Nutrition and Aging
Resource Center

How to Keep the Momentum After the Grant

August 5th, 2022

Inclusion, Diversity, Equity, and Access Mission & Values

The Nutrition and Aging Resource Center recognizes services are not one size fits all, therefore we **celebrate the diversity** of the older adult population by **respecting the needs** for those various life experiences.

Addressing Malnutrition in Community Living Older Adults, A Toolkit for AAAs

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Livleen Gill, MBA, RDN, LDN, FAND
Bethesda NEWtrition and Wellness Solutions

Project Overview

Malnutrition Pathway:

Rationale:

- Malnutrition is a significant health issue for older adults
- Gaps in addressing malnutrition in community-based settings
- Aging Network services address SDOH; optimal for identifying and healing malnutrition in community-based adults.

Project Goals:

- Identify issues client needs addressing (Screening)
- Based on identified needs, connecting them to services (Referrals)
- Regular touch points to evaluate and adjust care plan (Monitoring)

Post Grant work:

Production and provision of shelf stable medically tailored meals during COVID19

Relationships between AAAs and healthcare

Senior Nutrition Program Evidence-Based Suicide

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Mary Chase Mize, Ph.D., LPC, NCC
Georgia State University

Project Overview: What We Did

Effect of Evidence-Based Suicide Intervention Training on Home-Delivered and Congregate Nutrition Programs

With funding from the Administration for Community Living (Grant #901INNU0010-01-00), Georgia State University and Virginia Tech partnered with the Atlanta Regional Commission and six metro-Atlanta counties to investigate the effect of an evidence-based suicide intervention training on the (a) skills of HDM volunteers and staff, (b) services provided to older adults receiving HDM, and (c) mental health of HDM and congregate clients.

- We trained over 160 volunteers, staff, and providers in nutrition service programming in Applied Suicide Intervention Skills Training (LivingWorks ASIST).

- We facilitated in-person and phone-based (due to COVID-19) interviews with clients of HDM services as well as congregate meal centers to understand their mental health; these interviews included measures of suicide desire, pain, depression, anxiety, mental health distress, and wellness.

Project Overview: What We Learned

Suicide Intervention Skills & Mental Health: Importance of the Aging Network

Suicide Intervention Skills with HDM Volunteers

- Among 93 HDM volunteers and providers, there was a statistically significant improvement in suicide intervention response skill acquisition as a result of attending ASIST Training

- Almost 20% of trained volunteers reported using the skills they learned in ASIST in their jobs / "real-life" roles
- In six months of tracking, there were 35 self-reported instances of suicide intervention skills used

Mental Health among HDM Clients: in a sample of 493 older adults who receive HDM:

- 15.62% met suicide risk cutoff scores
- 23.73% reported suicide thoughts or behavior in the past
- 65 older adults in the sample said they may attempt suicide in the future.

Modernizing the Congregate Dining Program with Restaurant Partnerships

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Ryan Gadzo
Erie County Department of Senior Services, New York

Project **Overview**

Go & Dine Restaurant Dining Program

- The aim of the project was to increase participation of older adults by partnering with local restaurants to give more options and flexibility in terms of the time of day, the location, the menu items, and who they wanted to dine with.

- Local restaurants worked with our registered dieticians to create menus at each location that met OAA, USDA and NYSOFA requirements for reimbursement, and meeting the 1/3 daily nutrition standard.

- All meals of the program meet standards to be reimbursed with Title III-C 1 funds.

- There were no eligibility requirements for participants other than being 60 years of age and an Erie County resident.

- Once a participant returned a completed registration form, they were sent the Diner's Guide, their Key Tag and 4 vouchers to use for the month.

Project Overview

Go & Dine Restaurant Dining Program

- Breakfast, lunch and dinner options are available.

- Registered individuals present a key tag and voucher to claim their meal options.

- Key-tag and scanner technology was successfully used.

- The average participant used 37 vouchers over a year period.

- Feelings of isolation decreased, evidenced by lower mean scores.

Project Overview

Encore Cafes

"Pop-up"-style

- Three locations in greater Cedar Rapids, IA metro area
- Addressed lack of nutrition services in two distinct areas
- Nutrition Education/Enrichment Opportunities
- Access to additional services

Enhanced Service-delivery method

- Flexible serving time/window
- Choice menu & Salad Bar
- Use of real plates/service-ware
- Poured beverages

Encore Café

Partners and Outcomes

Community Partners

- City of Marion, IA/Marion Public Library
- HYVEE Food Stores (regional grocery store)
- St Marks United Methodist Church
- Linn County Senior Nutrition Advisory Committee

Results

- 200% increase in congregate participation
- Voluntary contribution average of $4.65 per meal, compared to $1.55

Did your project change at all after the grant ended?

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How did you obtain sustainability after the grant?

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Does your actual sustainability plan differ from your original plan/grant application?

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What is one piece of advice you would give our current grantees as they look towards the end of their grant?

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The theme of this conference is "Telling Your Story." How do you do that, and what importance does it bring?

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Audience Questions

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Thank You

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