

Health and Wellness

Is cholesterol bad for you or good for you? Take the time this September, Cholesterol Education Month, to familiarize yourself with cholesterol's impact on your health.

Most often, when people think of cholesterol, they think of low-density lipoprotein, or LDL “bad” cholesterol. This type of cholesterol is considered bad because it creates a plaque—a hard, thick deposit that can clog arteries and make them less flexible. As LDL collects in the walls of our blood vessels, it can cause blockages and may lead to heart attack and heart disease. High-density lipoprotein, or HDL cholesterol, helps carry excess cholesterol back to the liver, where LDL is broken down and removed from the body. Both LDL and HDL levels can be measured with a simple blood test, helping doctors assess overall cardiovascular health and risk.

Foods high in trans fats and many sources of saturated fat can raise LDL cholesterol and increase the risk of heart disease. Foods rich in unsaturated fats—such as olive oil, salmon, avocados, nuts, and seeds—can help improve cholesterol levels when they replace less healthy fats in the diet. Whole grains, fruits, and vegetables also support heart health.

Eating well is not the only way to improve cholesterol. Regular physical activity, maintaining a healthy weight, and quitting smoking can all help lower cardiovascular risk and promote healthier cholesterol levels. Now that you know more about cholesterol, have a heart and pass your newfound knowledge along.

September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

Resident Birthdays

Sharon V. – September 5
Frances M. – September 10, 1929
Akiyo M. – September 6, 1947

Team Puakea Birthdays

Laurie D. – September 6
Gina P. – September 23
Cassie M. – September 26
Nono V. – September 30

Regency Puakea
*A Retirement and
Assisted Living Community*
A REGENCY PACIFIC COMMUNITY

*You're
Invited!*

ASSISTED LIVING WEEK 2026

SEPTEMBER 13-17, 2026

Theme:
*Shining
Through the Years*

CALENDAR OF EVENTS

SUNDAY SEPTEMBER 13	MONDAY SEPTEMBER 14	TUESDAY SEPTEMBER 15	WEDNESDAY SEPTEMBER 16	THURSDAY SEPTEMBER 17
<i>Welcome Social & Community Blessing</i> • Opening celebration • Community blessing • Refreshments and fellowship	<i>A Stroll Through Memory Lane</i> • Reminiscing activities • Memory displays • Sharing stories from years gone by	<i>Meet and Greet with Kane's Finest KPD & Recognition of Our Centenarians</i> • Meet local officers • Community connection • Honoring our centenarians	<i>Talent Show, Ukulele Sing-Along & Games</i> • Resident and staff performances • Ukulele sing-along • Fun games and friendly competition • Prizes and laughter for everyone	<i>Community Day Happy Hour with Ron Toki</i> • Live island music • Community celebration • Happy Hour featuring Ron Toki • Cloning festivities

Everyone is welcome!

Residents, families, friends and community members—
COME CELEBRATE WITH US!

REGENCY PUAKEA
2130 Kaneohe Street, Lihue, HI 96766 • (808) 246-4449
Bringing independence to living and quality of life

The Coconut Wireless

Regency Puakea | 2130 Kaneka St. | 808-246-4449
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Celebrating September

Classical Music Month

Self-Improvement Month

Courtesy Month

Newspaper Carrier Day
September 4

World Beard Day
September 5

Labor Day (U.S.)
September 7

Chocolate Milkshake Day
September 12

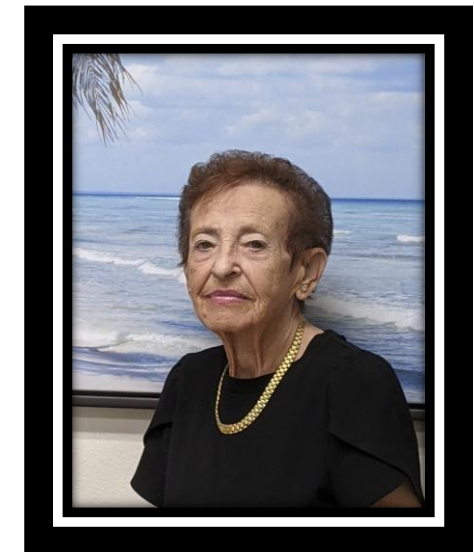
Line Dance Week
September 14–19

**International Day of
Democracy**
September 15

Fall Equinox
September 22

Love Note Day
September 26

Coffee Day
September 29



Evelyn has been at the Regency for a month now and she is looking forward to the newcomers gathering to meet more wonderful residents. Those were her words, not mine.

When I asked her about her ethnic background she replied; “I am Portuguese and my grandparents came from Portugal with my mom when she was nine in 1920. They came to America for better opportunities and ended up in Sacramento, California. My grandfather worked for the railroad and my grandmother was a homemaker. They bought a lot of rental property and did very well.”

“Later my mom met my dad who also was Portuguese. I was born in Sacramento and grew up there and went to school there. I eventually became a Special Education Teacher, which I loved, for 22 years.”

Needless to say, she still speaks Portuguese.

“In my senior year, I met Patrick Rapozo who was born and raised on Kauai. He was in the Air Force, and we got married in 1960. We were married for 65 years until his passing in May.

Masatoshi Hayashida



Masatoshi “Masa” faithfully served 20 years in the United States Army as an Infantry Man. He completed basic training in Alabama, Military Language School in Minnesota, and later serving in Tacoma Washington. His periods of service span the Vietnam War era with

each enlistment concluding in honorable discharge. An eduring testament to his character and commitment.



After retiring from the military, Masa continued serving his island community. For two decades he worked as a Computer Technician at the Pacific Missile Range at Barking Sands. He retired civillian service in 1995.

Masa never married but is deeply loved by his nieces and nephews. His niece, Amy Isobe serves as his primary support. Today he resides here at Regency Puakea where he enjoys crossword puzzles, sudoku, and occassional trips to the 9th island Las Vegas.



We thank Masa for his service to our counry and island community. We also wish him a Happy 100th Birthday.



One and Done

There is no surer path to celebrity and then back to obscurity than the one-hit wonder. September 25 is One-Hit Wonder Day, a day for us to remember all those musicians who wrote one hit song that dominated the charts and then were forgotten. Perhaps one of the best-known one-hit wonders is “Earth Angel,” the Penguins’ 1954 doo-wop classic. With sales estimated at more than 10 million copies, it is often cited among the most successful one-hit wonders of all time. But don’t take our word for it. Every decade has had its share of one-hit wonders: 1963’s “Wipeout” by the Surfaris, 1977’s “You Light Up My Life” by Debby Boone, 1983’s “Puttin’ on the Ritz” by Taco, 1991’s “Walking in Memphis” by Marc Cohn, and the 2005 hit “Listen to Your Heart” by D.H.T. If you don’t recall any of these songs, you’re not alone, but that doesn’t bother Steven Greenberg, who in 1980 wrote the song “Funkytown.” When asked about his sole hit, Greenberg says, “I call it ‘one-hit wonderful.’”

A Paper for the People



On September 3, 1833, in New York City, Benjamin Day began printing his daily newspaper, *The Sun*, for which he charged one penny per copy. For this reason, September 3 is celebrated as Penny Press Day. Day’s small paper was groundbreaking for many reasons. First, it brought the news to the masses.

Working-class families and immigrants could at last afford to be well informed. Secondly, it relied on advertising, not subscriptions, for revenue, which helped keep its cost low. The invention of the steam engine also aided Day’s cause. In 1840, he could print 4,000 copies an hour; by 1851, he was printing 18,000. Day was also the first newspaperman to hire reporters to follow stories. Thanks to his ingenuity, Day became New York’s first great newspaper magnate.



Wala`au continued from pg. 1

We had three children: Jeanette, Patrick Jr., and Rochelle. They all live in California. I have wonderful grandchildren: seven grandsons, and ten great and three great-great grandchildren.

“In 2007, we bought a piece of property in Princeville and had a house built there. In 2017, we sold our ranch in California and moved here to Kauai permanently. It was our best decision ever.”

“After Patrick’s passing, my children did not want me to live in the house alone. They knew I wanted to stay on Kauai, so my daughter Rochelle suggested The Regency at Puakea. I was so happy to hear that. I have been here for a month now and I couldn’t be any happier. My children can come and visit me and stay at the house. I love the Regency. Every staff member is so wonderful and caring, and the residents are so friendly and welcoming. There is so much aloha.”

When I asked her if she had any special interests, any hobbies, she replied that her hobbies consisted of loving to decorate for all the special holidays and that she loves to cook and make big dinners for family and friends.

Evelyn Has been to Portugal to Madeira, Lisbon, and San Miguel. It was a great visit. She found these places so beautiful and clean. Madeira is called the Garden Island, also.

Of course, I was curious. Was she related to the soon to be Mayor Mel Rapozo. Yes, he was a cousin of Patrick’s.