

KEY TAKEAWAY: The Golden Tea Program is a low-risk and low-cost community-based intervention program for older adults thought to cultivate connection and improve health outcomes and cognition.

Golden Tea Program: Examining the Feasibility of a Community-based, Mindfulness Intervention for Older Adults

Keith Chan, PhD, Wenting Zhang, BA, Isabel Ching, LMSW, Rosemary Li, MPP, Soko Setoguchi, MD, DrPH

Background

- Older adults report high mental health, cognitive, and cardiometabolic burden from social isolation and an underutilization of health services.
- Community-based solution may support social connectedness through multiculturally-informed frames.
- Golden Tea is a pilot study aimed to examine the benefits and acceptability of the Golden Tea Program, a community-initiated tea ceremony intervention that cultivates connection through a shared mindfulness and sensory experience.

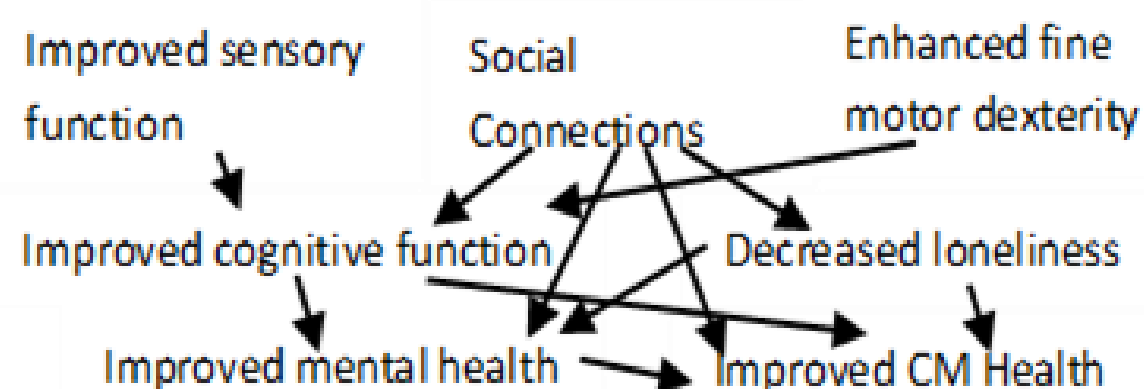
Objective

Aim 1. To co-develop the Golden Tea Program through participant outreach, generating training materials for facilitators, developing data management and evaluation tools and protocols, and developing assessment and compliance monitoring strategies for the Golden Tea Program.

Aim 2. To recruit 60 Chinese older adults to the intervention (30 participants) vs. no program (30 participants) and assess short-term mental, social and cardiometabolic outcomes.

Aims 3. To evaluate the acceptability and retention of the intervention. We will employ focus groups to examine perceptions of study participants, Golden Tea Program facilitators and community partners and stakeholders on what facilitated or hindered uptake or utilization of this intervention.

Golden Tea Program



Methods / Pilot Design

Eligibility Criteria:

- 60 or older and currently residing in NYC
- Not currently enrolled in a mindfulness intervention
- Not diagnosed with Dementia (Alzheimer's) or Major Depression

Intervention:

- 7 sessions, conducted weekly or biweekly, maximum 12 older adults per center

Design:

- Data collection is currently occurring across four senior centers located within predominantly-Chinese naturally occurring retirement communities (30 in intervention, 30 control), target recruitment is 60 older adults
- Participants are asked to complete the following questionnaires at baseline, post-intervention, and 2 months follow-up:
 - MoCA, Lubben Social Network Scale, GAD-7, and DeJong Gierveld Loneliness Scale
 - Blood pressure, grip strength, BMI, balance, body fat, muscle mass
- Analyses will be conducted to examine benefits to cognition, cardiometabolic and mental health while reducing social isolation and loneliness

Assessing Impact

Prior to this pilot, the Golden Tea program has previously been implemented at senior centers and participant feedback indicated high acceptability and feasibility of the program. 80% of participants self-reported improvements in cognition, social well-being and mental health.

The Golden Tea Program is a low-risk and low-cost community-based intervention program for older adults. It can be easily scaled and implemented at other senior sites.

Potential Barriers/Challenges:

- (1) Participant attrition can occur due to older population
- (2) Language barriers, as recruitment indicates that many participants speak Cantonese and Mandarin, which may pose challenges for data collection and intervention delivery depending on staff language capabilities and availability
- (3) Generalizability may have limitations for this pilot study as sample is primarily Chinese-speaking and of immigrant background



Community Partners



Nonprofit: provides culturally responsive health, education, and social services, from early childhood to older adults, fostering wellbeing through community-focused lens.



Nonprofit: mission is to cultivate mindfulness, creativity, and community by connecting people to themselves, nature, and others through the shared art of tea.

Contact

PI: Keith Chan, PhD, LMSW; Hunter College; kc5780@hunter.cuny.edu

Community PI: Wenting Zhang, BA; Tea Arts and Culture

Community Partner: Isabel Ching, LMSW; Hamilton-Madison House

Project Manager: Rosemary Li, MPP; Rutgers University