

January 2024 Neurotrauma Newsletter
Brain Injuries, Brain Tumors, Spinal Cord Injuries, Strokes
Pacific Disabilities Center, John A. Burns School of Medicine,
University of Hawaii at Manoa

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The names or contact information of subscribers is never shared.

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1. Announcements

New resources have been added!

- Concussion Legacy Foundation virtual support groups for post-concussion patients, post-concussion caregivers, suspected Chronic Traumatic Encephalopathy caregivers, suspected Chronic Traumatic Encephalopathy patients, concussed Moms, and Canada patient groups (page 20)
- TBI Caregiver Support Group – Mahalo to Michele Tong from the Hawaii DOH Neurotrauma Program for letting me know about this group (page 27)
- “Gimme A Break” virtual weekly support sessions for caregivers (page 26)
- Michigan Sport-Related Concussion Training Certification (page 43)

- The Rehabilitation Research Center at the Baylor Scott & White Research Institute is looking for persons who have had traumatic brain injuries, strokes, or spinal cord injuries who may be interested in participating in their various studies (page 43)
- The TechSAge Rehabilitation Engineering Research Center is looking for older adults to join a registry of individuals to take part in future research studies (page 44)
- And these informational resources (pages 50 – 52):
 - Brain Foundation / Migraine & Headache Australia Newsletters
 - Concussion Legacy Foundation Resource Center
 - Traumatic Brain Injury Resource Bundle for American Indians
 - New section for resources on Brain Tumors
- Last (but definitely not least):
 - Starting in January, a new Low Impact Moves with Coach Brynne online exercise class from our friends at the St. Francis Caregiver Education and Wellness Classes program (page 46)
 - And an in-person Safe Falling for Kupuna class on January 10 at the St. Francis Kupuna Village location in Honolulu (page 3)

The students of Waimea High School's Health Academy (Kauai) are planning for their annual Health Fair, which brings health care providers and organizations to the west side of Kauai. The fair will be held on Friday and Saturday, February 9 and 10, 2024, from 4:00 pm – 10:00 pm each day. If you are interested in having a table at the fair, contact Health Academy students Jessica Sarmiento (4591200343@k12.hi.us or 808-346-5425), Nicole Perpose (808-635-1494), or Meiya Ramos (808-631-8858). The students are also looking for crafters and food booths or trucks.

2. Online and In-Person Events

January 2024

Title: Day at the Beach (accessible surfing for persons with disabilities)

Format: In-person in Kapolei, HI

Cost: Free

Sponsored by: Access Surf Hawaii

Date: January 6, 2023

Time: 8:00 am – 2:00 pm HST

Location: Kalaeloa (White Plains Beach) in Kapolei, HI

Register: www.accesssurf.org/datb

Additional information: Volunteers are also needed. Both participants and volunteers need to register in advance. Additional Days at the Beach are scheduled in 2024: February 3, March 2, April 6, May 4, June 1, July 6, August 3, September 7. More information about Access Surf at: <https://www.accesssurf.org/>

Title: Ask an ADA Professional Questions RE: Accommodations in the Court System

Format: Virtual

Cost: Free

Speakers: Julie Ballinger, Affiliate, Southwest ADA Center, and Diego Demaya, JD, Legal Specialist, Southwest ADA Center at ILRU

Sponsored by: Great Lakes ADA Center

Date: January 10, 2024

Time: 2:00 pm – 3:00 pm ET (9:00 am – 10:00 am HST)

Registration: <https://www.accessibilityonline.org/ADA-Audio/session/?id=111087>

Title: Safe Falling for Kupuna

Format: In-person on Oahu

Cost: Free

Speakers: Dennis Jinnohara, 5th Degree Black Belt with 36 years of Aikikai Aikido experience

Sponsored by: St. Francis Caregiver Education and Wellness Classes

Date: January 10, 2024

Time: 10:00 am – 11:30 am HST

Location: St. Francis Kupuna Village

Registration: <https://www.stfrancishawaii.org/s/courses>

Additional information: Contact Kauai Asing at 808-547-8092 or kasing@stfrancishawaii.org

Title: Powerful Tools for Caregivers (PTC)

Format: In-person on Hawaii island

Cost: \$10 registration fee

Speakers: Two certified volunteer class leaders

Sponsored by: Tutu's House

Date: Thursdays, January 11, 2024 – February 15, 2024 (six 2-hour classes)

Time: 10:00 am – 12:00 pm HST

Location: Tutu's House, 64-1032 Mamalahoa Highway, #305, Waimea (located in Kamuela Business Center, across HPM Waimea)

Registration: Call Suzanne Zaw at 808-339-7980

Additional information: <https://www.tutushouse.org/activities/> (click on January 11 on the calendar on this page)

Title: Traumatic Brain Injury (TBI) Classification and Nomenclature Workshop

Format: In-person in Bethesda, MD and via NIH Videocast

Cost: Free

Speakers: Clinical experts and stakeholders who are part of six working groups that were developed

Date: January 22 - 23, 2024

Time: 9:00 am – 5:00 pm (4:00 am – 12:00 pm HST)

Location: Natcher Conference Center, National Institutes of Health (NIH) campus in Bethesda, MD and online via NIH Videocast

Additional information: The workshop goals are to highlight the working groups' findings after reviewing data from previous and existing studies, and to seek public input from the TBI community and stakeholders with the goal of informing the development of a more precise and evidence-based classification system – beyond the currently-used terms of “mild, moderate, severe.” For additional information and to register, visit: <https://www.ninds.nih.gov/news-events/events/ninds-tbi-classification-and-nomenclature-workshop>

Title: Understanding Hawaii's Long-Term Care Options

Format: Virtual

Cost: Free

Speakers: John McDermott, Long Term Care Ombudsman, LSW, ACSW, M.Div.

Sponsored by: St. Francis Caregiver Education and Wellness Classes

Date: January 25, 2024

Time: 10:30 am – 12:00 pm HST

Registration: <https://www.stfrancishawaii.org/s/courses>

Additional information: Contact Kauai Asing at 808-547-8092 or kasing@stfrancishawaii.org

Title: Effective Communication from Both Sides: Providers and Clients

Format: Virtual

Cost: Free

Speakers: Tayrn Barlow and Ali Rheame

Sponsored by: National Association of State Head Injury Administrators (NASHIA)

Date: January 31, 2024

Time: 12:00 pm – 1:15 pm ET (7:00 am – 8:15 am HST)

Registration:

https://us06web.zoom.us/webinar/register/WN_CqKTm5xFRSqagStNRquiaQ#/registration

February 2024

Title: International Stroke Conference 2024 (ISC)

Format: Hybrid; Virtual and in-person in Phoenix, AZ

Cost: Varies depending on status and when you register. Separate pricing for virtual-only attendance.

Speakers: Various

Sponsored by: National Association of State Head Injury Administrators (NASHIA)

Date: Pre-Cons and Stroke Nursing Symposia – February 6, 2024

ISC Sessions – February 7 – 9, 2024

Time: Varies

Location: Phoenix Convention Center, 100 North Third Street, Phoenix, AZ 85004

Registration and Additional Information: Childcare is available at an extra cost.

Visit https://professional.heart.org/en/meetings/international-stroke-conference?utm_source=Together+To+End+Stroke+fy+2024&utm_medium=email&utm_campaign=emailname&utm_content=content5+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE for more information and to register (for which you will need to create an account if you don't already have one)

Title: Annual Health Fair

Format: In-person in Waimea, HI

Cost: Free

Sponsored by: Waimea High School Health Academy

Date: February 9 and 10, 2024

Time: 4:00 pm – 10:00 pm each day

Location: Waimea High School, 9707 Tsuchiya Road, Waimea, HI 96796

Title: Grant Writing Workshop

Format: Virtual

Cost: \$175 members, \$200 for non-members (includes both sessions)

Speakers: Judy Dettmer, Director for Strategic Partnerships and Technical Assistance for NASHIA, and Maria Crowley, Director of Professional Development for NASHIA

Sponsored by: National Association of State Head Injury Administrators (NASHIA)

Date: February 14 **and** 21, 2024

Time: 12:00 pm – 2:00 pm ET (7:00 am – 9:00 am HST)

Registration: <https://www.nashia.org/calendar#!event/2024/2/14/grant-writing-workshop>

Additional information: Participation is limited to the first 30 attendees.

Title: 2024 Brain Injury Patient Summit

Format: TBA

Cost: TBA

Speaker: Various

Sponsored by: Power of Patients

Date: February 16, 2024

Time: TBA

Registration: TBA

Title: Recognizing and Sorting Out Parkinson's and Atypical Dementias

Format: Virtual

Cost: Free

Speaker: Jason Viereck, MD, Ph.D., Director, Parkinson & Movement Disorders Center, Sub-Investigator, Parkinson's Research Unity, Hawaii Pacific Neuroscience

Sponsored by: University of Hawaii John A. Burns School of Medicine, Department of Psychiatry CME Grand Rounds

Date: February 16, 2024

Time: 12:00 pm – 1:00 pm HST

Additional information: Go to <https://www.facebook.com/HIPacNeuro/events>, call or text 808-261-4476, or send an email to info@hawaii@neuroscience.com

Title: Americans with Disabilities Act Virtual Conference

Format: Virtual

Cost: TBA

Speakers: Various

Sponsored by: Pacific ADA Center

Date: February 27 – 28, 2024

Time: 9:30 am – 3:00 pm PST (7:30 am – 1:00 pm HST)

Registration: Coming soon

Additional information: Contact the Pacific ADA Center at support@adapacific.org or visit <https://www.adapacific.org/pacific-region-ada-update-virtual-conference-2024/>

Title: Traumatic Brain Injury (TBI) Partners Day

Format: Virtual

Cost: Free

Speakers: Various speakers who are state and federal representatives and / or who have lived experience will talk about criminal justice, behavioral health, aging with a TBI, and more

Sponsored by: Administration for Community Living (ACL)

Date: February 29, 2024

Time: TBA

Registration: TBA

Additional information: Coming soon; for now, you can email tbitarc@hsri.org

Title: Depression & Anxiety in Pain Medicine – Management Pearls

Format: Virtual

Cost: Free

Speaker: Jason Chang, MD, Director, Spine and Pain Management, Hawaii Pacific Neuroscience, Clinical Assist Professor of Medicine, University of Hawaii John A. Burns School of Medicine

Sponsored by: University of Hawaii John A. Burns School of Medicine, Department of Psychiatry CME Grand Rounds

Date: February (date TBA), 2024

Time: 12:00 pm – 1:00 pm HST

Additional information: Go to <https://www.facebook.com/HIPacNeuro/events>, call or text 808-261-4476, or send an email to info@hawaii@neuroscience.com

March 2024

Title: NASHIA 3rd Annual SEED Summit

Format: In-person in Washington, DC

Cost: From \$425 - \$525, depending upon when you register and if you are a NASHIA member or not

Speakers: Various

Sponsored by: National Association of State Head Injury Administrators

Date: March 5 and 7, 2024 (not March 6 because of the Rally on Capitol Hill for Brain Injury Awareness Day [see below])

Time: Begins on 8:30 am CST on March 5 and ends at 4:15 pm CST on March 7, 2024

Location: Holiday Inn Washington Capitol – National Mall, 550 C Street SW, Washington, DC 20024

Registration: <https://www.nashia.org/calendar#event/2024/3/5/nashia-apos-s-2024-seed-summit>

Additional information: Must register by February 21, 2024

Title: Rally on Capitol Hill for Brain Injury Awareness Day

Format: In-person in Washington, DC

Cost: TBA

Speakers: Various

Sponsored by: Brain Injury Association of America (BIAA), National Association of State Head Injury Administrators (NASHIA), and United States Brain Injury Alliance (USBIA)

Date: March 5 and 6, 2024

Time: TBA

Location: TBA

Registration (actually a sign up to receive information):

<https://www.biausa.org/awarenessday2024>

Additional information: Call on members of Congress with others from your state (they will provide training and arrange the meetings for you). Learn advocacy best practices that can be used in your home state. Connect with other members of the brain injury community from across the country.

Title: Second Annual Sara J. Mulroy Spinal Cord Injury Symposium: Promoting Health and Wellness in Persons with Spinal Cord Injury

Format: Hybrid; online and in-person in Downey, CA

Cost: From \$50 - \$150

Speakers: Various

Sponsored by: Southern California Spinal Cord Injury Model System (SoCal-SCIMS) Program at Rancho Los Amigos National Rehabilitation Center

Date: March 23, 2024

Time: 8:00 am – 4:30 pm PST (5:00 am – 1:30 pm HST)

Location: Rancho Los Amigos Auditorium, 7601 Imperial Highway, Downey, CA 90242

Registration: <https://www.ranchoresearch.org/events/2nd-annual-sara-j-mulroy-spinal-cord-injury-symposium-1>

Additional information: Registration is now open. For more information, send an email to: mulroyscisymposium@ranchoresearch.org

Title: 2024 Annual Disability Statistics Conference: Surveys, Statistics, and Identity

Format: Hybrid; online and in-person in Washington, DC

Cost: Free

Speakers: Various

Sponsored by: Center for Research on Disability

Date: March 28, 2024

Time: 11:00 am – 4:30 pm PST (5:00 am – 10:30 am HST)

Location: Mary E. Switzer Building, 330 C Street SW, Washington, DC 20201

Registration: https://unh.azuretrics.com/jfe/form/SV_cMfSMyxDHbZqbGu

Additional information: Registration is now open, whether you plan to attend in person or online via Zoom. However, registration for in-person attendance closes

on March 14, 2024. Visit <https://www.researchondisability.org/annual-event> for more information.

April 2024

Title: Depression in Chronic Headache & Migraine Conditions

Format: Virtual

Cost: Free

Speaker: Nicole Little, PA-C, Ph.D., Director, Headache & Facial Pain Center, Hawaii Pacific Neuroscience

Sponsored by: University of Hawaii John A. Burns School of Medicine, Department of Psychiatry CME Grand Rounds

Date: April 19, 2024

Time: 12:00 pm – 1:00 pm HST

Additional information: Go to <https://www.facebook.com/HIPacNeuro/events>, call or text 808-261-4476, or send an email to info@hawaii@neuroscience.com

Title: NCAA-DOD Grand Alliance Concussion Conference

Format: Virtual

Cost: Free

Speakers: TBA

Sponsored by: University of Michigan Concussion Center

Date: April 24, 2024

Time: TBA

Additional information: TBA

May 2024

Title: American Spinal Injury Association (ASIA) Annual Scientific Meeting

Format: In-person in San Juan, Puerto Rico

Cost: There are costs associated with attending this meeting

Speakers: Various

Sponsored by: American Spinal Injury Association

Date: May 20 – 23, 2024

Times: TBA

Registration: <https://na.eventscloud.com/ereg/index.php?eventid=750933&>

Additional information: Registration is now open. Early bird registration ends on January 15, 2024

June 2024

Title: National Neurotrauma Society (NNS) 2024 Symposium

Format: In-person in San Francisco, CA

Cost: There are costs associated with attending this meeting

Speakers: Various

Sponsored by: National Neurotrauma Society

Date: June 9 – 12, 2024

Times: TBA

Registration: TBA

Additional information: TBA

Title: Wellness Aspects in Neuropsychiatric Conditions

Format: Virtual

Cost: Free

Speaker: Paul Smith, MD, Director, Lifestyle Med, Wellness and Brain Health Center, Hawaii Pacific Neuroscience, and Clinical Assistant Professor of Medicine, University of Hawaii at Manoa, John A. Burns School of Medicine,

Sponsored by: University of Hawaii John A. Burns School of Medicine, Department of Psychiatry CME Grand Rounds

Date: June 21, 2024

Time: 12:00 pm – 1:00 pm HST

Additional information: Go to <https://www.facebook.com/HIPacNeuro/events>, call or text 808-261-4476, or send an email to info@hawaii@neuroscience.com

September 2024

Title: 2024 Academy of Spinal Cord Injury Professionals, Inc. (ASCIP) Educational Conference and Expo

Format: In-person in Chicago, IL

Cost: There are costs associated with attending this meeting

Speakers: Various

Sponsored by: Academy of Spinal Cord Injury Professionals, Inc.

Date: September 1 – 4, 2024

Times: TBA

Registration: TBA

Additional information: TBA

Title: 35th Annual State of the States in Brain Injury Conference

Format: In-person in Eugene, Oregon

Cost: There is a cost associated with attending this meeting

Speakers: Various

Sponsored by: National Association of State Head Injury Administrators (NASHIA)

Date: September 17 – 19, 2024

Times: TBA

Registration: TBA

Additional information: TBA

Title: ISCoS 2024 Annual Scientific Meeting

Format: In-person in Antwerp, Belgium

Cost: There are costs associated with attending this meeting

Speakers: Various

Sponsored by: The International Spinal Cord Society

Date: September 22 – 25, 2024

Times: TBA

Registration: TBA

Additional information: Contact Marianne Bint at admin@iscos.org.uk

3. Organization and Business Meetings

January 2024

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: January 9, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via

Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in

neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/stbiab/>

Meeting title: Keiki Injury Prevention Coalition (KIPC) / Safe Kids Hawaii Quarterly Meeting

Format: Virtual

Date: January 19, 2024 – **NOTE: Rescheduled from December 8, 2023**

Time: 11:00 am – 12:30 pm HST

To join the meeting: <https://hawaiiapacifichealth-org.zoom.us/j/89483234139?pwd=bmp2dThhUTBQMWFjWUZHaTd6a3NhUT09>

Additional information: Contact Lisa Dau at lisa.dau@kapiolani.org

February 2024

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: February 22, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

March 2024

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: March 12, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via

Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at

Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/stbiab/>

April 2024

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: April 25, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via

Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at

Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

May 2024

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: May 14, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/stbiab/>

June 2024

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: June 27, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

July 2024

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: July 9, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152. Website: <https://health.hawaii.gov/nt/stbiab/>

August 2024

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: August 22, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via

Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

September 2024

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: September 10, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via

Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to

request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.
Website: <https://health.hawaii.gov/nt/stbiab/>

October 2024

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)
Format: Hybrid; online and in-person on Oahu
Sponsored by: Hawaii Department of Health, Neurotrauma Program
Date: October 24, 2024
Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.
Website: <https://health.hawaii.gov/nt/ntab/>

November 2024

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)
Format: Hybrid; online and in-person on Oahu
Sponsored by: Hawaii Department of Health, Neurotrauma Program
Date: November 12, 2024
Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.
Website: <https://health.hawaii.gov/nt/stbiab/>

December 2024

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: December 12, 2024

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via

Zoom link: <https://us02web.zoom.us/j/575890360>

Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at

Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

4. Support Group Meetings

Brain Injuries

Support group title: Aloha Independent Living Hawaii Big Island Mixed Group Support Group

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

Additional information: Comprised of adults with various disabilities, the group meets for fellowship and peer support. For more information, please contact Karin Riedel at 808-333-2408.

Support group title: Aloha Independent Living Hawaii Kauai Lualaba Peer Support Group

Format: In-person on Kauai

Dates: Last Thursday of the month HST

Additional information: For times, location, and other information, contact Holly Pickens-Torres at 808-652-6092.

Support group title: Aloha Independent Living Hawaii Molokai Keiki Support Group

Format: In-person on Molokai

Dates: Every third Wednesday of the month

Time: 2:00 pm – 3:00 pm HST

Location: Home Pumehana, Conference Room #1

Additional information: Contact Luana Angliam at 808-866-3792.

Support group title: Aloha Independent Living Hawaii Molokai Youth Support Group

Format: In-person on Molokai

Dates: Every fourth Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

Additional information: Contact Luana Angliam at 808-866-3792.

Support group title: Aloha Independent Living Hawaii Molokai Non-Ambulatory Support Group

Format: In-person on Molokai

Dates: Every second Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

Additional information: Consumers have the opportunity to voice their opinions regarding issues they are facing within their community and how they will move forward to take action as a group. For more information, please contact Luana Angliam at 808-866-3792.

Support group title: Brain Injury Oahu Support Group (BIOSG)

Format: In-person on Oahu

Dates: Monthly on Saturdays: September 30, October 28, November 25, and December 30 in 2023

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Room 5, Honolulu, HI but sometimes in other locations; check in advance

Additional information: Call or text BJ Wade at 808-221-8330.

Facebook: <https://www.facebook.com/BrainInjuryAssociationOfHawaii/>

Email: braininjuryofhawaii@gmail.com

NEW

Support group title: Concussion Legacy Foundation (CLF) Zoom Support Groups

Format: Virtual

Dates:

Post-Concussion Patients: 1st Tuesday of the month

Post-Concussion Caregivers: 2nd Tuesday of the month

Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3rd Tuesday of the month

Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4th Tuesday of the month

Concussed Moms – 1st Thursday of the month

CLF Canada Patient Groups – Weekly Monday, Wednesday, Thursday, Friday (international attendees welcome)

Times: Provided when you register

Additional information: Registration is required. Visit

<https://concussionfoundation.org/peer-support> for more information and to register. 1-on-1 Peer Support is also available, and they are looking for Peer Support Volunteers. There are Facebook Resources Groups. Information on these can be found at the link above (scroll down to view the information).

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

Location: REHAB Hospital of the Pacific, 226 North Kuakini Street, Honolulu, HI 96817

Additional information: For current and former REHAB inpatients and outpatients. Registration is required. Contact Melissa Mullen, Patient Experiences Manager, by email at art@rehabhospital.org or by phone at 808-566-3741

Website: <https://www.rehabhospital.org/programs/creative-arts-program>

Support group title: C.A.N. (Crush Ableism Now) Lunch Club

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

Additional information: Monthly social lunch meeting for the disabled, chronically ill and neurodivergent University of Hawaii community, and anyone who wants to learn more about disability solidarity. Bring your own lunch. Light pupus provided.

Contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

Optional registration: <https://go.hawaii.edu/gYk>

Support group title: Hui Malama Po’o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Note that in January 2024 they will meet on Sunday, the 21st, from 1 pm – 3 pm HST

Times: 1:00 pm – 3:00 pm HST

Location: REHAB Hospital of the Pacific, 226 N. Kuakini Street, Honolulu, HI 96817, Wo 4

Additional information: The Hui Malama Po’o support group objectives are to use crafting as cognitive therapy, provide support to people with brain and other neurotrauma injuries, educate others about neurotrauma through community outreach, give back to the community through Hui activities and events, and offer its products to sustain the group by collecting enough funds to purchase materials for crafting activities. For more information, contact Val Yamada at 808-385-5462.

Support group title: Kona Brain Injury Support Group

Format: Hybrid – In-person in Kona, HI, and online via Zoom

Dates: Second Wednesday of each month

Time: Varies to accommodate speakers or for other reasons, so always check the start time

To join the meeting online: Go to Zoom at www.zoom.com. In the upper right-hand corner, click “Join Meeting” and enter Meeting ID 808 274 6477. You will be placed in the virtual waiting room and the host will let you into the meeting.

To join the meeting in person: The meeting location is Anderson Wealth Planning, 75-1000 Henry Street, Suite 200. (In the same building as Planet Fitness.)

Additional information: Contact Karen Klemme at kklemme@hawaii.rr.com

Facebook: <https://www.facebook.com/groups/2671644676391469>

Support group title: Think Big! Support Group

Format: In-person on Kauai

Additional information: Currently not meeting.

State and National Virtual Support Groups – Brain Injuries, Head Injuries, Caregivers

<https://www.biausa.org/public-affairs/media/virtual-support-groups>

Brain Tumors

Support group title: Brain Injury Oahu Support Group (BIOSG)

Format: In-person on Oahu

Dates: Please check

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Room 5, Honolulu, HI but sometimes in other locations; check in advance

Additional information: Call or text BJ Wade at 808-221-8330.

Facebook: <https://www.facebook.com/BrainInjuryAssociationOfHawaii/>

Email: braininjuryofhawaii@gmail.com

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

Location: REHAB Hospital of the Pacific, 226 North Kuakini Street, Honolulu, HI 96817

Additional information: For current and former REHAB inpatients and outpatients. Registration is required. Contact Melissa Mullen, Patient Experiences Manager, by email at art@rehabhospital.org or by phone at 808-566-3741

Website: <https://www.rehabhospital.org/programs/creative-arts-program>

Support group title: C.A.N. (Crush Ableism Now) Lunch Club

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

Additional information: Monthly social lunch meeting for the disabled, chronically ill and neurodivergent University of Hawaii community, and anyone who wants to learn more about disability solidarity. Bring your own lunch. Light pupus provided.

Contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

Optional registration: <https://go.hawaii.edu/gYk>

Support group title: Hui Malama Ola Na Oihi Cancer Support Group

Format: In-person in Hilo, HI

Dates: The second and fourth Tuesdays of each month

Time: 5:00 pm HST

Additional information: Sign up at <http://hmono.org/services/> and someone will contact you.

Support group title: Hui Malama Po'o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Note that in January 2024 they will meet on Sunday, the 21st, from 1 pm – 3 pm HST

Times: 1:00 pm – 3:00 pm HST

Location: REHAB Hospital of the Pacific, 226 N. Kuakini Street, Honolulu, HI 96817, Wo 4

Additional information: The Hui Malama Po'o support group objectives are to use crafting as cognitive therapy, provide support to people with brain and other neurotrauma injuries, educate others about neurotrauma through community outreach, give back to the community through Hui activities and events, and offer its products to sustain the group by collecting enough funds to purchase materials for crafting activities. For more information, contact Val Yamada at 808-385-5462.

Support group title: Pacific Cancer Foundation Support Groups (for patients and survivors, and for caregivers)

Format: Virtual

Dates and times for Patients and Survivors Group: Every Monday at 5:30 pm HST via Zoom.

Dates and times for the Caregiver Support Group: Every Tuesday at 5:30 pm HST via Zoom.

Additional information: To sign up for either group, fill out the referral form:

<https://pacificcancerfoundation.org/patient-referral/>

Support group title: The Queen's Medical Center Cancer Center has multiple support group and educational classes

Format: Virtual

Dates and times: Vary by class

Additional information: View the May – August 2023 calendar at

https://www.queens.org/wp-content/uploads/Cancer-Calend-2023-2_50123rev-1.pdf

Support group title: National Brain Tumor Society Brain Tumor Support Conversations

Dates: Third Sunday of every month

Times: 7:00 pm – 8:00 pm ET / 4:00 pm – 5:00 pm PT

Additional information: Register for the group at <https://braintumor.org/support-services/support-groups/brain-tumor-support-conversations/registration/>

American Brain Tumor Association

Search their website for brain tumor support groups nationwide:

<https://www.abta.org/supportgroups/>

Caregivers and Caregiving

This a listing of general groups (not specific to any disease or disorder) that are for caregivers only. However, many (if not all) of the other support groups listed in this newsletter also welcome caregivers along with survivors. Check with the group or groups you are interested in.

Support group title: Caregiver Support Groups

Format: In-person at various locations on Maui: Kahului, Upcountry, Lahaina, Hana, Kihei, and Wailuku. Sponsored by: Maui Adult Day Care Centers (MADCC) and Maui County Office on Aging

Dates: Varies by location

Times: Varies by location

Location: Kahului – Kahului Maui Adult Day Center. Upcountry – Eddie Tam Park, Makawao. Hana – Hana Senior Center. Kihei – Kihei Maui Adult Day Care Center. Wailuku – Ocean View Maui Adult Day Care Center.

Additional information: Call 808-871-5804. Please call to check information on the Lahaina support group.

Support group title: Caregiver Support Group (Honolulu location)

Format: Virtual (check to see if they also offer in-person)

Sponsored by: Project Dana

Dates: Every second and third Wednesdays

Times: 9:30 am – 12:00 pm HST

Location: Honpa Hongwanji Hawaii Betsuin, 1727 Pali Highway, Honolulu, HI 96813

Additional information: For caregivers of persons age 60 or older who are living at home. Contact Maria Morales at 808-945-3726 or cgs@projectdana.org

Support group title: Caregiver Support Group (Waipahu location)

Format: Virtual (check to see if they also offer in-person)

Sponsored by: Project Dana

Dates: Every second Saturday

Times: 10:00 am – 12:00 pm HST

Location: Hongwanji Buddhist Temple, 94-821 Kuhaulua Street, Waipahu, HI 96797

Additional information: For caregivers of persons age 60 or older who are living at home. Contact Maria Morales at 808-945-3726 or cgs@projectdana.org

NEW

Support group title: Concussion Legacy Foundation (CLF) Zoom Support Groups

Format: Virtual

Dates:

Post-Concussion Patients: 1st Tuesday of the month

Post-Concussion Caregivers: 2nd Tuesday of the month

Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3rd Tuesday of the month

Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4th Tuesday of the month

Concussed Moms – 1st Thursday of the month

CLF Canada Patient Groups – Weekly Monday, Wednesday, Thursday, Friday (international attendees welcome)

Times: Provided when you register

Additional information: Registration is required. Visit

<https://concussionfoundation.org/peer-support> for more information and to register. 1-on-1 Peer Support is also available, and they are looking for Peer Support Volunteers. There are Facebook Resources Groups. Information on these can be found at the link above (scroll down to view the information).

Support group title: Exceptional Family Member Program – Army

Sponsored by: Army MWR

Additional information: <https://efmp.army.mil/EnterpriseEfmp/>. Also check the EFMP Benefits Fact Sheet.

Support group title: Exceptional Family Member Program – Marines

Sponsored by: Marine Corps Community Services

Additional information: <https://hawaii.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program>

NEW

Support group title: “Gimme A Break” Weekly Support Sessions

Format: Virtual

Sponsored by: “Gimme A Break”

Dates: Every Tuesday evening

Times: 8:00 pm HST

Additional information: Go to <https://gab808.org/support-sessions/> to find the Zoom link to access the support sessions. For more information, visit their website at <https://gab808.org/>

Support group title: Kona Family Caregiver Support Group

Format: In-person in Kailua-Kona, HI

Sponsored by: Hawaii Community Caregiver Network

Dates: Second Saturdays of the month

Times: 11:00 am HST

Location: Regency Hualalai, 75-181 Hualalai Road, Kailua-Kona, HI

Additional information: Contact Joann D'Addio, M.Ed., at 773-294-8773 or ioana8275@gmail.com

Support group title: Micronesian Caregiver Support Group

Format: In-person in Honolulu, HI

Sponsored by: Kokua Kalihi Valley (KKV)

Dates: Last Thursdays of every month

Times: 9:30 am – 12:00 pm HST

Location: Kokua Kalihi Valley Gulick Elder Care Center, 1846 Gulick Avenue, Honolulu, HI 96819

Additional information: Call 808-848-0977 from Mondays – Fridays from 7:30 am – 4:30 pm. KKV also provides training for caregivers and respite workers.

Support group title: Native Hawaiian Caregiver Support Program

Sponsored by: Alu Like Inc.

Additional information: Alu Like has offices on Hawaii, Kauai, Maui, Molokai, and Oahu. For more information on the Native Hawaiian Caregiver Support Program, contact the Honolulu office at 808-535-6700.

Support group title: Support Group

Format: In-person in Aiea/Pearl City, HI

Sponsored by: The Caregiver Foundation

Dates: First Mondays of the month

Times: 6:30 am – 8:30 am HST

Location: Hale Hauoli Adult Day Center

Additional information: Contact The Caregiver Foundation at 808-625-3782 or email gary@thecaregiverfoundation.org. Private sessions are also available.

NEW

Support group title: Traumatic Brain Injury Caregivers Support Group

Format: Virtual

Sponsored by: Traumatic Brain Injury Support Group for Family Caregivers

Dates: Once a month on Wednesdays

2024 dates: January 10, February 14, March 13, April 10, May 8, June 12, July 10, August 14, September 11, October 9, November 13, December 11

2025 dates: January 8

Times: The website lists 6:30 pm via Free Conferencing, but it does not specify the time zone. Based on certain clues, I think this is based in California, but please contact them to make sure and to get the link for the meetings.

Additional information: A form to request more information on meetings and other topics is located at <https://www.tbicaregiverssupportgroup.com/> (scroll down to find it). You can also email tbivallejo@gmail.com.

State and National Virtual Support Groups – Brain Injuries, Head Injuries, Caregivers

<https://www.biausa.org/public-affairs/media/virtual-support-groups>

Mental Health

Support group title: Creative Arts Program

Format: In-person on Oahu

Sponsored by: REHAB Hospital of the Pacific

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm HST

Location: REHAB Hospital of the Pacific, 226 North Kuakini Street, Honolulu, HI 96817

Additional information: For current and former REHAB inpatients and outpatients. Registration is required. Contact Melissa Mullen, Patient Experiences Manager, by email at art@rehabhospital.org or by phone at 808-566-3741

Website: <https://www.rehabhospital.org/programs/creative-arts-program>

Support group title: C.A.N. (Crush Ableism Now) Lunch Club

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

Additional information: Monthly social lunch meeting for the disabled, chronically ill and neurodivergent University of Hawaii community, and anyone who wants to learn more about disability solidarity. Bring your own lunch. Light pupus provided.

Contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

Optional registration: <https://go.hawaii.edu/gYk>

Support group title: The Tutu's House Women's Support Group

Format: Virtual

Sponsored by: Tutu's House

Cost: Free

Days: First Friday of each month

Time: 12:00 pm – 1:30 pm HST

Registration is required. Register online at:

<https://us06web.zoom.us/meeting/register/tZYIdequrTMoGNWkw3t0xbTwj2Nh8TxxYLQS#/registration>

Support group title: United Self-Help Anxiety and Depression Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: Every Monday

Time: 6:00 pm HST

To join the meeting via Zoom link:

<https://us02web.zoom.us/j/9054764569?pwd=TkpxNmREcVZxcXdVaVlrQzROajVJQT09#success>

Additional information: If you have Zoom downloaded on your computer or smartphone:

Meeting ID: 905 476 4569, click to join with video

Password: 808

Website: <http://unitedselfhelp.org/>

Support group title: United Self-Help Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: Every Tuesday

Time: 1:00 pm HST

To join the meeting via Zoom link:

<https://us02web.zoom.us/j/9054764569?pwd=TkpxNmREcVZxcXdVaVlrQzROajVJQT09#success>

Additional information: If you have Zoom downloaded on your computer or smartphone:

Meeting ID: 905 476 4569, click to join with video

Password: 808

Website: <http://unitedselfhelp.org/>

Support group title: United Self-Help Writer's in Recovery Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: First and third Wednesday of each month

Time: 3:30 pm HST

To join via Zoom link:

<https://us02web.zoom.us/j/9054764569?pwd=TkpxNmREcVZxcXdVaVlrQzROajVJQT09#success>

Additional information: If you have Zoom downloaded on your computer or smartphone:

Meeting ID: 905 476 4569, click to join with video

Password: 808

Website: <http://unitedselfhelp.org/>

Stroke Support

Support group title: Aloha Independent Living Hawaii Big Island Mixed Group Support Group

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

Additional information: Comprised of adults with various disabilities, the group meets for fellowship and peer support. For more information, please contact Karin Riedel at 808-333-2408.

Support group title: Aloha Independent Living Hawaii Kauai Laulima Peer Support Group

Format: In-person on Kauai

Dates: Last Thursday of the month

Additional information: For times, location, and other information, contact Holly Pickens-Torres at 808-652-6092.

Support group title: Aloha Independent Living Hawaii Molokai Keiki Support Group

Format: In-person on Molokai

Dates: Every third Wednesday of the month

Time: 2:00 pm – 3:00 pm HST

Location: Home Pumehana, Conference Room #1

Additional information: Contact Luana Angliam at 808-866-3792.

Support group title: Aloha Independent Living Hawaii Molokai Youth Support Group

Format: In-person on Molokai

Dates: Every fourth Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

Additional information: Contact Luana Angliam at 808-866-3792.

Support group title: Aloha Independent Living Hawaii Molokai Non-Ambulatory Support Group

Format: In-person on Molokai

Dates: Every second Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

Additional information: Consumers have the opportunity to voice their opinions regarding issues they are facing within their community and how they will move

forward to take action as a group. For more information, please contact Luana Angliam at 808-866-3792.

Support group title: Brain Injury Oahu Support Group (BIOSG)

Format: In-person on Oahu

Dates: Monthly on Saturdays: June 24, July 29, August 26, September 30, October 28, November 25, and December 30 in 2023

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Room 5, Honolulu, HI but sometimes in other locations; check in advance

Additional information: Call or text BJ Wade at 808-221-8330.

Facebook: <https://www.facebook.com/BrainInjuryAssociationOfHawaii/>

Email: braininjuryofhawaii@gmail.com

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

Location: REHAB Hospital of the Pacific, 226 North Kuakini Street, Honolulu, HI 96817

Additional information: For current and former REHAB inpatients and outpatients. Registration is required. Contact Melissa Mullen, Patient Experiences Manager, by email at art@rehabhospital.org or by phone at 808-566-3741

Website: <https://www.rehabhospital.org/programs/creative-arts-program>

Support group title: C.A.N. (Crush Ableism Now) Lunch Club

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

Additional information: Monthly social lunch meeting for the disabled, chronically ill and neurodivergent University of Hawaii community, and anyone who wants to learn more about disability solidarity. Bring your own lunch. Light pupus provided. Contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

Optional registration: <https://go.hawaii.edu/gYk>

Support group title: Hilo Stroke Support Group

Format: Virtual

Dates: Second Tuesday of each month

Time: 4:00 – 5:00 pm HST

To join the group:

https://www.google.com/url?q=https://ehihalawai.zoom.us/j/91814580807?pwd=%3DSzRIZVJZTHFzVzFzSINwQnlzUHg2QT09&sa=D&source=calendar&ust=1653250928593396&usg=AOvVaw129kpUEQcZJJKEfK-Cu_bt

Link can also be found at: <https://www.hilomedicalcenter.org/our-services/support-groups/our-stroke-support-group/>

Additional information: Contact Amy Shipley, Speech Language Pathologist, at ashipley@hhsc.org or call 1-808-931-3049

Support group title: Hui Malama Po’o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Note that in January 2024 they will meet on Sunday, the 21st, from 1 pm – 3 pm HST

Times: 1:00 pm – 3:00 pm HST

Location: REHAB Hospital of the Pacific, 226 N. Kuakini Street, Honolulu, HI 96817, Wo 4

Additional information: The Hui Malama Po’o support group objectives are to use crafting as cognitive therapy, provide support to people with brain and other neurotrauma injuries, educate others about neurotrauma through community outreach, give back to the community through Hui activities and events, and offer its products to sustain the group by collecting enough funds to purchase materials for crafting activities. For more information, contact Val Yamada at 808-385-5462.

Support group title: Maui Memorial Medical Center Stroke Support Group

Format: Virtual

Dates: Third Thursday of each month

Time: 5:00 – 6:00 pm HST

For more information, visit <https://www.mauihealth.org/services/stroke-care/>

Support group title: Queen's Medical Center Stroke Survivors Online Support Group: How to Thrive on our Islands After Stroke

Format: Virtual

Dates: Second Wednesday of each month

Time: 5:30 – 7:00 pm HST

Additional information: Free, but register online to get Webex link.

<https://www.queens.org/events/survivor-stroke-online-support-group-how-to-thrive-on-our-islands-after-stroke-2/?occurrence=2022-02-09&time=1644427800>

Support group title: Stroke Club

Format: In-person on Oahu

Dates: 1st Thursday of each month

Time: 10:00 am – 11:00 am

Location: REHAB Hospital of the Pacific, 226 North Kuakini Street, Honolulu, HI 96817, Frear Cafeteria

Additional information: Contact Melissa Mullen, Patient Experiences Manager, by email at Melissa.mullen@rehabhospital.org or by phone at 808-566-3741.

Support group title: Think Big! Support Group

Format: In-person on Kauai

Additional information: Currently not meeting.

American Stroke Association Stroke Support Group Finder

<https://www.stroke.org/en/stroke-support-group-finder>

Spinal Cord Injuries

Support group title: Aloha Independent Living Hawaii Big Island Mixed Group Support Group

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

Additional information: Comprised of adults with various disabilities, the group meets for fellowship and peer support. For more information, please contact Karin Riedel at 808-333-2408.

Support group title: Aloha Independent Living Hawaii Kauai Laulima Peer Support Group

Format: In-person on Kauai

Dates: Last Thursday of the month

Additional information: For times, location, and other information, contact Holly Pickens-Torres at 808-652-6092.

Aloha Independent Living Hawaii Molokai Keiki Support Group (in person on Molokai)

Held every third Wednesday of the month from 2:00 pm – 3:00 pm at Home Pumehana, Conference Room #1. For more information, please contact Luana Angliam at 808-866-3792.

Support group title: Aloha Independent Living Hawaii Molokai Youth Support Group

Format: In-person on Molokai

Dates: Every fourth Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

Additional information: Contact Luana Angliam at 808-866-3792.

Aloha Independent Living Hawaii Molokai Non-Ambulatory Support Group (in person on Molokai)

Held every second Friday of the month from 10:30 am – 11:30 am at Home Pumehana, Conference Room #1. Consumers have the opportunity to voice their opinions regarding issues they are facing within their community and how they will move forward to take action as a group. For more information, please contact Luana Angliam at 808-866-3792.

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

Location: REHAB Hospital of the Pacific, 226 North Kuakini Street, Honolulu, HI 96817

Additional information: For current and former REHAB inpatients and outpatients. Registration is required. Contact Melissa Mullen, Patient Experiences Manager, by email at art@rehabhospital.org or by phone at 808-566-3741

Website: <https://www.rehabhospital.org/programs/creative-arts-program>

Support group title: C.A.N. (Crush Ableism Now) Lunch Club

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

Additional information: Monthly social lunch meeting for the disabled, chronically ill and neurodivergent University of Hawaii community, and anyone who wants to learn more about disability solidarity. Bring your own lunch. Light pupus provided. Contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

Optional registration: <https://go.hawaii.edu/gYk>

Support group title: Hui Malama Po’o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Note that in January 2024 they will meet on Sunday, the 21st, from 1 pm – 3 pm HST

Times: 1:00 pm – 3:00 pm HST

Location: REHAB Hospital of the Pacific, 226 N. Kuakini Street, Honolulu, HI 96817, Wo 4

Additional information: The Hui Malama Po’o support group objectives are to use crafting as cognitive therapy, provide support to people with brain and other neurotrauma injuries, educate others about neurotrauma through community outreach, give back to the community through Hui activities and events, and offer its products to sustain the group by collecting enough funds to purchase materials for crafting activities. For more information, contact Val Yamada at 808-385-5462.

Support group title: Think Big! Support Group

Format: In-person on Kauai

Additional information: Currently not meeting.

Spinal Cord Injury Online Communities

<https://www.sci-info-pages.com/online-communities/>

Spinal Cord Injury Support Groups

<https://www.spinalcord.com/spinal-cord-injury-support-groups>

United Spinal Association Chapter Network

<https://unitedspinal.org/support/chapter-network/>

Support group title: Parents on Wheels – United Spinal Association’s virtual support group for parents who use wheelchairs and their partners

Format: Virtual

Dates: Second Wednesday of each month

Time: 7:00 pm – 8:00 pm ET (Currently that is 2:00 – 3:00 pm HST but check for certain)

Additional information: Go to <https://unitedspinal.org/events/rolling-into-parenthood/> to register for the support group

5. Articles on Brain Injuries

Understanding Behavior Changes After Moderate to Severe Traumatic Brain Injury

<https://www.biausa.org/public-affairs/media/understanding-behavior-changes>

Pushing Back Against Unsafe Discharges

<https://www.biausa.org/public-affairs/media/pushing-back-against-unsafe-discharges>

Living Well After Brain Injury: Tips from BIAA’s Brain Injury Advisory Council

<https://www.biausa.org/public-affairs/media/living-well-after-brain-injury-tips-from-biaas-brain-injury-advisory-council>

Seizures After Traumatic Brain Injury (TBI)

<https://www.air.org/sites/default/files/2023-09/Infocomic-Seizures-508.pdf>

This infocomic, developed by the project Traumatic Brain Injury in American Indians, received the Bronze Digital Health Award for 2023.

Traumatic Brain Injury Resource Bundle for American Indians

<https://www.air.org/project/traumatic-brain-injury-resource-bundle-american-indians>

First Public Case of Chronic Traumatic Encephalopathy Linked to Domestic Violence Sheds Light on Hidden Danger

<https://concussionfoundation.org/news/press-release/first-public-case-of-CTE-linked-to-domestic-violence>

Virtual Reality (VR) Redefines Concussion Training

<https://concussion.umich.edu/news/archive/virtual-reality-vr-redefines-concussion-training/>

Brains Have a Remarkable Ability to Rewire Themselves Following Injury – A Concussion Specialist Explains the Science Behind Rehabilitation and Recovery

<https://theconversation.com/brains-have-a-remarkable-ability-to-rewire-themselves-following-injury-a-concussion-specialist-explains-the-science-behind-rehabilitation-and-recovery-214216>

What One Study Tells Us About the Complexity of Concussions and Teen Suicide Risk

<https://www.michiganradio.org/health/2023-11-27/what-one-study-tells-us-about-the-complexity-of-concussions-and-teen-suicide-risk>

Pediatric Sport-Related Concussion: Recommendation from the Amsterdam Consensus Statement 2023

<https://publications.aap.org/pediatrics/article/doi/10.1542/peds.2023-063489/196057/Pediatric-Sport-related-Concussion-Recommendations?autologincheck=redirected>

Understanding the Intersection Between Brain Injury and PTSD (webinar recording)

<https://www.youtube.com/watch?v=N3FduLBhGyY>

Concussion and CTE Litigation: 2023 Updates and Beyond (webinar recording)

<https://www.youtube.com/watch?v=AF9Zjoj-AXE>

Experts in Concussion, NFL Leaders Gather to Identify Gaps in Knowledge, Offer Guidelines on Preventing Brain Injuries

<https://www.cnn.com/2023/12/08/health/concussion-brain-injury-summit/index.html>

Brain Scans of Former NFL Players Show Lasting Impact of Collision Sports

<https://hub.jhu.edu/2023/11/29/brain-scans-of-former-nfl-athletes-study/>

The Hidden Concussion Cost: The True Cost of Our Entertainment

<https://sportsedtv.com/blog/the-hidden-concussion-cost-the-true-cost-of-our-entertainment>

Why England's New Tackle Height Laws Could Change the Face of NRL

<https://www.smh.com.au/sport/nrl/why-england-s-new-tackle-height-laws-could-change-the-face-of-nrl-20231210-p5eqd5.html>

Racial Disparities in Employment Status After Moderate/Severe Traumatic Brain Injuries in Southeast Michigan (abstract only)

https://naric.com/content/cf-rehab-srch-details?search_id=375108&international=0&user_name=public.user.369650

Virtual Reality is Helping Brain Injury Survivors Regain Use of Their Arms and Hands

<https://www.health.gov.au/news/mrff-virtual-reality-is-helping-brain-injury-survivors-regain-use-of-their-arms-and-hands>

Our Allies in Caregiving

<https://www.biausa.org/public-affairs/media/our-allies-in-caregiving>

How Do Individuals With and Without Traumatic Brain Injury Interpret Emoji? Similarities and Differences in Perceived Valence, Arousal, and Emotion Representation

<https://link.springer.com/article/10.1007/s10919-023-00433-w?>

6. Articles on Brain Tumors

Understudied Cell in the Brain Could be Key to Treating Glioblastoma

<https://www.sciencedaily.com/releases/2023/12/231212112310.htm>

How Some Brain Tumors Hijack the Mind to Grow

<https://www.cancer.gov/news-events/cancer-currents-blog/2023/glioblastoma-hijacks-neuroplasticity-tsp-1>

7. Articles on Spinal Cord Injuries

Bridges of Perspectives: Representation of People with Lived Experience of Spinal Cord Injury in Editorial Boards and Peer Review

<https://researchintegrityjournal.biomedcentral.com/articles/10.1186/s41073-023-00138-0>

Spinal Cord Injury Causes Acute and Systemic Muscle Wasting

<https://www.sciencedaily.com/releases/2023/12/231221012643.htm>

The Application of Stem Cell Sheets for Neuronal Regeneration After Spinal Cord Injury: A Systematic Review of Pre-Clinical Studies

<https://systematicreviewsjournal.biomedcentral.com/articles/10.1186/s13643-023-02390-3>

8. Articles on Stroke

Perceived Racism Leads to Greater Risk of Stroke Among Black Women

<https://www.bumc.bu.edu/camed/2023/11/13/perceived-racism-leads-to-greater-risk-of-stroke-among-black-women/>

Here is the full journal article:

Perceived Interpersonal Racism and Incident Stroke Among US Black Women

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2811638>

Is It a Stroke? New Hands-On Learning Tool (phone or other device needed)

https://www.stroke.org/en/fast-experience?utm_source=Together+To+End+Stroke+fy+2024&utm_medium=email&utm_campaign=emailname&utm_content=content2+cta&sc_camp=79890DEB9E704C13939C0205B45526EE

Lower Your LDL

https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides/lower-your-ldl?utm_source=Together+To+End+Stroke+fy+2024&utm_medium=email&utm_campaign=emailname&utm_content=content4+cta&sc_camp=79890DEB9E704C13939C0205B45526EE

Simply Good: A Cookbook for Stroke Survivors and Their Families

https://www.stroke.org/-/media/Stroke-Files/Simplygood-Cookbook/SimplyGoodCookbook_11052020.pdf?utm_source=Together+To+End+Stroke+fy+2024&utm_medium=email&utm_campaign=emailname&utm_content=hero+cta&sc_camp=79890DEB9E704C13939C0205B45526EE

Stroke Survivor Gets Back to Marathon Training

<https://outlookvalleysun.outlooknewspapers.com/2023/12/10/stroke-survivor-gets-back-to-marathon-training/>

9. Fall Prevention

New Rule for Emergency Departments to Safely Reduce Use of CT Scans After Falls in Older Patients

<https://medicalxpress.com/news/2023-12-emergency-departments-safely-ct-scans.html>

The Drone Parachute That Can Save Lives

<https://www.youtube.com/watch?v=FPNWP1TA7vE>

Fall Detection from a Manual Wheelchair: Preliminary Findings Based on Accelerometers Using Machine Learning Techniques (abstract only)

https://naric.com/content/cf-rehab-srch-details?search_id=367065&international=0&user_name=public.user.367191

10. Information on Related Topics

INside the OUTcomes: A Rehabilitation Research Podcast

<https://www.sralab.org/research/labs/cror/projects/inside-outcomes-rehabilitation-research-podcast>

Ten episodes are available for listening or download.

11. Presentations and Trainings

Powerful Tools for Caregivers (PTC) classes

Provided by the Hawaii Community Caregiver Network (HCCN), classes include a scripted curriculum and a copy of a handbook, The Caregiver Helpbook. Classes have resumed. There is a nominal \$10 registration fee. Please contact HCCN to get on their mailing list for upcoming classes. Their contact form is found at

<https://hawaiicaregivers.org/contact>

Presentations offered by Pacific Disabilities Center, John A. Burns School of Medicine, University of Hawaii at Manoa

These presentations are offered online via Zoom free of charge to any interested group of members of the public and / or professionals. In certain cases, they may be offered in person. Presentations are adjusted to the time allotted and particular interests of the group. Please email Violet Horvath at

vhorvath@hawaii.edu for more information or to schedule a presentation. The

current list of presentations includes:

1. Preventing and Identifying Strokes, Spinal Cord Injuries, and Brain Injuries
2. Brain Injuries
3. Domestic Violence and Brain Injuries
4. Employment and Brain Injuries
5. Homelessness and Brain Injuries
6. The Basics of Advocacy
7. Working with Victims of Crime Who Have Disabilities

8. Medical Gaslighting
9. Law Enforcement and Persons with Disabilities
10. Trauma and Physical Disabilities

The Queen's Medical Center has a presentation available: "An Ounce of Prevention, a Lifetime of Reward: Fall Prevention and Home Safety." The presentation also includes some stretching and exercises for kupuna. It is free to all interested groups. Please contact TJ Donayri, BSN, RN, CEN, TCRN, CPST, who is the Clinical Coordinator Injury Prevention/Outreach and Education, Trauma Services, by calling 808-691-7059 or by sending an email to cdonayri@queens.org.

Neuropsychological Screening: Using Brain Injury and Cognitive Screening to Inform Treatment Planning Across Settings – Dr. Kim Gorgens, University of Denver

National Association of State Head Injury Administrators (NASHIA)

A three-hour, three-part course designed for Masters-level professionals who are interesting in learning about the use of neuropsychological screening batteries for clinical practice. Geared towards community providers, behavioral health workers, social workers, vocational rehabilitation counselors, community rehabilitation provider staff, addictions professionals, etc. There is another module for supervisors and consultation / supervision hours available.

There is a cost associated with these modules and consultation. For more information, go to <https://www.nashia.org/np-modules#!form/Neuropsych>.

NEW

The Michigan Sport-Related Concussion Training Certification course is available online via Coursera or Michigan Online. In this course, enrollees learn about the five key components of sport-related concussion. There is free access via the University of Michigan but others may need to pay for the training. Enroll at <https://online.umich.edu/courses/michigan-sport-related-concussion-training-certification/>

12. Research and Participation Opportunities

NEW

The Rehabilitation Research Center at the Baylor Scott & White Research Institute is looking for persons who may be interested in participating in their various studies. They are looking for individuals who have had traumatic brain injuries, spinal cord injuries, strokes, and / or have had amputation. You can also specify what topic(s) of research you are interested in, e.g., weight loss, functional medical devices, and more. The form is located at:

<https://redcap.bswhealth.org/surveys/?s=FK7YWLAMY4>

NEW

The TechSage Rehabilitation Engineering Research Center (RERC, at www.TechSageRERC.org) is looking for older adults to join a registry of individuals to take part in future research studies using a variety of methods, such as surveys, focus groups, interviews, technology evaluations, or other projects. Depending upon the study, you may be able to participate by phone, online, on campus, at your home, or in other locations. Compensation varies by study. To join the participant registry, go to

<https://redcap.healthinstitute.illinois.edu/surveys/?s=79F8WAX4LT>

The New York Traumatic Brain Injury Model System (NY-TBIMS) is recruiting clinicians for a study to evaluate strategies for implementing emotion regulation intervention into practice. Participants must be licensed psychologists, social workers, or mental health counselors practicing in the US. Participants who have experience with cognitive behavior therapy, working with people with traumatic brain injury, and providing group treatment are preferred. Eligible participants will participate in free comprehensive training on an empirically supported intervention targeting emotion regulation. To participate or receive more information, complete the inquiry survey (<https://redcap.mountsinai.org/redcap/surveys/?s=ME4E7JXEPWMKX9K8>), or call 212-241-5152 or email emily.blunt@mountsinai.org.

Caregiver Interviews for AT (Assistive Technology) Research Focus Group – Assistive Technology Network is conducting interviews with care partners, caregivers, and family members of individuals who use assistive technology. Must

be at least 18 years of age and supply routine support to individuals with disabilities of any age who have used, currently use, or plan to acquire AT. Eligible participants will be interviewed virtually, either individually or in small groups, for up to 90 minutes, and will be compensated for their time. Interested individuals may complete the screening form located at: https://forms.office.com/pages/responsepage.aspx?id=u5ghSHuuJUuLem1_Mvqg_gwLrX2LOw2BOhChDMOVgEShUQUiWVk04RkhSMDgzMzY1SzBVWks5UFIKUi4u or contact Kelly Kolman at kkolman3@gatech.edu or 678-841-0554 for more information.

Telehealth TBI Healthy Lifestyle Study – The North Texas Traumatic Brain Injury Model Systems Center is recruiting individuals with TBI nationally for a study of a telehealth-based healthy lifestyle intervention. Must be between 18 and 80 years old, at least six months post-TBI, considered medically overweight, and above to participate in a physical activity. Participants complete 22 group-based telehealth session over 12 months, and complete four assessments during the study period. Participants will be compensated for their time, and tablets and wi-fi hotspots will be provided to any participants who do not have reliable internet access. You can enroll online (<https://redcap.bswhealth.org/surveys/?s=MYT73NLYKP3JJD49>) or call or email Stephanie Calhoun at 214-228-5181 or stephanie.calhoun1@bwshealth.org.

National Capital SCI Model System Recruiting for a Study on Urinary Symptoms
The Model Systems Knowledge Translation Center (MSKTC) is recruiting people who are at least 18 years old and have a spinal cord injury, multiple sclerosis, or spina bifida to be in a study comparing the effectiveness of saline vs. probiotic bladder wash to reduce urinary symptoms. Participants will receive \$25 for completion of Phase 1 and 2, and \$50 for completion of Phase 3. If interested, please contact Emily Leonard, Ph.D., at Emily.m.leonard@medstarnet or 202-877-1844. In addition, MSTKC is looking for people to be SCI Ambassadors. All of this information can also be found at <https://msktc.org/about/sci-Model-Systems-Recruitment>

Hawaii Pacific Neuroscience is holding several clinical trials. Currently, they include studies on Alzheimer's Disease (memory), Parkinson's Disease, spasticity,

Epilepsy, pain/headache/migraine, and several rare neurological diseases. Some studies may pay for travel to Oahu from other islands. Please call the Clinical Research Center Hotline at 808-564-6141 for more information.

Head Impact & Trauma Surveillance Study (HITSS)

Looking for people to enroll in the HITSS to find out the long-term brain health impacts of repetitive head impacts in soccer and tackle football. It involves a fully online annual assessment that should take about two hours to complete and can be done over several days. Go to: <https://www.hitss.org/>

13. Exercise Classes

For those not located in Hawaii, and who are located near a YMCA, check their website to see what classes they offer for free in person and virtually. Another possible source that may offer exercise classes is local or state hospitals.

Some of the classes listed below take place online, while others are on video, so an individual may participate from wherever they are located if they have a device that can link to the internet and they have internet access.

Exercise Classes in Hawaii

Listed below are free, online exercise classes offered by the St. Francis Virtual Caregiver Education and Wellness program. Go at your own pace and ability to move wherever you happen to be at class time. The exercises can help with strength, balance, fall prevention, etc. Many can be done while seated. Monthly registration is required, but you can register and join a class at any time during the month. Visit <https://www.stfrancishawaii.org/s/courses> for a list of classes and to register. All times listed are HST.

- a. Big Moves! Monday: Mondays, 8:00 am – 8:45 am HST
- b. Empower You!: Wednesdays, 8:00 am – 8:45 am HST
Designed for people diagnosed with Parkinson's Disease, but open to everyone
- c. Body & Brain Yoga Tai Chi: Tuesdays, 9:00 am – 10:00 am HST
- d. Tripudio Movement System with Ellie: Thursdays, 9:00 am – 10:00 pm HST

- e. Zumba by Frances: Mondays, Wednesdays, and Fridays, 5:15 pm – 6:15 pm HST
- f. Zumba Gold by Frances: Saturdays, 8:00 am – 9:00 am HST
Zumba Gold is a lower intensity Zumba class with easy-to-follow choreography
- g. Boxing Fundamentals: Tuesdays and Fridays, 12:00 pm – 12:30 pm HST
- h. **NEW** – Low Impact Moves with Coach Brynne: Thursdays, 9:00 am – 9:30 am HST

Hawaii Pacific Health (HPH) has resumed offering exercise classes. Some take place in-person at Kapiolani Women’s Center, some in-person at Straub Medical Center – Pearlridge Clinic, and some are available virtually. There is a modest cost associated with the classes and for some virtual classes you will need to purchase equipment needed to participate from home. Currently, HPH offers Age-ility, Core Training, Osteo-cise, and Strength Training classes. Their list of all classes (exercise and other classes) is located at <https://www.hawaiipacifichealth.org/health-wellness/classes/?page=1> or you can call HPH’s Health Contact Center at 808-527-2588 for more information. Note: They also do car seat checks at their various locations. These are also listed on the classes page.

The Island of Hawaii YMCA has free fitness videos online that include chair dancing, dance fitness, basic hula, tai chi, qigong, chair yoga, yoga for seniors, senior bon dance tutorial, and morning exercise. The videos can be found at <https://islandofhawaiiyymca.org/programs/health-fitness/fitness-videos/>

Rock Steady Boxing is a collaboration between Pacific Island Fitness and the Hawaiian Parkinson’s Association. It is a boxing program with weekly classes for Parkinson’s patients in Kona, Hawaii. For more information, contact Kym Gentry-Peck via email at kymgpeck@gmail.com or call 808-494-5193.

808B-fit is health and fitness for kupuna (including caregivers and care receivers). They offer a variety of pre-recorded video exercise classes that you can do anytime from Big Island (Hawaii) teachers. Visit their website at <https://808b-fit.com/> for more information and links to the videos.

Tutu's House in Waimea, Hawaii, offers various exercise classes, such as yoga basics, chair yoga, yoga stretch, tai chi, and mat Pilates. Some classes are in-person, some are via Zoom only, while others are hybrid classes. Register in advance for all classes by calling 808-885-6777 or by sending an email to newsletter@tutushouse.org. Their calendar of events is located at <https://www.tutushouse.org/activities/>.

The Osher Lifelong Learning Institute, or OLLI, offers a range of classes on a variety of topics for those who are 50+, including exercise classes, to its members. Exercise and activity classes currently include Chair Yoga, Zumba Gold, and hiking. Some are in-person, some are online. Classes are offered at/through the University of Hawaii at Manoa, Kapiolani Community College, Windward Community College, and Leeward Community College, all on Oahu. Please note: You must become an OLLI member, and there is a cost associated with becoming a member. You can learn more at <https://olliuhm.augusoft.net/>

The Maui Family YMCA offers a Parkinson's Fitness program. You must be a member to attend the sessions. There is a charge of \$10 or \$15/month for YMCA members and \$30/month for potential members. For more information, go to <https://www.mauiymca.org/fitness-programs/>

The YMCA of Honolulu offers a Kupuna Tai Chi for Arthritis and Fall Prevention class, which is open and free to the public for anyone 60 years or older only. YMCA membership is not required. In-person classes only at Leeward YMCA on Tuesdays and Thursdays from 9:00 – 10:00 am. Visit <https://www.ymcahonolulu.org/health-and-fitness/active-older-adults> for more information and to learn how to register. There are also Kupuna Group Exercise Classes that are available only to YMCA members (<https://www.ymcahonolulu.org/health-and-fitness/active-older-adults#kupuna-group-ex>).

14. Agency Resource Manuals

AARP Family Caregiving - <https://www.aarp.org/caregiving/>

A collection of information, not specific to Hawaii

County of Kauai Kupuna Resource Directory

<https://www.kauai.gov/files/assets/public/agency-on-elderly-affairs/documents/2023rvsdresource-directory-english.pdf>

Revised 2022

Hawaii Aging & Disability Caregiver Resources -

<https://www.hawaiiadrc.org/caregiver-resources>

Includes links to Memory Care Roadmap for Family Caregivers and Eldercare Locator.

Hawaii Aging & Disability Food Resources, COVID-19 Supplement version 2 -

<https://www.hawaiiadrc.org/Data/Sites/1/media/Publications/Food%20Resources%20April%2017%202020%20FINAL.pdf>

Revised April 2020; keep in mind some of this information may have changed because of changes to the COVID-19 situation in Hawaii

Hawaii Department of Safety Community Resource Guide -

<https://dps.hawaii.gov/wp-content/uploads/2021/04/Community-Resource-Guide.pdf>

Last updated in 2021

Hawaii Elderly Affairs Division Senior Handbook -

https://www.elderlyaffairs.com/Portals/AgencySite/DCS%202021%20Senior%20Handbook_vD2FINAL.pdf

Last updated in 2022

Hawaii State Health Insurance Assistance Program (SHIP) Resource Publications on Medicare, Medigap, and Staying Healthy (scroll down past the phone numbers and URLs to find links to the publications on all kinds of related topics)

<https://www.hawaiiiship.org/resources/medicare/#resources-medicare-publications>

Hawaii's Fraud Prevention and Resource Guide, 3rd Edition –

https://www.hawaiiadrc.org/Data/Sites/1/media/Publications/21164_Text.pdf

Last updated May 2020

Honolulu Magazine 2023 Kupuna Guide -
<https://www.honolulumagazine.com/2023-kupuna-guide/>

Mental Health America of Hawaii - <https://mentalhealthhawaii.org/wp-content/uploads/Finding-Help-Resource-Directory-09.29.21.pdf>

Last updated July 2021

Special Parent Information Network (SPIN) Community Resources Guide -
<http://spinhawaii.org/resource-guide/>

Last updated in 2022

15. Additional Resources

Brain Injuries

NEW

Brain Foundation / Migraine & Headache Australia Newsletters
<https://brainfoundation.org.au/newsletters/>

Brain Injury Association of America The Challenge! Magazine
<https://www.biausa.org/public-affairs/public-awareness/challenge-magazine>

Brain Injury Association of American Resource Center – webinars and lecture recordings
<https://www.biausa.org/professionals/education>

Brain Injury Association of Hawaii Newsletter
 Email your request to subscribe to: braininjuryofhawaii@gmail.com

NEW

Concussion Legacy Foundation
<https://concussionfoundation.org/>
 From the homepage, click on “Resource Center”

Hawaii Pacific Neuroscience weekly e-newsletter
 To subscribe, send an email to: kliow@hawaii.edu

International Brain Injury Association Webinar Series

<https://www.internationalbrain.org/meetings-and-events/ibia-webinar-series>

Mind Your Brain Foundation

There are resources for survivors and service providers, such as Road Map to Recovery and a podcast series.

Home: <https://www.mindyourbrainfoundation.org/>

Resources: <https://www.mindyourbrainfoundation.org/resource/>

Events: <https://www.mindyourbrainfoundation.org/conferences/>

Model Systems Knowledge Translation Center (MSKTC) SCI – TBI – Burn Newsletter Archives

<https://msktc.org/newsletter/archives>

National Association of State Head Injury Administrators Trainings On Demand Archive

<https://www.nashia.org/trainings-archive>

National TBI Registry Coalition

<https://nationaltbiregistry.org/>

PINK Concussions

<https://www.pinkconcussions.com/>

Female brain injury from sports, violence, military service. They have a YouTube Channel, support groups, conduct research, hold events, and more.

Power of Patients

Free, customizable app to help patients and caregivers track their brain injury symptoms and triggers.

<https://www.powerofpatients.com/>

Traumatic Brain Injury Model System Knowledge Translation Centers (MSKTC)

<https://msktc.org/tbi/model-system-centers>

NEW

Traumatic Brain Injury Resource Bundle for American Indians

<https://www.air.org/project/traumatic-brain-injury-resource-bundle-american-indians>

United States Brain Injury Alliance (USBIA)

Webinar Recordings: <https://usbia.org/members-resources/webinars/>

U-M Concussion Center (U-M is University of Michigan)

“Behind the Scenes with the Experts” Blog episode archive:

<https://www.buzzsprout.com/2012342>

Digital Resources (videos): <https://concussion.umich.edu/education/digital-resources/>

U-M Concussion Center Quarterly News (U-M is University of Michigan)

To subscribe, email their communications team at concussioncenter@umich.edu

University of Washington Traumatic Brain Injury Model System TBI Model System Updates

To subscribe, send an email to uwtbi@uw.edu. In the subject line, please type “subscribe newsletter”

Brain Tumors

American Brain Tumor Association MindMatters e-Newsletter

<https://www.abta.org/mindmatters/>

Brain Foundation / Migraine & Headache Australia Newsletters

<https://brainfoundation.org.au/newsletters/>

Brain Tumor Society News

<https://braintumor.org/news/>

The Childhood Brain Tumor Foundation CBTF Neurotransmitter Newsletters

<https://childhoodbraintumor.org/newsletters/>

Children's Brain Tumor Project Newsletters

<https://www.childrensbraintumorproject.org/portfolio-items/newsletters/>

Ivy Brain Tumor Center at the Barrow Neurological Institute Ivy Blog

<https://www.ivybraintumorcenter.org/blog/brain-tumor-awareness-month/>

Musella Foundation for Brain Tumor Research & Information, Inc. Mailing List

<https://virtualtrials.org/maillist.cfm>

Spinal Cord Injuries

American Congress of Rehabilitation Medicine Spinal Cord Injury Webinar Series Archives

<https://acrm.org/acrm-communities/spinal-cord-injury/sci-webinar-series/>

Kennedy Krieger Institute International Center for Spinal Cord Injury Newsletter

<https://www.kennedykrieger.org/patient-care/centers-and-programs/international-center-for-spinal-cord-injury/newsletter>

Spinal Cord Injury Model System Knowledge Translation Centers (MSKTC)

<https://msktc.org/sci/model-system-centers>

Model Systems Knowledge Translation Center (MSKTC) SCI – TBI – Burn Newsletter Archives

<https://msktc.org/newsletter/archives>

United Spinal Association Webinar Archives

<https://unitedspinal.org/webinars/>

University of Alabama Heersink School of Medicine Spinal Cord Injury Model System Pushin' On Newsletter

Archives: <https://www.uab.edu/medicine/sci/uab-scims-information/pushin-on-newsletter>

Stroke

American Stroke Association Together to End Stroke Newsletter

To sign up, go to:

<https://www.stroke.org/en/about-the-american-stroke-association/together-to-end-stroke/newsletter-sign-up>

Hawaii Pacific Neuroscience weekly e-newsletter

To subscribe, send an email to: kliow@hawaii.edu

Johns Hopkins Medicine Sheikh Khalifa Stroke Institute SKSI Webinar Series

https://www.hopkinsmedicine.org/neurology_neurosurgery/centers_clinics/khalifa-stroke-institute/webinar-series/

On with Life Stroke Webinar Series

<https://www.onwithlife.org/education-research/fall-conference-2/stroke-webinar-series/>

Paul Coverdell National Acute Stroke Program (PCNASP)

https://www.cdc.gov/dhdsp/programs/about_pcnasp.htm

World Stroke Organization Blog Archive

<https://www.world-stroke.org/news-and-blog/blogs>

World Stroke Organization Newsletter Archive

<https://www.world-stroke.org/news-and-blog/newsletters>

General / Other

American Trauma Society newsletters

<https://multibriefs.com/optin.php?AMTRAUMA>