

December 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

Pacific Disabilities Center website: <https://pdc.jabsom.hawaii.edu/>

Pacific Disabilities Center YouTube Channel:

<https://www.youtube.com/@PacificDisabilitiesCenter>

To subscribe or make corrections, additions, etc., send an email to

Violet E. Horvath, Ph.D., Director: vhorvath@hawaii.edu

The names or contact information of subscribers is never shared.

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1. Announcements

The guest speaker for the December Kona Brain Injury Support Group meeting is Dr. Kevin Perrino, DC, BCAA, CCSP, Doctor of Chiropractic Medicine. The title of the presentation is, "Neck Pain and Headaches After a Traumatic Brain Injury." The meeting will take place on Wednesday, December 11, at 4:00 pm HST. For more information and to learn how to attend, please go to page 15.

October 29, 2024, was World Stroke Day. The Hawaii Stroke Coalition highlighted the day with information about their BE FAST Campaign. Read an article and/or watch the video of an interview with Dr. Matt Koenig, chair of the Hawaii Stroke Coalition and neurointensivist at The Queen's Medical Center, at <https://www.khon2.com/living-808/hawaii-stroke-coalition-highlights-world-stroke-day-with-befast-campaign/>

Hawaii is working towards having Mobile Stroke Units, which are ambulances with special equipment and staff who can diagnose and treat stroke. There's a new study that compared outcomes of patients who received care in Mobile Stroke Units, or MSUs, with standard emergency room care. Read about the results here: <https://www.pcori.org/research-results/2016/comparing-mobile-stroke-unit-treatment-emergency-room-care-among-patients-who-have-had-stroke-best-msu-study>

2. Online and In-Person Events

December 2024

Title: The Neuroanatomy and Assessment of Language Disturbance in TBI

Format: Virtual

Cost: \$50

Speaker: Kim Frey, Ph.D., CCC-SLP, CBIS

Sponsored by: Brain Injury Association of Hawaii (BIAA)

Dates: December 5, 2024

Times: 3:00 pm ET (10:00 am HST)

Registration: <https://shop.biausa.org/product/STRM120524/20241205-the-neuroanatomy-and-assessment-of-aphasia-in-tbi-live-webinar>

Title: Hands-on Bathing

Format: In-person in Honolulu, HI

Cost: Free

Speakers: Renee Kato, Program Manager for St. Francis Healthcare Services for Senior Citizens (HSSC), and Keri Delos Santos, Coordinator for HSSC Bathing Services

Sponsored by: St. Francis Caregiver and Wellness Program

Dates: December 13, 2024

Times: 10:00 am – 11:30 am HST

Location: St. Francis Campus, 2228 Liliha Street, Honolulu, HI 96817

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

Title: Learning for Success

Format: Virtual

Cost: Free

Speakers: Various

Sponsored by: BEST (Brain Education Strategies Technology)

Date: December 14, 2024

Times: 10:00 am PT (8:00 am HST)

Registration: https://ruby-rook.webinarninja.com/series-webinars/5986/register?_vbtrk=MjU2NDMzOjEwMDc4NzY4NDpuZXdzGV0dGVy&uax=MjU2NDMzOjEwMDc4NzY4NA

For more information: Visit their website at <https://bestconnections.org/> or send an email to info@bestconnections.org

January 2025

Title: Love Your Brain: Online Caregiver Retreat

Format: Virtual

Cost: Varies from \$200 - \$700

Speakers: Jonathan Prescott, Kyla Pearce, Adam Pearce, and Elizabeth Grey

Sponsored by: Love Your Brain

Date: Six weeks: January 14, 2025 – February 18, 2025

Time: 6:00 pm – 8:00 pm ET (1:00 pm – 3:00 pm HST)

Registration: <https://www.loveyourbrain.com/caregiver-retreat>

More information: <https://www.loveyourbrain.com/caregiver-retreat>. For adults serving in a caregiving or supportive role (e.g., spouse, partner, sibling, parent) for an individual with a brain injury, including concussion and other forms of TBI, stroke, tumor, hypoxia/anoxia. Those who have experienced brain injuries are encouraged to join the Community Retreats (<https://www.loveyourbrain.com/retreat>).

Title: TBI and PTSD: Teasing Apart Complex Associations and Outcomes

Format: Virtual

Cost: \$50

Speaker: Maya O'Neil, Ph.D., Professor of Psychiatry at Oregon Health and Science University

Sponsored by: Brain Injury Association of American (BIAA)

Date: January 14, 2025

Time: 3:00 pm ET (10:00 am HST)

Registration: <https://shop.biausa.org/product/STRM011425/20250114-tbi-and-ptsd-teasing-apart-complex-associations-and-outcomes-live-webinar>

Title: Strategic Story Sharing for Providers and for Individuals with BI

Format: Virtual

Cost: \$50

Speaker: TBA

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

Date: January 15, 2025

Time: 1:00 pm – 4:00 pm ET (7:00 am – 11:00 am HST)

Registration: TBA

Title: How to Seamlessly Incorporate Brain Health & Wellness into Clinical Care

Format: Virtual

Cost: Free

Speaker: Paul Smith, MD, Hawaii Pacific Neuroscience

Sponsored by: John A. Burns School of Medicine, Neuroscience Department – Psychiatry Online CME Grand Rounds

Date: January 17, 2025

Time: 12:00 pm HST

Zoom link: <https://hawaii.zoom.us/j/97039888672>

Meeting ID: 970 3988 8672

Title: The Neuro-Huddle: The Emerging Science in Sport-Related Concussion Management Conference

Format: In-person in Honolulu, HI

Cost: There is a cost associated with attending this summit

Speakers: Various

Sponsored by: Hawaii Concussion Awareness Management Program (HCAMP) of the University of Hawaii at Manoa College of Education, The Gary O. Galiher Foundation, and Hawaii Pacific Health

Date: January 18 – 19, 2025

Times: TBA

Location: Alohilani Resort Waikiki Beach

Registration: <https://web.cvent.com/event/ce1b9246-b739-4e21-96b3-3ee476abca47/regProcessStep1>

Additional information: <https://web.cvent.com/event/ce1b9246-b739-4e21-96b3-3ee476abca47/websitePage:be1135eb-f9c6-44b5-b26a-cf4da9994f90>

Title: BIAA Neuro Rehab Leadership Summit 2025

Format: In-person in Charleston, SC

Cost: There is a cost associated with attending this summit

Speakers: Various

Sponsored by: Brain Injury Association of America

Date: January 22 – 24, 2025

Times: TBA

Location: Homewood Suites by Hilton, 415 Meeting Street, Charleston, SC

Registration (individuals): <https://shop.biausa.org/product/BNRLS25/biaa-neuro-rehab-leadership-summit-2025-registration>

Registration (groups of at least three):

<https://shop.biausa.org/product/BNRLS25GRP/biaa-neuro-rehab-leadership-summit-2025-group-registration>

Title: Daily Self-Care and Its Impact on the Nervous System

Format: Virtual

Cost: Free

Speakers: Amber Lohret, author and brain injury survivor

Sponsored by: North Dakota Brain Injury Network (NDBIN)

Date: January 22, 2025

Times: 1:30 – 3:00 pm CT (9:30 am – 11:00 am HST)

Registration: <https://und.zoom.us/meeting/register/tJUqf-6tqT4uGNEs-qbudHkSuxZpUpBVHIY5#/registration>

Title: Next Steps After the Hospital: Programs, Participants, and Outcomes of Post-Acute Brain Injury Rehabilitation

Format: Virtual

Cost: \$50

Speakers: James F. Malec, PhD, ABPP-Cn, Rp, Irwin M. Altman, PhD, MBA, David B. Salisbury, PsyD, ABPP-Cn, Devan Parrott, PhD, and Daniel M. Logan, BS, CSM

Sponsored by: Brain Injury Association of America (BIAA)

Date: January 28, 2025

Times: 3:00 pm ET (10:00 am HST)

Registration: <https://shop.biausa.org/product/ROSM012825/20250128-next-steps-after-the-hospital-programs-participants-and-outcomes-of-advanced-post-acute-brain-injury-rehabilitation-live-webinar>

Title: Everything You Wanted to Know: NASHIA's National Collaborative on Children's Brain Injury Special Interest Group

Format: Virtual

Cost: Free

Speakers: Jennifer Lundline, Ph.D., CCC-SLP, Brenda Eagan-Johnson, CBIST-AP, Melissa McCart, Ed.D.

Date: January 29, 2025

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

Registration:

https://us06web.zoom.us/webinar/register/WN_P6TJI4YcQ5G7MG0n-2Zk0A#/registration

February 2025

Title: Help Hope Live

Format: Virtual

Cost: Free

Speakers: Karli Njaa with Help Hope Live

Sponsored by: North Dakota Brain Injury Network (NDBIN)

Date: February 5, 2025

Times: 1:30 – 3:00 pm CT (9:30 am – 11:00 am HST)

Registration: <https://und.zoom.us/meeting/register/tJlrcO-rrD4rHNHUhQobXbuF0YYIHJsz-RYR#/registration>

Title: CGRP & New Headache Therapies – How to Successfully Manage Migraine & Other Chronic Conditions

Format: Virtual

Cost: Free

Speaker: Angeline Kim, MD, Hawaii Pacific Neuroscience

Sponsored by: John A. Burns School of Medicine, Neuroscience Department – Psychiatry Online CME Grand Rounds

Date: February 21, 2025

Time: 12:00 pm HST

Zoom link: <https://hawaii.zoom.us/j/97039888672>

Meeting ID: 970 3988 8672

March 2025

Title: Brain Injury Awareness and Advocacy Days

Format: In-person in Washington, DC

Cost: \$35

Speakers: TBA

Sponsored by: Brain Injury Association of America

Date: March 3 – 5, 2025

Time: 12:00 pm ET on March 3 to 6:00 pm ET on March 5

Location: Hilton Arlington National Landing in Arlington, VA, and the US Capitol in Washington, DC

Registration (you must register in advance): <https://www.biausa.org/brain-injury-awareness-day-2025> Additional information: A block of hotel rooms is available at

the Hilton. To reserve, go to

<https://book.passkey.com/event/50899765/owner/1694/landing>

Title: 15th World Congress on Brain Injury
Format: TBA
Cost: TBA
Speakers: TBA
Sponsored by: International Brain Injury Association (IBIA)
Date: March 19 – 22, 2025
Time: TBA
Location: Montreal, Quebec, Canada
Registration: TBA

May 2025

Title: 41st Annual Brain Injury and Stroke Conference
Format: In-person
Cost: TBA
Speakers: TBA
Sponsored by: Brain Injury Association of New Hampshire
Date: May 13 – 14, 2025
Time: TBA
Registration: TBA

October 2025

Title: State of the States (SOS) Conference
Format: TBA
Cost: TBA
Speakers: TBA
Sponsored by: National Association of State Head Injury Administrators (NASHIA)
Date: October 27 – 30, 2025
Time: TBA
Location: Portland, Maine
Registration: TBA

3. Organization and Business Meetings

December 2024

Meeting title: Kupuna Caucus
Format: Virtual

Sponsored by: Hawaii State Senator Sharon Moriwaki

Date: December 6, 2024

Time: 2:00 pm – 3:00 pm HST

To join the meeting via Zoom:

To watch the meeting on YouTube (or watch past meetings):

<https://zoom.us/j/97721033988?pwd=OFdJQUgraWwzdIFQbzQrYjdhSHpVQT09>

<https://www.youtube.com/@kupunacaucus/streams>

To participate via phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004105

Additional information: Contact Charles P. Izumoto, Legislative Aide, at 808-586-6740 or c.izumoto@capitol.hawaii.gov

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/>

January 2025

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC) Quarterly Meeting

Format: Virtual

Sponsored by: Aloha Independent Living Hawaii, Pacific Basin Telehealth Resource Center, and Pacific Disabilities Center

Date: January 15, 2025

Time: 2:00 pm – 4:00 pm HST

Zoom link:

<https://zoom.us/j/97356087356?pwd=ZXdlldHd5ZHV3aUYvRmJreitVUEg5UT09>

Additional information: Email Violet Horvath at vhorvath@hawaii.edu

Meeting title: Disability and Communication Access Board (DCAB) General Board Meeting

Format: Hybrid – online and in-person in Honolulu, HI

Sponsored by: Disability and Communication Access Board (DCAB)

Date: January 16, 2025

Time: 11:00 am – 1:00 pm HST

Location: Disability and Communication Access Board (DCAB), 1010 Richards Street, #118, Honolulu, HI 96813

Zoom link: TBA

Additional information: Call 808-586-8121 (phone) or 808-586-8162 (TTY)

March 2025

Meeting title: Disability and Communication Access Board (DCAB) General Board Meeting

Format: Hybrid – online and in-person in Honolulu, HI

Sponsored by: Disability and Communication Access Board (DCAB)

Date: March 20, 2025

Time: 11:00 am – 1:00 pm HST

Location: Disability and Communication Access Board (DCAB), 1010 Richards Street, #118, Honolulu, HI 96813

Zoom link: TBA

Additional information: Call 808-586-8121 (phone) or 808-586-8162 (TTY)

April 2025

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC) Quarterly Meeting

Format: Virtual

Sponsored by: Aloha Independent Living Hawaii, Pacific Basin Telehealth Resource Center, and Pacific Disabilities Center

Date: April 16, 2025

Time: 2:00 pm – 4:00 pm HST

Zoom link:

<https://zoom.us/j/97356087356?pwd=ZXdlldHd5ZHV3aUYvRmJreitVUEg5UT09>

Additional information: Email Violet Horvath at vhorvath@hawaii.edu

May 2025

Meeting title: Disability and Communication Access Board (DCAB) General Board Meeting

Format: Hybrid – online and in-person in Honolulu, HI

Sponsored by: Disability and Communication Access Board (DCAB)

Date: May 15, 2025

Time: 11:00 am – 1:00 pm HST

Location: Disability and Communication Access Board (DCAB), 1010 Richards Street, #118, Honolulu, HI 96813

Zoom link: TBA

Additional information: Call 808-586-8121 (phone) or 808-586-8162 (TTY)

July 2025

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC) Quarterly Meeting

Format: Virtual

Sponsored by: Aloha Independent Living Hawaii, Pacific Basin Telehealth Resource Center, and Pacific Disabilities Center

Date: July 16, 2025

Time: 2:00 pm – 4:00 pm HST

Zoom link:

<https://zoom.us/j/97356087356?pwd=ZXdlldHd5ZHV3aUYvRmJreitVUEg5UT09>

Additional information: Email Violet Horvath at vhorvath@hawaii.edu

September 2025

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC) Quarterly Meeting

Format: Virtual

Sponsored by: Aloha Independent Living Hawaii, Pacific Basin Telehealth Resource Center, and Pacific Disabilities Center

Date: September 17, 2025

Time: 2:00 pm – 4:00 pm HST

Zoom link:

<https://zoom.us/j/97356087356?pwd=ZXdlldHd5ZHV3aUYvRmJreitVUEg5UT09>

Additional information: Email Violet Horvath at vhorvath@hawaii.edu

4. Support Group Meetings

Brain Injury Support Group Meetings

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. Remaining date for 2024 is: December 28

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Meeting Room 3, 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: 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

More information coming soon!

Support group title: Kauai Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Kauai District Health Office Conference Room, 3040 Umi Street, Lihue, HI 96766

Zoom information:

<https://zoom.us/j/94232380209?pwd=18s7OjQcAPFia0WlQkwQQqKAGaRLQC.1>

Meeting ID: 942 3238 0209

Passcode: 833714

For more information, contact Steph Edwards at kauaibig@gmail.com

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. The passcode is ae3Ddq. 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: North Dakota Brain Injury Network Monthly Virtual Support Group

Format: Virtual

Dates: Last Monday of every month

Times: 2:00 pm CT (start time in Hawaii varies if there is or isn't Daylight Savings Time)

Additional information: All brain injury survivors, providers, and caregivers are welcome. Contact Carly Endres at 701-777-8004 or carly.endres@UND.edu with

any questions. The Zoom link for the meeting can be found here:

<https://www.ndbin.org/services/support/monthly>

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

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

Brain Tumor Support Group Meetings

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

Format: In-person on Oahu

Dates: Monthly on Saturdays. Remaining date for 2024 is: December 28

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Meeting Room 3, 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

More information coming soon!

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: <https://www.queens.org/services/cancer-care/resources/patient-support/>

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 Support Group Meetings

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 cgsg@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 cgsg@projectdana.org

Support group title: Caregiver Support Group

Format: In-person in Kaneohe, HI

Sponsored by: The Caregiver Foundation

Dates: 4th Wednesday of each month

Times: 2:00 pm – 3:30 pm HST

Location: Pohai Nani, 45-090 Namoku Street, Kaneohe, HI 96744

Additional information: Contact Jo Cinter at 808-236-7832

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>

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: North Dakota Brain Injury Network Monthly Virtual Support Group

Format: Virtual

Dates: Last Monday of every month

Times: 2:00 pm CT (start time in Hawaii varies if there is or isn't Daylight Savings Time)

Additional information: All brain injury survivors, providers, and caregivers are welcome. Contact Carly Endres at 701-777-8004 or carly.endres@UND.edu with any questions. The Zoom link for the meeting can be found here:

<https://www.ndbin.org/services/support/monthly>

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.

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

- Remaining 2024 date: 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 Meetings

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/tZYldequrTMoGNWkw3t0xbTwi2Nh8TxxYLQS#/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 4th Friday Night

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Fourth Friday of each month

Time: 6:00 pm – 8:00 pm HST

Location: Moiliili Hongwanji Buddhist Temple, 902 University Avenue, Honolulu, HI 96826

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

Support group title: United Self-Help Recovery and Support Group

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Every Thursday

Time: 3:00 pm – 5:00 pm HST

Location: Moiliili Hongwanji Buddhist Temple, 902 University Avenue, Honolulu, HI 96826

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 Group Meetings

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

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. Remaining date for 2024 is: December 28

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Meeting Room 3, 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

More information coming soon!

Support group title: Kauai Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Kauai District Health Office Conference Room, 3040 Umi Street, Lihue, HI 96766

Zoom information: TBA

For more information, contact Steph Edwards at kauaibig@gmail.com

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 Support Group: How to Thrive on our Islands After Stroke

Format: Meetings alternate being in-person or virtual each month; see schedule below

Dates: Second Wednesday of each month

Virtual scheduled dates:

No more virtual dates for 2024.

In-person scheduled dates: December 11, at Magic Island Park Site #31

Time: 10:00 – 11:30 am HST

Additional information: Registration is required in order to get the virtual meeting link and the in-person location address. To register online, go to

www.queens.org/events. You can also call 808-691-7117, which is the referral line. An email invitation will be sent to you a few days prior to the meeting. For questions about the group (not to register), contact Danae Jones, RN, Stroke Coordinator at 808-691-1210.

Support group title: Stroke Club

Format: In-person on Oahu

Dates: First 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: For more information or to RSVP, contact Melissa Mullen, Patient Experiences Manager, by email at Melissa.mullen@rehabhospital.org or by phone at 808-566-3741.

American Stroke Association Stroke Support Group Finder
<https://www.stroke.org/en/stroke-support-group-finder>

Spinal Cord Injury Support Group Meetings

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

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
More information coming soon!

Support group title: Kauai Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Kauai District Health Office Conference Room, 3040 Umi Street, Lihue, HI 96766

Zoom information:

<https://zoom.us/j/94232380209?pwd=18s70jQcAPFia0WlQkwQQqKAGaRLQC.1>

Meeting ID: 942 3238 0209

Passcode: 833714

For more information, contact Steph Edwards at kauaibig@gmail.com

Support group title: Maui Wheelers

Format: In-person on Maui

Dates: First Wednesday of each month

Times: 1:00 pm – 4:00 pm HST

Location: Contact them to find out the location

Additional information: They have a Facebook page at

<https://www.facebook.com/MauiWheelers/> and you can email them at

MauiWheelers@gmail.com. They are a support group and Maui resource for individual who use a wheelchair, scooter, walker, or other assistive mobility device, and for their ohana – family, friends, and caregivers.

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: United Spinal Association Advocacy LIVE

Format: Virtual

Dates: Third Thursday of every month

Time: Alternates each month between 5 pm and 1 pm ET

Registration:

<https://us02web.zoom.us/meeting/register/tZlqfuygqz8jHdVFxsZmHRSYFRvXqRB-HrUI?fbclid=IwAR0kgxZZuWR3OazgebBzgvI8eAgm78sbxKbCYs9bH6I9urcEsnWkDw4ZELk#/registration>

Support group title: Kelly Brush Foundation / United Spinal Association Active Project Live Bi-Weekly Zoom Recreation Discussion Group

Format: Virtual

Dates: Every other Tuesday

Time: 5:30 pm ET

Additional information: Discussion group focused on adaptive sports and recreational activities. Learn more and register at

<https://unitedspinal.org/events/active-project-live/>

Support group title: United Spinal Association Empowering Parental Caregivers Support Group

Format: Virtual

Dates: Every second and fourth Tuesday of the month

Time: 7:00 pm – 8:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZEtc-ytrz0oGNGfgA8DTUyYf6vu2NRswdKT#/registration>

Additional information: For parents and guardians of children, adolescents, or young adults with SCI or mobility disabilities

JUST ADDED – Support group title: Employment Empowerment Resource Group

Format: Virtual

Dates: Every third Wednesday of the month

Time: 1:00 pm – 2:00 pm ET

Registration: <https://unitedspinal.org/events/employment-empowerment-resource-group/>

Support group title: United Spinal Association Resource Center Live

Format: Virtual

Dates: Every fourth Wednesday of the month

Time: 4:00 pm ET

Registration:

<https://us02web.zoom.us/meeting/register/tZUuduCuqDliGtctu96aqMrmC87SXxW3FydB#/registration>

Support group title: United Spinal Association Rolling through Life: Aging with a Disability

Format: Virtual

Dates: Fourth Wednesday of each month

Time: 7:00 pm – 8:00 pm ET

Registration: https://us02web.zoom.us/meeting/register/tZcofu-upz8sH93iWkBLFJps_ViG5RzL4TY2#/registration

Additional information: <https://unitedspinal.org/events/aging-with-a-disability/>

Support group title: United Spinal Association Rolling with Pride Support Group

Format: Virtual

Dates: First Wednesday of each month

Time: 6:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZ0rd-mrqjstHNBlhBRobjafYZrsfragrHH7#/registration>

Additional information: For LGBTQIA wheelchair users and allies

Support group title: United Spinal Association's Social Hour

Format: Virtual

Dates: Every Thursday

Time: 1:00 pm ET

Registration: <https://unitedspinal.org/events/united-spinal-social-hour/>

Support group title: United Spinal Association's TechTalks

Format: Virtual

Dates: Second Thursday of each month

Time: 5:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZArdO-gqDwpGNVsVGt4f8gPz973EVLfq3cT#/registration>

Support group title: United Spinal Association’s Walking Rollers

Format: Virtual

Dates: Fourth Monday of each month

Time: 7:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZArdO-gqDwpGNVsVGt4f8gPz973EVLfq3cT#/registration>

Additional information: For semi-ambulatory, part-time wheelchair users.

5. Articles on Brain Injuries

Brain Injury Association of America “The Challenge! – The Power of Community”

November 2024 Magazine

<https://www.biausa.org/public-affairs/media/the-challenge-the-power-of-community>

Caring for Yourself After a Concussion (new Centers for Disease Control and Prevention video)

<https://www.youtube.com/watch?v=RVUJ9WZ5WP0>

Chronic Pain After a Traumatic Brain Injury: A Collaborative Care Approach (abstract only)

https://naric.com/content/cf-rehab-adv-srch-record?article_source=rehab&record_id=177926&load_source=basic_search&search_id=471584&start_rec=0&user_name=public.user.707782&international=0&drill_down=0&rehab_blank=0&intl_blank=0

American College of Surgeons Best Practices Guidelines: The Management of Traumatic Brain Injury

<https://www.facs.org/media/vgfgjpfk/best-practices-guidelines-traumatic-brain-injury.pdf>

Concussion Comic: Little Brain Gets Hurt

<https://concussion.umich.edu/wp-content/uploads/2024/11/Concussion-Comic-Little-Brain-Gets-Hurt-Colored.pdf>

What Does a Concussion do to My Brain? (video)

https://www.unr.edu/nevada-today/news/2024/concussion-science?utm_source=LinkedIn&utm_medium=social&utm_campaign=media-Society&utm_content=concussion-science

The 10-Year Decreasing Trend of Youth Soccer Head Injuries and Concussions Presenting to U.S. Emergency Departments (abstract only)

<https://pubmed.ncbi.nlm.nih.gov/39444342/>

NHLPA Hopes Committee Helps Players “Better Understand CTE”

https://www.espn.com/nhl/story/_/id/42139305/nhlpa-hopes-committee-helps-players-better-understand-cte

Military Health System’s Traumatic Brain Injury Center of Excellence

<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence>

Includes a new Warfighter Brain Health Provider Toolkit App.

Training to Reconnect with Emotional Awareness Therapy (TREAT): A Randomized Controlled Trial in Participants with Traumatic Brain Injury (abstract only)

https://naric.com/content/cf-rehab-adv-srch-record?article_source=rehab&record_id=177875&load_source=basic_search&search_id=469863&start_rec=0&user_name=public.user.705993&international=0&drill_down=0&rehab_blank=0&intl_blank=0

A Scoping Review of Implementation Science Studies in the Field of Traumatic Brain Injury: State of the Science and Future Directions

https://journals.lww.com/headtraumarehab/fulltext/2024/11000/a_scoping_review_of_implementation_science_studies.2.aspx

The Power of Patients – and A-Lab

<https://mitsloan.mit.edu/action-learning/power-patients-and-a-lab>

2024 Maine Brain Injury Conference – Silver Learnings Keynote by Carole Starr (video)

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

Ms. Starr is a brain injury survivor.

University of Michigan Concussion Center Annual Report FY 2024

<https://concussion.umich.edu/wp-content/uploads/2024/11/U-M-Concussion-Center-FY2024-Annual-Report-2.pdf>

6. Articles on Brain Tumors

Glioblastoma: New Treatment Attacks Brain Tumors from Multiple Angles

<https://www.sciencedaily.com/releases/2024/11/241112123734.htm>

Researchers Home in on Tumor Vulnerabilities to Improve Odds of Treating Glioblastoma

<https://www.sciencedaily.com/releases/2024/11/241104142208.htm>

Researchers Make Glioblastoma Cells Visible to Attacking Immune Cells

<https://www.sciencedaily.com/releases/2024/11/241107160742.htm>

7. Articles on Spinal Cord Injuries

Relations Between Self-Reported Prescription Hydrocodone, Oxycodone, and Tramadol Use and Unintentional Injuries Among Those with Spinal Cord Injury (abstract only)

https://naric.com/?q=en/content/cf-rehab-adv-srch-record&article_source=Rehab&record_id=177964&load_source=external_search&search_id=470018&user_name=public.user.712432

A Literature Review of Nutrition Knowledge Measurement Items Used in Persons Living with Spinal Cord Injuries and Disorders (abstract only)

https://naric.com/?q=en/content/cf-rehab-adv-srch-record&article_source=Rehab&record_id=177950&load_source=external_search&search_id=470019&user_name=public.user.712442

Researchers Develop Tools to Examine Neighborhood Economic Effects on Spinal Cord Injury Outcomes

<https://www.sciencedaily.com/releases/2024/11/241125124923.htm>

Enhanced Cardiovascular Function with spinal Cord Transcutaneous Stimulation in High-Level Spinal Cord Injury

<https://www.sciencedaily.com/releases/2024/10/241028131606.htm>

8. Articles on Stroke

Comparing Mobile Stroke Unit Treatment with Emergency Room Care Among Patients who have had a Stroke – The BEST-MSU Study

<https://www.pcori.org/research-results/2016/comparing-mobile-stroke-unit-treatment-emergency-room-care-among-patients-who-have-had-stroke-best-msu-study>

Hawaii Stroke Coalition Highlights World Stroke Day with BE FAST Campaign

<https://www.khon2.com/living-808/hawaii-stroke-coalition-highlights-world-stroke-day-with-befast-campaign/>

Step-by-Step Videos for Stroke Survivors

https://www.stroke.org/en/life-after-stroke/recovery/daily-living?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=emailname &utm_content=hero+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE#videos

Maintaining Health and Well-Being as a Caregiver Checklist

https://www.stroke.org/en/help-and-support/support-group-leader-resources/lesson-modules/self-care-for-caregivers/maintaining-health-and-well-being-as-a-caregiver?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=emailname &utm_content=content3+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE

FindHelp – Your Health Roadmap

https://www.heart.org/en/about-us/findhelp?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=emailname &utm_content=content4+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE

Healing the Gut Can Reduce Long-Term Impacts of Stroke

<https://www.sciencedaily.com/releases/2024/11/241126134951.htm>

Mapping of Atherosclerotic Plaque Cells May Predict Future Risk of Stroke or Heart Attack

<https://www.sciencedaily.com/releases/2024/11/241120144826.htm>

Combining Cyproheptadine Hydrochloride with Targeted Muscle Activation Training to Treat Upper Extremity Stroke: A Randomized, Placebo-Controlled Trial (abstract only)

https://naric.com/?q=en/content/cf-rehab-adv-srch-record&article_source=Rehab&record_id=177965&load_source=external_search&search_id=469981&user_name=public.user.712447

Novel Calculator Predicts Risk of Epilepsy After Rare Stroke

<https://www.sciencedaily.com/releases/2024/11/241112123800.htm>

9. Information on Related Topics

Special Topic: Disaster Mitigation and Preparedness

CDC Website has Accessible Resources on Emergency Preparedness for People with Disabilities

<https://www.adapacific.org/cdc-website-has-accessible-resources-on-emergency-preparedness-for-people-with-disabilities/>

National Hazard Mitigation Saves Lives: 2019 Report

<https://www.nibs.org/projects/natural-hazard-mitigation-saves-2019-report>

Guide to Expanding Mitigation: Making the Connection to Older Adults

https://www.fema.gov/sites/default/files/documents/fema_mitigation-guide_older-adults.pdf

Guide to Expanding Mitigation: Making the Connection to Equity

https://www.fema.gov/sites/default/files/documents/fema_mitigation-guide_equity.pdf

Preparing Makes Sense for People with Disabilities, Others with Access and Functional Needs and the Whole Community

https://www.ready.gov/sites/default/files/2020-03/preparing-makes-sense-for-people-with-disabilities_0.pdf

Grounded by the TSA (a cartoon)

<https://newmobility.com/grounded-by-the-tsa/>

Successful Flying as a Power Wheelchair User (video)

<https://www.youtube.com/watch?v=xGb3n-2DESc&t=58s>

Driving as a Wheelchair User

<https://newmobility.com/driving-as-a-wheelchair-user/>

Fall Avoidance Tips for Seniors

<https://www.wfmj.com/clip/15490592/fall-avoidance-tips-for-seniors>

Personalized Home Evaluation Tool for Older Adults and People with Disabilities Wins National Competition

<https://www.newswire.ca/news-releases/personalized-home-evaluation-tool-for-older-adults-and-people-with-disabilities-wins-national-competition-886088613.html>

Yoga for Pain

<https://www.nccih.nih.gov/health/providers/digest/yoga-for-pain?nav=govdcd>

10. 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 and Brain Injuries
2. Domestic Violence and Brain Injuries
3. Employment and Brain Injuries
4. Homelessness and Brain Injuries
5. Resources and Information for Stroke and Brain Injury Survivors and Their Supports
6. The Basics of Advocacy
7. Medical Gaslighting
8. Workplace Bullying

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. Sponsored by the 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>.

Leading Practices Academy: Social Determinants of Health and Brain Injury, National Association of State Head Injury Administrators (NASHIA)

Dates: January 2025 – December 2025

Cost: \$10,000; can be shared among partners

Who can apply? Organizations interested in improving systems involving those with brain injury in one of the four areas: 1) Interpersonal violence; 2) Housing insecurity; 3) Child welfare; or 4) Criminal legal system.

Questions: Contact Kelly Miller at kmiller@nashia.org

Complete the online application (<https://form.jotform.com/242496490936166>)

no later than December 2, 2024, to provide known details on potential goals prospective target population, partners, etc. Organizations will be notified of acceptance by December 9, 2024.

Flyer:

<https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/66f46f2561d99e25a616fa56/1727295269224/LPA+SDOH+Flier+2025+final.pdf>

NASHIA Leadership Practices Academy: <https://www.nashia.org/lpa-main>

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/>

The Academy of Certified Brain Injury Specialists is offering the “Understanding Concussion: Symptoms, Diagnosis, and Treatment Approaches” Certificate Course to enhance your understanding of concussions and concussion treatment. It is primarily intended for medical personnel, athletic trainers, first responders,

therapists, psychologists, social workers, and anyone involved in the care of individuals with concussions. The online course costs \$145.00. Visit <https://www.biausa.org/professionals/academy-of-certified-brain-injury-specialists/understanding-concussion-symptoms-diagnosis-and-treatment-certificate-course> for more information and to access registration.

JUST ADDED – The Brain Injury Association of American offers an online self-paced Brain Injury Fundamentals Certificate Program. There is also an in-person option. It is for anyone who cares for or encounters individuals with brain injuries. No prior experience or education is required. There is a \$125 fee for the program. For more information and to sign up, go to:

<https://www.biausa.org/professionals/academy-of-certified-brain-injury-specialists/acbis-fundamentals/fundamentals-self-paced-course>

11. Research and Participation Opportunities

JUST ADDED – A Surfer’s Myelopathy Research Study is being held by the Queen’s Medical Center in Hawaii. Those who are eligible need a diagnosis of Surfer’s Myelopathy, must be capable of providing informed consent, and be 14 years of age or older. The study involves two surveys, sharing your medical records, and answering questions from the research team as time goes on. If you are interested, contact the Queen’s Medical Center Neuroscience Institute at nsi.research@queens.org or call 808-691-2525.

JUST ADDED – The Stanford Stroke and Brain Injury Study seeks participants for a new study about a developing technology called Brain Computer Interface (BCI). They seek to understand the benefits, risks, and ethical challenges. You do not need to know anything about BCI. The study is for patients who have had a brain injury and/or stroke, or their caregivers. There’s a 2-hour Zoom interview, and a 10 – 15-minute survey. When finished, you get a \$50 gift card. Contact them by email at Stanford-bcidef@stanford.edu or call 650-497-9489.

JUST ADDED – Share your feedback in a brief 5 – 10-minute survey around access to brain injury resources and research. This survey, which can be found at <https://redcap.iths.org/surveys/?s=LL39X7NM9LNDC4YJ>, is open to anyone with an interest in brain injury. Participation is voluntary and anonymous. To learn more, go to <https://www.pcori.org/research-results/2023/developing-national->

[network-and-strategic-plan-equitable-brain-injury-research-dissemination#project_summary](#). If you have questions, contact ette@uw.edu.

JUST ADDED – The Craig H. Neilsen Foundation is trying to better understand issues affecting the management of prescription medications for people living with spinal cord injury (SCI). The study is open to those 18 years old and older who have sustained a traumatic or non-traumatic spinal cord injury. Visit:

<https://www.surveymonkey.com/r/55VYYM6>

JUST ADDED – The Rehabilitation Research and Training Center on home and Community-Based Services (HCBS) are looking for people with disabilities to complete surveys about their experiences with HCBS. Questions: Contact Niveda Tenny at hcbs-rrtc@sralab.org or call 312-238-3042. The survey can be found here:

<https://redcap.nubic.northwestern.edu/redcap/surveys/?s=D39MHCDL97DTRXR3>

Allison Owen, a graduate student in speech-language pathology at the University of Tulsa is conducting a research study on the quality of life of caregivers who are caring for a loved one after a traumatic brain injury. Participation involves taking a 15-minute survey online. If you choose to participate, you can enter to win a \$25 gift card. Contact Allison Owen with your questions: Alb8472@utulsa.edu

Link to the survey:

https://utulsa.az1.qualtrics.com/jfe/form/SV_5d6zpVojWJhhAZo

The University of Delaware, in cooperation with the Kessler Foundation is recruiting participants for a research study to evaluate the benefits of a web-based program to monitor and improve the emotional well-being of individuals with traumatic Spinal Cord Injury (iManage-SCI Study). To learn more, go to <https://unitedspinal.org/sci-study-well-being-for-individuals-with-spinal-cord-injury/>

Researchers at the University of Alabama at Birmingham (UAB) are looking for participants to be in a study titled, "Acceptance and Commitment Therapy Research on Psychological Health in Persons Living with Spinal Cord Injury." Prospective participants need to be an adult with an SCI. Participation includes videoconference sessions and completion of three questionnaires, with

compensation of up to \$245. To sign up, go to: <https://bit.ly/4d9ADFO>. More information on the study can be found at <https://www.act-sci.org/>.

Pediatric TBI caregivers are sought, including parents, school aides, and home health workers, to take part in a focus group that can be done from home. Participants receive \$30. Contact the study coordinator, Megan Thompson, at MICareTBI@umich.edu or send a text to 734-274-9517. To share your contact information and determine eligibility, go to: <https://redcapproduction.umms.med.umich.edu/surveys/?s=NY4P3CL837RY77JC>

The Texas Model Spinal Cord Injury System is looking for participants to test a health promotion program for people aging with a traumatic SCI. It is an eight-week group intervention via videoconference. You must be at least 45 years old, 15 years post-injury, live in the US, communicate in English, and have access to a smartphone, tablet, or computer with Internet access. The flyer for the Live Longer and Stronger with SCI project is located at <https://sites.google.com/view/scidr/current-study-recruitment/living-longer-and-stronger-with-sci>. Participants receive a small payment for their time. Contact them to find out if you are eligible: 713-797-7767 or TIRR.LLSstudy@uth.tmc.edu.

The Rehabilitation Research and Training Center on Accommodations, Employment Supports, and Success for People with Physical Disabilities (ACCESS-PD) is looking for participants with physical disabilities to share their experiences with full-time permanent employment and/or non-traditional jobs for a study about how assistive technology and / or accommodations impact employment outcomes. Participants must be 18 years or older, have a physical disability, use assistive technology and/or accommodations for work, and be employed full-time and/or currently work in a non-traditional job. Eligible participants will be interviewed and will receive \$50 for their time. To be considered, complete a screening questionnaire (). For more information, contact Salimah LaForce (salimah@cacp.gatech.edu, 404-385-4614).

The Initiative to Mobilize Partnerships for Success Assistive teChnology Transfer (IMPACT) has launched a Research Registry for Technology and Disability, where individuals can help shape the future of technology for people with disabilities.

Participants need to be age 18 or older, comprehend English, and be a person with a disability, a caregiver, or a professional working with people with disabilities. To join the Registry, fill out a questionnaire located at <https://www.ctsiredcap.pitt.edu/redcap/surveys/>; use the access code HMPYYXEJA) which asks about you and your technology experience.

Indiana University is looking for people 18 or older living in the U.S. with a spinal cord injury, who have not previously been part of this project. The project is about travel motivation and the travel experiences of people living with an SCI. Take a 2 – 3-minute survey (https://iu.co1.qualtrics.com/jfe/form/SV_5aP9ju3OkEDBqQe) and, if you are selected, you will get a link to the full survey and directions online. Those who are selected and take the full survey will be offered a \$30 gift card for Amazon. For more information, send an email to travelX@indiana.edu or call 812-855-9037.

The Model Systems Knowledge Translation Center (MSKTC) is looking for information on the needs of people with spinal cord injuries, traumatic brain injuries, or burns. They want to hear from survivors, caregivers, clinicians, and state and federal program administrators. The survey takes about 10 minutes is located at <https://websurveyor2.airws.org/se/2511374533213674>. For questions or more information contact MSKTC at mstkctc@air.org or call 202-403-6929.

The National Capital Spinal Cord Injury Model System Center is looking for clinical practitioners for a survey to document patterns of diagnosis of complex urinary tract infections in individuals with neurogenic lower urinary tract dysfunction due to spinal cord injury or diseases. The survey is located at: <https://www.surveymonkey.com/r/cUTlglobalguidelinesNLUTDIC>

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>

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>

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.

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/>

12. 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 exercise classes offered by the St. Francis 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.

Virtual classes:

- a. Body & Brain Yoga Tai Chi: Tuesdays, 9:00 am – 10:00 am HST
- b. Zumba by Frances: Mondays, Wednesdays, and Fridays, 5:15 pm – 6:15 pm HST
- c. 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

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. 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://islandofhawaiiymca.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. 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/programs/seniors/classes-activities> for more information and to learn how to register.

13. 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>

County of Kauai Community Resource Directory
https://www.kauai.gov/files/assets/public/v/1/prosecuting-attorney/documents/lifes-choices-community-resource-directory-2024_1.pdf
Last updated in 2024

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://dcr.hawaii.gov/wp-content/uploads/2021/04/Community-Resource-Guide.pdf>
Last updated in 2023

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.hawaiihip.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/2024-Finding-Help-Resource-Directory-NEW.pdf>

Special Parent Information Network (SPIN) Community Resources Guide -

<http://spinhawaii.org/resource-guide/>

14. Additional Resources

Brain Injuries - General

Brain Foundation / Migraine & Headache Australia Newsletters

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

Brain Injury magazine: Innovative Strategies for Brain Injury Education for Patients, Families, and Friends

<https://braininjuryprofessional.com/innovative-strategies-for-brain-injury-education-for-patients-families-and-friends-edition/>

Brain Injury Association of America The Challenge! Magazine

<https://www.biausa.org/public-affairs/public-awareness/challenge-magazine>

Brain Injury Association of America – How to Participate in Clinical Trials

<https://www.biausa.org/public-affairs/media/how-to-participate-in-clinical-trials>

Brain Injury Association of America Professional Resources

<https://files.constantcontact.com/5e569a18001/46c15767-5691-4a66-9e60-a0d7011c8bd6.pdf?rdr=true>

Brain Injury Association of America 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

The Brain Injury Hope Foundation

<https://www.braininjuryhopefoundation.org/>

Concussion Awareness NOW

<https://concussionawarenessnow.org/know-the-symptoms>

Concussion Awareness NOW – Education Hub

<https://concussionawarenessnow.org/enhance-your-education>

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

Health Disparities and TBI

<https://vbis.ca/brain-injury-basics-indigenous-peoples/>

Improving Systems of Care for Traumatic Brain Injury

<https://nap.nationalacademies.org/catalog/27205/improving-systems-of-follow-up-care-for-traumatic-brain-injury>

International Brain Injury Association Webinar Series

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

The Journal of Head Trauma Rehabilitation

<https://journals.lww.com/headtraumarehab/pages/currenttoc.aspx>

LoveYourBrain

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

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/>

Minds in Motion Initiative: What Happens Next? Living with Brain Injury (video)

<https://www.youtube.com/watch?v=xPtI5bfvDts>

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/>

North Dakota Brain Injury Network Archived Webinars (brain injury and stroke)

<https://www.ndbin.org/events/webinars>

North Dakota Brain Injury Network – Updates and Newsletter

<https://www.ndbin.org/subscribe>

Power of Patients

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

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

Sex, Gender and TBI: A Path to Recovery and Care

<https://www.nashia.org/resources-list/sex-gender-and-tbi-a-path-to-recovery-and-care>

Strong Infrastructure Components for Brain Injury (BI): State Self-Assessment Tool

https://acl.gov/sites/default/files/programs/2023-11/TBITARC_BrainInjuryStateInfrastructureSelfAssessmentTool_Final%20-A.pdf

A Treatment Court Toolkit for Supporting Individuals with Acquired Brain Injury

<https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/6598569ce049523e6c59a504/1704482461305/ABI-Toolkit-V3.pdf>

Traumatic Brain Injury Model System Knowledge Translation Centers (MSKTC)

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

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 Injuries – Active Duty Military and Veterans

Project Enlist – TBI, CTE, and PTSD Research in the Military Community

<https://projectenlist.org/>

Building Capacity of Veteran Treatment Courts: Resources for Brain Injury Programs

<https://www.nashia.org/veteran-treatment-courts>

U.S Department of Veterans Affairs – Effects of TBI

https://www.mentalhealth.va.gov/tbi/index.asp?utm_source=google&utm_medium=cpc&utm_campaign=search-va-tbi&utm_term=phrase-match&utm_content=veteran%20tbi&gclid=Cj0KCQiAzoouBhDqARIsAMdH14FeuBWRnJdGldv-pFDPFSNqa96_YE3VFgMk3AwZf6xB-gUePJxLiz0aAlfvEALw_wcB

Warfighter Brain Health Hub

<https://www.health.mil/Military-Health-Topics/Warfighter-Brain-Health>

Brain Injuries – Children and Youth

Brain Injury in Children and Youth: A Manual for Educators

https://www.cde.state.co.us/cdesped/tbi_manual_braininjury

Hawaii Concussion Awareness Management Program (HCAMP)

<https://hawaiiconcussion.com/>

Safe Concussion Outcome & Recovery Education (SCORE) Program and App

<https://www.childrensnational.org/get-care/departments/safe-concussion-outcome-recovery--education-score-program>

Project Head, Neck, Spine

<https://health.hawaii.gov/nt/traumatic-brain-injury/project-head-neck-spine/>

Traumatic Brain Injury and Youth Justice – McMaster University

<https://tbi-youth-justice.org/>

Brain Injuries – Indigenous Populations

Brain Injury Basics: TBI & Indigenous Peoples (Canada)

<https://vbis.ca/brain-injury-basics-indigenous-peoples/>

Traumatic Brain Injury Resource Bundle for American Indians

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

Brain Injuries – Women and Girls

Girls & Women with ABI Task Force

<https://acrm.org/acrm-communities/brain-injury/task-forces/girls-and-women-with-abi-task-force/>

Meetings are held online on the first Thursday of each month at 2:00 pm ET.

Zoom link is located at the URL listed above.

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.

Traumatic Brain Injury in Women Across Lifespan

<https://www.sciencedirect.com/science/article/pii/S0969996122000043>

Understanding Traumatic Brain Injury in Females: A State-of-the-Art Summary and Future Directions

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9070050/>

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 New Mobility Newsletter

<https://newmobility.com/subscribe/>

Note that there is a small cost to subscribe to this newsletter.

United Spinal Association Webinar Archives

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

United Spinal Association – Health Equity (for providers and patients)

<https://unitedspinal.org/health-equity/>

United Spinal Association Ready to Roll in partnership with the Craig H. Neilsen Foundation – emergency preparedness guide

<https://unitedspinal.org/ready-to-roll/>

United Spinal Association – Care Support for College Students

<https://unitedspinal.org/care-support-for-college-students/>

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>

American Stroke Association Stroke Family Warmline

https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=emailname &utm_content=content2+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE

Not a hotline, but connects stroke survivors, families, and caregivers with an American Stroke Association team member who can provide support, helpful information, or just a listening ear. Available from 8:30 am – 5:00 pm Central Time, Monday through Friday, at 1-888-4-STROKE (1-888-478-7653).

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/

North Dakota Brain Injury Network Archived Webinars (brain injury and stroke)

<https://www.ndbin.org/events/webinars>

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

Stroke Foundation (Australia)

<https://strokefoundation.org.au/>

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>