Spreading Kindness To Our Kūpuna

As of two thousand and twenty-one, approximately one in ten Americans ages sixty and older have experienced some form of elderly abuse. Some estimates range as high as five million elderly who are abused each year. We have to remember that our kūpuna are the reason we are here today. We have to learn how to appreciate them more by taking better care of them and spending time with them. I want to explain how I helped a kūpuna, the kind things I have seen people do for our kūpuna, and acts of kindness that I have heard about from others.

My act of kindness of how I have helped a kūpuna occurred one cool fall day as I was playing volleyball with my friends. I looked over to my right and saw my elderly neighbor struggling to carry her trash down the stairs. I quickly went over and offered her some help. “Hi Aunty, did you need some help?” She looked at me and smiled, “Yes please.” I took her trash and walked it to the dumpster. “Thank you dear,” she waved at me and smiled. “No problem Aunty!” I smiled back and waved goodbye. As I walked back to my friends they all looked at me. One of them commented, “Why did you do that? You don’t even know who that is.” I looked at her and said, “You don’t have to know who they are in order to help them.” This comment is good evidence that proves not many people will even stop to be of service to others. It doesn’t matter if you know them or not, what’s important is that a small act of kindness for those who are older can make a difference for the recipient. It takes very little time and effort on your part to be of some service to others.

I have seen other people do a variety of things for our kūpuna. One act of kindness occurred on a warm fall day while I was walking around Costco with my family.
As we walked past the clothing section, an older woman dropped all of the slippers while she was trying to grab just one pair. I helped pick up some of the slippers, but when I looked to my side I was shocked to see that someone else was helping pick up the slippers as well. When we were done, the lady thanked us. Two people doing something kind made the task quicker. Another act of kindness that I saw was when my grandpa took action while a woman was crying for help. On a hot summer afternoon my grandparents came to my house to watch my siblings and me. We were sitting on the couch watching television when suddenly we heard a woman screaming for help! My grandparents looked at each other, then grandpa quickly ran down the stairs. There were two German Shepherds attacking an elderly lady and her three dogs. Grandpa tried to pry the dog's teeth from the lady's fingers. Some people were looking out of their windows and others stopped their cars to watch what was happening. It was heartbreaking to see that we all lived in the same community, yet no one dared to help the woman who was crying for help. A few days after the attack, the woman showed her gratitude to my grandpa. This proves that in the end, every act of kindness makes the world a better place and more people should practice kindness.

Other people have told me of my Uncle's multiple acts of kindness which I was never aware of. One time he packed up all our leftover food into individual containers and distributed them to the elderly homeless people in our community. He was also known to talk to older people if they looked lonely. Another act of kindness done by him occurred after he bought himself a new pair of shoes. He saw a security guard working at the pier and noticed his shoes were taped together so they wouldn't fall apart. Uncle ended up giving the security guard his brand new shoes. Another time Uncle picked up
his landlord and took her to dialysis because she had no one to take her. He waited three hours for her to complete her treatment, then took her to dinner. After dinner he took her home and walked her to the door to make sure she got inside safely. He has done multiple acts of kindness which has bettered his community and those who have lived in it. This is evident that one person can truly make a positive impact on a community. Just imagine how much better the world would be if we all practiced a little more kindness each day.

Spreading kindness to our kūpuna is a very important topic to speak about. This is because approximately one in ten Americans ages sixty and older have experienced some form of elderly abuse. My helping a neighborhood kūpuna, sharing kind things I have seen other people do for our kūpuna, and hearing of my uncles acts of kindness that I have heard about from others are examples of how we can break the cycle of elderly abuse. If everyone continued to spread kindness to our kūpuna, those rates would decline. Until then, these stories should serve as inspiration to better our community by doing more acts of kindness for the elderly members in our society.