

*Yummy Secret*

DSI 



**WE GOT THE**  
*Secrets*  
**IN GRANDMOM'S**  
**KITCHEN**



# TABLE OF CONTENT

## **YUMMY GALLERY**

Lina's Peach Cobbler 4

Minnie's Potato Bal 6

## **INTRODUCTION TO PROBLEM**

Social Isolation In The Nursing Homes 10

Why It Matters 12

Painpoints in the system 14

## **DESIGN PROCESS**

Problem Reframing 20

Design Objective 22

Design Research & Insights 24

Target Audience & Values 26

Resources Analysis 28

Idea Generation 28

Idea Evaluation 30

Prototype & Learning 32

Why Yummy Bingo 34

How to Play Yummy Bingo 36

## **YUMMY SECRET**

Our Goal 40

Who will be involved 43

What to prepare 44

How does it work 46

Scale impact 48

Measurements 54

The future of Yummy Secret 56

## **LEARNING 59**

**THANK YOU PARTNERS 62**

**REFERENCE 64**



# **YUMMY GALLERY**

Lina's Peach Cobbler  
Minnie's Potato Bal



**“My father saw my mother picking peaches.  
He falls in love with her at one glance.  
Then he came to peach yard every day to see  
my mother. “**

**-----Lina**



## Lina's Peach Cobbler

Lina comes from Georgia, a place of peach.

Peach is an essential part of her family festival memory. Her father first met her mother in a peach garden. At that time, her mother was picking peaches. At first glance, the man falls in love with the girl. He came to the peach yard every day and finally, they got married.

Peach Cobbler is what her mother will make for their families at festivals.

- 8 peaches
- 1/4 cup white sugar
- 1/4 cup brown sugar
- A little cinamon
- 1 teaspoon lemon juice
- 1 teaspoon cornstarch
- 1/8 teaspoon ground nutmeg

- 1 Preheat oven to 425 degrees F (220 degrees C).
- 2 In a large bowl, combine peaches, 1/4 cup white sugar, 1/4 cup brown sugar, 1/4 teaspoon cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly, and pour into a 2-quart baking dish. Bake in preheated oven for 10 minutes.
- 3 Meanwhile, in a large bowl, combine flour, 1/4 cup white sugar, 1/4 cup brown sugar, baking powder, and salt. Blend in butter with your fingertips, or a pastry blender, until mixture resembles coarse meal. Stir in water until just combined.
- 4 Remove peaches from oven, and drop spoonfuls of topping over them. Sprinkle entire cobbler with the sugar and cinnamon mixture. Bake until topping is golden, about 30 minutes.



**“ Papas Rellenas is the key point at parties. Kids are crazy about the cheese potato ball.”**

**--- Minnie Torres**

## Minnie's Potato Ball

Minnie comes from Puerto Rico. There, potato is a common role in every family kitchen.

This time, she shared with us the secret to pleasing her kids. That is cheese stuffed potato ball, Papas Rellenas. Creamy cheese mixed with guava paste, the silky taste makes up sweet family hours.

- 5 middle size potato
- 1 teaspoon salt
- 2 cup breadcrumbs
- Cream cheese
- Guava paste
- Milk
- Pepper

- 1 Smash the steamed potato, add some salt and milk to it. Flatten the potatoes out into your palm and with your thumb create an indentation into the middle to create the shape of a bowl.
- 2 Place a tablespoon of stuff mixture into the center and begin closing your hand to start sealing the potato ball. Using your other hand push the mixture down into the middle and work the sides of the bowl together to close it. Once sealed you can smooth it out into a ball shape by rolling it around in between your hands. Continue this until all potato balls are formed and place them on a wax paper.
- 3 Whisk 5 eggs together in a bowl and fill another bowl with breadcrumbs. Dip each potato ball in the egg mixture until fully covered. Drip off excess egg and then roll around in breadcrumbs to also fully cover. Continue until all balls are breaded once. Repeat this last step with already breaded potato balls. You will be breaded each potato ball twice.
- 4 Heat vegetable oil in a deep fryer to about 375 degrees. Once the oil is at the correct temperature fry potato balls for 4-5 minutes. Be careful not to overcrowd the basket. I was able to do about 5 potato balls at a time.





# INTRODUCTION TO THE PROBLEM

Social Isolation In The Nursing Homes

Why It Matters

Why It Happens

System Map

A black and white photograph of a person in a wheelchair, seen from behind, sitting in a hallway. The person is silhouetted against a bright window in the background. The hallway has a tiled floor and a door on the left. The overall mood is somber and isolated.

## **SOCIAL ISOLATION IN THE NURSING HOME**

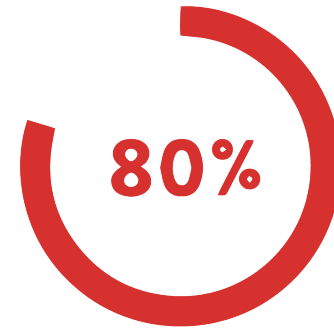
Social isolation happens in almost every nursing home we visited. It influences a huge population. It can lead to staggering consequences.



## WHY IT MATTERS



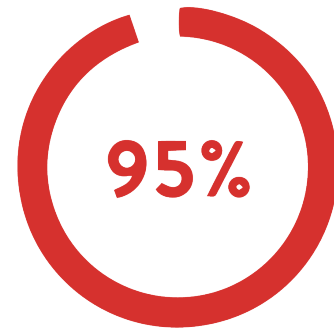
Seniors living in nursing home in 2017



Have depression



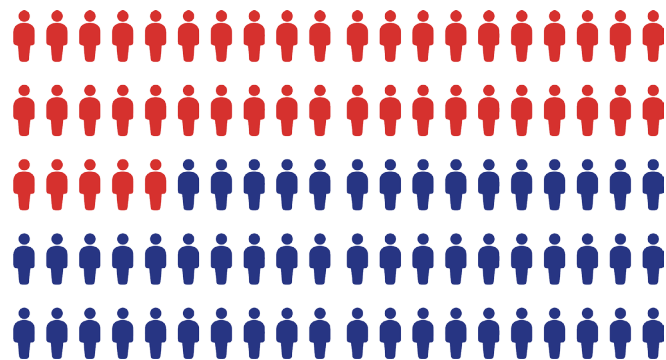
Interviewees reported feel lonely



Said they have been neglected or see others be neglected

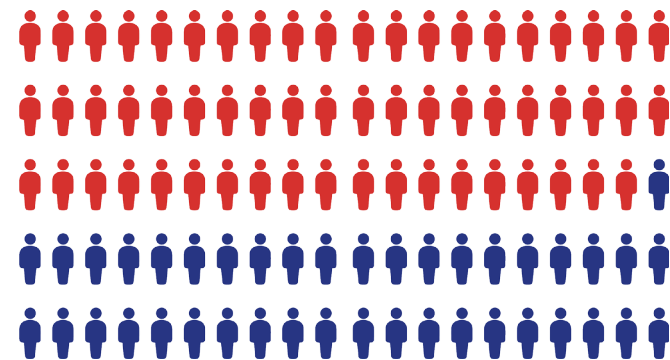
45%

HIGHER RISK OF EARLIER DEATH



59%

HIGHER RISK OF MENTAL OR PHYSICAL DECLINE



Social relationships are central to human well-being and are critically involved in the maintenance of health.



**“I can’t sleep now even I have nothing to do. Otherwise, I can’t sleep at night. I always read these newspapers again and again.”**

**Mary Liang**

## ONE DAY IN THE NURSING HOME

In the morning 4 am, Mary wakes up. But she stays in her bed, with her minds sober and eyes still closed. She needs to sleep more, she knows, but it is hard to sleep again.

She slowly gets herself off the bed around 6 am. She wears her clothes and does some morning cleaning. Then she waits for the breakfast to be sent to her room. She finishes her breakfast then put the tray out of the door. She has a cell phone. She uses it to receive her son’s call. She also has a small radio. Usually, she sits there and listens to the radio.

Around 12 pm, she goes down to the dinning room to have lunch. The menu always changes, so it brings her some excitement to see every day’s different food. During the lunch time, everyone is very focused on food, little communication happens.

During the afternoon she usually read the newspaper, the newspaper is outdated, but she doesn’t care that much. She needs something to make her wake up.

And the dinner is at 4 pm, after the dinner. A nursing aid will come to her room help her take a shower. She doesn’t like to be assisted in the bath; she is trying to tell them to let her do it herself.

## PAINPOINTS IN THE SYSTEM

What creates the social isolation for the seniors in the nursing home? We found that it is not a problem of the seniors but a problem of the whole society.



### Seniors

They have a hard time to adapt to assisted living and having a longer distance to families and communities. Stigma around each other makes them refuse to make new friends. Hard to fulfill their mental need of being listened to and have human contact.

### Social Worker

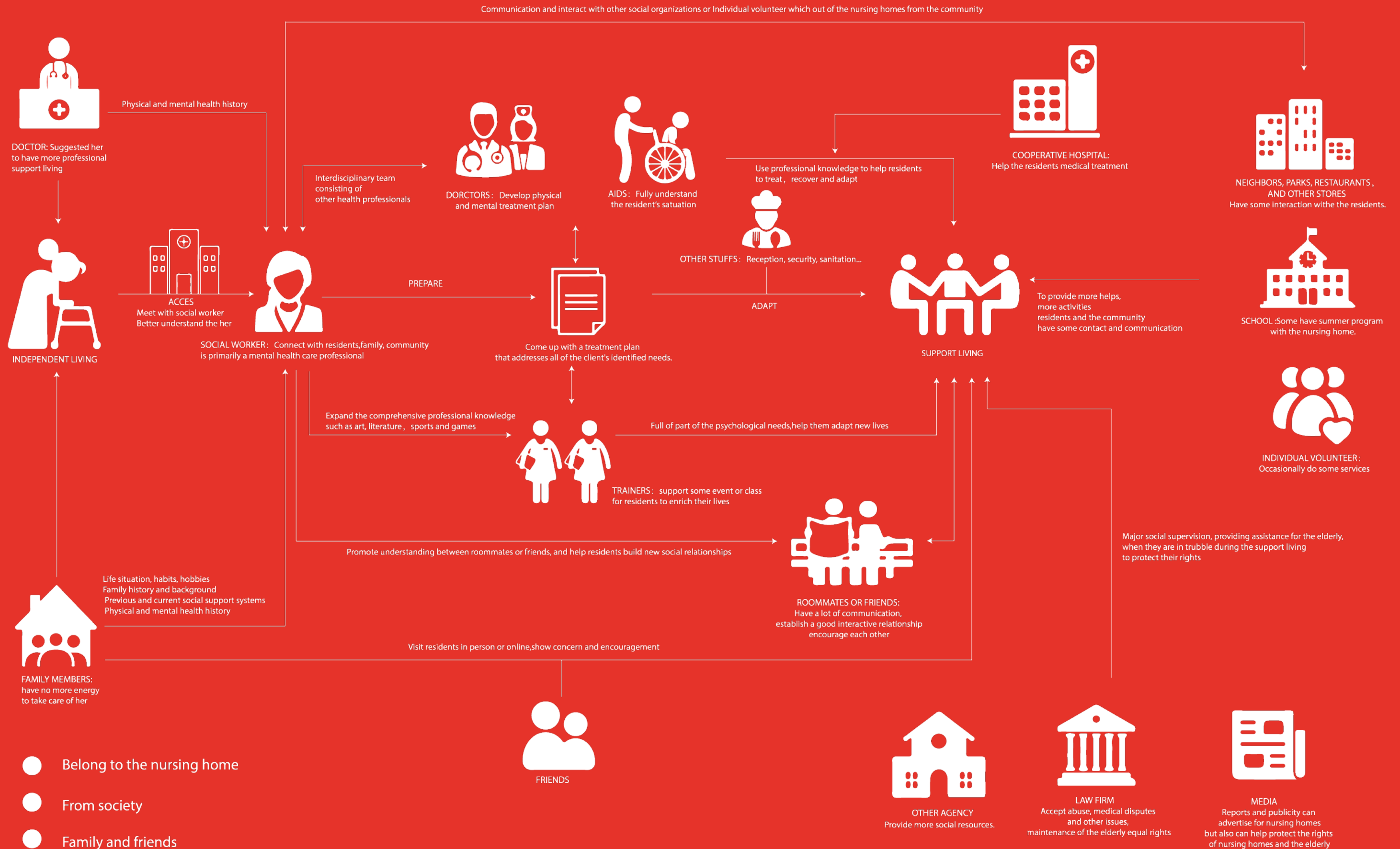
Have limited time to take care of and talk to each senior.  
Don't have time and budget to do community engagement activities to bring in visitors for the seniors.



### Community Visitors Volunteers

Stigma around the nursing home. People think it is not an interesting place to volunteer. The volunteer work in the nursing home is not engaging, and the task is not clear to act.

# ECOSYSTEM OF SUPPORT LIVING IN NURSING HOUSE





# DESIGN PROCESS

Problem Reframing  
Objective  
Design Research & Insights  
Design Debrief  
Resources Analysis  
Idea Generation  
Idea Evaluation  
Prototype & Learning



## **PROBLEM REFRAMING:**

**The social isolation in the nursing home has three layers.**

### **They have a stereotype towards each other.**

Some residents, especially who just moved in, think she/he is different from the other residents here. They underestimate the other's ability to think by looking at their appearance. As a result, they may not be willing to talk to the others and stay in their shell.

### **They have limited access to social workers.**

The social workers have the responsibility to meet the seniors' mental need, but they are in short of people and time. Two social workers work for 200 residents, and it is the typical situation in the nursing homes here. Most seniors we interviewed said it was hard to find a social worker and talk. "They are always rushing in the facilities."

### **They are isolated from outside community.**

Little people from the outside want to visit or volunteer in the nursing home. Compare to volunteer in an animal shelter or kids education program, volunteering in a nursing home is less attractive.



**DESIGN OBJECTIVE:**  
Increase communication and understanding.

**Increase the communication between residents.**

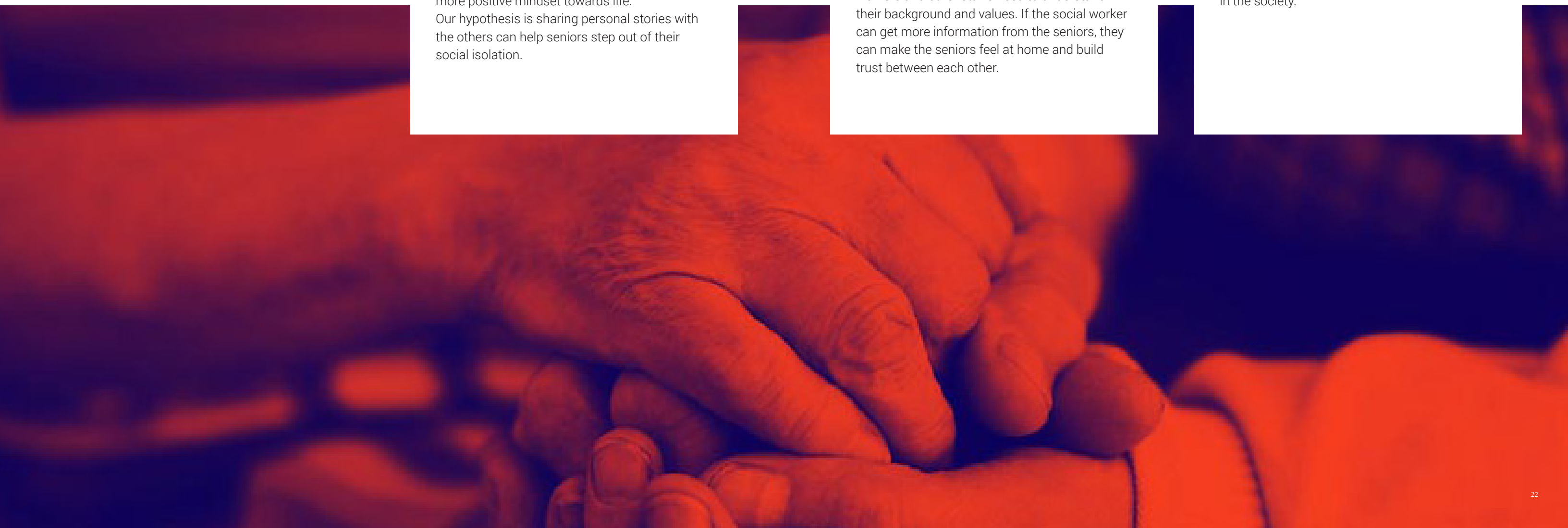
During our research, we found that seniors who usually talk and share their stories with others adapt to the nursing home better and can have a more positive mindset towards life. Our hypothesis is sharing personal stories with the others can help seniors step out of their social isolation.

**Increase the understanding between the seniors and the staff in the nursing home.**

To provide better service to the seniors, social workers and other staffs need to understand their background and values. If the social worker can get more information from the seniors, they can make the seniors feel at home and build trust between each other.

**Invite community members in and talk with the seniors.**

Seniors need to feel being a part of the society. Local community members' visiting can meet the seniors' mental need of being needed and valued in the society.





#### INSIGHTS:

- The visitors need to respect the seniors' life schedule.
- Short visit and frequent come back is welcomed.
- The visitors should be able to take care of their own.

### Q: WHAT KIND OF VISITORS ARE WELCOMED IN THE NURSING HOME ?

#### **Nancy, social worker**

" We don't like Brownie Troops. They just come for their purpose and never come back. It is nice to look at the kids, but they are also hard to control. We are afraid of unexpected things will happen."

#### **Ashley, social worker**

" We had a volunteer, he always comes, and he came whatever time he wants. It is necessary to respect the seniors' life patterns."

#### **Ben, resident**

"I don't enjoy animals or kids. They need attention. But I can't enjoy playing with them."



#### INSIGHTS:

- For the seniors, mental activities are better than physical activities.
- We need to provide them with a feeling of honor.

### Q: WHAT KIND OF ACTIVITIES ARE SUITABLE FOR THE SENIORS?

#### **Ben, resident**

"I don't like art craft, it reminds me of kindergarten."  
"I like reading, talking to people. I can not do many things, but I like to think."

#### **Nancy,**

"They like bingo. We have bingo every day. "  
"People like the feel of winning."

## TARGET AUDIENCES AND THEIR VALUES

After we interviewed seniors, seniors family members, social workers, and volunteers, we found that to reduce social isolation in the nursing home, residents have to do more communication with others, the Staffs and volunteers need more passion to engage them to have more interaction with residents. Objectively, the solution has to connect people, help them find comments, let them enjoy it.



### Seniors

- More mental activities than physical activities.
- Take full attention for them.
- Let them feel young, feel needed, feel valuable and feel proud.
- More patient and effective listening and responding.
- Disabled Seniors also can participate in.
- Good for mental health.



### Visitors

- Easy to follow and control.
- Don't have to expenses much.
- It will easy to set up in the nursing home from the neighborhood.



### Volunteers & Visitors

- Can find the value of what they do.
- Simple things and clear instruction.
- Fixed time, no popup task.
- Have interested in, can have fun.



# RESOURCE ANALYSIS

Since we want to promote more visitors to interact with the elderly, what resources do we have to use in the community?

We visited neighborhoods of Alaris health and participated in some activities within the nursing home. We found that there are many potential participants in the community where this nursing home is located, they could be the actors in our solution:

### People from the church:

Several people from Churches used to visit Alaris health each week.

### Day Care Center:

The nursing home used to invite Kids from the Day Care center, but it hasn't been happening for a long time.

### Restaurant:

The social worker told us, sometimes they would take residents to a nearby restaurant for dinner and give them the opportunity to walk out of the nursing home. It can be seen that restaurants are the familiar place for the residents, except the nursing home.

### Art studio:

Hoboken is a place of arts, there are many artists and art studios in this community, and the nursing home also has some art crafts class, this is a point of common.

### Reading club:

The seniors like reading and the local community have some Reading club.

### Restaurant:

The social worker told us, sometimes they would take residents to a nearby restaurant for dinner and give them the opportunity to walk out of the nursing home. It can be seen that restaurants are the familiar place for the residents, except the nursing home.

### Park/Garden:

There are several Parks around the Alaris Health, but the residents rarely visit or have activities in the park.

### The families who live in the community:

There are many ordinary citizens live in this community and they often appear around especially on weekends, there are many people walking around with their families. It will be very convenient for them to participate in the event from the Alaris Health.

### Online resource:

Alaris health has their website and facebook page, sometimes they post the event or news online, but it is not active, and there is take no influence in real life.

# IDEA GENERATION

After we analyze the needs of our audience and the resources we have, we come up with more than 30 ideas, and We classify them by content.



### TOOL

- Social network for seniors
- Interactive toy
- Bingo with people in the bar (Virtual game)
- New board game for communication
- Surprise puzzle



### FOOD

- Sell dishes
- Recipe collection and sharing Global kitchen



### VOLUNTEER ENGAGING

- TV Show (one day experience in a Nursing home)
- Publish album online
- Collaborate with local



### ART

- Make it home (Customized interior design Pop-up gallery)
- Fashion show of the 1960's
- Wheelchair decoration



### EXPERIENCE SHARING

- Love story
- This is my disease
- "TED" \* ALARIS
- New York in 1960 (share their memory of NYC)
- Book recommendation / Book club
- Read the book to children
- Story recording for kids
- Make art with the story of the elderly



### TRAVEL TOGETHER

- 360 View room for share experience
- Air BnB (sleep over for friends from different nursing homes)
- Virtual visit
- Uber travel



### EINTEERTAINMENT

- The Voice of community
- Make a movie for residents + outdoor movie show for a community
- NEWS channel
- Meet up in the nursing home
- Video channels to record seniors talking

# IDEA EVALUATION

**Objectively analyze one by one according to the interview and through experience from other cases.**

In fact, many nursing homes have some recreational activities to promote seniors have more interaction with other people, but the result is not ideal.

Some nursing home has pet therapy, Of course, people like to be with animals, but more often than not, many people cannot participate in such activities because of their physical health, and animals are too noisy for the elderly. Moreover, pet treatment only occurs very occasionally, because it will take too much money and human resource, it cannot solve isolations which is the long-standing problems in a real way.

The more general method is to invite kids into nursing homes because kids can make the home feel. However, most of the children cannot concentrate on the activities, most of them want to complete the tasks of the school or the community, most kinds of activities in the nursing home for kids are boring, and they cannot find much fun and enthusiasm. Many children have never returned after visiting once, and it is difficult to establish a familiar relationship. As a result, the elderly cannot receive enough attention and satisfaction.

Reflections on these cases, we find while our solutions can bring more visitors and interactions, we must not over constrain a particular organization or group from the society. This solution can be simply and independently performed in nursing homes and doesn't need to spend too many human resources and money.

## Feedback from Nancy

We streamlined to five ideas and discussed with Nancy in detail. She is very experienced in the psychology and behavior of the elderly. Nancy helped us analyze the feasibility, pros, and cons of each solution. Finally, we decided to narrow down to Recipe collection and sharing, and we call it "Yummy Secret."

**Yummy Secret is designed for a closer relationship between the local community and seniors living in the nursing home.**

# DESIGN DRAFT

Collect the recipes from the elderly and families, then invite chefs from restaurants into the nursing home help residents to cook the food base on the recipes, and share them with the community.

## HOW IT WORKS

- We invite visitors and staffs to interview the residents and discuss their family recipes and story together based on a unique theme.
- Collect the recipes and select one.
- Use the selected recipe to set up a cooking workshop in the nursing home with them, so that the residents can learn the new recipe and share the stories with the help of visitors and staffs.
- Share the food together, or some people will bring their family food and stories to share with residents.
- During the event, residents will talk with others, and inspired to share their stories.
- Record the whole process of the activities, and make a short video to publish on the internet.
- Share the recipe and stories online to attract more people love to share their recipes and stories both online and offline.





#### INSIGHTS:

- People hopes to have more sense of participation, especially the owner of recipes. If we allow them to teach recipes for other residents in person, it makes him or her as a star at the time and let her and give her more pride. Other residents want to talk with him or her more.

## Prototype 1 Potato Theme

### Part 1 Collection (Jan. 27, Saturday)

We invited a volunteer; he is a person who is very passionate about cooking. He wants to share his dishes, and he also wants to learn more new recipes. He brings "Vinegar-pepper shredded potatoes," it is the most popular dishes in China, also one of the most traditional Chinese ways to make potatoes.

About 20 residents have tastes the "Vinegar-pepper shredded potatoes," they love it so much. Its taste like a new experience for residents, they feel fresh and exciting, they never thought that potatoes could do this, and they roused their curiosity. They were curious about this recipe and very active in learning how to cook it, they discuss for a long time and very enjoy this topic. Some residents told us how their families to make potatoes very naturally and initiative.

Minnie Torres told us her recipe about "Potato Ball," she comes from Puerto Rico. There, the potato is a common role in every family kitchen. It is her secret to pleasing her kids. It called "Papas Rellenas" at her hometown, is cheese stuffed potato ball, Papas Rellenas. Creamy cheese mixed with guava paste, the silky taste makes up sweet family hours.

### Part 2 Cooking Workshop (Jan. 31, Wednesday)

We learned Minnie's recipes and prepared all the ingredients for the first cooking workshop. During these process, both of us feel it is enjoyable to learn a new recipe from the unfamiliar culture.

Lirong as the teacher to teach them how to make a potato ball. Many residents participated in this workshop.

We also brought some other ingredients let them can add and make their own style potato ball. Residents very enjoy the creative process, the social workers and other staffs joined it too, they collaborated with residents, it created a new opportunity for them to communicate.

We also invited the volunteers back who have been here and share the "Vinegar-pepper shredded potatoes" with residents. He helps to fried the Potato Ball. The residents began to become familiar with him and had more conversations with him.

After the potato ball was fried, the residents tasted their potato balls, and feel very happy and proud of their work.

### Part 3 Sharing

We shared the recipe and the story from Minnie Torres online, with the video about the workshop online, some people share their potato recipes with us by email. We told how people like "Papas Rellenas" to Minnie, she is very happy to hear that.

“My parents meet because of peach.”

Lina comes from Georgia, a place of peach.

Peach is an essential part in her family festival memory. Her father first met her mother in a peach garden. At that time, her mother was picking peaches. At the first glance, the man fall in love with the girl. He came to the peach yard everyday and finally, he gave her his name. Every time she saw peach, she can smell the flavor of home.

2018.Feb  
Festival Secret  
Recipe from Lina, family of resident



#### INSIGHTS:

- The process of sharing food was successful, but we found that the collection of recipes was inefficient. We only could collect two or three recipes for each activity; residents lacked the motivation to say more. And the nursing home has to set up a new schedule for each part of an event; it takes some inconvenience for their daily work, and some residents never know it happened.

## Prototype 2 Recipe of Festival

### What we improved

The structure of this event is similar to prototype 1, but we made some improvements. We invited the recipe owner to tell her story and how to make it in person, let her become the protagonist in the workshop.

We brought in Dumplings which is traditional food for Chinese Festival on Chinese New Year's day, told them the importance of dumplings in Chinese culture. Inspired residents share their Festival recipe with us and others.

Lina brought Georgia Peach Cobbler to the workshop, and share it with people.

## WHY YUMMY BINGO

Make the recipe sharing process more entertaining. Let the person share the recipe with the others not only us.

### WE WANT THE STORY SHARING PROCESS TO BE MORE ENGAGING & EFFECTIVE

Our concern is how to make them talk to and listen to each other. During the story sharing, we listened to each senior, and they actively shared their stories with us. But they are not facing the other seniors and the conversation only happen to a few people who sit close to each other. We hope more people can be engaged and be listened to.

### WE WANT IT TO BE SIMPLE AND ALIVE IN THE NURSING HOME.

In this process, we put a lot of our effort into it. For example, we facilitate the talk; we bring in a dish and a chef. We also fund this process with our own saving. Is it a sustainable solution? No. We can imagine that after we leave, the activity will be hard to continue. We went back to our research and tried to answer the question, how can we make this process rely less on outside support and cost lower?

### FINALLY, WE DESIGNED YUMMY BINGO

In the early research, we found that Bingo is almost the most popular activity in every nursing home, and Alaris Health has Bingo time every day. Aurora told us they try to have some different things to do during the bingo time, let residents have more fun. So we started thinking about maybe “Yummy Secret” can happen with Bingo.

## WHY YUMMY BINGO

Make the recipe sharing process more entertaining. Let the person share the recipe to the others not only us.

# HOW TO PLAY YUMMY BINGO



1. Each player matches "Ingredient" printed in different arrangements on 3x3 cards.
2. The hoster will call the the name of the "Ingredient"
3. Marking the selected "Ingredient" with tiles.
4. When a player finds the selected numbers are arranged on their card in a row, they call out "Bingo!"
5. The winner will share or create a recipe and the story behind it with the three ingredient.





# YUMMY SECRET

How it works  
Why Yummy Secret  
Measurement



**Yummy Secret envisions a nursing home volunteering experience that is engaging and memorable that volunteers want to come back, while making the seniors feel being listened to and have a purpose in life.**

## OUR GOAL

### **Bring in new faces.**

60% seniors in the nursing home never have a visitor. This causes them to feel being neglected and isolated.

### **Have an encouraging environment for seniors to share their experience and stories..**

Have an encouraging environment for seniors to share their experience and stories. Seniors feel great when they are listened to. However, they seldom talk to each other. Some people feel shy to talk about personal stories, some people feel the others are not able to communicate just because they "seem" to be sick. During our visit, we found out that food is a powerful tool to open conversation.


## OUR GOAL

### **Learning new things bring them energy and passion.**

People are very serious about learning, we provide everyone with a copy of our recipes. Seniors also feel proud to help each other and share their food with others.

### **Make volunteering experience interesting and engaging.**

During the activities, volunteers also feel being connected to the seniors and the other volunteers closely. What's more, we target our volunteer group to be people live nearby who have passion for food, people and learning. It means they have higher possibility to come back frequently.



**We bring in community members to the nursing home with their stories and recipes. And we encourage the seniors to share their recipes with the group. Memories and stories around the food spring out during the conversations, as well as the deeper understanding and relationship between each other.**



## WHO WILL BE INVOLVED



### Residents

Any residents in a nursing home can participate, he or she likes to socialize with others, wants to share their experiences, and willing to connect with more people with the help of game or the workshop.



### Visitors

Visitors can be the family members of the residents, or they can be any volunteers from the community. They do not need to have any professional knowledge, as long as they are good listeners, they are willing to express their praise for the seniors and want to promote the understanding with the residents. Like to work with other staffs to help residents which in the nursing home to step out of social isolation.



### Recreation Directors

Staffs who form the nursing home and familiar with the residents understand how to communicate with elderly. He or she does not need to be an expert, but it is best to have the experience of hosting Bingo, so that can complete Yummy Bingo's game with the elderly, and have the enthusiasm and patience to help the residents for the Cooking workshop.



### Chefs

Chefs can come from the nursing home or volunteers from the community; they can help others to bake, grill, or fry their food which has been ready to cook, so that all participants can taste their food and encourage the sense of pride of the residents .

## WHAT TO PREPARE



### Online channel

Yummy Secret has a project website to record each event while sharing each of the senior's recipes and stories so that more people can understand them. At the same time, nursing homes can establish their own Yummy Secret channel on their business website or other social network sites, which will become a great promotional medium.



### Camera/Recorder

Every activity should be recorded. Both video and photos are indispensable. It is not only convenient for the documentary but also can be used as promotional material for the community. It can be shared on the Internet, allows more people in the community to follow and attract them to participate in the future.



### Yummy bingo Gameboard

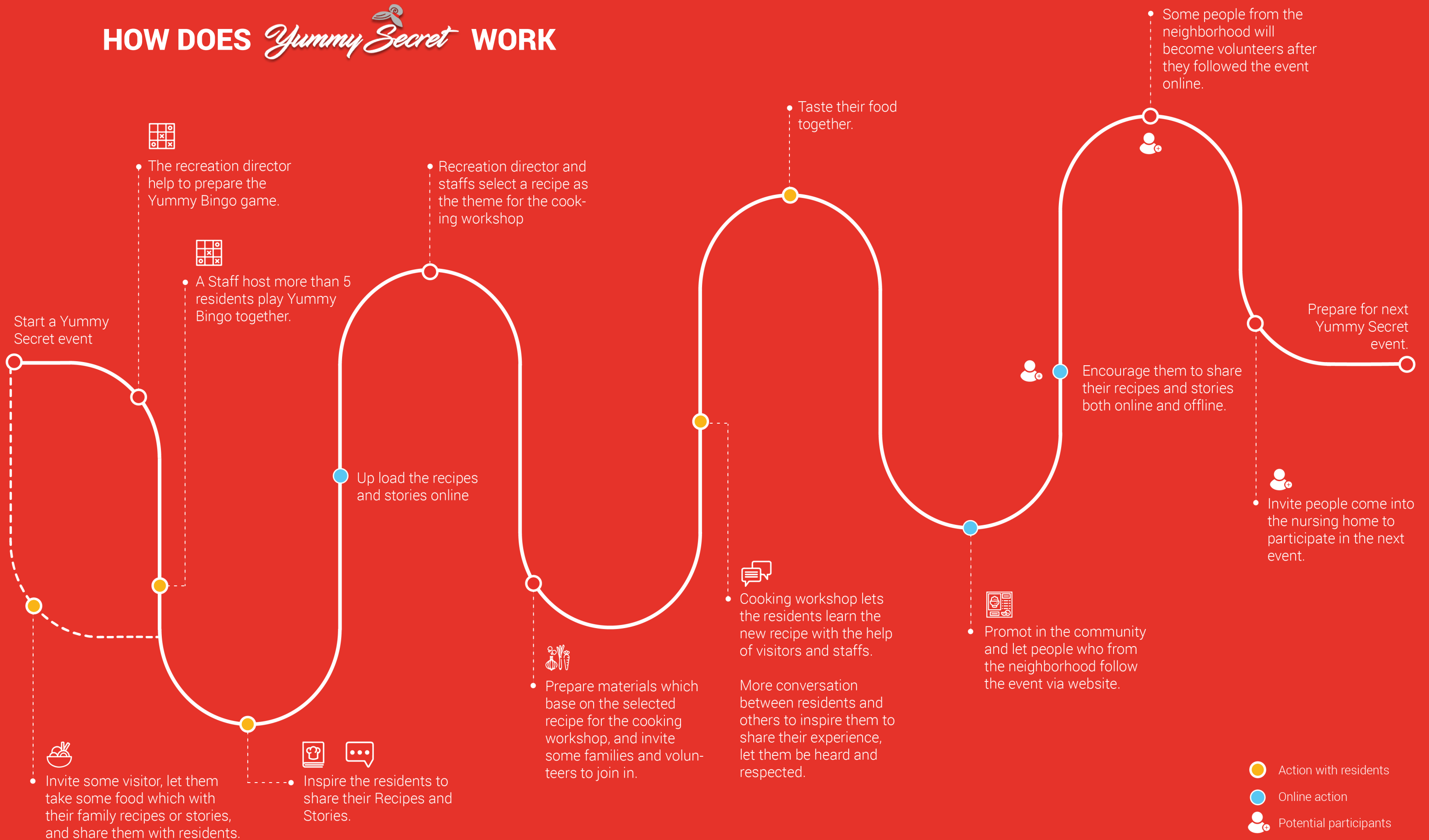
It is a specific design for a new game board which called Yummy Bingo. Each grid has a name for a kind of Ingredient. Players can describe their recipes according to them. Hoster has game cards with the name of all the ingredients and randomly selected for use.



### Ingredients

After each collection activity, a recipe will be selected as the theme of the next cooking workshop, and the mentioned ingredients will be prepared according to the recipe. These ingredients should be processed so that the residents can use them directly during the workshop.

# HOW DOES *Yummy Secret* WORK



# HOW DOES YUMMY SECRET SCALE UP ITS IMPACT FROM INSIDE TO OUTSIDE



**Recipe Collecting**



**Cooking Workshop**



**Website**



**Resident**

Break stigma towards each other by sharing stories and recipes. They actively listen to each other and build understanding.

By preparing food and cooking together, the residents can have more interaction with each other.

The website works as a gallery which can record and collect all the happy moments and memories.



**Social Worker**

Give the social worker an opportunity to effectively listen to the residents and have a better understanding to their stories and values.

Increase the interaction between social workers and seniors. Also help the social workers to introduce the nursing home to the local community.

Give the social worker a chance to brand the nursing home to the outside and help to shape the image of the nursing home.



**Visitors**

By providing a personal contact and story sharing experience, help the visitors to change their stigma around the nursing home.

Provide a fun and memorable volunteering experience for the visitors.

Influence a broader group of audience and help to dissolve the stigma around nursing home.



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**HELP SENIORS WALK OUT OF THEIR SHELL AND ADAPT TO THE NURSING HOME.**

**Break isolation with each other by sharing stories.**

They used to think the others are just patients. They used to have little interest in knowing each other. After our intervention, we witnessed moments people who used to not talk to each other started their conversations.



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**GIVE THE SOCIAL WORKER A CHANCE TO KNOW THE RESIDENTS' VALUES AND STORIES EFFICIENTLY.**

**Break isolation with the staffs**

One main job task of social worker is to know the residents' family values and personal values. However, it is very time consuming to talk to each person one by one. During Yummy Secret recipe collecting, social workers can join the residents' conversations around food and food related family stories.

It increases the social workers' working efficiency, which also means they can provide more personal careplan for the seniors.



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**BRING IN MORE  
VOLUNTEERS INTO THE  
NURSING HOME.**

**Break the isolation from the outside community.**

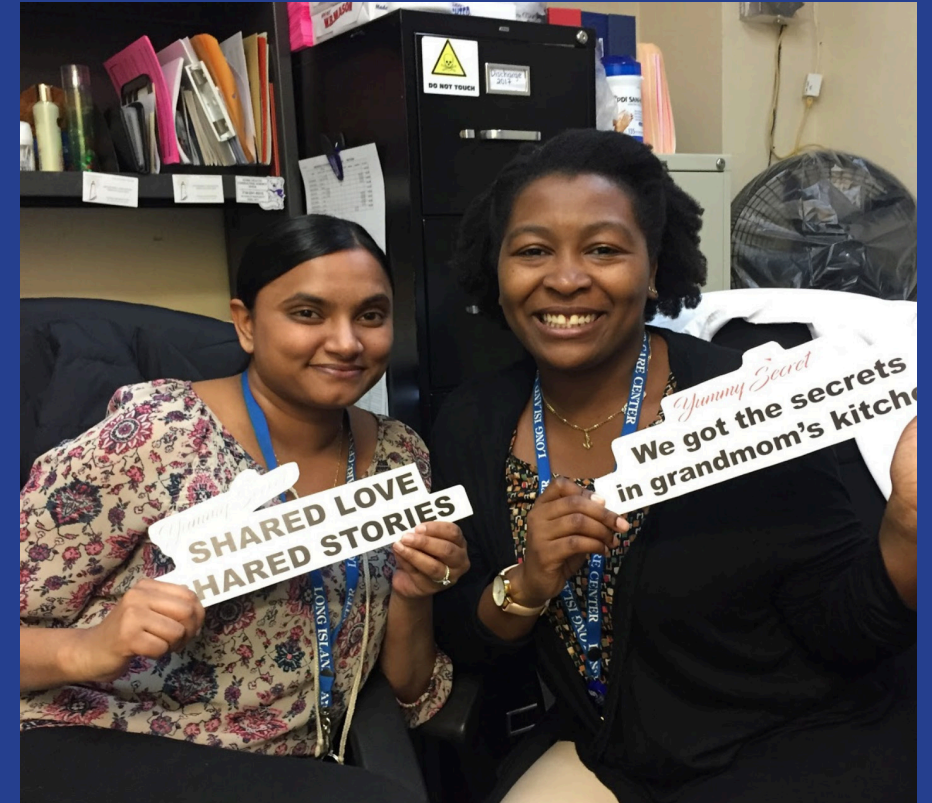
Yummy Secret brings in more volunteers into the nursing home by making the volunteer experience interesting and memorable. And breaking the stigma around nursing home.



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**BRING THE RESIDENTS  
ENCOURAGEMENT TO  
SPEAK AND A SENSE OF  
HONOR.**

During the Yummy Bingo, all the winners are encouraged to share one recipe and related stories. Winning a game gives them positive feeling about themselves. And they also enjoy being listened to, after a few rounds, everyone wants to share something and they feel more comfortable to share.



MEASUREMENT

70%

Participants joined more than twice

12

Staffs in the nursing home joined our activities

4

Nursing homes would like to use Yummy secret

- ALARIS HAMILTON PARK
- ALARIS HARBORVIEW
- LONG ISLAND CARE CENTE
- FLUSHING HOUSE

# THE FUTURE OF YUMMY SECRET

## Make Yummy Secret a new tradition in the nursing home.

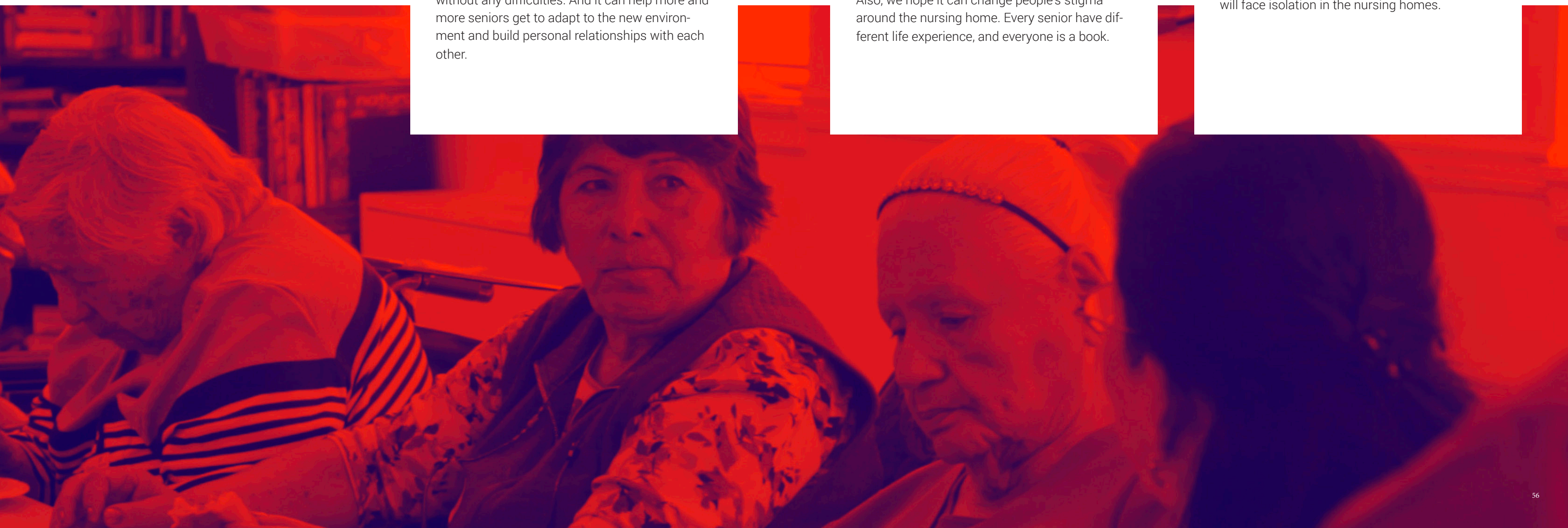
Yummy Secret's recipe collecting is easy to conduct every Monday night, and the cooking class is already something they have every Thursday afternoon. The seniors can expect what will happen, and they can enjoy the excitement of winning the game and having their recipes come true. Any new comers can also participate it without any difficulties. And it can help more and more seniors get to adapt to the new environment and build personal relationships with each other.

## Make the website a recorder of everyone's stories and recipes.

We found that the seniors really enjoy watching the videos about themselves and sharing it with their families. They feel proud of themselves being listened to and having their stories and experience carefully recorded. With the website as a collection album, we hope these precious memories can be preserved. Also, we hope it can change people's stigma around the nursing home. Every senior have different life experience, and everyone is a book.

## Spread this model to more nursing homes.

Almost every nursing home has bingo games; most nursing homes provide cooking class or event. We hope Yummy Secret can be smoothly adapted into their existing system and making the bingo time when people care about and listen to each other, making the cooking class a time when they can feel proud of themselves and engage with people from outside. By doing this, we envision a future that less and fewer seniors will face isolation in the nursing homes.





**WHAT DID  
WE  
LEARN**



## A LIVING SYSTEM IS BETTER THAN A PRETTY SOLUTION.

We find it easy to create something that works well and looks good with external support, but it is difficult to create something works on its own.

After the 2nd prototype, we had a great feeling that we created something that brought the seniors together and brought community members in. However, after the excitement, we failed into questioning about our intervention. We brought in ourselves; we brought in dishes to inspire them to talk. But what if we left? Will they do the same as we are doing? We don't think so.

With this concern, we started to think about how to keep our design alive in their system. We analyzed the resources the seniors and nursing home already have, as well as their current lifestyle. We came up with the last version of Yummy Secret as a model that is close to their life and habit and can work easily without external support the volunteers.

## ASSET-BASED THINKING

As we know, the design is the problem-solving process. When we started a design, we look at the problem. It is a good way to ensure that the design can create impact and can benefit people. But it also limits our creation.

When we first look at the system of the nursing home, we found the reality is so hopeless. They lack communication; they lack family visiting, they lack connection to the outside world. We thought about to bring in outside community members in and we tried very hard to persuade the volunteers.

However, the people in the nursing home is a group of people who have the very valuable knowledge and they can make their lives better. They need a facilitator.

Lately, we focused on what they already have. They already have a few family members who will regularly come and visit their families; they have the ability to help each other moving, they have a group birthday party every month, etc. We reallocate some human resources and time resources and we create Yummy Secret, or you can say, we helped them made Yummy Secret.

## Thank you Partners

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## DESIGN TEAM



### Lirong Yang

Lirong is a very empathetic person, she's been focusing on the elderly for a long time and has done a lot of volunteer work for senior citizens, both in US and China. She intended to be very concerned about her grandparents who in her hometown. As a designer who has the background about product design, she also has designed some product for the elderly.



### Jinwei Hu

Jinwei is compassionate, she hopes to help more vulnerable groups to promote social equity. As an interaction designer, she attaches great importance to the relationship between people and also wants to promote interaction between people and communities. She has some experience in the Internet industry and community service industry.

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## PROFESSIONAL ADVISOR



### Jeffrey Franklin

Runs a design office called PlayLab, Inc. on Perry St. in the West Village with his best friend, Archie Lee Coates IV. They work on anything and everything under the sun, as long as they find it interesting. They're currently in the middle of building the world's first water-filtering floating pool in the East River with Family Architects called + POOL, designing a hideout in the woods in upstate New York, and operating and designing a quarterly architecture publication called CLOG.

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## SOCIAL WORKER ADVISOR



### Nancy

A social worker and recreational program director from Alaris Health at HarborView, she is engaged in senior services more than 20 years, she used to for three nursing homes, and she have experience in pet therapy and arts therapy for seniors. Her professional knowledge and thinking helped us define a lot of questions about the senior activities and mental health. She shared her team resources with us so that we got many useful feedbacks and advice from the community and potential consumers.

## **INTRODUCTION TO SOCIAL ISSUES IN THE ELDERLY**

By Daniel B. Kaplan, PhD, LICSW, Assistant Professor, Adelphi University School of Social Work

Barbara J. Berkman, DSW, PhD, Helen Rehr/Ruth Fitzdale Professor Emerita, Columbia University School of Social Work

## **TRANSITION TO CARE**

2017 American Health Care Association/National Center for Assisted Living

## **ADDRESSING NEEDS WITH AWAY-FROM-HOME CARE**

2017 American Health Care Association/National Center for Assisted Living

## **DOES MOVING TO A NURSING HOME CAUSE DEPRESSION?**

BY MARLO SOLLITTO

AgingCare

## **SOCIAL ISOLATION, LONELINESS AND HEALTH IN OLD AGE: A SCOPING REVIEW**

Emilie Courtin

Martin Knapp

28 December 2016

## **INTERVENTIONS TO REDUCE SOCIAL ISOLATION AND LONELINESS AMONG OLDER PEOPLE: AN INTEGRATIVE REVIEW**

Clare Gardiner PhD BSc (Hons)

Gideon Geldenhuys BNurs

Merryn Gott PhD MA (Oxon)

13 July 2016

## **SOCIAL WORK WITH THE AGED AND THEIR FAMILIES**

By Roberta R. Greene

## **EFFICIENCY AND QUALITY OF CARE IN NURSING HOMES: AN ITALIAN CASE STUDY**

Giulia Garavaglia

Emanuele LettieriEmail



