

Kupuna **U**

KupunaU **User Guide**





Welcome To KupunaU

Dear Kupuna,

Welcome to the KupunaU user guide, which is designed to help seniors navigate the platform. KupunaU is the gateway to senior enrichment where seniors can sign up for online classes hosted by various organizations state-wide and access age-appropriate resources. This guide includes easy-to-follow, step-by-step instructions on how to register and navigate the KupunaU platform. Congratulations on taking an important step in staying connected virtually.

Always,

KupunaU



User Guide Sections

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2. Accepting Your KupunaU Invitation
 - i. Create Microsoft Account & Password
3. KupunaU Registration
4. KupunaU Survey
5. Navigating KupunaU
 - i. My Calendar
 - ii. Class Catalog
 - iii. Add/Join/Drop Class

Kupuna **U**

Computer Basics



Computer Basics Section

In this section of the manual, we provide instructions about the following:

- Start and shut down a computer system
- Opening an internet browser
- Accessing preferred email software program



Frequently Used Terms For This Section

Email: *A way of exchanging messages using the internet. "Email" is short for "electronic mail."*

Internet: *An electronic network that connects computers all over the world. You use the internet to access information.*

Password: *A secret word or phrase that is used to prove to the computer that you are whom you claim to be.*

Power Button: *A switch that can be used to turn the computer on or off.*

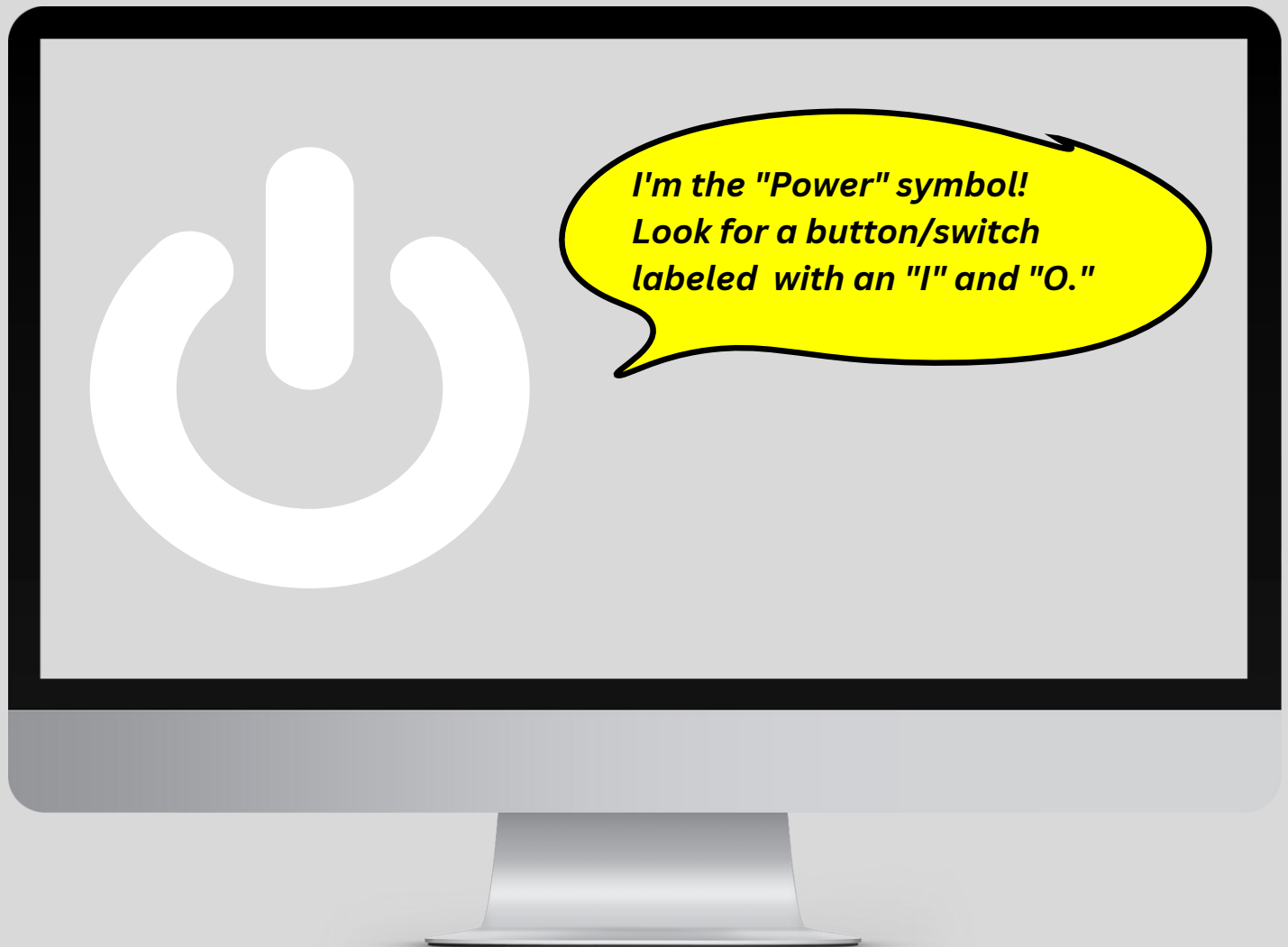
Username: *It is an identifier that tells the computer who you are.*

Starting Your Computer

Turn on your computer using the "Power" button/switch.

Depending on what type of computer you are using, you may need to turn on both the computer tower and monitor.

Hint: Oftentimes, the "Power" button/switch symbol is similar to the one displayed below.



Log Into Computer

Great!

You turned on your computer, but you may need to log into it with your username and password if you've enabled this security feature for your computer. Type your username and password into the appropriate fields.

If you are not asked to do this step, don't worry about this!
Proceed to the next step.



Open Internet Browser & Navigate To Your Email Program

You will need to access the internet and your email software.
Open your preferred internet browser.

Hint: Do any of these symbols look familiar to you?



Then, open your preferred email program to access messages from KupunaU,
located in your email program's inbox.





Accepting Your KupunaU Invitation

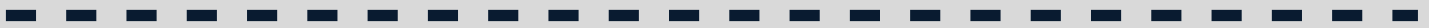




Accepting Your KupunaU Invitation

In this section of the manual, we provide instructions on how to:

- Locate your KupunaU invitation email message
- Create a Microsoft Account for the KupunaU platform



Frequently Used Terms For This Section

CAPTCHA- A type of puzzle that computer users need to solve for security purposes.

Email: A way of exchanging messages using the internet. "Email" is short for "electronic mail."

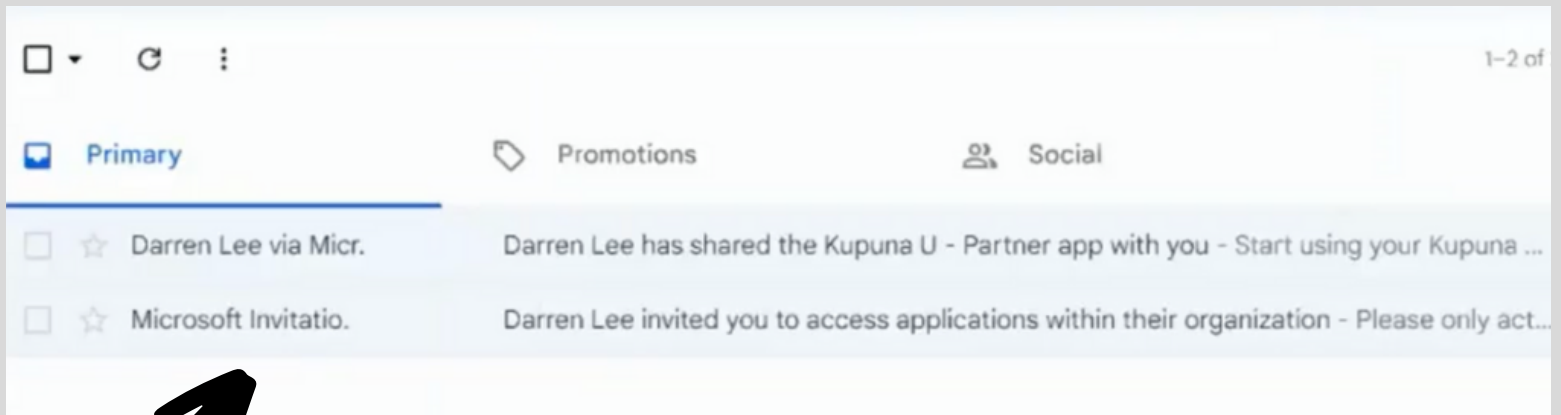
KupunaU-An online platform where seniors can browse the activity calendar, sign up for classes that are hosted virtually, and locate resources all in one place.

Password: A secret word or phrase that is used to prove to the computer that you are whom you claim to be.

KupunaU Invitation

In your email inbox, locate the email messages as seen in the image below.

One message is from Mr. Darren Lee, IT Manager at Lanakia Pacific. You will **not need** to open this message.



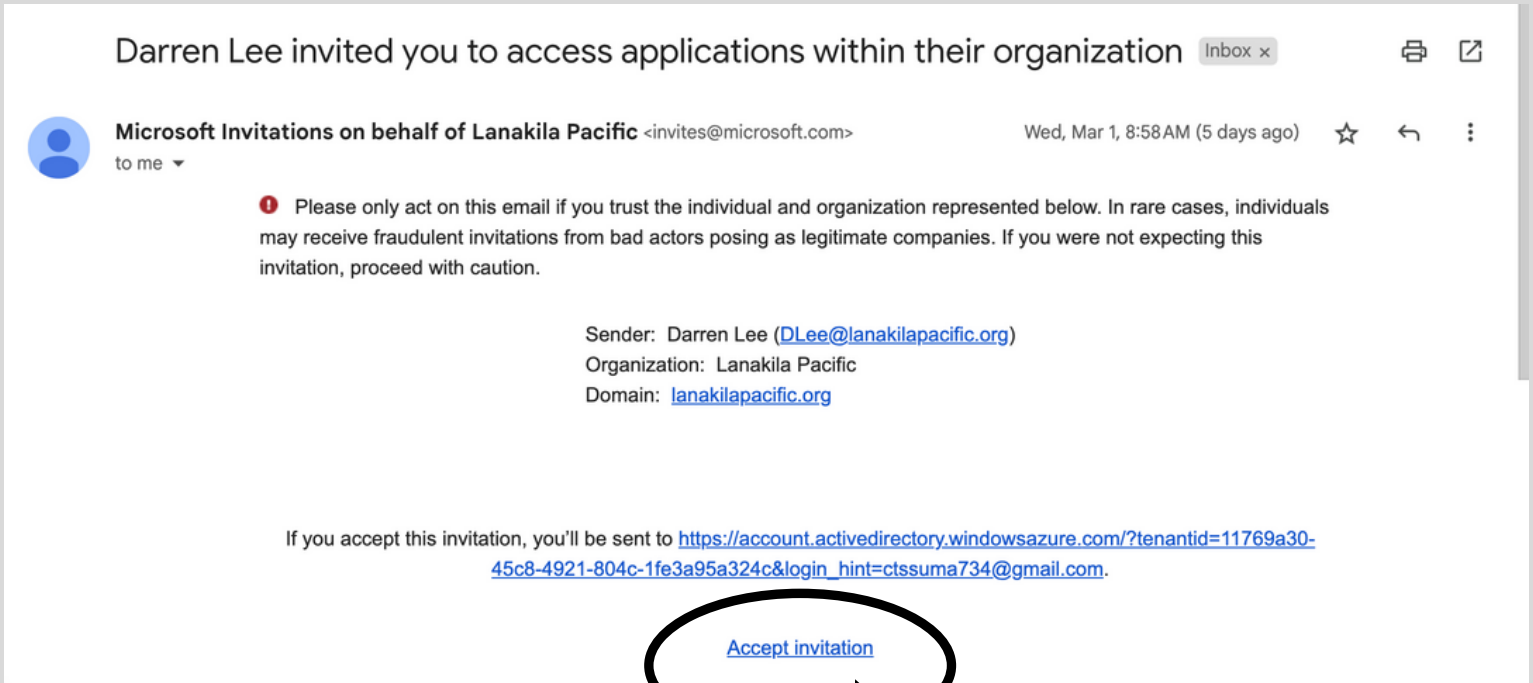
The second message is from the email sender "Microsoft Invitation on behalf of Lanakila Pacific." **Open** (select) this email to review the contents of this message.

The following steps will require you to access the information included in this email message.

KupunaU Invitation

In the email, you will be asked if you'd like to accept an invitation from KupunaU.

You will need to **click on** (tap) "Accept Invitation" located at the bottom of the message.

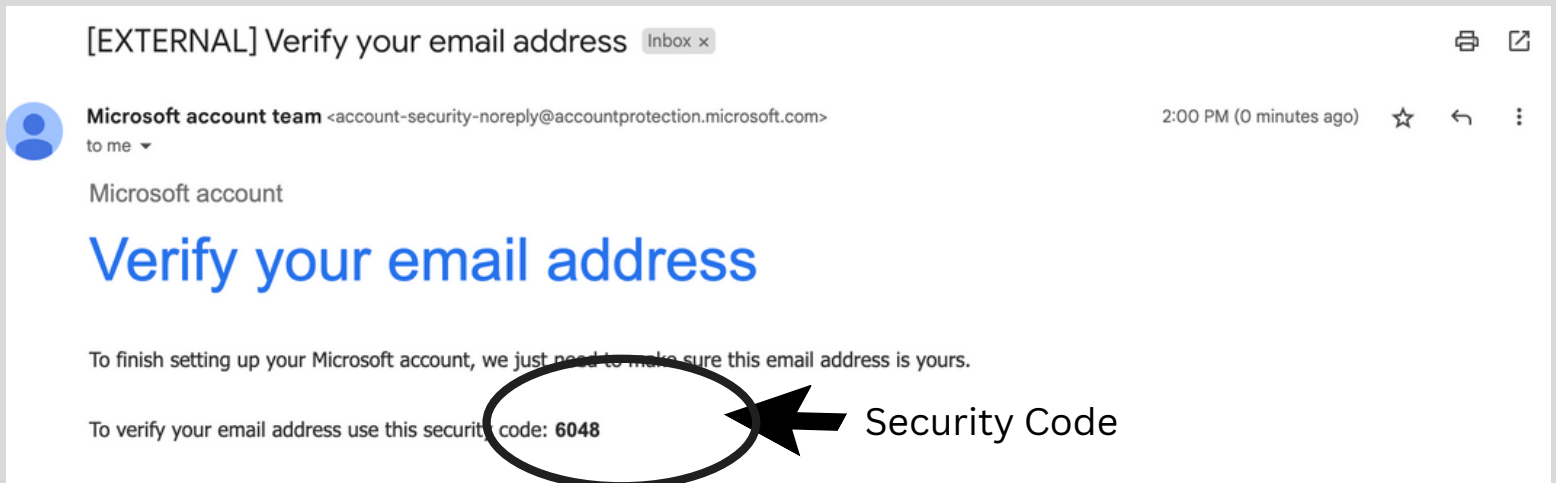


Click (tap) on "Accept Invitation"

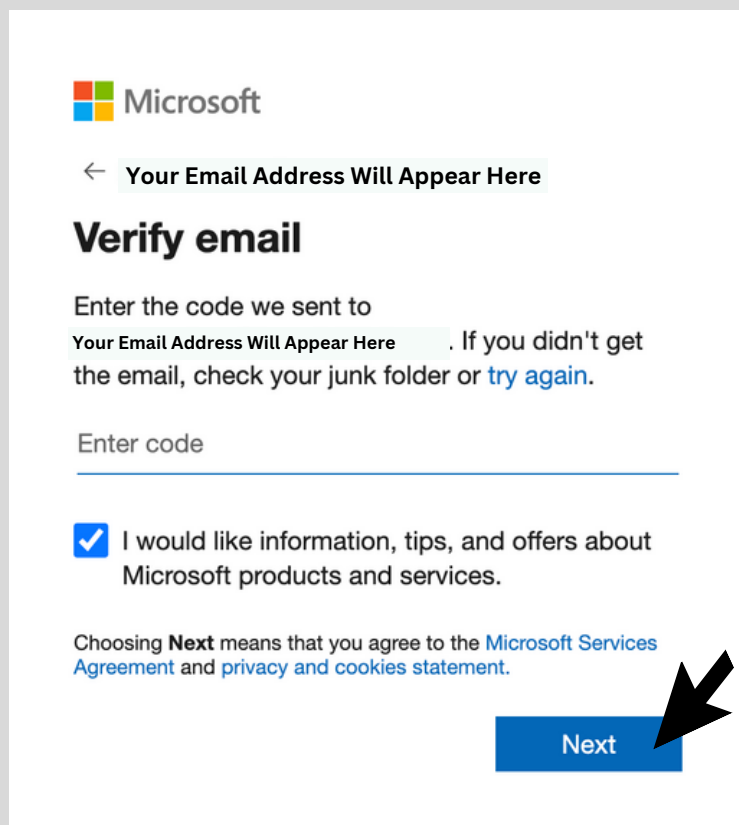
Create Microsoft Account For KupunaU

For security purposes, a verification code will be sent to the email address where you received your KupunaU invitation.

Look for an email titled "Verify your email address." In the email, you will be provided a four-digit verification code. Remember this code or write it down on a sticky note.



Next, type the four-digit code into the "Enter Code" section. You will see a message similar to the one shown below.



Click (tap) on "Next" to proceed after your code is entered.

Create Microsoft Account For KupunaU

Then, you will be prompted to create a Microsoft account, which is a required step in this registration process.

Click (tap) on "Next."



Create account

Looks like you don't have an account with us. We'll create one for you using

Your Email Address Will Appear Here

[Next](#)



Click (tap) on "Next"

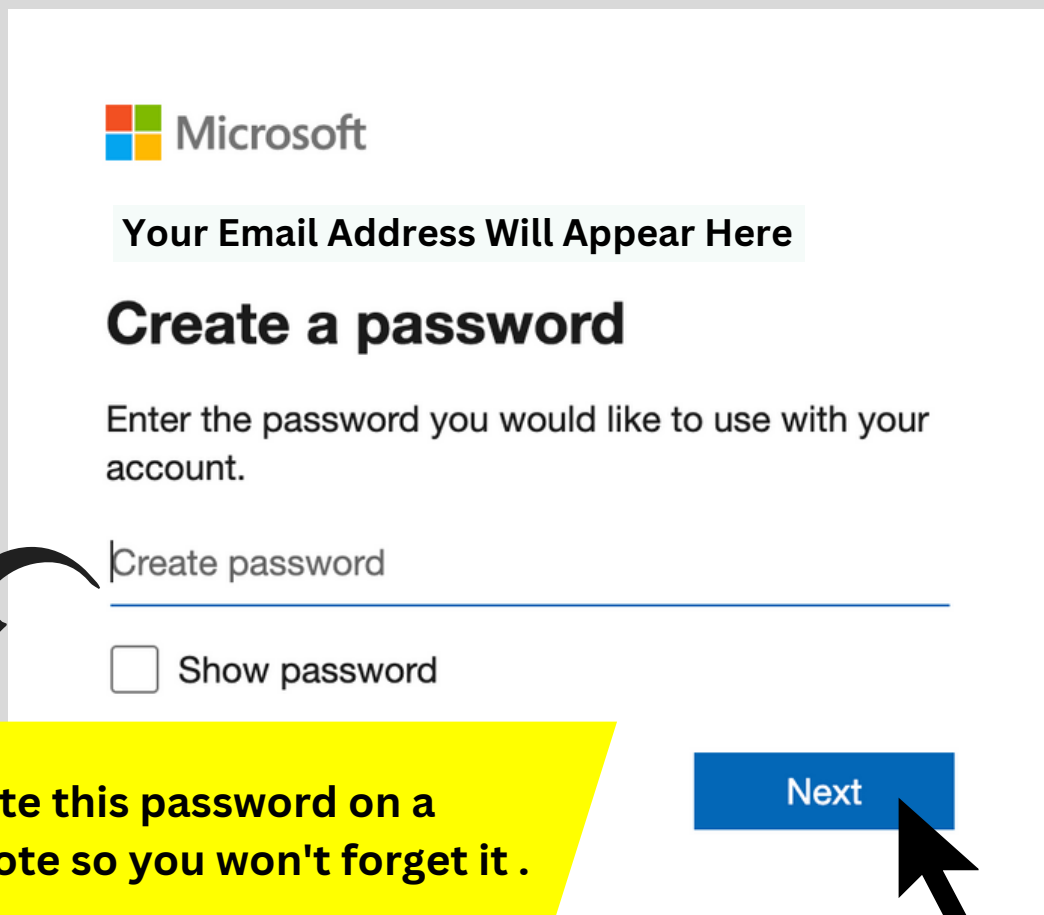
Create Microsoft Account For KupunaU

Similar to other online websites, you will be prompted to create a password for your account.

Create and type a self-created password in the section that says "Create Password."

Then, **click** (tap) on "Next."

Hint: When creating a password, choose something that you will remember easily.



The screenshot shows the Microsoft account creation interface. At the top left is the Microsoft logo. Below it, a light green box contains the text "Your Email Address Will Appear Here". The main heading is "Create a password". Below the heading is the instruction "Enter the password you would like to use with your account." There is a text input field with the placeholder text "Create password" and a blue underline. Below the input field is a checkbox labeled "Show password". At the bottom right of the form is a blue button labeled "Next". A black arrow points from the "Next" button to the text "Click (tap) on 'Next'" below the form. Another black arrow points from the yellow tip box to the password input field.

Tip: Write this password on a sticky note so you won't forget it .

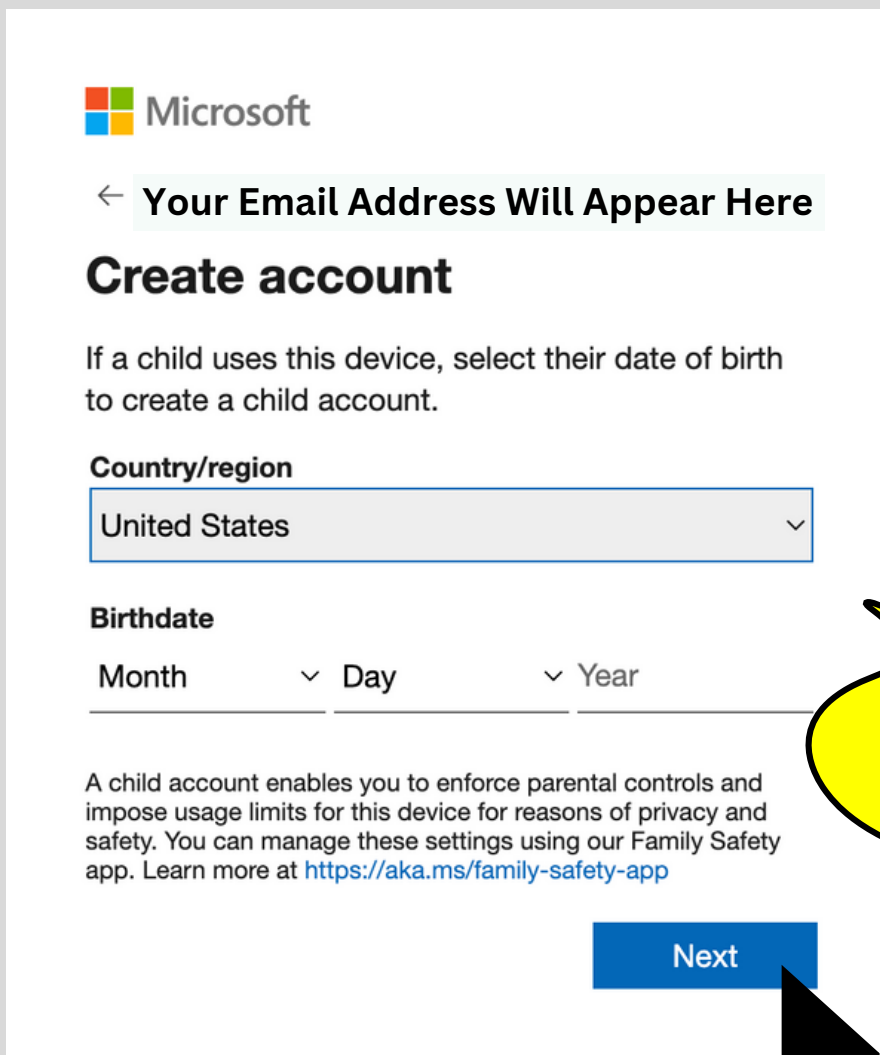
Click (tap) on "Next"

Create Microsoft Account For KupunaU

You will be required to enter your birthdate as part of the verification process.

The birthdate you enter must reflect someone who is at least 60 years of age.

Click (tap) on "Next."



The screenshot shows the Microsoft account creation interface. At the top left is the Microsoft logo. Below it is a back arrow and the text "Your Email Address Will Appear Here". The main heading is "Create account". A sub-heading reads: "If a child uses this device, select their date of birth to create a child account." There are three dropdown menus: "Country/region" (set to "United States"), "Birthdate" (with sub-sections for "Month", "Day", and "Year"), and a "Next" button at the bottom right. A yellow callout bubble points to the "Next" button.

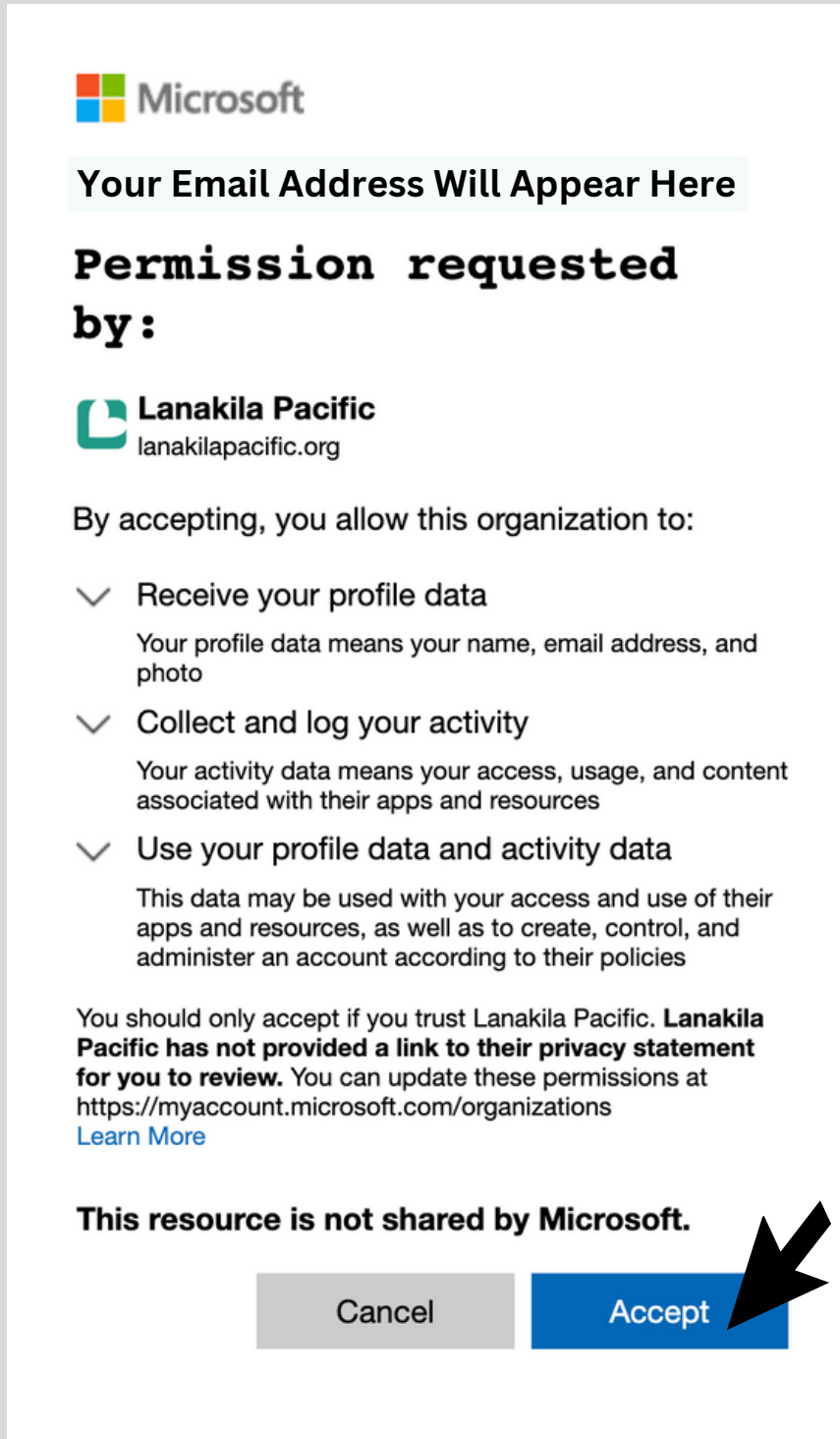
Note: Your information will be kept confidential.

Click (tap) on "Next"


Create Microsoft Account For KupunaU

Next, a "Permission Requested By Lanakila Pacific" message will appear.

After reviewing this information, **click** (tap) on "Accept" to move to the next step.




The screenshot shows a Microsoft permission request dialog box. At the top is the Microsoft logo. Below it, a light green box contains the text "Your Email Address Will Appear Here". The main heading is "Permission requested by:" followed by the Lanakila Pacific logo and name, with the website "lanakilapacific.org" below it. The text "By accepting, you allow this organization to:" is followed by three checked items: "Receive your profile data" (with subtext "Your profile data means your name, email address, and photo"), "Collect and log your activity" (with subtext "Your activity data means your access, usage, and content associated with their apps and resources"), and "Use your profile data and activity data" (with subtext "This data may be used with your access and use of their apps and resources, as well as to create, control, and administer an account according to their policies"). Below this is a warning: "You should only accept if you trust Lanakila Pacific. Lanakila Pacific has not provided a link to their privacy statement for you to review. You can update these permissions at <https://myaccount.microsoft.com/organizations> [Learn More](#)". At the bottom, it says "This resource is not shared by Microsoft." and has two buttons: "Cancel" and "Accept". A large black arrow points to the "Accept" button.

 Microsoft

Your Email Address Will Appear Here

Permission requested by:

 **Lanakila Pacific**
lanakilapacific.org

By accepting, you allow this organization to:

- ✓ **Receive your profile data**
Your profile data means your name, email address, and photo
- ✓ **Collect and log your activity**
Your activity data means your access, usage, and content associated with their apps and resources
- ✓ **Use your profile data and activity data**
This data may be used with your access and use of their apps and resources, as well as to create, control, and administer an account according to their policies

You should only accept if you trust Lanakila Pacific. **Lanakila Pacific has not provided a link to their privacy statement for you to review.** You can update these permissions at <https://myaccount.microsoft.com/organizations> [Learn More](#)

This resource is not shared by Microsoft.

Click (tap) on "Accept" to proceed.

Create Microsoft Account For KupunaU

For security purposes, you will be required to solve a CAPTCHA puzzle.

Solve the puzzle by following the directions on your screen to proceed to the next step. If the answer to the puzzle is incorrect, you will be shown a different puzzle to solve.



Your Email Address Will Appear Here

Create account

Pick one square that shows two identical objects.



Audio



Restart

Note: This is a sample CAPTCHA puzzle

Kupuna **U**

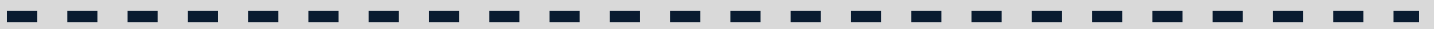
KupunaU **Registration**





KupunaU Registration

In this section of the manual, we provide instructions on how to navigate the multi-step registration process. Although this process may take some time to complete, you will only need to do these steps once.



Frequently Used Terms For This Section

KupunaU: *The website provides Kupuna access to online classes, activities, and resources. The website address of KupunaU is www.kupunau.com*

KupunaU Registration

In a website address bar located at the top of a webpage, type **WWW.KUPUNAU.COM** and then push the "Return/Enter" key on your computer to be redirected to the KupunaU login page.

Then, **click** (tap) on "Kupuna User Login"







Remember Kupuna, select this option because you are considered a "Kupuna User."


KupunaU Registration

For one time only, you will be asked to grant permission to various applications.

You must **click** (tap) on "Allow" to proceed to the next step.

Almost there ...
Kupuna U needs your permission to use the following. Please allow the permissions to proceed.

-  SharePoint
live.com#kupunaUdemo5@gmail.com
Signed in [View permissions](#) Switch account
-  SharePoint
live.com#kupunaUdemo5@gmail.com
Signed in [View permissions](#) Switch account
-  Office 365 Users
live.com#kupunaUdemo5@gmail.com
Signed in [View permissions](#) Switch account
-  SharePoint
live.com#kupunaUdemo5@gmail.com
Signed in [View permissions](#) Switch account

Click (tap) on "Accept" to proceed.  Allow Don't Allow

KupunaU Registration

When you log into the KupunaU portal for the first time, you will be greeted with a message welcoming you.

Power Apps | Kupuna U

((My Calendar))

Looks like you're new here! Before you can access Kupuna U resources, please take a moment to complete the registration process. Click the button to proceed.

Go to Registration



Click (tap) on "Go to Registration" to continue with the login process.

KupunaU Registration

Every KupunaU user is required to provide various demographic information.

Please complete all the required sections.

Power Apps | Kupuna U

KupunaU

My Calendar Class Catalog My Profile

First Name: Kupuna U

Last Name: Demo

Gender: Find Items

Address:

City:

State:

Zip:

Phone (Main):

Phone (Alternate):

Birthday (click OK after selecting date): 12/19/2001

Marital Status: Find Items

Race (Select all that apply): Find Items

Living Arrangement: Find Items

Email Address: kupinaudemo5@gmail.com

Highest Education Completed: Find Items

Currently Participating Food Programs (Select all that apply): Find Items

Register

Once you've inputted all of the required information, **click** (tap) "Register."

Monday

September

19

2022

February 2022

Sun Mon Tue Wed Fri Sat

1 2 4 5

6 7 8 9 11 12

13 14 15 16 18 19

20 21 22 23 25 26

27 28

2006

2007

2008

2009

2010

2011

2012

2013

2014

2015

2016

2017

2018

2019

2020

2021

2022

Cancel

Important!

For the "Birthday" section, the birthdate entered must indicate a person who is 60 years or older.

Kupuna **U**

KupunaU **Survey**





KupunaU Survey

In this section of the manual, we provide instructions on completing this one-time survey. Completion of this survey will help KupunaU administrators learn more about the needs of our seniors. Even though the survey may appear lengthy, we appreciate your honesty when answering these questions. Your responses will help to continuously improve this platform.

Frequently Used Terms For This Section

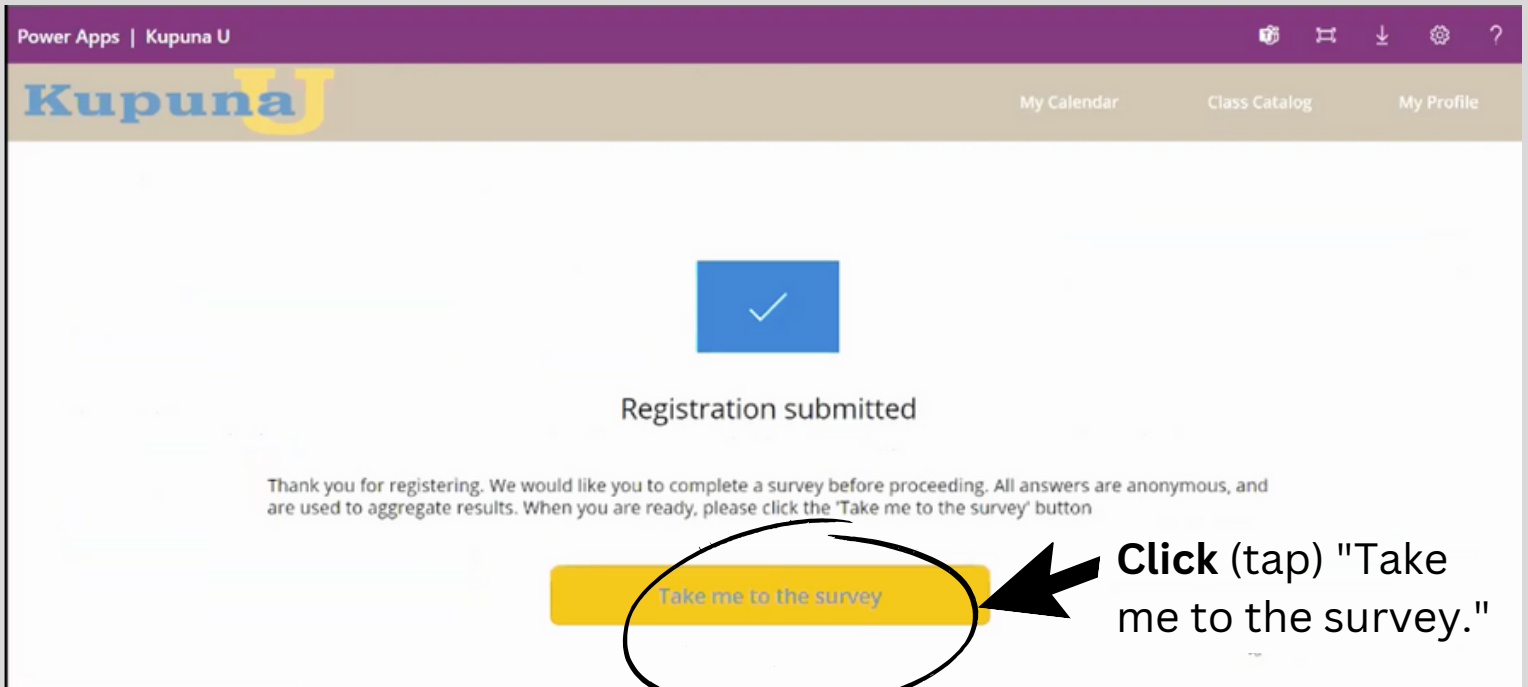
KupunaU: *The website provides seniors access to online classes, activities, and resources. The website address of KupunaU is www.kupunau.com*

KupunaU Survey: *A series of questions to learn more about the needs of KupunaU users in order to create opportunities that best match their interests.*

KupunaU Survey

Just a few more steps left then you will be all set!
You will be prompted to complete a multi-part survey.

When you're ready, **click** (tap) on "Take me to the survey."



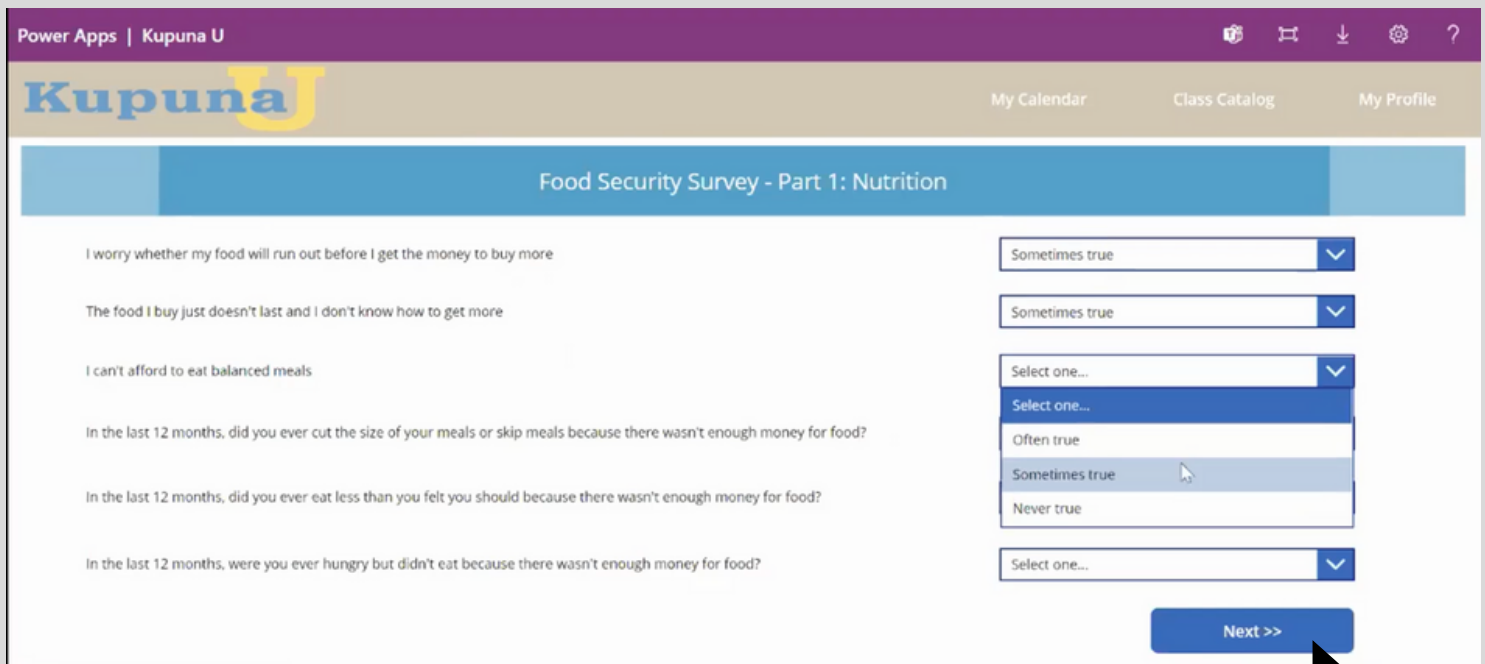
KupunaU Survey

This survey is a one-time ask.

Please answer all questions as truthfully as possible.

After you answer the questions in each section of the survey, don't forget to **click** (tap) on "Next" to proceed to the following section of the survey.

The first section of the survey is titled "Food Security Survey-Part 1: Nutrition."



Power Apps | Kupuna U

KupunaU

My Calendar Class Catalog My Profile

Food Security Survey - Part 1: Nutrition

I worry whether my food will run out before I get the money to buy more

Sometimes true

The food I buy just doesn't last and I don't know how to get more

Sometimes true

I can't afford to eat balanced meals

Select one...

Select one...

Often true

Sometimes true

Never true

In the last 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

Select one...

In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

Select one...

In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

Select one...

Next >>

Click (tap) on "Next" to proceed to the next section of the survey.

KupunaU Survey

The second section of the survey is titled "Food Security Survey-Part 2: Socialization and Health."

Again, please answer the questions truthfully.

Don't forget to **click** (tap) on "Next" to proceed to next section of the survey.

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KupunaU

My Calendar Class Catalog My Profile

Food Security Survey - Part 2: Socialization and Health

How often do you feel that you lack companionship?

How often do you feel left out?

How often do you feel isolated from others?

Please answer the following: My health is...?

Hardly ever or never

Select one...

Select one...

Hardly ever or never

Some of the time

Often

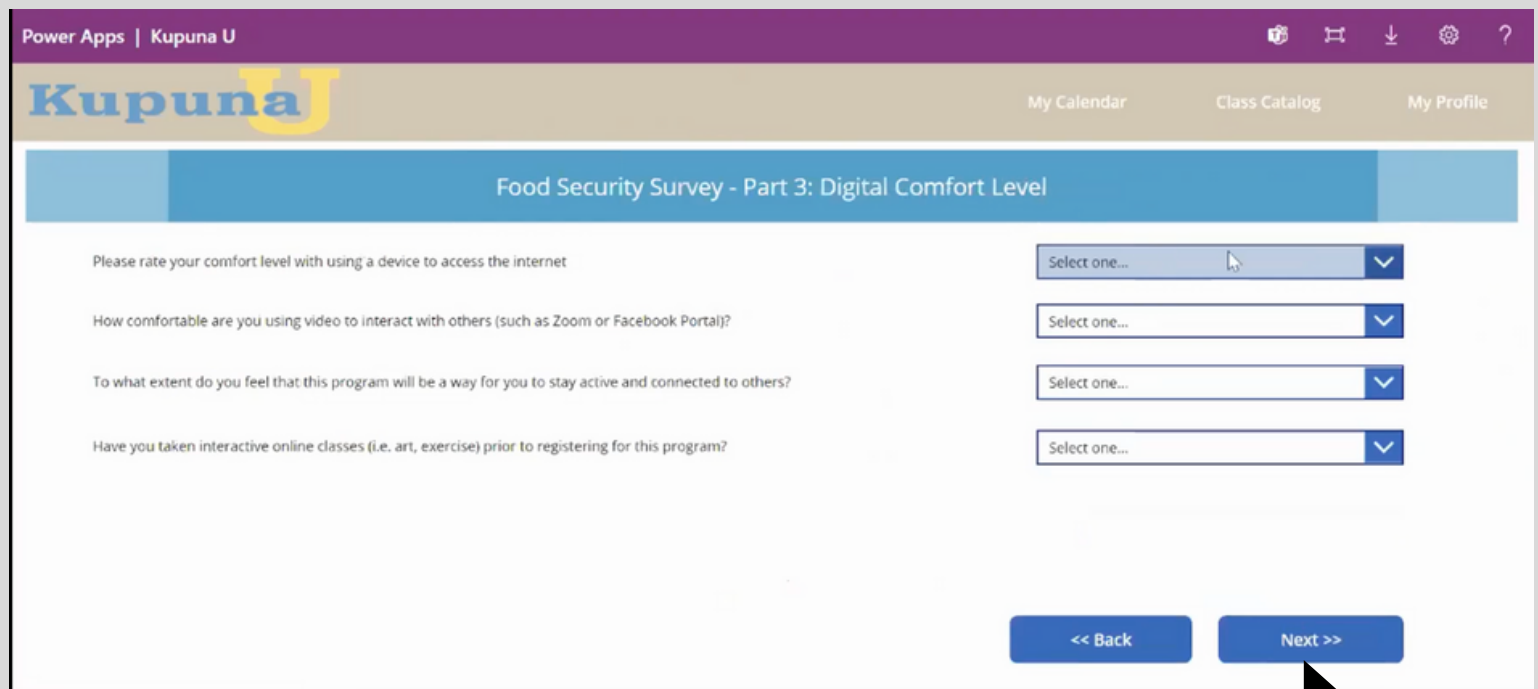
<< Back Next >>

Click (tap) on "Next" to proceed to the next section of the survey.

KupunaU Survey

The third section of the survey is titled "Food Security Survey- Part 3: Digital Comfort Level."

Just a reminder! Don't forget to **click** (tap) on "Next" to proceed to next section of the survey.



Power Apps | Kupuna U

KupunaU

My Calendar Class Catalog My Profile

Food Security Survey - Part 3: Digital Comfort Level

Please rate your comfort level with using a device to access the internet

Select one...

How comfortable are you using video to interact with others (such as Zoom or Facebook Portal)?

Select one...

To what extent do you feel that this program will be a way for you to stay active and connected to others?

Select one...

Have you taken interactive online classes (i.e. art, exercise) prior to registering for this program?

Select one...

<< Back Next >>

Click (tap) on "Next" to proceed to the next section of the survey.

KupunaU Survey

This portion of the survey focuses on our seniors' interests so we are able to provide classes and learning opportunities that meet your needs.

Don't forget to read the instructions because you are able to select more than one answer for these questions.

As you did before, don't forget to **click** (tap) on "Next" to proceed to next section of the survey.

Click (tap) on "Next" to proceed to the next section of the survey.

KupunaU Survey

This section of the survey is titled "Class/Activities Interest Survey-Part 2." This is also the last section of the one-time survey.

Don't forget to read the instructions because you are able to select more than one answer.

This time, don't forget to **click** (tap) on "Submit" to indicate completion of the survey.

The screenshot shows the "Class/Activities Interest Survey - Part 2" interface. At the top, there is a purple header with "Power Apps | Kupuna U" and navigation icons. Below that is a light blue header with the "KupunaU" logo and links for "My Calendar", "Class Catalog", and "My Profile". The main content area has a blue title bar "Class/Activities Interest Survey - Part 2". Below the title bar, the instruction reads: "Which classes/activities might you be interested in? Select all that apply:". There are three selection boxes: "Exercise" with options: Yoga, Tai Chi, Aerobics, Dance, Hula, Zumba; "Other Activities" with options: Art, Crafts, Music, Mahjong, Bingo, jigsaw puzzles; and "Other Education" with options: Preventing Alzheimers, Home safety, Emergency preparedness, Other. At the bottom right, there are two buttons: "<< Back" and "Submit". A black mouse cursor is pointing at the "Submit" button.

Kupuna, don't forget to click (tap) "Submit" at the end of the survey.

Kupuna **U**

Navigating KupunaU

***My Calendar, Class Catalog
Add/Join/Drop Classes***





Navigating KupunaU

In this section of the manual, we provide instructions on how to navigate the KupunaU platform. We show you how to view all of the events offered on KupunaU, how to view the classes you've added to your personal KupunaU calendar, as well as, how to add, drop, and join a virtual class.

Frequently Used Terms For This Section

Add Class: *The action of saving a virtual class to My Calendar.*

Class Catalog: *A month-view calendar that displays all of the virtual classes offered throughout a specific month.*

Drop Class: *The action of removing a virtual class from My Calendar.*

Join Class: *The act of logging into a virtual class on the specific date and time the class is offered on KupunaU.*

KupunaU: *The website provides Kupuna access to online classes, activities, and resources. The website address of KupunaU is www.kupunau.com*

My Calendar: *A month-view calendar that displays only the virtual classes you have indicated you'd like to join.*

Navigating KupunaU-Calendar Views

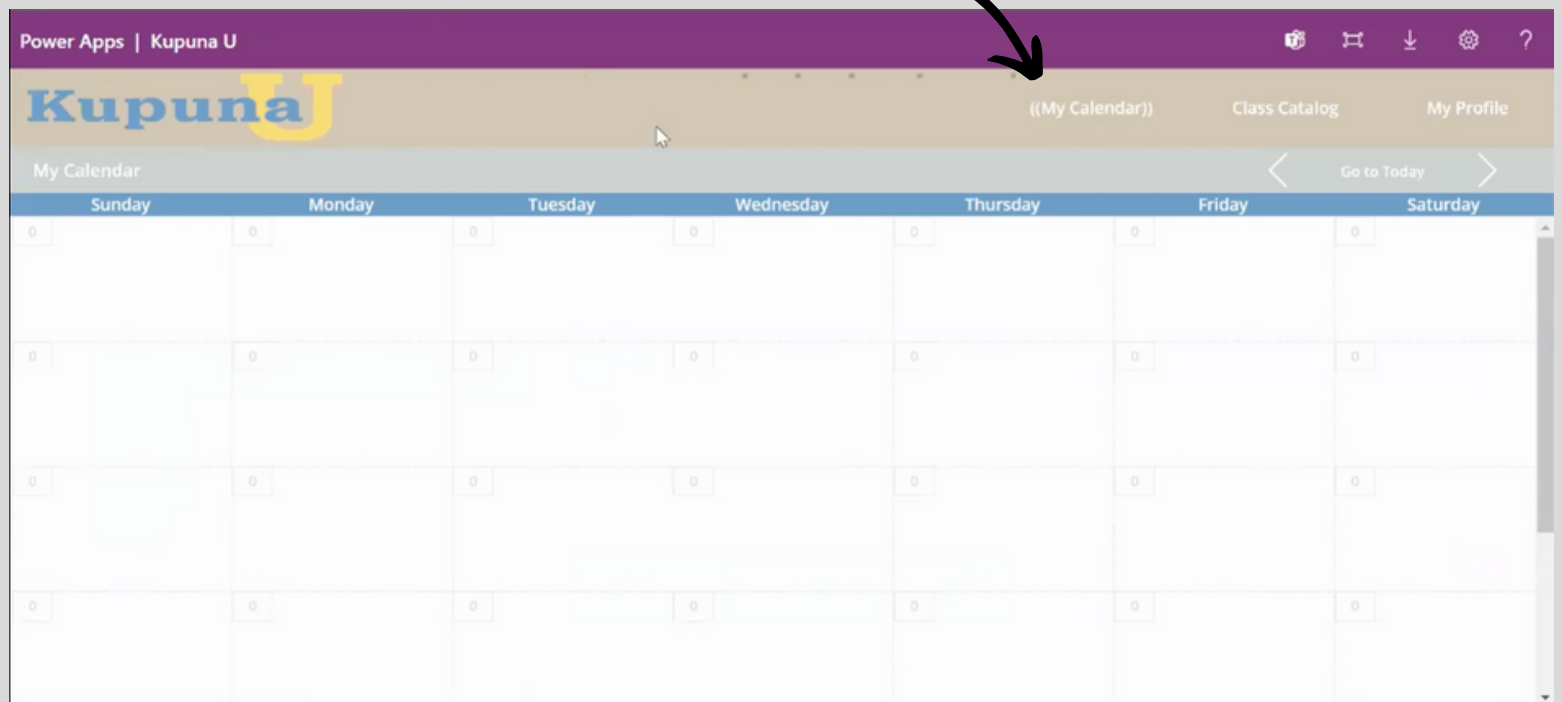
After logging into KupunaU, you will see what appears to be a monthly calendar.

Warning! There are actually two calendar-view options that display KupunaU events.

The first calendar-view option is your personal calendar, also known as "My Calendar." This calendar view shows only the classes you selected to attend.

In the image below, this senior's calendar appears blank because he/she have not added any classes to their personal calendar.

Click on "My Calendar" to view any events you have selected to attend.



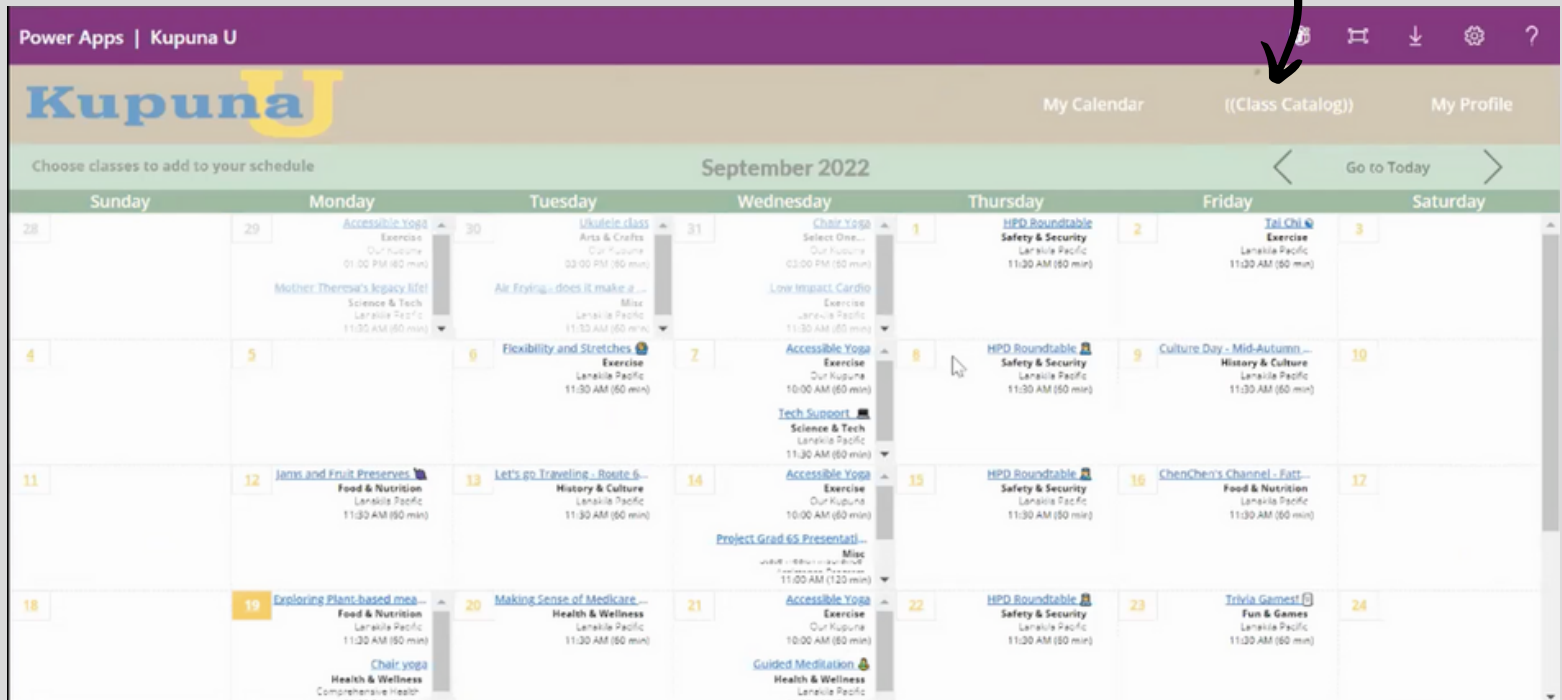
Navigating KupunaU-Calendar Views

The second calendar-view option displays ALL classes KupunaU offers its seniors.

In order to view all of the events offered during the month, you will need to **click** on the phrase "Class Catalog."

Seniors, have fun playing around with the different calendar views so that you begin to feel more comfortable with this feature.

Click on "Class Catalog" to view ALL KupunaU events.

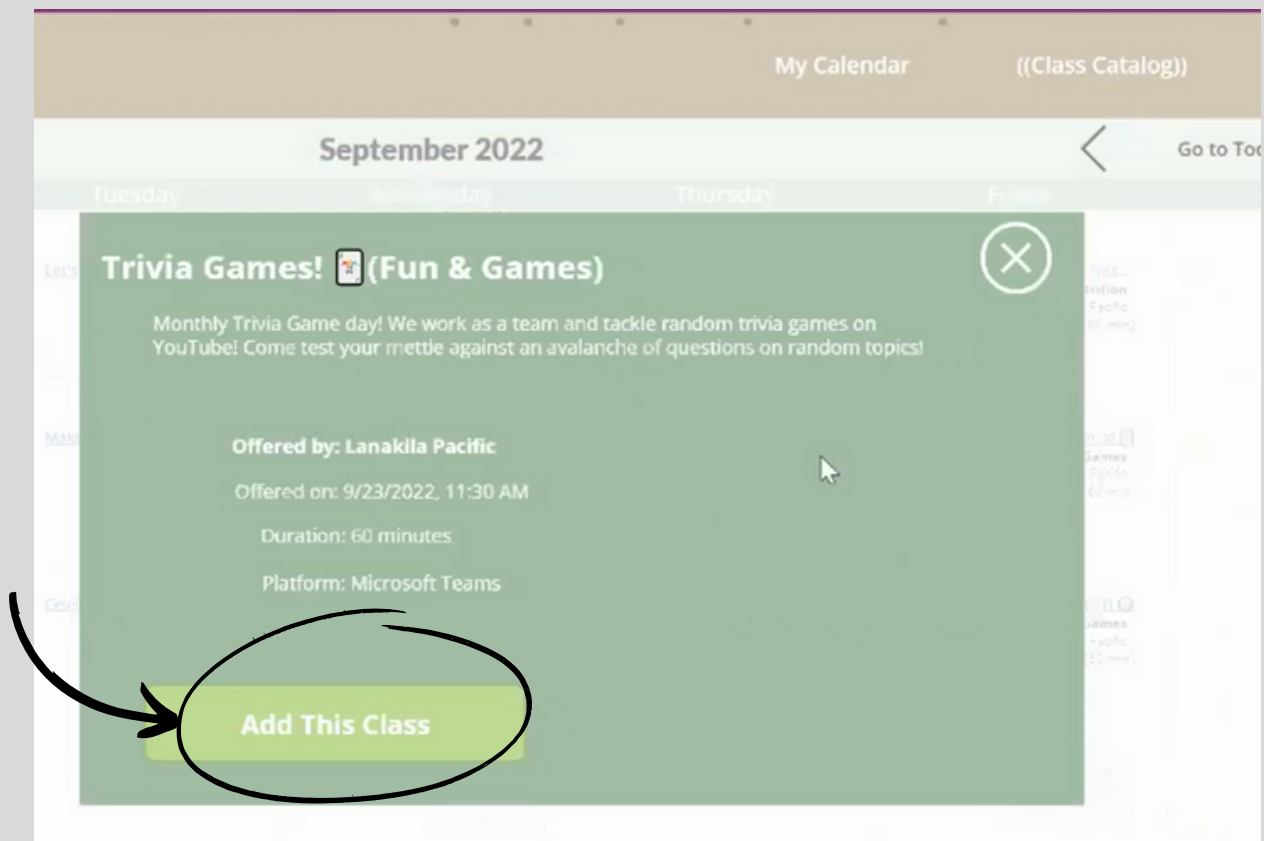


Navigating KupunaU-Add Class To My Calendar

Let's say you want to view a class' details, such as the date, time, and host organization.

First, **click** (tap) on "Class Catalog" to return back to the view where all online classes are displayed.

Then, **click** (tap) on the class name that you're interested in attending, which is written in **blue**.



A pop-up message will appear with information about the class, similar to the one shown above. Information such as the host, date, time, and duration will be displayed.

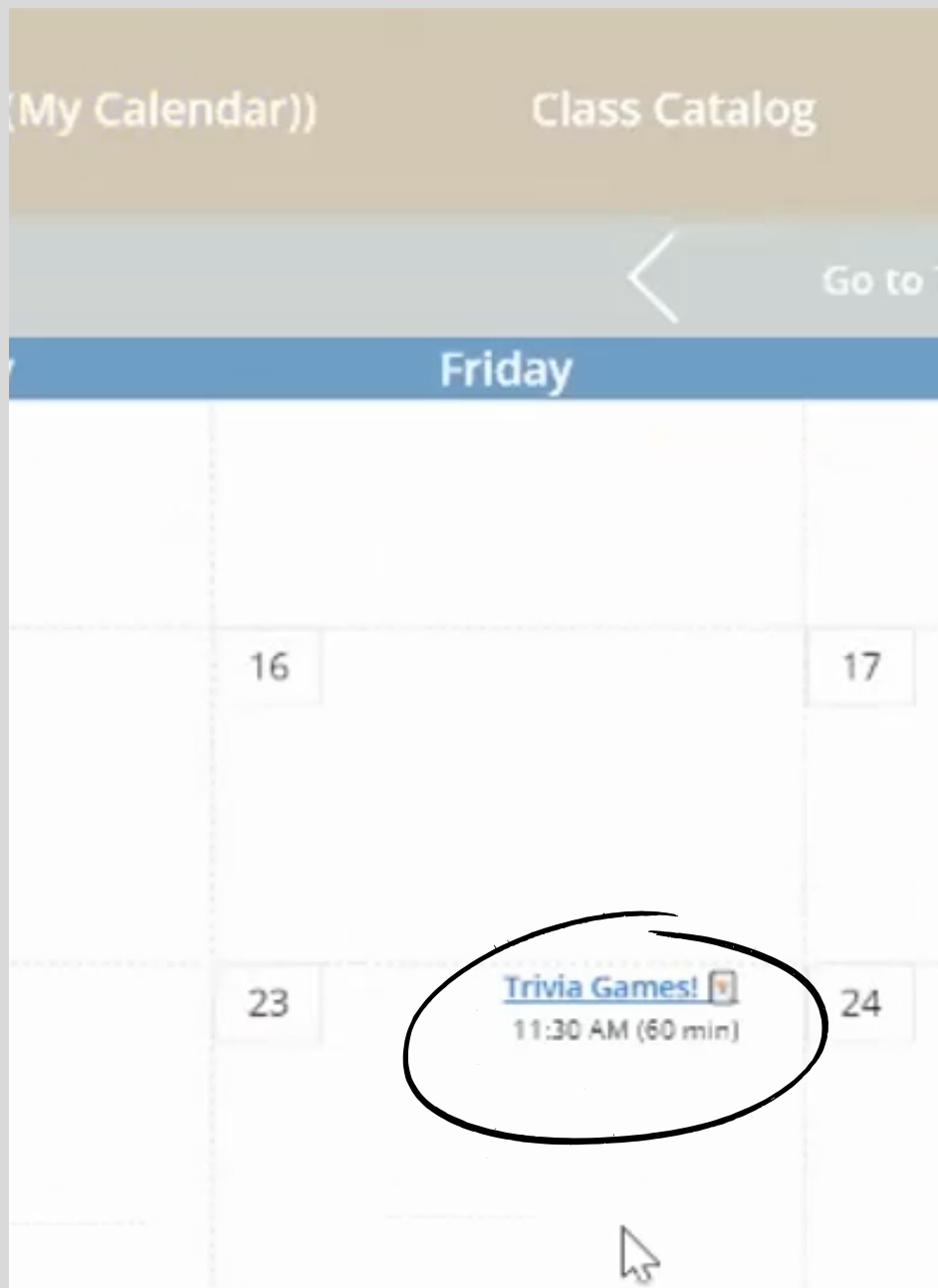
If this class is something you'd like to attend, then add it to your "My Calendar" by **clicking** (tapping) "Add This Class."

If this event is something you do not wish to attend, **click** (tap) on the "X" in the top-right corner of the message. You will automatically return to the "Class Catalog" calendar view to locate another option that better suits your interest.

Navigating KupunaU-Add A Class To My Calendar

Once you **click** (tap) "Add This Class" it will appear on your "My Calendar."

You may add as many classes to your "My Calendar" as you wish. There's no limit.



In this picture, "Trivia Games" was successfully added to "My Calendar."

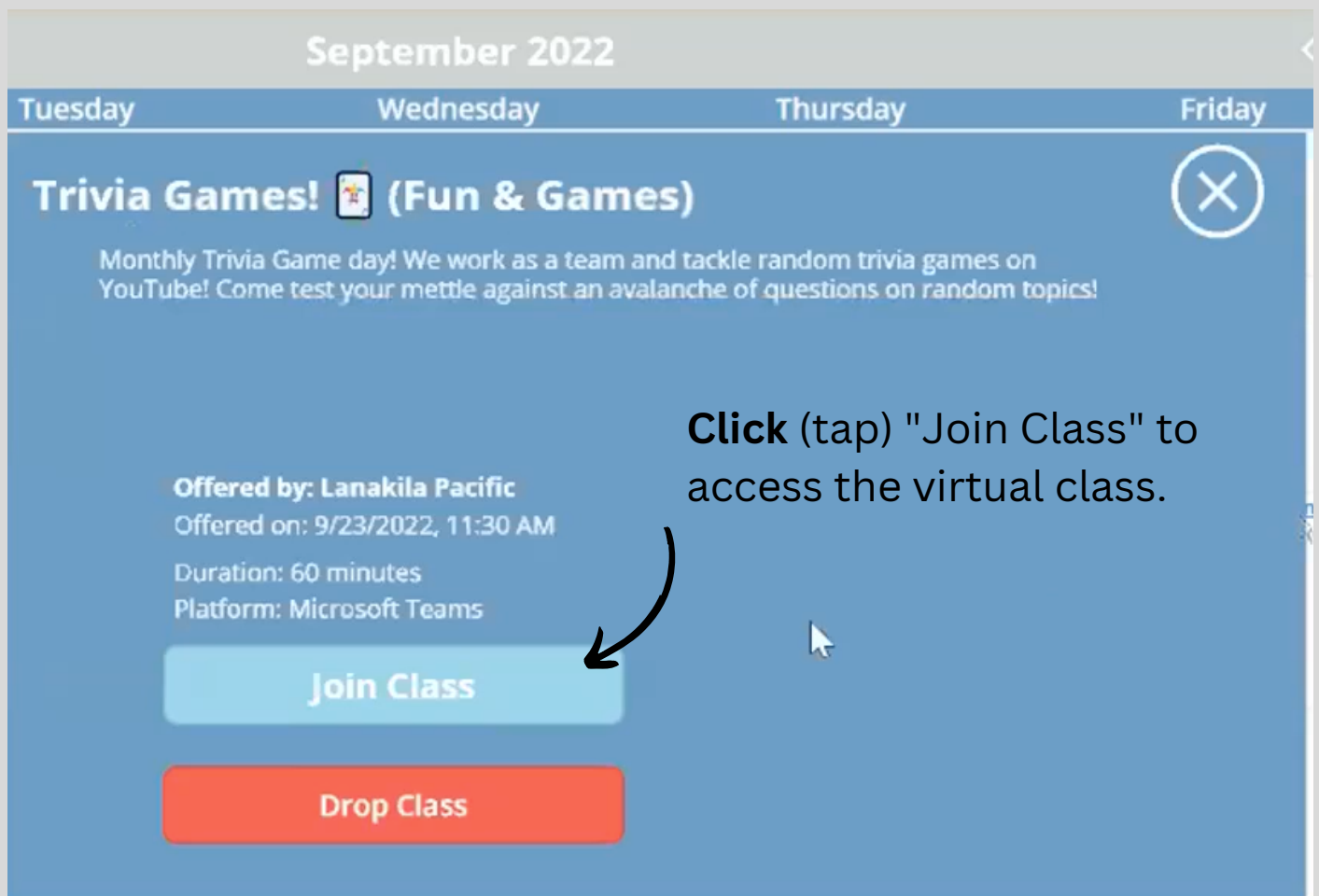
Navigating KupunaU-Join Class

When the date and time arrive of the class you were interested in attending, you will need to join the virtual class.

Log into your KupunaU account and look for the specific event on your "My Calendar."

Click (tap) the event name and a **blue** pop-up message will appear.

Click (tap) on "Join Class" and be ready to have fun.



The screenshot shows a calendar interface for September 2022. The event is titled "Trivia Games! (Fun & Games)" and is scheduled for Friday, September 23, 2022, at 11:30 AM. The event description reads: "Monthly Trivia Game day! We work as a team and tackle random trivia games on YouTube! Come test your mettle against an avalanche of questions on random topics!". The event is offered by Lanakila Pacific. The duration is 60 minutes, and the platform is Microsoft Teams. There are two buttons at the bottom: a light blue "Join Class" button and a red "Drop Class" button. A black arrow points to the "Join Class" button. A mouse cursor is visible over the "Join Class" button. A close button (X in a circle) is in the top right corner of the event pop-up.

Click (tap) "Join Class" to access the virtual class.

Navigating KupunaU-Drop A Class

Let's say you are no longer interested in joining the class when the date and time arrive.

Log into your KupunaU account and look for the specific event on the "My Calendar" view option.

Click (tap) the event name and a blue pop-up message will appear.

Instead of selecting "Join Class," select "Drop Class" in **red**.

The class information will be removed from your "My Calendar."



Click (tap) the **red** "Drop Class" button to remove the class from your "My Calendar."