

Across Faiths and Time



April 1–7 may be Golden Rule Week, but the message of doing unto others as you would have them do unto you is timeless. While many know the Golden Rule to come from Jesus’ Sermon on the Mount, it might be a surprise to hear that a version of the Golden Rule appears in almost every major religion. The Bible tells the story of how Jesus, in order to better address the great crowds following him, ascended a mountainside. His moving proclamations became known as the Sermon on the Mount. As told by his apostle Matthew, Jesus said, “So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

Jesus, in this teaching, was actually summarizing the Jewish Torah. Elsewhere in the Talmud, Rabbi Hillel taught, “What is hateful to yourself, do not do to another.” This is a sentiment that echoes other religious teachings. The Chinese philosopher Confucius said, “Do not do to others what you would not like yourself.” The Buddha preached, “Hurt not others in ways that you yourself would find hurtful.” It is written in the Hindu text Mahabharata, “Do naught unto others what you would not have them do unto you.” The Quran advises Muslims, “None of you has faith until he loves for his brother what he loves for himself.”

Though many now call these teachings the Golden Rule, it was never called that in the Bible or elsewhere. The term originated in the 17th century in reference to the courts of old England, where golden law implied that judges could be bought with gold. From this cynical view of law sprouted a more optimistic and common-sense golden rule, which implied the sharing of good deeds between citizens in order to sidestep corrupt courts. The Golden Rule is found in so many different cultures that some believe it to be the fundamental quality of human nature.

April Birthdays

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

Resident Birthdays

- Helen Y. – April 7
- Ann B. – April 9
- Pacita J. – April 10
- Phyllis M. – April 13
- Robert Y. – April 16
- Dorothy K. – April 19
- Linda T. – April 21
- Rosalina C. – April 24
- Karen G. – April 28
- Nanette K. – April 30



Team Puakea Birthdays

- Brenda S. – April 2
- Ovelia C. – April 4
- Aprille Dane T. – April 10
- Kimberly B. – April 11
- Stephanie T. – April 11
- Sunila M. – April 13
- RudyRick C. – April 23
- Sheri K. – April 26
- Jeanifer P. – April 26



The Coconut Wireless

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Bringing Independence to Living and Quality to Life



Celebrating April

Straw Hat Month

Physical Wellness Month

Defeat Diabetes Month

Passover

Begins Sundown April 1

Handmade Day

April 4

World Health Day

April 7

Siblings Day

April 10

Dolphin Day

April 14

World Amateur Radio Day

April 18

Earth Day

April 22

Talk Like Shakespeare Day

April 23

International Jazz Day

April 30

Roll into Spring

April is a season of renewal time when nature reminds us that fresh starts are always possible. As the saying goes, “April showers bring May flowers,” and here at Puakea, we embrace this spirit of growth, rejuvenation, and overall well-being.

This month, we celebrate new beginnings not only in nature but also in our health and wellness. Spring is a wonderful time to refocus on caring for our bodies and minds. Simple activities like enjoying fresh air, taking gentle walks, staying hydrated, and choosing nourishing foods can make a meaningful difference in how we feel each day. Even small steps—stretching in the morning, connecting with a friend, or spending time outdoors—can support both physical and emotional wellness.

April also reminds us of the importance of routine health awareness. It’s a great time to check in on personal wellness goals, attend scheduled appointments, and stay consistent with medications and care plans. Our team remains committed to supporting each resident’s individual needs while promoting independence, dignity, and safety.

We also encourage residents to take part in our wellness activities, from light movement and social engagement to moments of relaxation and mindfulness. Whether it’s participating in group exercises, enjoying music and art, or simply sharing stories with neighbors, these experiences help strengthen both body and spirit while fostering a strong sense of community.

As the days grow brighter and flowers begin to bloom, we are reminded that each day brings an opportunity for renewal. At Puakea, we look forward to a season filled with growth, vitality, and joy. Together, let’s welcome April with open hearts, healthy habits, and a renewed sense of purpose. 🌸

Happy April.... Pam Arroyo, Executive Director

The Art of Hula



Miss Aloha Hula 2025 Jaedyn Janae Puahalani Pavao of Hālau Ka Lei Mokihana o Leinā`ala will be passing on the title of Miss Aloha Hula at this year's 63rd annual Merrie Monarch. The week-long Merrie Monarch Festival runs April 5-11th, 2026. "Hula is the Language of the Heart.

Therefore, the

Heartbeat of the Hawaiian People."

KALĀKAUA REX

In wa kahiko or ancient times, hula was used to pass down history, genealogies, and stories through chants and motion. It originated as a religious practice, often dedicated to the goddess Laka, before evolving into two main types: hula kahiko (ancient) and hula `auana (modern). It was suppressed in the 1800s but survived, resurging in the 1970s as a vital cultural practice.



Captured March Memories



One Last Powwow



On April 24 and 25, Albuquerque, New Mexico, will host one of the largest gatherings of Indigenous Americans in the world when more than 700 tribes from the United States, Canada, and beyond arrive for the Gathering of Nations Powwow. First held more

than 40 years ago, the Gathering of Nations has grown into the premier Native American cultural event in North America. Sadly, organizers have announced that the 2026 powwow will be its final year—"The Last Dance."

What makes the powwow so special? It is a shared celebration of traditional Indigenous cultures—a feast for the eyes, ears, and mouth. With more than 30 judged categories, spirited competition in Native music, singing, and dancing involves everyone from children to elders. It is a remarkable sight to see men and women perform many different dances in their traditional regalia adorned with feathers, beads, and colorful clothing. Visitors should not miss the Grand Entry, when thousands of dancers in full costume enter the arena with great fanfare.

Another highlight is the Miss Indian World competition, where young Native women compete in public speaking, traditional talents, interviews, and dance, sharing their tribes' cultures and histories. Winners traditionally serve as cultural ambassadors and educators.

In the spirit of community, all are welcome to attend the powwow. Tickets grant access to the powwow grounds, Stage 49 (a live music stage featuring Native performers), the Indian Traders Market with hundreds of artisans and craft workers, the Native Food Court, and the Horse & Rider Regalia Parade. Events take place at the Powwow Grounds at Expo New Mexico, centered around the Tingley Coliseum in Albuquerque.

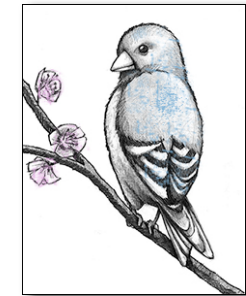
Letters in Action

National Scrabble Day, celebrated every April 13, is the perfect excuse to dust off your tiles and show off your word skills. Since its creation in 1938 by Alfred Butts, Scrabble has challenged players to turn letters into clever combinations, scoring big points while occasionally learning a new word or two. From casual family game nights to competitive tournaments, Scrabble brings people together and sparks a bit of friendly rivalry.

On National Scrabble Day, players embrace the challenge of crafting the highest-scoring words and reveling in the joy of landing a triple-word score. Even if you're not a seasoned pro, the day is a fun reminder that words can be playful, powerful, and sometimes tricky.

Some enthusiasts share words or post photos of game boards mid-battle on social media. Schools, libraries, and community centers often host Scrabble events to encourage literacy and spark a love of language. So grab your tiles, find a worthy opponent, and celebrate the delightful challenge of Scrabble.

Drawn to Birds



Draw a Bird Day, celebrated on April 8 each year, dates to 1943, when seven-year-old Dorie Cooper visited her uncle, a wounded war veteran, in the hospital. He was in poor spirits, and Dorie tried to cheer him up by requesting he draw a bird for her. Dorie couldn't help but laugh at the resulting picture, but she did, indeed, boost her uncle's spirits. With each subsequent visit to the hospital, Dorie was greeted with pictures of birds drawn by the soldiers, some good and many bad, but all of them evoking smiles. On April 8, put your talents to work drawing a bird. And don't feel too bad if your work isn't quite as beautiful as the paintings of famous ornithologist John J. Audubon, whose birthday is celebrated on April 26.