



Stay Hydrated

- 7 Best times to drink water
- 1. When you wake up
  - 2. When you think you are hungry
  - 3. Whenever you sweat excessively
  - 4. Before, during, and after exercise
  - 5. When you are sick
  - 6. When you are in a midday slump
  - 7. When you have a headache

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood into our heart and is key to maintaining good health. Being hydrated simply means that your body has enough fluids to function properly.

Seniors are more vulnerable to dehydration for several reasons: Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.

- Older adults experience body changes over time that leave them with less water in their bodies to start with.
- Seniors are more likely to take medications that increase dehydration risk.

Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.

August Birthdays

In astrology, those born between August 1 and August 22 take on the lion star sign of Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They're also ambitious reaching for the stars, working hard, and accomplishing their goals. Those born between August 23 and August 31 are Virgos, known for being industrious and efficient. They pay close attention to details and get the job done right on the first try. Here are a few celebrities born in August:

Resident Birthdays

- Gabriela T. – August 3
- Betty Lou Y. – August 4
- Judith W. – August 19
- Peter D. – August 21
- Masatoshi H. – August 22
- Joanne S. – August 25
- Jessie H. – August 31

Team Puakea Birthdays

- Bernard L. – August 2
- Virginia T. – August 2
- Carol B. – August 22
- Nancy P. – August 22
- Mila S. – August 26
- Alma L. – August 29

*"A wish for you on your birthday,  
whatever you ask may you receive,  
whatever you seek may you find,  
whatever you wish may it be fulfilled  
on your birthday and always. Happy  
birthday August babies!"*

The Coconut Wireless

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Celebrating August

- Read a Romance Novel Month
- What Will Be Your Legacy Month
- Homemade Pie Day  
August 1
- Farmers Market Week  
August 3–9
- Coast Guard Day  
August 4
- Bowling Day  
August 9
- Vinyl Record Day  
August 12
- Mail Order Catalog Day  
August 18
- Poet's Day  
August 21
- Kiss and Make Up Day  
August 25
- More Herbs, Less Salt Day  
August 29

Wala'au (Talk Story) with Gabriela Taylor  
By: Ada Henne Koene

Gabriela's father's family came from Germany, and her mother's from Ireland. They lived in New York City. They later moved to Bridgeport, Connecticut, where Gabriella was born and where she went to school in her early years. They later moved to Portland, Oregon, where her father worked for General Motors. She loved the West Coast, as there were trails to hike and mountains to climb. And the population was scattered.

They later moved to the San Francisco area, and Gabriela attended high school and then the University of California, Berkley. There, she majored and got her degree in Microbiology Nutrition and Health Science, and she met her husband-to-be, Kit Taylor.

Together, they decided to join the Peace Corps, and they were assigned to Brazil. They lived in the towns of Pianco, Paraiba, and Pernambuco from 1965 until 1967. Since all of the people in the surrounding villages spoke no English, Gabriella and Kit learned to speak Portuguese. While she was a Health Educator, she started a family planning clinic in Jaboatao, Pernambuco, and she taught the ladies about birth control, and Kit taught the men how to build. The village women were very happy about this. They were just country people living in shacks, and one can imagine that these uneducated women would have a baby every year.

After finishing her assignment, she returned to the U.S. and got her master's degree in nutrition and health science at the University of California, Berkley. She then became a college instructor and taught Health Sciences at the same University for 25 Years.

In the meantime, Gabriela bought three acres of land on Kauai in Keahapana, mauka of Kapa'a area, and built her own house in 1973. Yes, she picked up hammers and nails and did everything. As she later wrote in her book, "believing in my own ability to achieve something I had never done before." Taking a leave of absence from college for the fall was the only choice. I had a little more than three thousand dollars in cash, above and beyond my living expenses and mortgage payments for the house.

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Clearly, I would have to do the building myself since I had barely enough money for the materials.” However, she later hired some help.

In 1977, Gabriella flew to Kauai to visit a boyfriend who took her to a Sufi Dance Camp. The people there were Christian, Jewish, Muslim, Hindu, Buddhist, and indigenous religions. “As I read deeper and deeper into Sufi mysticism, insights and profound transformation opened my conscience and my heart.” As a result, Gabriela decided she wanted to build ‘Keahapana Center for Health and Creativity.’ However, the Kauai Planning Department said she couldn’t have a retreat center there. She then designed and built a Bed and Breakfast building complex. And it would be called Keahapana Center Bed and Breakfast. She later wrote a book about her B&B experience called *Geckos & Other Guests, Tales of a Kauai Bed and Breakfast*. While this was going on, she kept teaching in California and returned to Kauai whenever she could. Her B&B was badly damaged by Hurricane Iniki, and she eventually sold the place after 13 years.

Gabriela says: “Those amazing experiences in the Peace Corps shaped my career/life and ignited my love of travel to exotic developing countries.” She has been all over the world. She said she has been in at least 42 countries, but I think there were more. Bali is among her favorites. Welcome to Regency at Puakea Gabriela.

## Pawsitive Days of August



The hot and sultry days of summer, known as the “dog days,” stretch from July 3 to August 11. This period of time was named by the ancient Romans, who observed that the Dog

Star, Sirius, was most visible in the night sky during this steamy season.

It makes perfect sense, then, that August 3–9 is Assistance Dog Week, a week honoring canines that help humans with disabilities. Guide, hearing, and medical-alert dogs are specially trained to accompany their owners anywhere and everywhere. “Detection dogs” sniff out everything from bedbugs to forest truffles to cancer.

In addition, August 5 is Work Like a Dog Day, a day for all those dogs who put in a hard day of work. Search-and-rescue, police, therapy, herding, hunting, tracking, guard, and sled dogs are not merely pets but are integral partners in working endeavors. For example, no other dog can compete with the bloodhound’s sense of smell, which is so reliable that it’s admissible as evidence in a courtroom. Bloodhounds can track a smell more than 300 hours old and trails more than 130 miles (209 km) long.

The Doberman pinscher was bred by a German tax collector named Karl Friedrich Louis Dobermann as a protective companion to assist him on his daily rounds. Not only is the Doberman a tough guard dog but also it’s one of the smartest dog breeds in the world.

German shepherds are renowned Hollywood actors as well as police and therapy dogs. The breed’s courage may be rivaled only by their charisma. When Rin Tin Tin debuted on the silver screen, he received more than 10,000 pieces of fan mail per week.

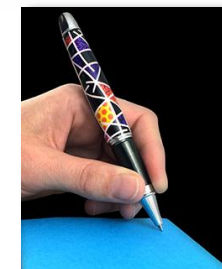
While we’ve all heard the saying “work like a dog,” these industrious canines give the phrase new meaning.

## Wrap Trap

Sometimes opening a bottle of aspirin is so difficult that you need an aspirin just to relieve the pain. Equally frustrating is having something as tiny as a keychain mailed in a box the size of a small child. If you’ve encountered such preposterous packaging, you may be a fan of Particularly Preposterous Packaging Day on August 7.

Products are artfully packaged to look larger and more desirable, sometimes regardless of how difficult the package is to open. The term *wrap rage* has been coined to describe the frustration many feel when a package is all but impossible to unwrap. Furthermore, overpackaged products lead to waste. Studies show that a third of all household waste comes from packaging, which often ends up in landfills. Some places in Great Britain and elsewhere have even begun issuing packaging laws to reduce the amount of trash. The next time you tangle with a package, keep August 7 in mind.

## Lefties Take the Lead



Did you hear the one about the inventor who developed a left-handed hammer? It didn’t sell. He forgot to invent left-handed nails! But if he had, they likely would have been sold by the Left Handers Club, which celebrates

International Left Handers Day on August 13.

Left Handers Day is about more than just advocating for left-handed products, like scissors, pens, and can openers. It’s about creating “Lefty Zones,” where right-handed people attempt tasks using their left hands. For one day, the proverbial shoe will be on the other foot, with righties struggling to use tools unfit for their right-handedness. It’s a day when all lefties will fight for their, um... rights.