

# Increasing Food Availability and Technology Access at St. Martin's on Westlake

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## PROJECT SUMMARY

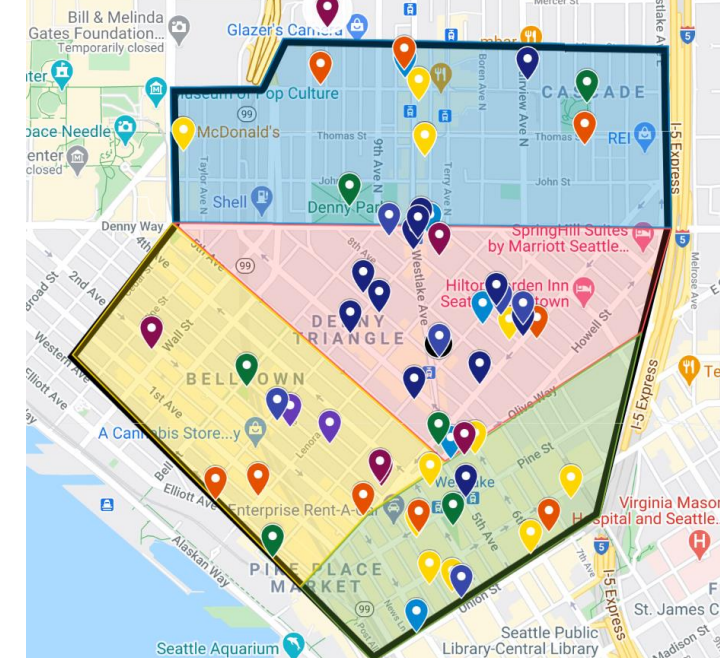
Our project had two objectives to address: **food insecurity** and **community building**. We established community partner relationships to provide sustainable, reliable, and scheduled food donations. We also offered technology education workshops to make it easier for quarantined, often mobility impaired residents to access community online.

### St. Martin's on Westlake

- Part of the Catholic Housing Services of the Catholic Charities Foundation of Western Washington
  - Ensures the future care of the poorest and most vulnerable population in Western Washington by providing services and a place to live
- 53 unit supportive permanent housing facility
- For men over 55 years old with a history of chronic homelessness
- In Denny Triangle (7th Ave & Westlake Ave)
- A Housing Health & Outreach Team nurse is employed at this facility through Neighborcare Health to provide comprehensive care to the residents



St. Martin's on Westlake



Our Windshield Survey map, which outlines resources near St. Martin's on Westlake.

### Guiding Models

#### CBPR: Community-Based Participatory Research

Our team utilized a participatory approach<sup>1,2</sup> throughout our clinical project through resident interviews, surveys, and evaluations. Through this, the St. Martin's residents helped us to identify the needs of themselves and their community. Throughout this process, we strove to welcome, respect, consider, and act on the opinions and ideas that those willing to participate shared with us. We also hoped that using this approach would encourage feelings of ownership in our collective interventions, improve health outcomes, and reduce the health disparities<sup>3,4</sup> of the St. Martin's on Westlake residents.

#### Health Equity

Our team used the trauma-informed model<sup>5</sup> to inform our interactions with St. Martin's on Westlake residents through recognizing trauma as a collection of experiences forming one's identity. Additionally, we had open and engaging conversations with the residents by gradually building the trust of residents and using reflective listening skills.

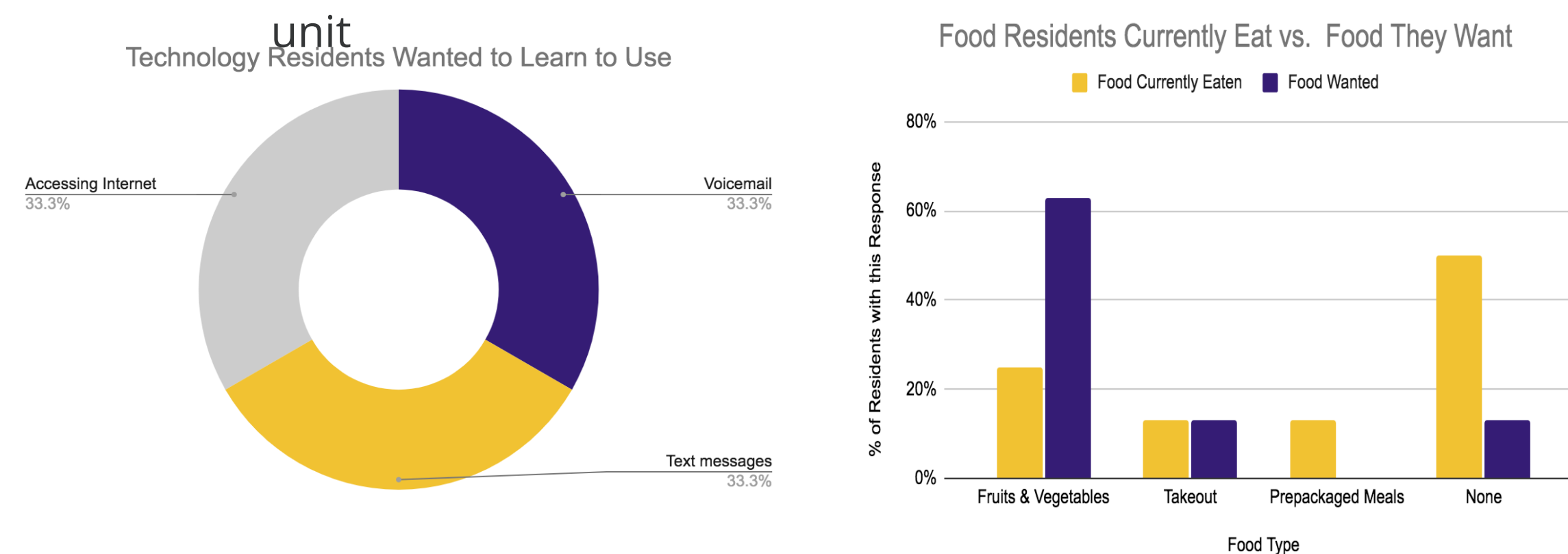
### Assessment

#### Demographics

- 52 residents currently staying at St. Martin's on Westlake
- 11 Black residents, 4 Hispanic residents, 2 First Nations residents
- 5 residents who are Veterans
- Many St. Martin's on Westlake residents receive federal financial assistance

#### Social & Environmental Determinants of Health

- Low income status, especially when the median income in Denny Triangle is \$95,100<sup>6</sup>
- Limited access to healthy food options
  - financially and geographically
- Limited access to and knowledge of technology
  - increased risk of social isolation
- Limited access to health care services
- Limited transportation options
- Increased risk for social isolation exacerbated by COVID-19
- Limited mobility due to broken elevator
- Communal kitchen available, but not well utilized. Personal kitchenettes and cold food storage often in unit



Both figures depicted above reflect responses from 8 St. Martin's on Westlake residents.

### Community's Priorities

- Resident and staff identified priorities: food insecurity and technology access
- Due to changes in building management and COVID-19, available food in nearby stores and via meal service was limited in quantity and low in nutritional value.
- Residents felt increasingly isolated during the pandemic and were interested in navigating technology to better communicate with friends and family.

## ACKNOWLEDGMENTS

We would like to thank **Kathleen McGregor, MN, MPH, RN** for facilitating our interactions with residents and implementation of interventions on our behalf as our site supervisor. Given the online format of clinicals this quarter, Kathleen was instrumental to helping manifest our ideas and goals this quarter. **Renee Notkin** from Union Church, **Ellie Moon** from Pike Market Food Bank, and **Trista Reed** from Princi Bakery have all been incredible community partners to work. Finally, we would like to thank **Julie Myers, MN, RN** for her continual support, wisdom, and willingness to help as our clinical supervisor. Julie's commitment to our learning as future nurses does not go unappreciated.

### Planning

#### Goal

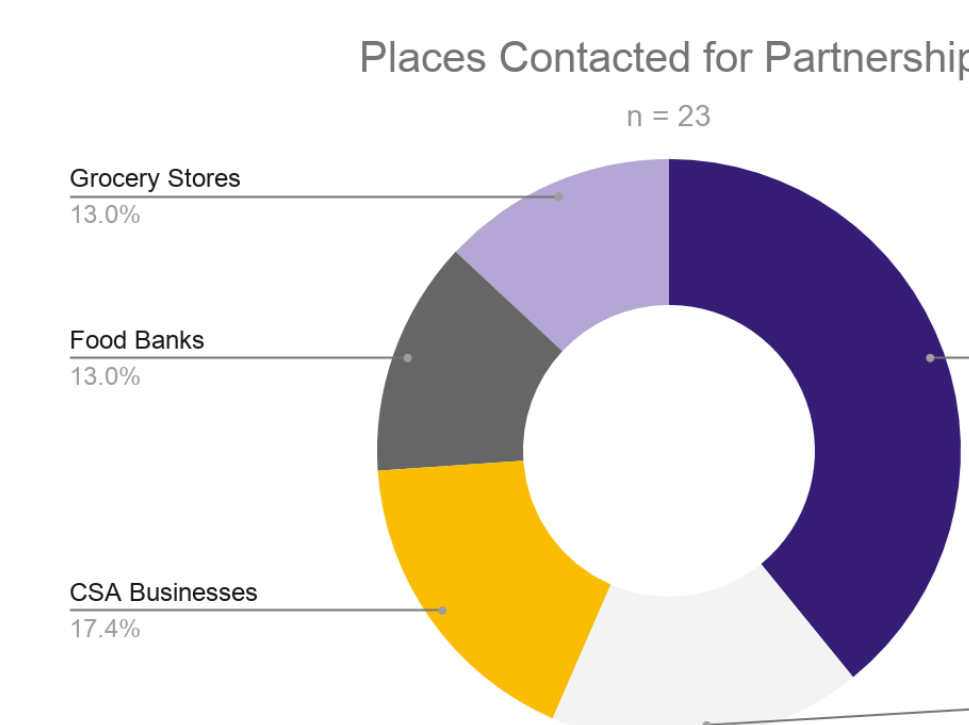
- Identify local community partners with the resources (staff, food, and time) to reliably serve St. Martin's on Westlake
- Create a setting that residents can freely explore technological difficulties in COVID safe ways

#### Objectives

- Canvas local businesses for their food recycling/waste/donation programs to see if any are compatible with the needs of St. Martin's on Westlake
- Investigate food bank and churches for food donation programs that St. Martin's on Westlake could network into
- Set up a formal relationship between St. Martin's on Westlake and Amazon to allocate food supplies, similar to Amazon's current sponsorship of Mary's Place
- Survey residents for what technological issues they wanted to be addressed

### Implementation

#### Long-term Partnerships to Provide Food to St. Martin's on Westlake

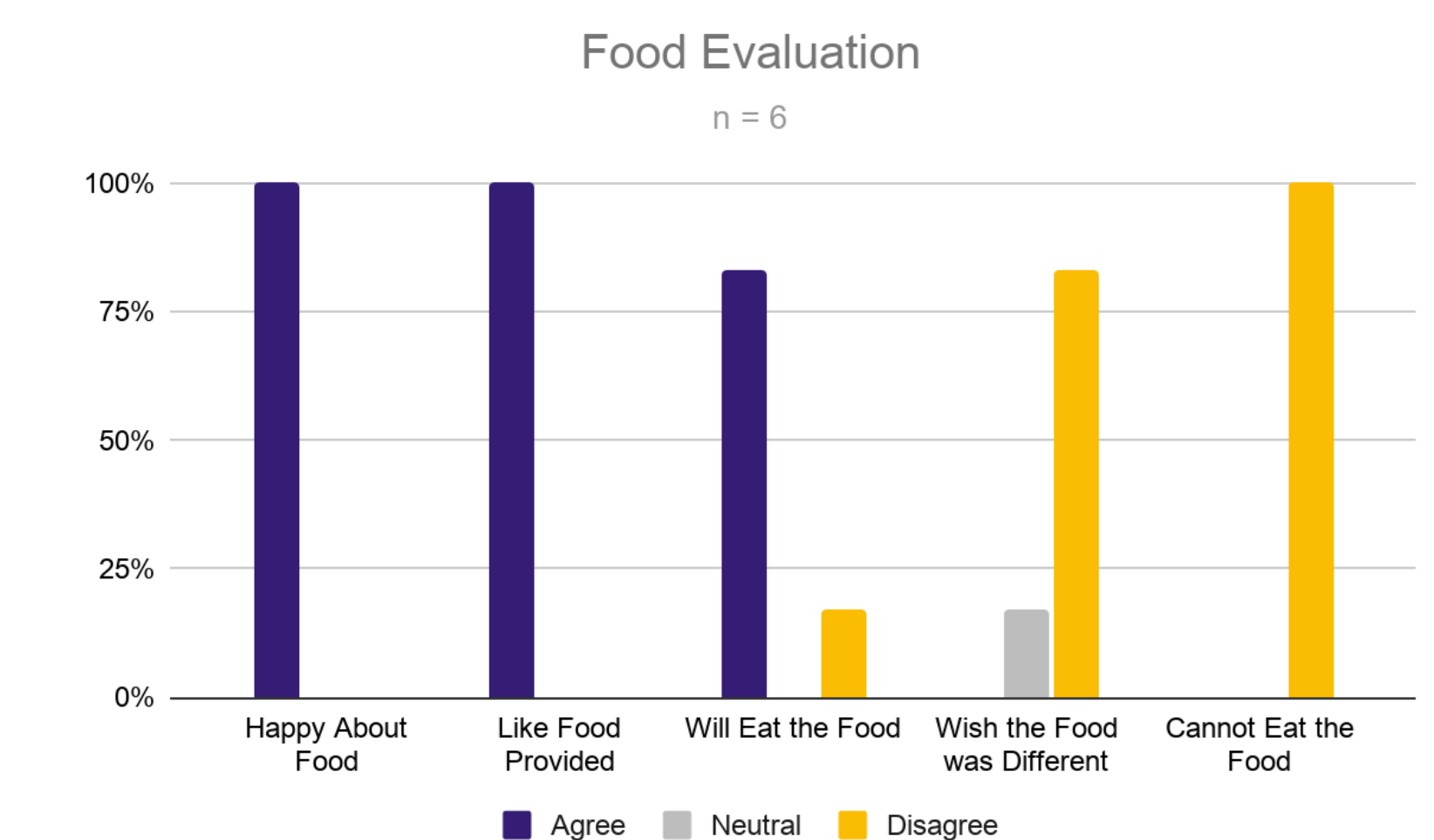


- Canvassed 23 different potential local partners
- Connected with 4 community partners: Union Church, Pike Market Food Bank, Amazon, and Princi Bakery
- Established weekly donations of assorted goods from Pike Market Food Bank and warm burritos from Union Church
- Established a donation of \$7,000 worth of goods from Amazon

#### Technology Support Event

- Helped a resident navigate Facebook and Gmail app installation processes via Zoom
- Received a one time food donation from Princi Bakery

### Evaluation



- Sustainably increased general food availability for the St. Martin's on Westlake residents
- Residents are happy with the food delivered
- The participant in the technology session was satisfied with the help provided & enjoyed talking with UW nursing students
- The \$7,000 donation from Amazon will go towards
  - Technology and furniture to augment an entertainment room
  - Kitchen equipment for the communal kitchen
  - Exercise equipment like dumbbells and mats
  - Winter clothing like jackets, gloves, and hats

### Recommendations

We recommend that future projects at St. Martin's on Westlake investigate food donation application cycles with grocery store chains such as Safeway and Whole Foods, continue networking with Amazon for potential resource allocation for St. Martin's on Westlake, and continue utilizing Kathleen and the residents to determine the expressed needs of the community.

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