



# LANAKILA

MEALS ON WHEELS

## Kupuna U

Innovation in Congregate Dining



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# About Lanakila Pacific

## Building Independence

- ▶ Founded in 1939, Lanakila Pacific is a non-profit organization that builds independence for thousands of people living challenged lives. We are a family of programs and services that enable individuals with disabilities, including cognitive, physical and age-related challenges, to reach their goals and potential, while building independence and promoting community inclusion.
- ▶ Multitude of programs and services



- ▶ Over 400 regular and seasonal volunteers support our operations annually

# Meals on Wheels

- ▶ We are the largest and only island-wide home delivered meal provider for homebound kupuna and individuals with disabilities.
- ▶ Offers home delivery meal services, but also a range of support services such as public benefit outreach (SNAP), supplemental produce (Green Bag), Congregate Dining Services.
- ▶ ~65% increase in numbers serviced due to COVID-19 pandemic.



# Congregate Dining and Kupuna Wellness Centers

A free health and wellness program for active and independent seniors 60-years and older.

- ▶ Featuring: Senior Fitness Classes, Games, Crafts, Outings, Guest Speakers, Friendship and Fun.  
A complete meal is served each day
- ▶ At its peak, KWC served over 400 active seniors weekly, island wide.
- ▶ Due to public health restrictions, KWCs have been closed since March 2020.



# Kupuna Tech/Connect

## 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 Kupuna Wellness Center evolved -

**Kupuna  
Tech**

**Kupuna  
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.

# Kupuna Tech

Technology classes operated in tandem with kupuna connect

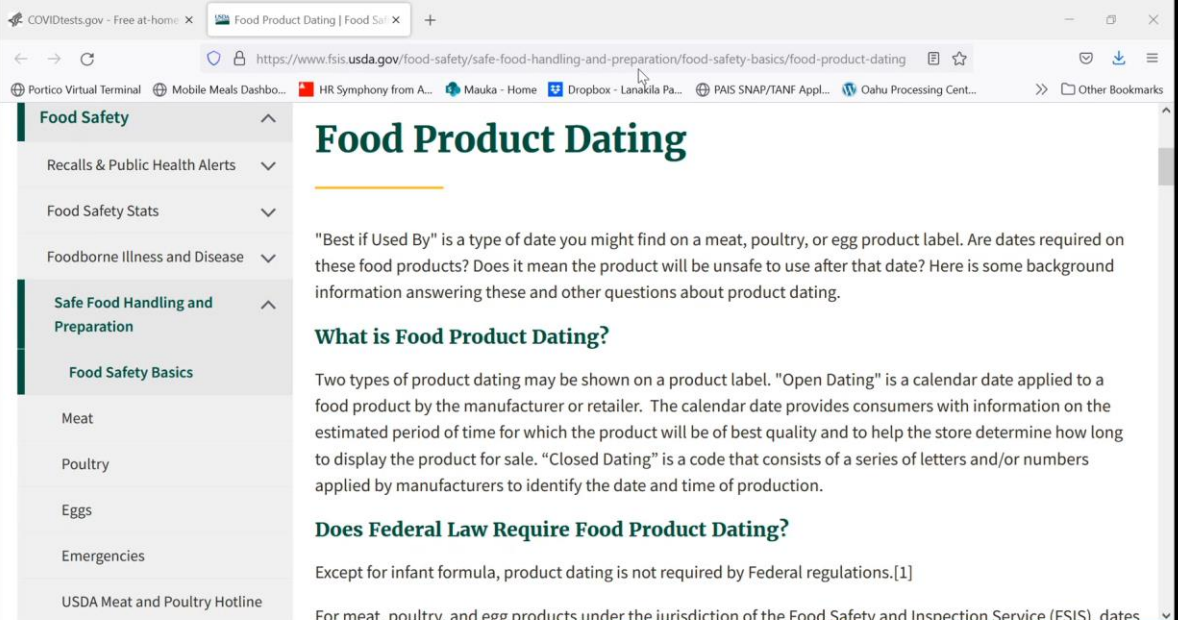
- ▶ 12-week long curriculum, covering basic digital literacy on topics such as, teleconferencing, sending an email, internet browsing, etc.
- ▶ Aim to get our kupuna “online-ready”. Gaining more confidence and comfort in operating their devices.
- ▶ Enable kupuna to access Kupuna Connect and other online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



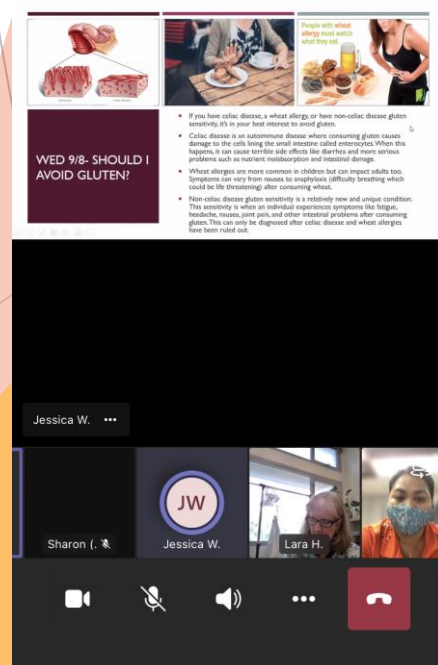
# Kupuna Connect

A virtual alternative to the Kupuna Wellness Center

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



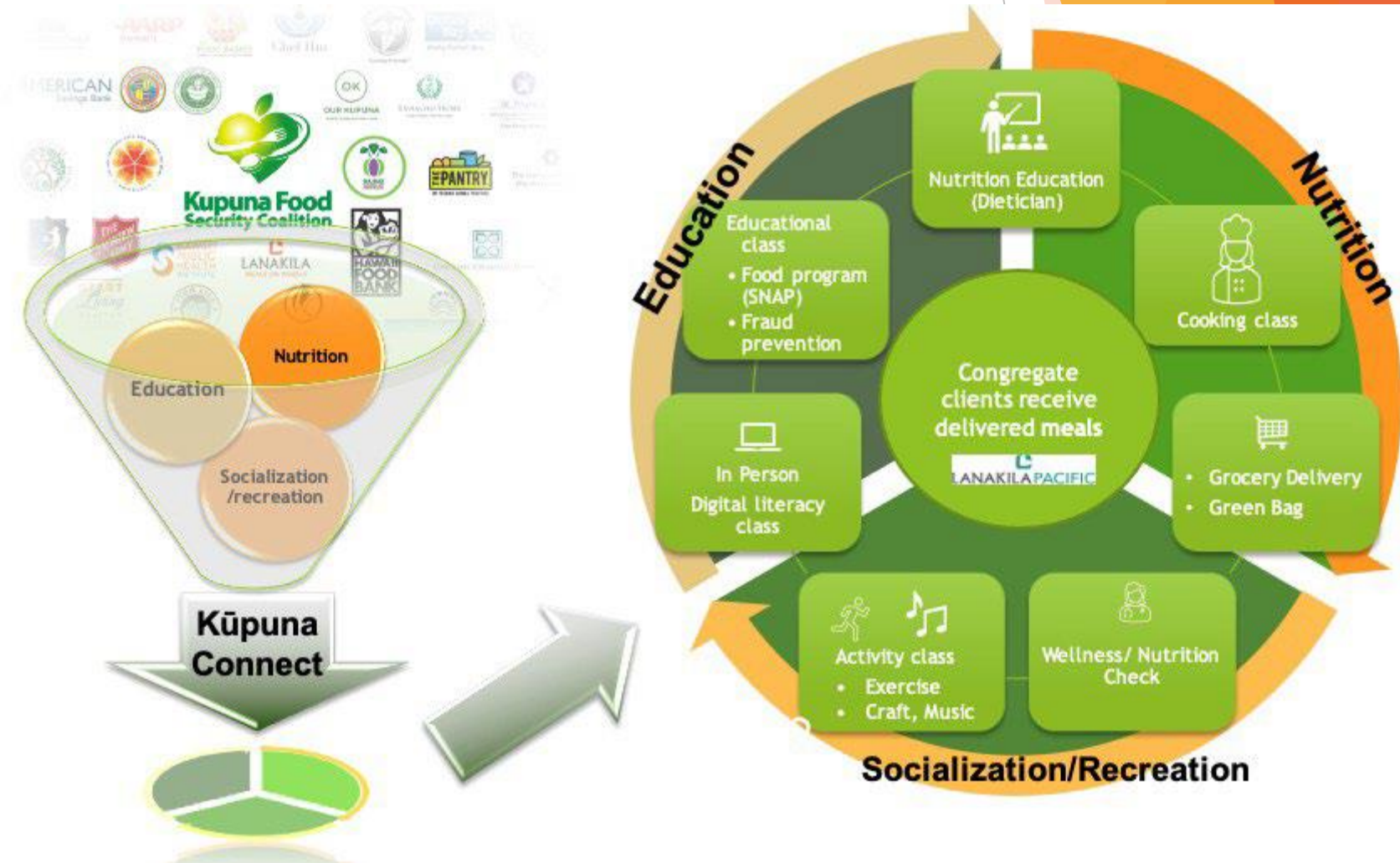
- Virtual exercise classes, nutrition education, games and recreation, financial literacy, health and wellness workshops, tech supports.



# The Future of Congregate Dining

through community partnerships, connected by technology

- ▶ Through the Administration of Community Living (ACL) Innovation Grant.
- ▶ Through community collaboratives like the Kupuna Food Security Coalition (KFSC) and Kupuna Collective.
- ▶ Target outreach to senior service providers active in the areas of nutrition service, tech education, virtual content, etc.





# Introducing - Kupuna U!



My Calendar

((Class Catalog))

My

Choose classes to add to your schedule

June 2022



Go to Today

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

Choose classes to add to your schedule **June 2022** < Go to Today >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

### "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](#)

# Kupuna U

- ▶ A web-based inventory of virtual contents and resources offered by a network of senior service providers.
- ▶ Open to seniors 60+
- ▶ Simple design, intuitive to use.
- ▶ 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.

My Calendar **June 2022** < Go to Today >

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

### 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](#)

# CONTACT US!

To learn more about Kupuna U and other services



For a Kupuna U platform demo and explore possibilities of partnership



General inquiries of program and services



To make a referral



JAMES LI



Office: 356-8581 / Cell: 758-9328



[jli@lanakilapacific.org](mailto:jli@lanakilapacific.org)