



ADAS ISRAEL Congregation

celebrates Asian Pacific American Heritage Month



Photo courtesy of the Happiest Man, himself.

Alvin Wong

The Happiest Man in America

In 2011, the New York Times released the results of a Gallup study conducted to measure the components of "the good life." The results indicated that the happiest person would be "a tall, Asian-American, observant Jew who is at least 65 and married, has children, lives in Hawaii, runs his own business and has a household income of more than \$120,000 a year." And then they found him!

Alvin Wong is a Chinese-American Jew who lives in Hawaii with his wife, Trudy, and their dog. Before retiring, he ran a healthcare business and raised two children. Since being thrust into the spotlight in 2011, he gives motivational speeches on the art of contentedness. Mr. Wong stresses that a positive attitude, balance, and prioritizing are key. He believes that seniors hold many secrets to leading a happy life because of their life experiences. At 77 years, Mr. Wong is still constantly learning from people, experiences, and ideas that he encounters.

References and further reading:

<https://www.nytimes.com/2011/03/06/weekinreview/06happy.html>

https://www.huffpost.com/entry/alvin-wong-happiest-man-america_n_5122548

<https://forward.com/news/196388/happiest-american-is-still-hawaiian-jewish-and-chi/>