

HUI LIMA KOKUA HAWAII CLUB

APELILA 2022 NEWSLETTER

MONTHS

January – Ianuali

February – Pepeluai

March – Malaki

April – Apelila

May – Mei

June – Iune

July – Iulai

August – Aukake

September – Kepakemapa

October – Okakopa

November – Nowemapa

December - Kekemapa

DAYS

Sunday - Lapule

Monday – Po’akahi

Tuesday – Po’alua

Wednesday – Po’akolu

Thursday – Po’aha

Friday – Po’alima

Saturday – Po’aono

See if you can memorize the months of the year and the days of the week in Hawaiian. Maybe in a few months we’ll get together once again, and we can quiz each other.

In the September 2021 issue of ConsumerReports On Health there was an article on “The Best Ways to Boost Your Memory.”

4 Steps to Boost Brainpower

Monitor Your Health – Schedule routine medical appointments, “especially those to check on chronic health conditions, such as high blood pressure or type 2 diabetes....”

Keep Moving – “We know that regular aerobic exercise boosts blood flow to your brain and also increases the size of your hippocampus, the part of your brain that’s involved in verbal memory and learning,” says Zaldy Tan, MD, MPH, medical director of the Jona Goldrich Center for Alzheimer’s and Memory Disorders at the Cedars-Sinai Hospital in Los Angeles ...Simply walking can provide plenty of benefits: Sedentary people older than 55 who walked three times a week showed improvement in thinking after just six months, according to a study published in 2019 in the journal *Neurology*. Aim for 30 minutes of aerobic exercise most days, Tan says.” Focus on strength and balance, too.

Eat Brain-Friendly Foods – “A Mediterranean diet-rich in produce, whole grains, nuts, beans, and healthy fats from foods such as fatty fish and olive oil-appears most protective for brain health.”

Do What You Love – “Find what you love. And do more of it. Even ordinary pastimes, like reading the paper every day or playing Monopoly with grandkids, can bring benefits. A Chinese study of more than 15,000 people older than 65...found that those who regularly engaged in pursuits such as reading and board and card games, had a significantly lower dementia risk.”

Hau’oli Pakoa (Happy Easter)

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