Caring for Hawaii’s Elderly

It’s a sunny day on Oahu, there is a nice breeze that sways the coconut trees as everyone enjoys life in their own little world. I looked down the street and saw an elderly woman needed help to cross, she gratefully accepted the person’s offer and decided to give a homeless man nearby money, he then uses the money to buy a hungry dog food. I have noticed that when an act of kindness is produced, it inspires others to be kind as well and in turn, creating a ripple effect that may be endless. A common misconception involving kindness is that it may produce only benefits for the receiver and not the person who is pursuing the act. This is entirely false as the giver also receives an immense amount of improvement toward their well-being. No act of kindness may go unnoticed as it has the potential to touch or even change many lives without even attempting to do so. Another word for kindness is Lokomaika’i which means to act with generosity and kindness toward others. Lokomaika’i can be implemented into everyone’s lives as we all have the potential to benefit society. Hawaii is the most racially and ethnically diverse state in the United States, this has provided us the opportunity to change the way we think and allowed us to do so using the aloha spirit.

A study of Japanese undergraduates conducted over a decade ago consists of a researcher Otake and his colleagues who found that happy people were kinder compared to those who were not happy (Psychology Today). The study had revealed that one’s sense of happiness may increase through the act of counting the number of one’s act of kindness. Thus, those who are kind may influence those around them to also develop this trait of being kind, leading the community to become happier and kindness to spread even further.
People often wonder why Hawaii has so many kind people, this is because everyone implements kindness into their daily lives, forming the aloha spirit. People in Hawaii are often willing to provide assistance and friendship when needed, even to people whom they may not know. Clarence T.C. Ching was a man who displayed an immense amount of kindness and made Hawaii a finer place through his actions. Such as the redevelopment of Chinatown Honolulu in the form of the Chinese Cultural Plaza or the Kukui Gardens. This display of kindness has impacted many people as they were provided with the opportunity to purchase an affordable home. Not many successful businessmen have the opportunity to say the impact they made on the world through kind actions that did not earn them a penny.

A crucial problem that the state of Hawaii faces presently is the pandemic due to COVID-19, which causes elderly citizens to be the most vulnerable. As of 2018, the population of the elderly is approximately 18.4%; current population is approximately 16.75%. Due to COVID-19 being deadly to the elderly who may contract this virus, they are at a very high risk position that limits them from performing certain activities. Such as going to the grocery store to buy necessary supplies; being at a high risk position is not something that any elderly person should need to experience.

Living with my grandmother who is ninety years old has influenced me to take extreme precautions in order to prevent her from being exposed. It is tremendously saddening to see how this pandemic has affected her, not being able to see her friends or interact with many people besides through a telephone. This has led my family to take trips to the grocery store in order to
purchase her groceries as we would not want her to be at risk of contracting the virus. Personally, I have taken precautions such as avoiding public places and always wearing a mask around non relatives in order to hopefully prevent her from contracting the virus. Seeing so many other elderly people who do not have a family to take such precautions for them really breaks my heart because every time they leave their house, they put themselves at risk.

This brings me to my solution in order to make Hawaii a better place through the act of helping the elderly obtain necessary resources. This may be implemented by offering delivery services or a way in order to transport such items directly to them. As there are many elderly who still must do grocery shopping, this allows them to have the opportunity to stay at home and reduce the risk of contracting the virus. Though this results in government funding, it ultimately results in their relatives not being worried about their well-being. Many grocery stores offer delivery services yet it is not affordable to everyone, and elderly citizens should be given the opportunity to not have to pay for such a service that can be deemed essential. Instead of causing the elderly to not choose the delivery services that grocery stores provide, it can be offered to them with no cost, thus more are likely to choose this option.

This pandemic has greatly affected everyone in the state of Hawaii, especially the elderly who do not all have access to funds for delivery services or someone willing to help them obtain such necessities. My experiences during this difficult time has opened my eyes to the understanding of kindness and how it can strengthen our community and society overall. It has also influenced me to desire change, especially in relation to Hawaii and how the elderly may be assisted during this time. Kindness may be implemented throughout Hawaii, a start to aid the
elderly population may be implemented through the form of delivery services as we would be capable of bringing back the aloha spirit into action. The amount of smiles and happy feelings everyone has the ability to create through such acts of kindness is endless.
Works Cited

