the Geriatric Population: Enhancing Quality of Life and Independence*
6. **Alzheimer's and Dementia Care ECHO Program for Professional Care Providers in Assisted Living**
7. Alzheimer's Association essentiALZ® staff training and certification
8. A Matter of Balance Coach Training
9. Dementia Live® simulation
10. Teepa Snow's Positive Approach to Care® in-service by a certified PAC® Trainer
11. **Administrator-in-Training Preceptor training for HFAs**
12. A Matter of Balance class for your residents
13. **Circle of Friends® class for your residents**
14. Dementia Friends training session for family, friends, and/or residents at your facility
15. BingoCize® for your residents

**More details in this newsletter*

Administrator-In-Training (AIT) Preceptor Training *Online Training with CEs*



Become a [Certified Administrator-in-Training \(AIT\) Preceptor](#) in just one day! Join the training online on Wednesday, January 21, 2026, from 8:30 a.m. to 5 p.m. ET 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. Residential facilities may opt in, though training is not required for them. Don't miss this opportunity to meet your preceptor eligibility requirements in just eight hours!

Event Details:

- When: Wednesday, January 28, from 8:30 a.m. - 5 p.m. ET
- Where: Online
- What: AIT Preceptor Training – become certified to precept future HFAs!

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

[AIT Preceptor Training Survey](#)



Circle of Friends® Class *Evidence-Based Program to Reduce Loneliness and Social Isolation*

Generations, the Area 13 Agency on Aging and Disability, will be offering a Circle of Friends program on two health campuses or senior housing locations starting May 2026. To start, this program will draw

senior residents from independent, assisted living and nursing home residential facilities to participate. The 12-week Circle of Friends® program engages older adult residents 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 or Pike county, it 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.

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

Circle of Friends Class Survey

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 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 or aoporta@iuhealth.org.

[More about Dementia Friendly Indiana Communities](#)



SWIRCA & More Upcoming In-Person 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.

In-Person at SWIRCA:

- January 7 – 1 p.m. – Aging Matters: Living with Loss Discussion Group – Conference Room C
- January 12 – 1 p.m. – Dementia Friends Indiana Information Session – Conference Room C
- January 14 – 3 p.m. – Caregiver Support Group: Non-Dementia Caregivers – Main Conference Room
- 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](#)

Upcoming Project ECHO® Series

Team-Based Educational Series



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

Starting in January 2026, the Alzheimer's Association Project ECHO® programs will continue with an assisted living focus. More Project ECHOs are planned to launch later in 2026.

Inspired by the way clinicians learn from medical rounds during residencies, the ECHO Model® has evolved into a learning framework that applies across disciplines for sustainable and profound change. Through expert-led sessions, case-based discussions and peer learning, participants gain practical knowledge and evidence-informed strategies to improve dementia care across various settings. These programs foster a supportive network that empowers professionals to deliver person-centered, high-quality care.

Who can participate?

This program is open to professional care provider *teams* working in Assisted Living or Lifeplan Communities. Ideal participants include Nursing Home Administrators, Licensed Vocational Nurses, Social Workers, Activity Coordinators and Resident Care Coordinators.

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

[Project ECHO Survey](#)

Resources



From National Government *Update*

Please see below a link to the Federal Trade Commission's Report titled "Protecting Older Consumers 2024-2025" which was released December 1, 2025.

[Protecting Older Consumers 2024-2025: A Report of the Federal Trade Commission](#)

Older Driver Resources *For Family, Caregivers, and Older Adults*

The first week of December is Older Driver Safety Awareness week. The question of older driver safety is a common one from caregivers, especially for those living with dementia. If this is something you're interested in learning more about, feel free to read one or more of the articles below.



- [Alzheimer's Association Older Driver Resources](#)
- [Fitness to Drive Evaluations | Easterseals Disability & Community Services](#)
- [Older Driver Safety | Traffic Safety Marketing](#)

- [Older Driver Safety Awareness Week \(#ODSAW\) | AOTA](#)
- [Keeping Our Older Drivers Safe on the Road | NHTSA](#)
- [Older Driver Safety Awareness: Keep You and Your Loved Ones Safe](#)
- [Older Driver Safety | Traffic Safety Marketing](#)
- [Older Driver Safety Awareness Week \(National\) | IAB Health Productions, LLC](#)



Take Care of Yourself This Holiday Season

Articles

Below are a few articles on how to care for yourself during the holiday season - for both older adults and caregivers.

- [How Seniors Can Take Care of Their Health During the Holidays](#)
- [8 Senior Wellness Tips for Staying Healthy Through the Holidays - St. Mark Village](#)
- [Beat The Holiday Blues: Top 5 Holiday Tips For Caregivers And Older Adults – The Senior Source | Serving Dallas-area Older Adults](#)
- [Coping with holiday stress as caregivers | Good Samaritan](#)
- [Caring Through the Holidays: Supportive Tips for Busy Caregivers](#)
- [Caring for the Caregiver in Your Life This Holiday Season - Stroke Recovery Foundation](#)
- [Home Again for the Holidays. Pay Attention to Aging this Holiday Season | LTC News](#)
- [Self-care tips for caregivers during the holidays - Visiting Nurse Association](#)



From The Gerontological Society of America (GSA)

New Podcasts

Explore these insightful GSA podcast episodes to deepen your understanding and spark ideas for advancing caregiver well-being.

1. [Empowering America's Caregivers: A Roadmap to a Better Future](#)

Length: ~40 min

Focus: Policy and systemic solutions

Highlights:

- 63 million Americans are family caregivers - a nearly 50% increase since 2015
- 47% face financial strain, often going into debt or stopping savings
- Policy priorities: direct caregiver payments, tax credits, and paid family leave
- Preview of Caregiver Nation Summit and the National Strategy to Support Family Caregivers

Best for: Policy advocates, nonprofit leaders, aging-care professionals

2. [Family Caregiving from the Personal to the Professional](#)

Length: ~20 min

Focus: Emotional and personal caregiving journey

Highlights:

- Sociologist Mindy Fried shares caring for her father and turning it into research, a memoir (Caring for Red), and podcasts
- Themes: institutional care realities, family dynamics, and processing grief through storytelling
- Creation of The Shape of Care and Next Chapters podcasts to amplify caregiver voices

Best for: Caregivers, storytelling advocates, community groups

3. [Perspectives on Caregiving One Couple's Unwelcome Journey with Alzheimer's Disease](#)

Length: ~25 min

Focus: Real-life caregiving challenges

Highlights:

- Jim Mangi's 17-year journey caring for his wife with younger-onset Alzheimer's
- Lessons: self-care is essential, support groups matter, and no one should do this alone
- Advocacy through Dementia Friendly Services, memory cafés, and dementia-friendly movie screenings

Best for: Support groups, caregivers, Alzheimer's advocates

4. Detecting and Addressing Agitation in Alzheimer's Disease: Improving Lives for Older Adults and Their Caregivers

Length: ~24 min

Focus: Clinical tools and symptom management

Highlights:

- Agitation affects up to 80% of people with Alzheimer's - often misunderstood as personality changes
- Symptoms range from restlessness and verbal aggression to physical aggression
- Introduction of the Agitation in Alzheimer's Screener for Caregivers (AASC™) for early detection
- Emphasis on non-pharmacologic strategies, anticipatory guidance, and integrated care

Best for: Healthcare professionals, clinicians, caregivers seeking practical tools

5. Risk-Based Strategies for Referrals to Community Services for Older Adults with Dementia and their Care Partners

Length: ~34 min

Focus: Connecting patients and caregivers to resources

Highlights:

- Use of risk stratification (low, medium, high) to tailor referrals and avoid crisis
- Examples: legal planning, caregiver education, adult day programs, aging life care managers
- Goal: Match the right service at the right time for the right price
- Insights from Emory Integrated Memory Care Clinic on navigation and advanced care planning

Best for: Primary care teams, social workers, community program coordinators

Scholarly Article

"Validation of the Candrive Older Driver Risk Stratification Tool for Assessing Medical Fitness-to-Drive in Older Australian Drivers"

Conclusion: "This study demonstrated the association between self-reported, at-fault collisions and Candrive [risk stratification tool] scores, and supports its use to be considered by healthcare providers when initiating a conversation about [fitness-to-drive]. Future implementation studies are needed in various jurisdictional settings to show the practical relevance and acceptance of the RST as a clinical tool and that interventions for the high-risk individuals identified by this tool can reduce at-fault crash outcomes."

Reference

Charlton, J. L., Koppel, S., Stephens, A., Bedard, M., Howcroft, J., Darzins, P., Di Stefano, M., Gagnon, S., Gelinias, I., Man-Son-Hing, M., Myers, A., Naglie, G., Porter, M. M., Rapoport, M., Vrkljan, B., & Marshall, S. (2025). Validation of the Candrive Older Driver Risk Stratification Tool for Assessing Medical Fitness-to-Drive in Older Australian Drivers. *The journals of gerontology. Series A, Biological sciences and medical sciences*, 80(6), glaf071. <https://doi.org/10.1093/gerona/glaf071>

[Read More](#)

Recent Activities

Minka Tours for USI Students - December 2025

At the USI GWEP, we love exploring innovative aging solutions at the Minka Learning Lab for Living Well. Recently, USI psychology students toured the Minka Learning Lab for Living Well, a cutting-edge demonstration home designed to showcase how technology, design, and community can support aging in place. The Minka is more than a house - it's a model for creating environments that promote independence, safety, and social connection for older adults. Visitors learn how smart home features, adaptable layouts, and person-centered design can transform care settings and improve quality of life. For professionals and caregivers, touring the Minka sparks ideas for implementing similar concepts in nursing homes, private residences, or even entire communities. Imagine a neighborhood of Minkas - spaces that empower older adults to live well, reduce isolation, and thrive. The Minka helps students take this new understanding of aging in place and apply it to their lives and community.



[Learn more about the Minka](#)

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.



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 Grant Coordinator.

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