

THE COVID-19 PANDEMIC IMPACTS

2020 has been a year full of trials, hardships, fear, and confusion. With the rise of one issue to the other, this year has indeed been a challenging one. The sudden emergence of the Covid-19 was nothing none of us anticipated. It's existence has continued to leave nations across the globe in devastating states. This statement, however, may not necessarily apply to everyone. Focusing on the consequences of the pandemic, I will be discussing how the covid 19 positively impacted me as I elaborate on the nine dimensions of wellness. On the other hand, I would be discussing how this pandemic has negatively affected my community.

Though the genesis of the Covid-19 was challenging for me just like everyone else, I believe it has actually been a blessing in disguise for me. Focusing on the emotional aspect as one of the dimensions of wellness, I have become more cognizant of my emotions during this pandemic. Each semester, students are being faced with a number of trials which sometimes result in a stress or depression among most. I am no different from such students. This semester I must confess was the hardest as I usually seek for help from advisors/counselors if dealing with stress. Because I had transferred and classes were being done online, I knew no resources available to seek the help from. Knowing this, I looked for a different approach to deal with both my academic and personal issues. The internet became a great resource for me. There were a number of professional journals, articles, books purchased, and videos that helped me navigate through my stress and emotions well. Spending time to read all those materials has taught me the lessons of expressing and managing my feelings in moments of sadness, joy, doubt, and anger. One aspect I am genuinely grateful acquiring from the reading on my own was building on my self-confidence, self-esteem, and self-worth

To add on, other aspects of the dimensions of wellness I benefited from greatly during this pandemic were that of occupational, financial, and social wellness. The Covid-19 pandemic despite its negative effects has created a number of opportunities for me. Becoming financially independent has always been a struggle for me upon my entry into college. The only way obviously was to get a job (something hard to get while in upstate and being a college student. However, during this period, I have had the opportunity to work in a number of hospitals (as a front desk assistant) and federal institute(current job), which is at the Department of Health, making an impact on the lives of many in this hard time. It is to be noted that, as much as I am becoming financially independent, I am doing something I love (being able to give back to my community). To add on, as someone who hoped to become a healthcare manager, the job opportunities I have had is preparing me towards my career field. It is exposing me to the numerous entry level skills needed in my career. Through this opportunity, I have also had the chance to meet with a number of supervisors and managers from different entities performing same duties like me because of the pandemic. My daily conversations with them exposes me to new ideas in managerial positions everyday. Also, in regards to financial wellness, oblivious at first, I have become more knowledgeable about the investment world during this pandemic.

Even though I have a number of opportunities out of this pandemic, it hasn't been the same for my community, St. Catherine of Genoa church. St. Catherine is a Ghanaian community church in Brooklyn. As such, the teachings and preaching are done in Twi (most spoken dialect in Ghana). Other than sermons, the community organizes Ghanaian related events that we might have participated in while in our homeland. One of such activities is Ghana Independence Day. Wedding and funeral ceremonies are also held in a similar Ghanaian way. One way the COVID-19 pandemic has affected the community of St. Catherine has been the loss of most old age members. Speaking to Mr. Desmond Aseidu, the president of the community, I learned that the lives of most old aged members had been lost as a result of the COVID-19. He associated his reasoning to the fact that there was no more conveying. Even though there might have been other aspects which played a role in their unfortunate deaths, the "no convergence" on a regular day played the most role, he stated. He explained his reasons. He believed that our meetings on weekdays and Sundays were the only days and a place where many of the old aged came to socialize with people they shared simulate beliefs, faith, and culture with. However, when the virus invaded, "they were on their own". He told me these were people with no family members here. Even if they did, most of them lived in different states. And here is the case where everyone is being quarantined for their own good, making it hard to make a visit, he said. Being all alone he thinks might have led to a "feeling of isolation, helplessness, thus resulting in such unfortunate incidents.

The discovery of zoom meetings was adopted too late. The idea was implanted after we had lost about three of our members. It is true social gathering has been made available now (with our zoom meeting no longer in existence) but many still have fears. The number of turnouts for our every next meeting decreases. With that being known, I believe it will be a great idea if our community gears towards a hybrid form of convergence. Without making anyone feel isolated, one can decide which option best suits him or her.