



Gerontological Nursing Science Research & Implementation Interest Groups (RIIG)

Letter from the Chair



Dear Gerontology RIIG Members,

I hope this message finds you well as we prepare for another year of research and collaboration. As we welcome March, I am filled with optimism and enthusiasm for the upcoming MNRS conference in Indianapolis, March 26-29.

I am thrilled to announce an important event during the upcoming MNRS conference: **the Annual Gero RIIG Business Meeting on March 28th at 7 am**. This year, MNRS has decided that all RIIG meetings will be held in person, providing us with a valuable opportunity for connection and

engagement. Unlike our traditional virtual meeting in January, we will gather in person to discuss our progress and plans. We are excited to see everyone face-to-face and strengthen our community spirit.

The main agenda for the meeting includes a recap of RIIG activities in 2024, highlighting our achievements and challenges, an overview of what is to come in 2025, including planned webinars and quarterly meetings, a discussion on succession planning for the RIIG chair for 2025/2026, and, most importantly, the RIIG Award Presentations where we will honor our award winners.

I encourage all members to join the annual meeting to celebrate our awardees, acknowledge the contributions made over the past year, and engage in our plans for 2025-2026. Your presence and participation are vital to our continued success.

Lastly, I want to inform you that the Groupsite platform is no longer active. We are transitioning to a new platform called Convene that better addresses the needs and preferences of MNRS members. Training and information will be available soon.

Thank you for your unwavering support and dedication. I look forward to working with all of you in the coming months and celebrating our achievements together.

Warm regards,

Juliana Souza-Talarico

Chair, Midwest Research Society Gerontology RIIG

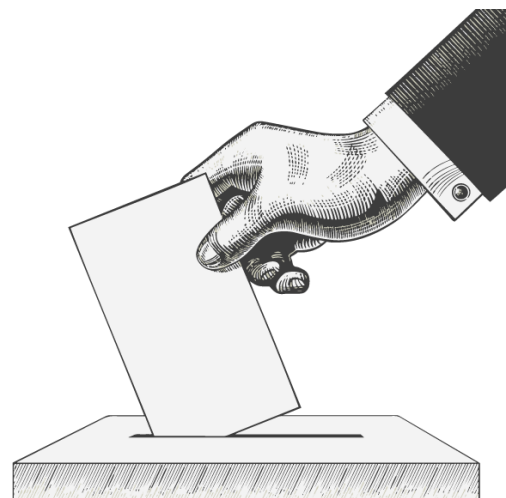


Opportunities for Leadership Positions

Our RIIG is seeking nominations for the offices of Chair Elect, Nominations Chair, and Student Representative for our 2025 election following the annual MNRS meeting. Chair elect serves a three-year term that progresses to Chair and Past-Chair positions in subsequent years. Nominations Chair serves a two-year term.

Serving as a committee member in the Gerontological RIIG is an excellent opportunity to share your expertise with nursing colleagues in the region. Consider nominating a colleague, student, or yourself for one of these positions. You will gain service experience and broaden your professional network.

Please send your nominations and any questions about the details of these positions to our Nominations Committee Chair, Adele Crouch at adnielse@iu.edu.



Positions Available

Leadership Position	Position Description
Chair-Elect	<ul style="list-style-type: none"> Assists the chair with monthly meetings as needed. This might include preparation for the meeting, taking minutes during the meeting, or other tasks as needed. (Monthly) Assists in the preparation for symposia submissions. This might include providing input for topics for the symposia, review of documents for the call for symposia submission, and assisting with review of abstracts received for symposia. (May - July) Assist the chair with preparation for the annual GRIG meeting that happens during the annual conference (Jan. - Conference)
Nominations Chair	<ul style="list-style-type: none"> Prepare a statement for newsletter for recruitment (September –February) Recruit and prepare a slate of potential nominees from leadership team meetings and MNRS GRIG listserv (November-February) Prepare a ballot for MNRS annual convention meeting (April) Tally and organize votes at meeting Prepare a final list of new officers for newsletter (March-May)
Student Representative	<ul style="list-style-type: none"> Participate in the GRIG leadership meetings and provide a student perspective. (Monthly) Engage with GRIIG leaders and other student representatives to promote student member involvement in the GRIG.

Student Corner!



Exciting Opportunities for Students in Gerontology Research

As students play a vital role in shaping the future of gerontological nursing, we are excited to share opportunities for funding, conference, and research engagement. Whether you're looking for financial support, hands-on research experience, or ways to connect with experts in the field, check out these resources designed to support your academic and professional growth.



MNRS/Sigma Research Grant

- The **MNRS/Sigma Research Grant** supports qualified nurses in advancing nursing science through research. Proposals for **pilot and/or developmental research** across all topics and study designs are welcome.
- 💰 **Funding Amount:** \$3,500 (funded by Sigma)
- 📅 **Application Deadline:** April 1, 2025
- This grant is an excellent opportunity for nurses to explore innovative research ideas and contribute to the future of nursing. For eligibility criteria and application details, visit <https://mnrs.org/research-awards/grants/>

Gerontological Society of America (GSA) Annual Scientific Meeting

- 📅 **November 12 - 15, 2025** | 📍 **Boston, MA**
The GSA Annual Scientific Meeting is a premier conference for gerontology research, bringing together experts, scholars, and students to discuss the latest advancements in aging research and practice.
- 🎓 **Student Travel Award:** Financial assistance is available for students presenting gerontology research. Eligible students are encouraged to apply.
- 📣 **Call for Abstracts:** Open from **February 1 - March 13, 2025**. Don't miss this opportunity to showcase your research and connect with leading professionals.

Get Involved!

Are you passionate about gerontology research and looking for ways to connect with scholars, gain leadership experience, and contribute to advancing the field? We invite you to **get involved** with the **Gerontology-RIIG** within the **MNRS!**

As a PhD student, joining our RIIG provides an excellent opportunity to:

- Engage with leading researchers in gerontology and aging care
- Gain mentorship and networking opportunities
- Participate in collaborative research initiatives
- Enhance your leadership skills by serving as a **PhD Student Representative**

Stay engaged, stay inspired, and continue making a difference in gerontology nursing! 💡👥🎓

- Joining a RIIG is easy! All MNRS members have the opportunity to select a complimentary and additional two (2) RIIGs on the registration/renewal forms each year. If you are interested in joining a **Gerontology RIIG!** after you have completed your registration/renewal, please share your interest by emailing info@mnrs.org or please reach out to Thanakrit Jeamjitvibool (Ten) at tjeamj2@uic.edu

Puzzle: Name the University



Take a break and have some fun! Try to identify the 15 universities these mascots belong to. [Answers can be found below.](#)

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The Connection Between Diet and Arthritis

As we commemorate **National Nutrition Month**, it's crucial to address the intersection of arthritis, diet, and exercise in promoting healthier living among Iowans. We recognize the significant impact that arthritis has on an individual's quality of life, especially those over the age of sixty. Arthritis often accompanies other chronic conditions such as diabetes, high blood pressure, and heart disease, creating a complex web of challenges for individuals seeking to manage their health effectively. Physical activity and healthy eating play a pivotal role in managing these conditions, yet joint pain frequently leads to decreased activity levels, exacerbating the cycle of obesity, diabetes, and heart disease. Our Iowa Community HUB (HUB) and their network of partners are committed to breaking this cycle and empowering individuals to take charge of their health. By providing comprehensive support and resources, including Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs), we aim to improve the overall well-being of our community members.



As part of our efforts to enhance access to these vital services, we are reaching out to healthcare providers and community partners like you to increase referrals to AAEBIs across Iowa. Check out the HUB website for the Program Library, Make a Referral, and contact them at info@iacommunityhub.org to learn more. By collaborating closely, we can ensure that individuals with arthritis receive the care they need to manage their condition effectively and reduce the risk of co-morbidities and falls. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis and its associated challenges.



Mascot Answers

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| 1. University of Illinois Chicago – Sparky D Dragon (the Flames) | 6. Loyola University – Lu Wolf (Ramblers) | 11. The Ohio State University – Brutus Buckeye (The Buckeyes) |
| 2. University of Iowa – Herky the Hawk (The Hawkeyes) | 7. Bradley University - Kaboom!
The gargoyle (The Braves) | 12. Purdue University – Boilermaker
Special Purdue Pete |
| 3. University of Nebraska Medical Center – Durango (The Mavericks) | 8. Michigan State – Sparty (The Spartans) | 13. University of Missouri Columbia – Truman the Tiger (The tigers) |
| 4. Marquette University – Iggy (the Golden Eagles) | 9. Wayne State University – W the Warrior (The warriors) | 14. University of Minnesota – Goldy Gopher (The Golden Gophers) |
| 5. University of Wisconsin Milwaukee- Pounce Panther (The Panthers) | 10. Indiana University Indianapolis – Jinx, Jawz and Jazzy (The Jaguars) | 15. University of Kansas – Big Jay (The Jayhawks) |



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IOWA

Geriatric Education Center

Geriatrics Workforce Enhancement Program

This newsletter is provided in collaboration with the Iowa Geriatric Education Center (IGEC), supported by the Iowa Geriatrics Workforce Enhancement Program (Iowa-GWEP), College of Nursing, University of Iowa. For more information about the Center, please visit <https://igec.uiowa.edu/> or email us at geriatric-education@uiowa.edu.

