

August 2025

The Empower Life Magazine



EMPOWERED
LIFE
PROGRAM 
Live Out Loud!



Our Executive Team

Executive Director
David Monroy

Wellness Director
Anchirrizza Concepcion

Business Office Director
Veronica Gomez

Community Liaison Director
Lee Donoghue

Maintenance Director
Jeremey Vasquez

Programs Director
Scott Marshall

Executive Chef
Heather Martin

Welcome to August!

Aloha & Happy August everyone! Summer is still in full swing, and with that comes HEAT! Please make sure you are staying hydrated and cool! Join us on Thursday, August 21st for a special Luau event, that will be sure to excite & entertain everyone. The Candlelight Dinner in July was a huge success, so we are excited that it will be back on August on Tuesday, the 26th!

Stay Cool!

Sincerely,
Your Executive Team

Join Us for Special Events

Saturday, August 2nd-Music w/ Ed Fagenson

Thursday, August 7th-Music w/ Cesar

Friday, August 8th-Podiatrist Visit

Saturday, August 9th-Music w/ Corey

Thursday, August 14th-Musci w/ Akshay

Thursday, August 21st-LUAU!

Saturday, August 23rd-Music w/ Joey Aaron

Tuesday, August 26th-Candlelight Dinner

Thursday, August 28th-Music w/ Meagan

Follow us on Social



The History of the Luau



The history of the luau dates back to 1819, when the Hawaiian King Kamehameha II abolished the custom of men and women eating separate meals. This changed the way Hawaiians celebrated their special occasions and paved the way for the modern luau. The name comes from the main dish, which is a blend of chicken, taro leaves, and coconut milk. This delicious dish is served at a luau, or “honu party.” The luau is Hawaii’s most traditional celebration. In the 1800s, the Hawaiians hosted a coed feast, but today it is a popular tourist attraction. Many popular films feature this island tradition, including the animated film Lilo & Stitch, and the Jurassic Park series. Today, many luau events are held all over the world. But the history of the

luau is rich and varied. The Hawaiians used to eat separate meals, but the practice was soon changed by King Kamehameha II. In 1819, he ended the practice of eating with women. The feasts became more popular, and the first luau took place in Hawaii. The first food served at a luau is the taro leaf and chicken dish. The traditional menu is composed of several dishes. The menu changes according to the day. In the past, luaus were only held for royals and families. In the early 1900s, it was a more refined affair. The men sat separately from the women and children. The chiefs ate celebratory foods such as moi. The common foods included sweet potatoes and poi. The word “luau” was first used to describe large gatherings of men, which was later expanded to include the women and children. The modern luau began over 200 years ago. The food served at a luau is a multi-course meal that usually includes chicken, taro, and coconut milk. While there are many types of food served at a luau, the most popular foods were roasted pig and chicken, kalua pig, and lomi salmon. Other traditional foods included Hawaiian sweet potatoes and haupia. The history of the luau begins with the taro plant. The taro plant is a staple of Hawaiian culture. It is used to make the famous dish called lomi salmon. In the early days of the luau, women performed the hula. It was a form of homage to the king and the queen. Even today, the hula dance has been a favorite of the locals, and the taro plant is the most commonly grown in the state.

August Birthdays:

Barbara Cammarata 8/01

Ralph Anderson 8/07

David Peters 8/18

James Hall 8/27

Thomas Mroch 8/30

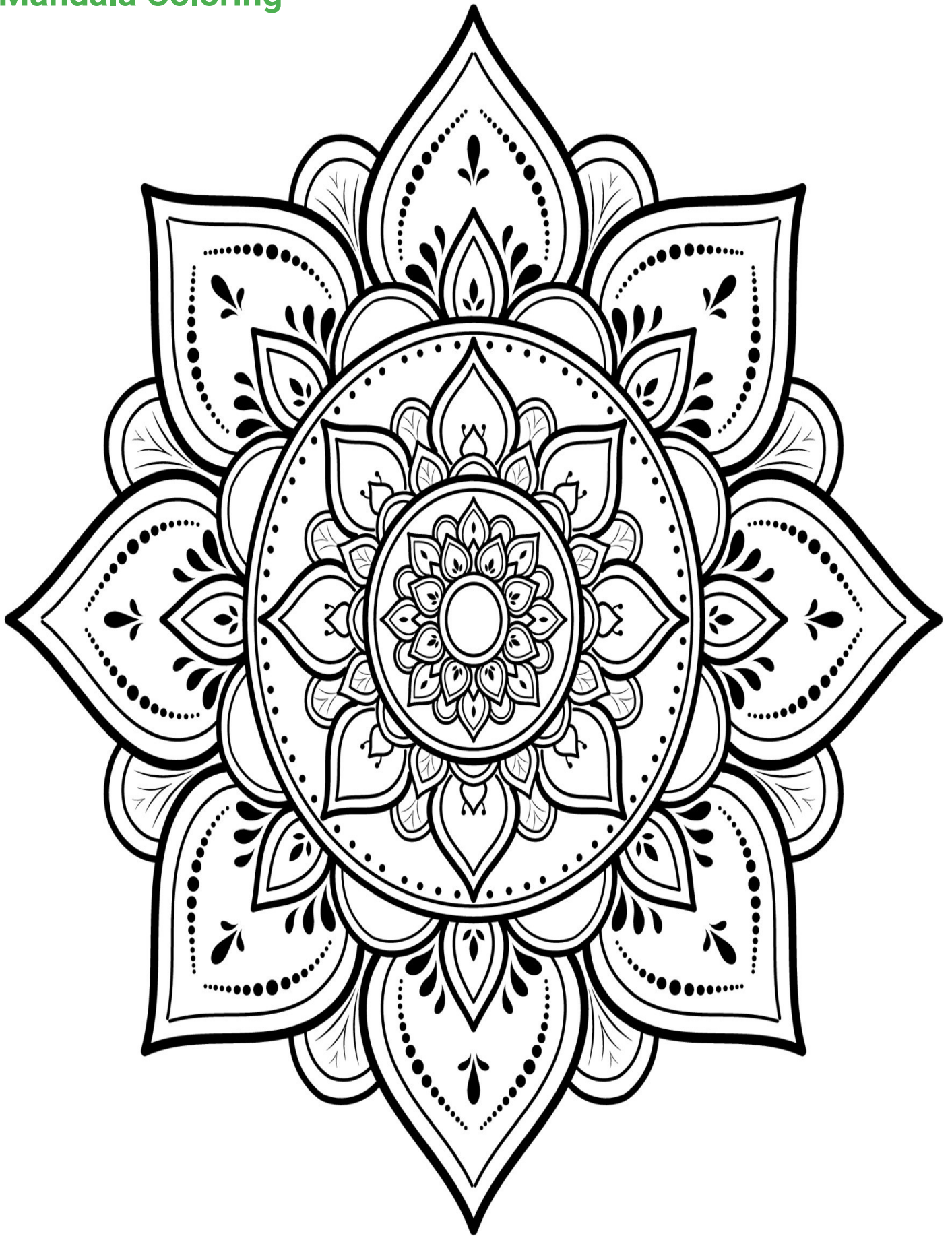
Roger Olson 8/31

Carol Milhorn 8/31





Mandala Coloring





“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.”

— Victoria Erickson

