




LANAKILA
MEALS ON WHEELS

Kūpuna U

Innovation in Congregate Dining



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Project Background

- Congregate Dining in the pre-COVID era
- Adaptation during the pandemic

Current Progress

- Kūpuna U platform and variable service delivery
- Three groups of participants

Looking Ahead

- Evaluation and analysis
- Impacting the policies of the congregate dining landscape



Kūpuna caring for our elders

Kūpuna means grandparent, ancestor, and/or honored elder. In the Hawaiian culture, kūpuna were highly respected and seen as an important link as keepers of ancestral knowledge. For this reason, Native-Hawaiian elders were invited into the classroom to share their cultural knowledge, life experiences, and the Hawaiian language.





Kūpuna Wellness Centers

Congregate Dining in the Pre-COVID Era

A free health and wellness program for active and independent seniors 60-years and older. Two major focus of the program - Socialization, through participating in community; and nutrition, through meal service.



Adapting to COVID era restrictions a pivot to technology

Adapting to the “new normal” of the COVID-19 pandemic, particularly the restriction on in-person activities and considerations for the risk factors of older adults, the Kūpuna Wellness Center evolved

**Kūpuna
Tech**

**Kūpuna
Connect**

- Technology is becoming inevitable in all aspects of life.
- Utilizing technology, virtual congregation and socialization can provide similar value to their in-person counterparts.

Kūpuna Tech

Technology classes operated in tandem with kupuna connect

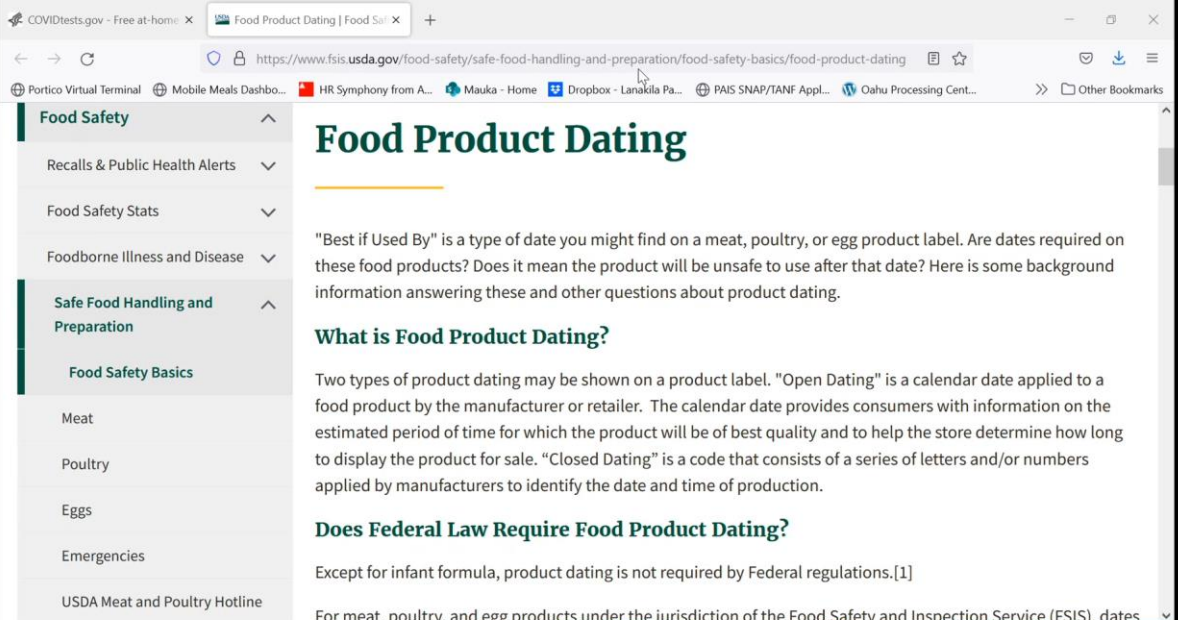
- ▶ 12-week long curriculum, covering basic digital literacy on topics such as, teleconferencing, sending an email, internet browsing, etc.
- ▶ Aim to get our participants “online-ready”. Gaining more confidence and comfort in operating their devices.
- ▶ Enable participants to access Kūpuna Connect and other online resources.



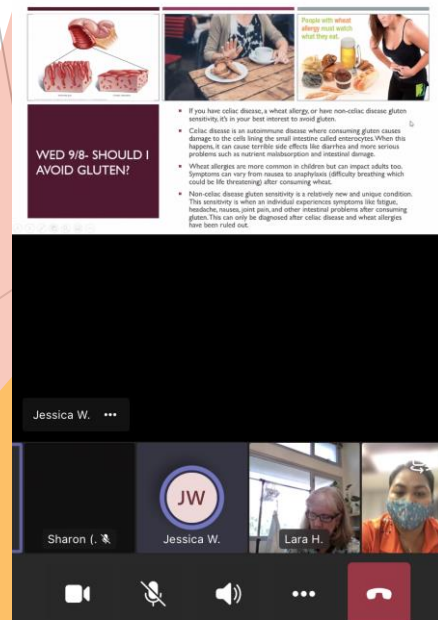
Kūpuna Connect

A virtual alternative to the Kūpuna Wellness Center

- Using teleconferencing tools, kupuna can participate in a variety of virtual contents like those we had in the KWC.



- Virtual exercise classes, nutrition education, games and recreation, financial literacy, health and wellness workshops, tech supports.



Choose classes to add to your schedule

June 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 Bariatric Surgeries Health & Wellness Lanakila Pacific 11:30 AM (60 min)	7 Tai Chi Exercise Lanakila Pacific 11:30 AM (60 min)	8 Say "Cheese" Food & Nutrition Lanakila Pacific 11:30 AM (60 min)	9 HPD Roundtable Safety & Security Lanakila Pacific 11:30 AM (60 min)	10	11
12	13 JEOPARDY DAY! Fun & Games Lanakila Pacific 11:30 AM (60 min) Accessible Yoga Exercise Our Kupuna 10:00 AM (60 min)	14 Tech Support Science & Tech Lanakila Pacific 11:30 AM (60 min)	15 "Gross Food" Day Food & Nutrition Lanakila Pacific 11:30 AM (60 min)	16 HPD Roundtable Safety & Security Lanakila Pacific 11:30 AM (60 min) Senior Moves with Trish Exercise Our Kupuna 01:00 AM (60 min)	17 Edible Bugs Food & Nutrition Lanakila Pacific 11:30 AM (60 min)	18
19	20 Remembering Juneteen... History & Culture Lanakila Pacific 11:30 AM (60 min) Accessible Yoga Exercise Our Kupuna 10:00 AM (60 min)	21 Origami with Crystal Arts & Crafts Our Kupuna 02:00 AM (60 min) Excercise Exercise Lanakila Pacific 09:00 AM (60 min)	22 Nordic Midsummer c... History & Culture Lanakila Pacific 11:30 AM (60 min)	23 Senior Moves with Trish Exercise Our Kupuna 01:00 AM (60 min) See Something, Say So... Safety & Security Community Policing 09:00 AM (60 min)	24 Food processing & h... Food & Nutrition Lanakila Pacific 11:30 AM (60 min)	25
26	27 Tech Support Science & Tech Lanakila Pacific 11:30 AM (60 min) Accessible Yoga Exercise Our Kupuna 10:00 AM (60 min)	28 GuZheng, an ancient i... History & Culture Lanakila Pacific 11:30 AM (60 min)	29 Low Impact Cardio Exercise Lanakila Pacific 11:30 AM (60 min)	30 HPD Roundtable Safety & Security Lanakila Pacific 11:30 AM (60 min) Senior Moves with Trish Exercise Our Kupuna 01:00 AM (60 min)	1	2

June 2022

Go to Today

Tuesday Wednesday Thursday Friday Saturday

"Gross Food" Day 🤢 (Food & Nutrition)

Let's discuss strange & nasty food around the world. Let's learn about them from the nutrition point of view! Let's share the experiences you had with strange food.

Offered by: Lanakila Pacific

Offered on: 6/15/2022, 11:30 AM

Duration: 60 minutes

Platform: Microsoft Teams

[Add This Class](#)

Kūpuna U Platform

- ▶ A web-based inventory of virtual contents and resources offered by a network of senior service providers.
- ▶ Connecting seniors with different organizations and services in the community as a one-stop hub of resources.
- ▶ Public platform for senior service providers to offer programs and services to a wider audience.

Kupuna U

((My Calendar)) [Class Catalog](#) [My Profile](#)

My Calendar

June 2022

Go to Today

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Seated Work -Out (Exercise)

As always, join the class to gain more motivation by exercising with others from home. To stay healthy, part of it is to be active no matter where you are. Let's move around!

Offered by: Lanakila Pacific

Offered on: 6/21/2022, 11:30 AM

Duration: 60 minutes

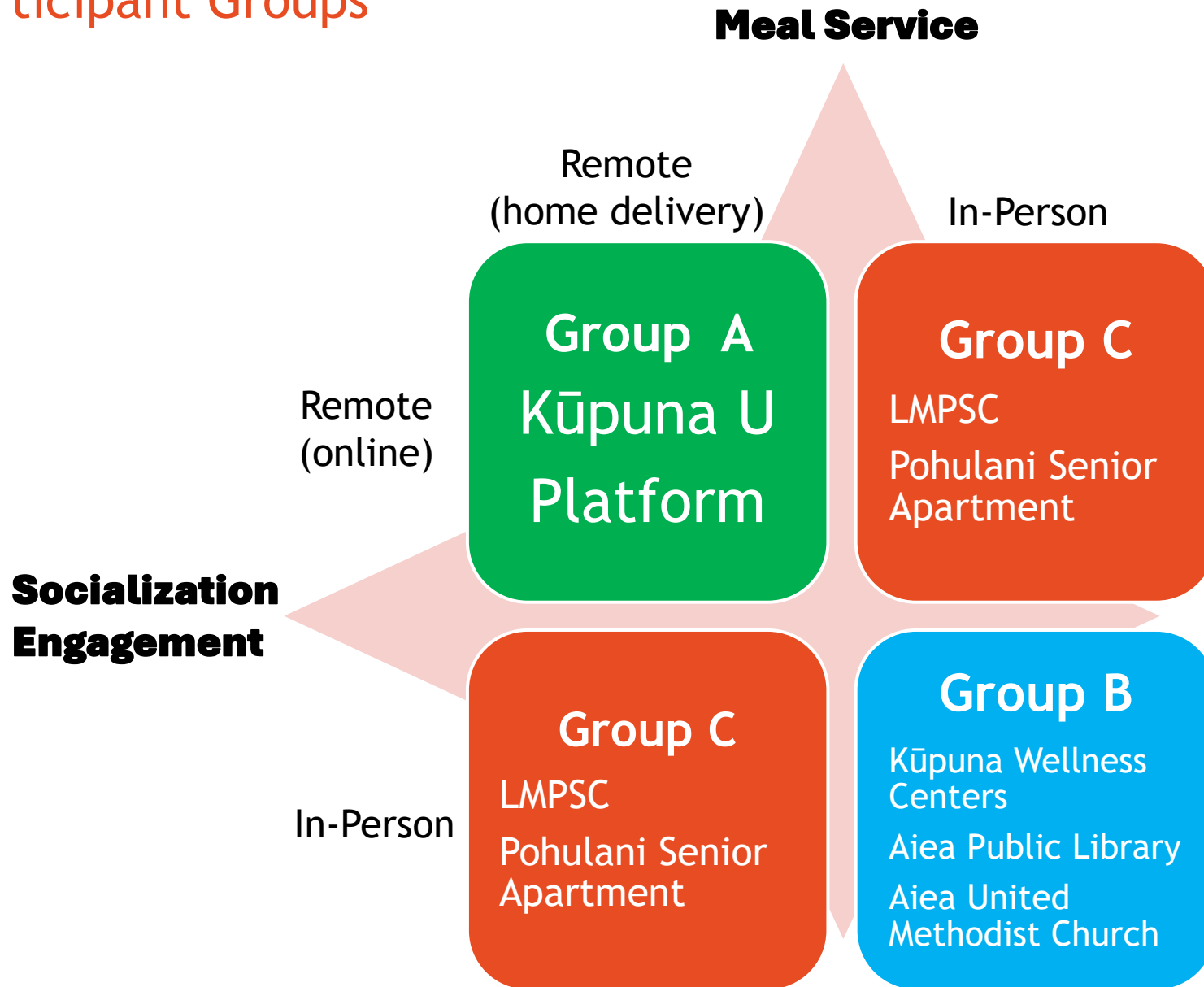
Platform: Microsoft Teams

[Join Class](#)

[Drop Class](#)

The Current Composition of Congregate Dining

“Three Participant Groups”



Group A

Virtual / Remote Participants

Daily recreation contents available through Kūpuna U Monday through Friday



Kupuna U 1-8-2024 Better Eating Habits for the New Year

myplate.gov

Learn how to eat healthy with MyPlate

Remember the food pyramid? Meet MyPlate, the official symbol of the five food groups. Learn how to make MyPlate work for you.

Explore MyPlate

MyPlate.gov

Feedback

12:05 PM 1/8/2024

Participants congregate virtually, and receive their meals via home delivery

What Does Water do for You?

- Forms saliva (digestion)
- Keeps mucosal membranes moist
- Allows body's cells to grow, reproduce and survive
- Flushes body waste, mainly in urine
- Lubricates joints
- Water is the major component of most body parts

Needed by the brain to manufacture hormones and neurotransmitters

Regulates body temperature (sweating and respiration)

Acts as a shock absorber for brain and spinal cord

Converts food to components needed for survival - digestion

Helps deliver oxygen all over the body

WATER IN THE HUMAN BODY

Brain	75% Water
Blood	83% Water
Heart	79% Water
Bones	22% Water
Muscles	75% Water
Liver	85% Water
Kidneys	83% Water

<https://www.usgs.gov/>

Participants in the virtual meeting are visible in small windows around the presentation slide.

Group B

In-person Participants

Participants come in-person to our centers in Aiea, participate in activities and receives a hot meal.



Group C

Hybrid Participants

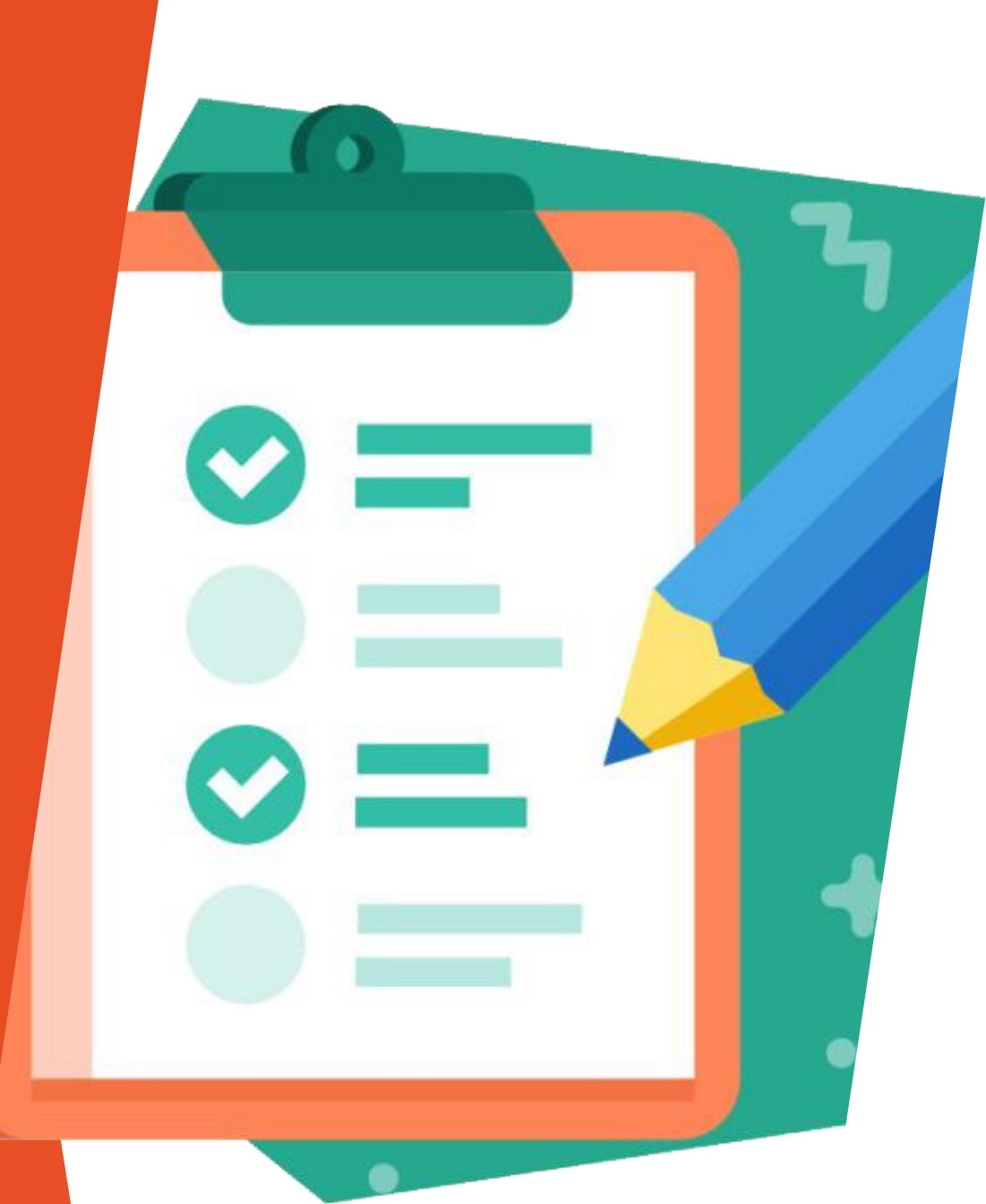
Hybrid sites allow participants to engage in a variety of programs both in-person and online using technology.



Project Evaluation

To assess the program's success, we are evaluating at three distinct levels

- ▶ Individual Participant: Positive physical and mental health impact on Kūpuna
- ▶ Partnerships: Effectiveness of partnerships in delivering the program
- ▶ Systems-level: Policy implications and sustainability



Monitoring Effectiveness

To monitor progress, data is collected from participants at multiple times during their involvement with the program.

- ▶ Baseline survey/Registration
- ▶ Semi-annual survey
- ▶ Listening Sessions
- ▶ For each of the three participant groups (Virtual, In-Person, and Hybrid), these key measures overtime are tracked
 - ▶ Nutrition Score
 - ▶ Loneliness Score
 - ▶ Self-rated health
 - ▶ Digital comfort level



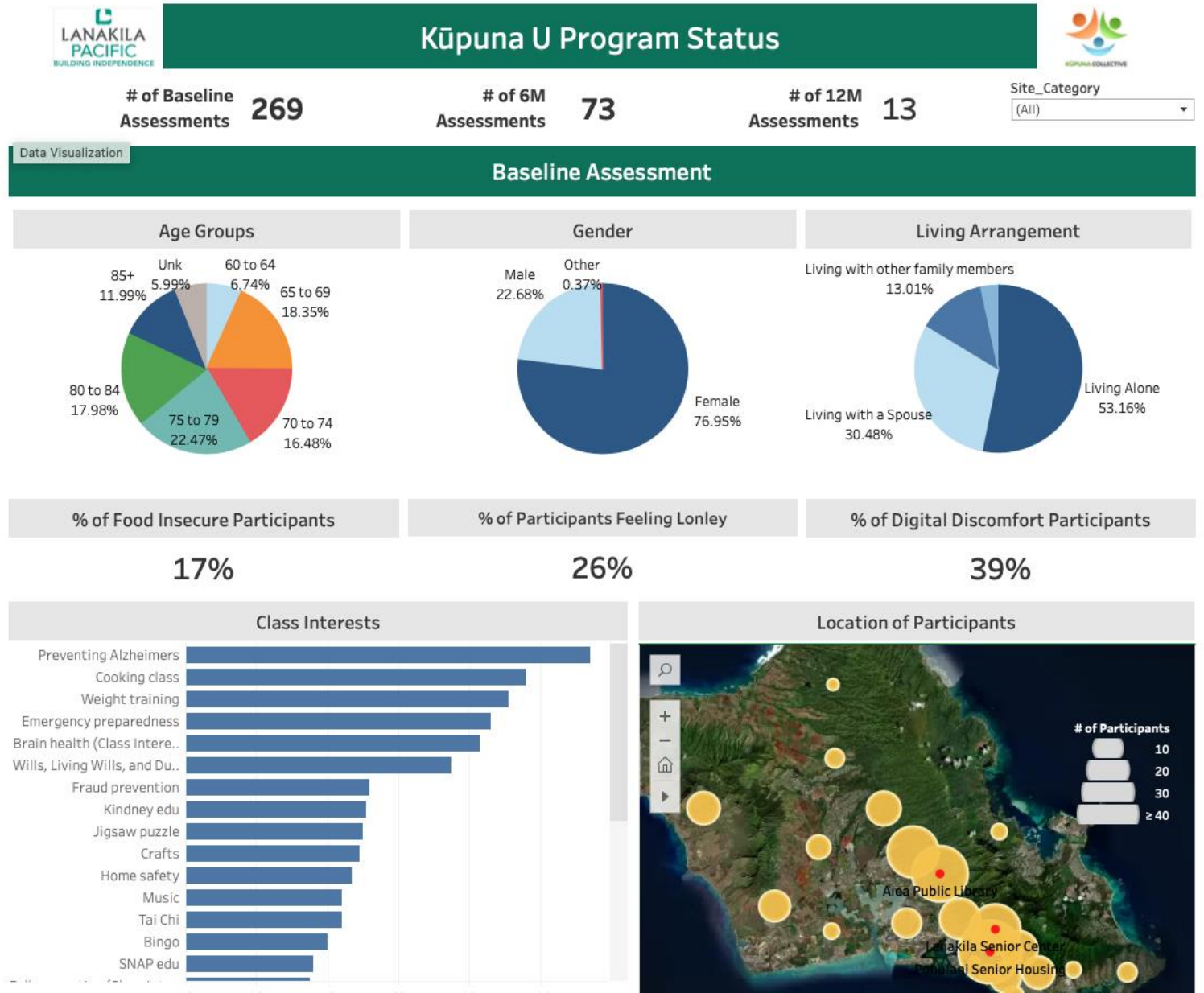
Listening Sessions

To evaluate and refine the Kūpuna U program as a flexible and scalable model for the expansion of congregate meal services that can be effectively implemented in various states across the United States.



Kūpuna U Dashboard

► Evaluation team created the dashboard to allow program staff to visualize and sort program data captured in real time.

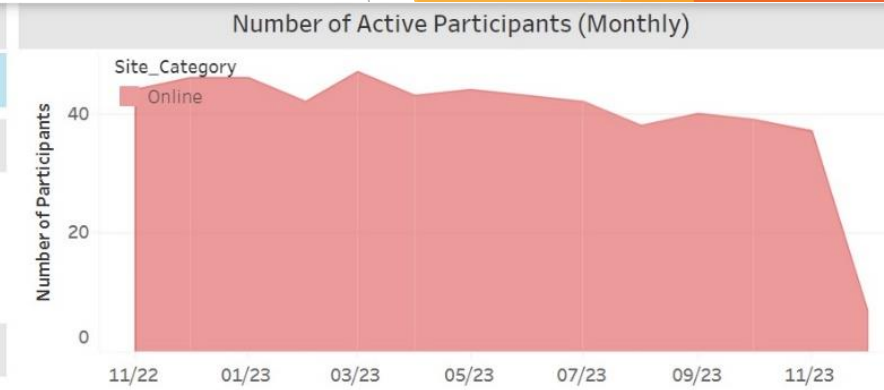
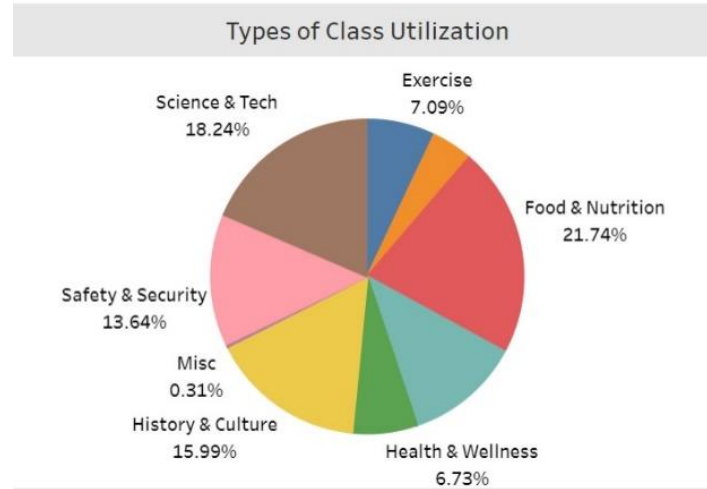


“Virtual sessions provide comparable opportunities and enhance participants’ ability to engage in congregate activities compared to the traditional in-person only model.”

▶ Participants engaged in nearly 4000 hours of virtual contents, over a variety of recreational, educational, and social activities

▶ When comparing changes in self-rated health status and loneliness scores overtime between the groups, the virtual group had the greatest relative improvement

Total Hours Attended
3,943
Total # of Participants (since program launch)
68



Loneliness Score

Groups	Baseline	First semi-annual	Significance	
			One-Sided p	Two-Sided p
In-Person (n = 44)	3.84	4.33	0.072	0.144
Virtual (n = 11)	4.00	3.82	0.40	0.81
Hybrid (n = 9)*	2.22	4.56	0.011	0.021

Self-Rated Health Score

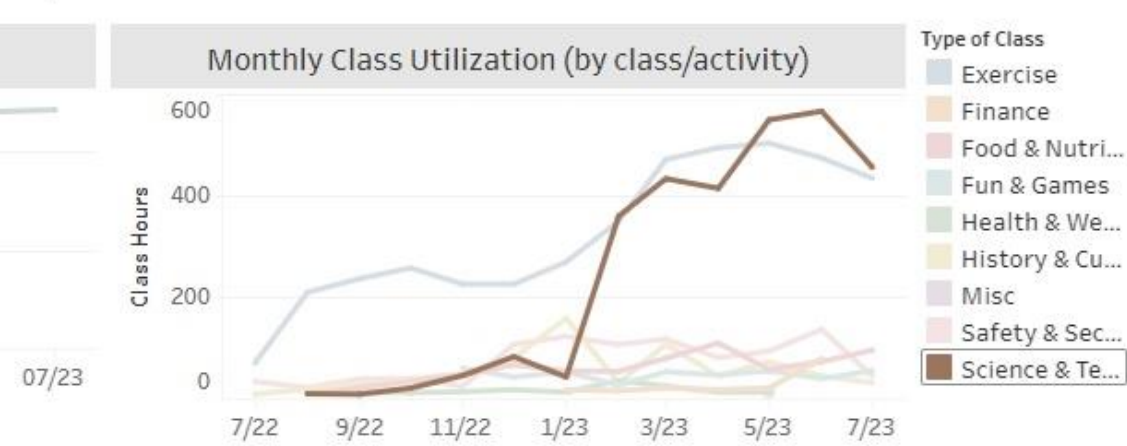
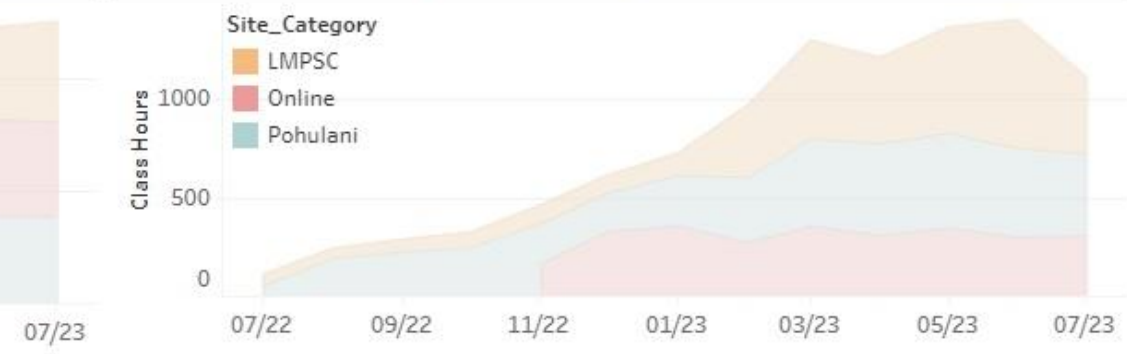
Groups	Baseline	First semi-annual	Significance	
			One-Sided p	Two-Sided p
In-Person (n = 35)	3.29	2.8	0.042	0.084
Virtual (n = 10)	2.90	4.00	0.029	0.057
Hybrid (n = 6)	3.67	3.67	-	-

“Participants express a strong preference for digital literacy related content, as a vehicle to increase their own engagement with online and remote content.”

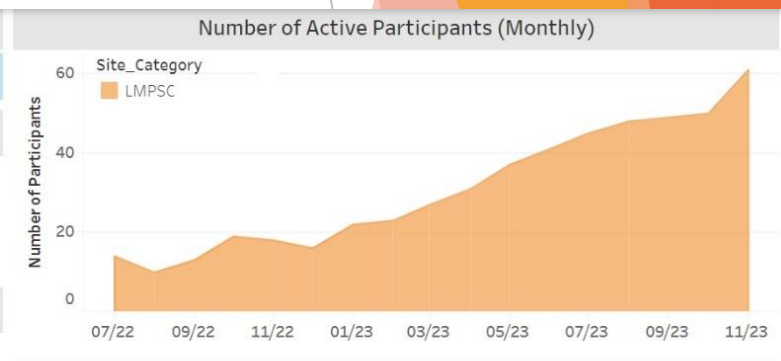
Participants demonstrates a preference for digital literacy contents, especially at the hybrid site at Lanakila Multi-Purpose Senior Center, showing an overwhelming 60.97% utilization:

Impact Status

Class/Activity Hours			
Total	10,262	Per Capita	52
Total Class Hours (Monthly)			



Total Hours Attended	6,380
Total # of Participants (since program launch)	102



“Current model allows for a more diversity of content to be provided to participants, due to an increased capacity for community partnerships”.

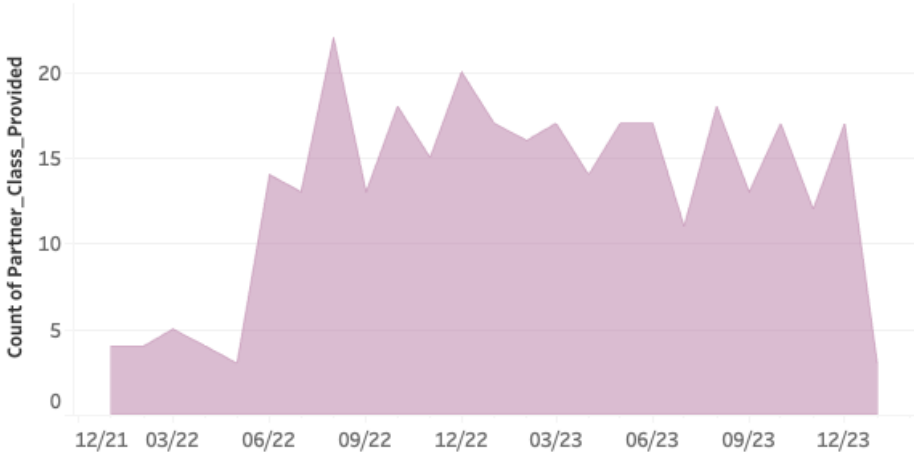
- ▶ The current program model draws in a diversity of community partners to the program, providing an equally diverse content programming to the participants

Number of Partners (since program launch) Total Class Sessions Provided by Partners (since program launch)

26

324

Types of Classes Provided by Partners Total Class Sessions (Monthly)



In Summary

► **Flexibility in program offerings:** The program's success in reaching diverse elders suggests that policies should facilitate a range of activities and service delivery options. This includes both virtual and in-person options to meet the diverse needs and preferences of participants.

► **Diversity of Classes and Activities:** Expanding the range of classes and activities, both in-person and online, will honor the participants' autonomy in selecting meals and engaging in classes or activities. This approach promotes the well-being of a diverse group of kūpuna.

► **Tailored Services for Varied Demographics and Needs:** The program must consider participants' diverse ages and living situations to customize services. This ensures that the more vulnerable, homebound, or isolated individuals and the more active and younger receive support that enhances their well-being.



Looking Ahead

Continue to leverage community partnership

- Increase involvement of community partners to share their resources to more congregate participants.

Data evaluation and further analysis

- Synthesize findings and lessons learned.
- Publication of findings.

Impacting policy

- Using data and finding to begin policy advisory discussions with funders and stakeholders.

Sharing tools for replication

- Capstone project.