

**March 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**

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

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The names or contact information of subscribers is never shared.

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### **1. Announcements**

The Brain Injury Association of Hawaii is sponsoring an educational and informational event on Saturday, March 2, 2024, from 8:00 am - 12:00 pm, in-person on Oahu at the Ala Moana Hotel, Hibiscus Ballroom (2nd floor). The address is 410 Atkinson Drive, Honolulu, HI, 96814. There are bus stops near the hotel. Speaker topics include stroke treatment in Hawaii, life as a caregiver for a person with a brain injury, advocacy, water safety, self-care, and Project Head, Neck, Spine. A continental breakfast will be offered. There will be vendor tables with information. The event is free but space is limited to the first 200 registrants. Registration is required. The registration link is located

at: <https://docs.google.com/forms/d/e/1FAIpQLSdMPWFpZIRjqK3FuxkydSG7Kfygfk5AftVpmSS2SefqJjozyw/viewform>

On March 13, 2024 at 4:00 pm, the Kona Brain Injury Support Group will feature Dr. Ileana Sanchez-Anderson. She will discuss the use of hyperbaric oxygen (HBOT). Please note that the meeting will take place at Dr. Sanchez-Anderson's clinic in the Keauhou Shopping Center, 78-6831 Alii Drive, #416, Kailua-Kona, 96740, but will also be shown via Zoom (see Brain Injury Support Groups on page 21 for Zoom information). For more information, contact Karen Klemme at [kklemme@hawaii.rr.com](mailto:kklemme@hawaii.rr.com)

United Self-Help offers free computer classes on Wednesdays from 2:00 pm – 3:00 pm at Waikiki Health Center, 277 Ohua Avenue, Honolulu, HI 96815, room 204H.

The St. Francis Caregiver and Education and Wellness Program has added “Sip ‘n Stitch,” which takes place every Tuesday from 9:00 am – 10:30 am HST. There is a one-time \$5 supply fee. Enjoy slow stitching while sipping a morning beverage and socializing with others. No experience needed. Sip ‘n Stitch is held at the St. Francis Kupuna Village Senior Community Center at 2230 Liliha Street in Honolulu. Register at <https://www.stfrancishawaii.org/s/courses>

## **2. Online and In-Person Events**

### **March 2024**

Title: Adapting to a New Hope After Brain Injury

Format: Hybrid (in-person in Dallas, TX, and livestreamed)

Cost: Free

Speaker: Various; topics and activities include music therapy, roundtable discussions, resources, managing multiple injuries, repurposing life, and coping with a bad day

Sponsored by: Hope After Brain Injury

Date: March 2, 2024

Location: William P. Clements Jr. University Hospital Education and Conference Center, 6201 Harry Hines Blvd., Dallas, TX 75235

Time: 8:00 am – 1:00 pm CT (4:00 am – 9:00 am HST)

Registration: [https://www.hopeafterbraininjury.org/wp-content/uploads/2023/11/24\\_OBI\\_0412031\\_HABI-Flyer-2024\\_final.pdf](https://www.hopeafterbraininjury.org/wp-content/uploads/2023/11/24_OBI_0412031_HABI-Flyer-2024_final.pdf)

Additional information: There is a URL/QR code if you'd like to register to attend in-person. If you want to join via livestream, simply go to the link or click on the QR code, which goes live on March 2 at 8 am CT.

Title: NASHIA 3<sup>rd</sup> 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. There is a 13-minute video available about the summit:

[https://www.youtube.com/watch?v=bd2r2LwcJ\\_I](https://www.youtube.com/watch?v=bd2r2LwcJ_I)

Title: Rally on Capitol Hill for Brain Injury Awareness Day

Format: In-person in Washington, DC

Cost: \$25

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 on March 5: 3:00 pm – 6:30 pm ET

Time on March 6: 7:30 am – 4:30 pm ET

Location: Holiday Inn Capitol and the United States Capitol, Washington, DC

Registration: <https://lp.constantcontactpages.com/ev/reg/mmdn7xr>

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: Mobility Training (how to safely transfer people)

Format: In-person in Honolulu, HI

Cost: Free

Speaker: Bryce Sumida, DPT, Administrator, Hale Ho Aloha Nursing Home

Sponsored by: St. Francis Caregiver Education and Wellness Program

Date: March 9, 2024

Time: 9:00 am – 11:00 am HST

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

Title: Strategies to Support People with Developmental Disabilities and Brain Injury to Achieve Goals Through Small Business Ownership

Format: Virtual

Cost: Free

Speaker: Multiple presenters

Sponsored by: Disability Employment TA Center

Date: March 12, 2024

Time: 3:00 – 4:00 pm ET (9:00 am – 10:00 am HST)

Registration:

[https://us06web.zoom.us/webinar/register/WN\\_kEOrFKWkTUidIS4jAl3DfQ#/registration](https://us06web.zoom.us/webinar/register/WN_kEOrFKWkTUidIS4jAl3DfQ#/registration)

Title: Eating Well for Senior Care Providers

Format: Virtual

Cost: Free

Speaker: Joda P. Derrickson, Ph.D., RDN, LD, LMT

Sponsored by: St. Francis Caregiver Education and Wellness Program

Date: March 14, 2024

Time: 11:00 am – 12:00 pm HST

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

Title: Rest Well: Sleep Hygiene Tools and Tips

Format: Virtual

Cost: Free

Speaker: Dr. Mestisa Gass

Sponsored by: Mental Health America of Hawaii

Date: March 14, 2024

Time: 12:00 pm – 1:00 pm HST

Registration: <https://survey.alchemer.com/s3/7718228/03-14-24-Rest-Well>

Additional information: Registration closes at 11 am HST on March 14, 2024

Title: 2024 Mind Matters Conference

Format: In-person in Fargo, ND

Cost: Rates range from \$50 for students, survivors, and immediate family members, \$125 for one day only, and \$200 for the full conference

Speakers: Various

Sponsored by: North Dakota Brain Injury Network and North Dakota Health & Human Services

Date: March 21 – 22, 2024

Time: 8:30 am – 4:45 pm CST each day

Location: Ramada by Wyndham, 3333 13<sup>th</sup> Avenue South, Fargo, ND 58103

Registration: <https://www.ndbin.org/events/mind-matters>

Additional information: <https://www.ndbin.org/events/mind-matters>

Title: Reconnect, Rebuild, and Renew: Transforming Lives After Brain Injury

Format: In-person in Pikesville, MD

Cost: The cost ranges from \$120 – \$430 depending on how many days you attend, if you are a member or not, and if you are a survivor or not.

Speakers: Various

Sponsored by: Brain Injury Association of Maryland

Date: March 21 – 22, 2024

Time: 8:15 am – 4:00 pm ET on March 21, and 8:15 am – 2:45 pm ET on March 22

Location: DoubleTree by Hilton Hotel, Baltimore North – Pikesville, 1726 Reisterstown Road, Pikesville, MD 21208

Registration: <https://web.cvent.com/event/c67b3b95-9adb-4a1c-811d-00566a6b1b40/regProcessStep1>

Additional information: <https://www.biamd.org/>

Title: Fall Prevention and Senior Exercise

Format: Virtual

Cost: Free

Speaker: Julie Okamura, MSPT

Sponsored by: St. Francis Caregiver Education and Wellness Program

Date: March 21, 2024

Time: 10:00 am – 11:30 am HST

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

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: [mulroyscisympoium@ranchoresearch.org](mailto:mulroyscisympoium@ranchoresearch.org)

Title: Hypertension and Chronic Kidney Disease

Format: Virtual

Cost: Free

Speaker: Kamomilani Anduha Wong, Ph.D., MSN, APRN, FNP-BC, V.P. of Education and Community Partnership, National Kidney Foundation of Hawaii, and Sylvia Ngo, BSN, Program Operations Specialist, National Kidney Foundation of Hawaii

Sponsored by: St. Francis Caregiver Education and Wellness Program

Date: March 25, 2024



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](mailto: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: Primary and Secondary Stroke Prevention: What Do You Need to Know?

Format: Virtual

Cost: Free

Speakers: Molly Murch, MSN, RN-BC, SCRNP, CBIS, Stroke Program Education at Essentia Health in Fargo, ND

Sponsored by: North Dakota Brain Injury Network

Date: May 1, 2024

Time: 1:30 pm – 3:00 pm CT (8:30 am – 10:00 am HST)

Registration: [https://und.zoom.us/meeting/register/tJAc-uvrTMtGN19tyQdqTTof6M2vTmN\\_gQr#/registration](https://und.zoom.us/meeting/register/tJAc-uvrTMtGN19tyQdqTTof6M2vTmN_gQr#/registration)

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

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

Title: 13<sup>th</sup> World Congress for Neurorehabilitation

Format: In-person in Vancouver, Canada

Cost: TBA

Speakers: Various

Sponsored by: World Federation for Neurorehabilitation (WFNR)

Date: May 22 – 25, 2024

Times: TBA

Registration: <https://mi.conventus.de/portal/standard/registration/login>

Additional information: You need to create an account or log into your account to register. For more information about the event, visit <https://wfnr-congress.org/>

## **June 2024**

Title: Human Trafficking and Brain Injury Webinar

Format: Virtual

Cost: Free

Speaker: Theresa Flores

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

Date: June 5, 2024

Time: 12:00 pm – 1:00 pm ET (6:00 am – 7:00 am HST)

Registration: TBA

Additional information: TBA

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: Accessing Medicaid Administrative Claiming for Brain Injury Services and Supports

Format: Virtual

Cost: Free

Speaker: Maria Crowley, NASHIA Director of Professional Development and Jill Ferrington, NASHIA Technical Assistance Advisor are the facilitators. They are joined by guest speakers.

Sponsored by: National Association of State Head Injury Administrators (NASHIA) and DETAC – a RISE eLearning Community

Dates: Four sessions:

June 12, 2024

June 26, 2024

July 10, 2024

July 24, 2024

Time: 1:00 pm – 2:15 pm ET (7:00 am –8:15 am HST)

Registration: Application link is coming soon

Additional information: You must apply to take part. The application deadline is May 24, 2024. Acceptance letters will be sent by June 5, 2024. Open to state brain injury programs.

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](mailto: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: 35<sup>th</sup> Annual State of the States in Brain Injury Pre-Conference and Conference

Format: In-person in Eugene, Oregon

Cost: There is a cost associated with attending this meeting, depending upon whether you are a NASHIA member, a student, and when you register

Speakers: Various

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

Date: September 16 – 19, 2024

Times: TBA

Registration: TBA

Location: Graduate Hotel, 66 East 6<sup>th</sup> Avenue, Eugene, OR 97401

Additional information: TBA

Title: Fifth Biennial Conference on Paediatric Brain Injury

Format: In-person in Glasgow, Scotland

Cost: TBA

Speakers: Various

Sponsored by: International Paediatric Brain Injury Society (IPBIS)

Date: September 18 – 21, 2024

Times: TBA

Registration: TBA

Additional information: Contact [info@internationalbrain.org](mailto:info@internationalbrain.org). There is also some information available at <https://www.internationalbrain.org/meetings-and-events/events/ipbis-conference-on-abi>

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](mailto:admin@iscos.org.uk)

### **October 2024**

Title: From Brainwaves to Breakthroughs Neuroscience: The 15<sup>th</sup> Anniversary Hawaii Pacific Neuroscience Symposium

Format: In-person in Kaneohe, HI

Cost: \$195 before August 31, 2024, \$250 from September 1 – October 11, 2024, and \$300 for walk-ins

Speakers: Various

Sponsored by: Hawaii Pacific Neuroscience

Date: October 19, 2024

Time: 8:45 am – 5:00 pm HST

Location: Koolau Ballrooms & Conference Center, 45-500 Kionaole, Kaneohe, HI

Registration: <https://hawaiineuroscience.com/general-registration/>

Additional information: <https://hawaiineuroscience.com/hpnevents/>

## **3. Organization and Business Meetings**

### **March 2024**

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: State Senator Sharon Moriwaki

Date: March 1, 2024

Time: 2:00 pm – 3:00 pm HST

To join via Zoom:

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

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

Phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004105

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 (1<sup>st</sup> 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](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC)

Format: Virtual

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

Date: March 20, 2024

Time: 3:00 pm – 5:00 pm HST

Zoom link:

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

Additional information: This is a special meeting to discuss the 2024 Educational event. For more information, contact Violet Horvath at [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu)

## **April 2024**

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC)

Format: Virtual

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

Date: April 17, 2024

Time: 3:00 pm – 5:00 pm HST

Zoom link:

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

Additional information: Contact Violet Horvath at [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu)

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 (1<sup>st</sup> 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](mailto: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 (1<sup>st</sup> 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](mailto: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 (1<sup>st</sup> 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](mailto: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 (1<sup>st</sup> 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](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.  
Website: <https://health.hawaii.gov/nt/stbiab/>

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC)

Format: Virtual

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

Date: July 17, 2024

Time: 3:00 pm – 5:00 pm HST

Zoom link:

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

Additional information: Contact Violet Horvath at [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu)

### **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 (1<sup>st</sup> 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](mailto: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 (1<sup>st</sup> 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](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

### **October 2024**

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC)

Format: Virtual

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

Date: October 16, 2024

Time: 3:00 pm – 5:00 pm HST

Zoom link:

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

Additional information: Contact Violet Horvath at [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu)

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 (1<sup>st</sup> 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](mailto: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 (1<sup>st</sup> 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](mailto: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 (1<sup>st</sup> 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](mailto: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. Dates for 2024 are: February 24, March 30, April 27, May 25, June 29, July 27, August 31, September 28, October 26, November 30, 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](mailto:braininjuryofhawaii@gmail.com)

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

Format: Virtual

Dates:

Post-Concussion Patients: 1<sup>st</sup> Tuesday of the month

Post-Concussion Caregivers: 2<sup>nd</sup> Tuesday of the month

Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3<sup>rd</sup> Tuesday of the month

Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4<sup>th</sup> Tuesday of the month

Concussed Moms – 1<sup>st</sup> 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](mailto: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](mailto: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

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](http://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](mailto: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.

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](mailto: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 Tumors**

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

Format: In-person on Oahu

Dates: Monthly on Saturdays. Dates for 2024 are: February 24, March 30, April 27, May 25, June 29, July 27, August 31, September 28, October 26, November 30, 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](mailto: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](mailto: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](mailto: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

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](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 [cgsg@projectdana.org](mailto: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](mailto:cgsg@projectdana.org)

**JUST ADDED** – Support group title: Caregiver Support Group

Format: In-person in Kaneohe, HI

Sponsored by: The Caregiver Foundation

Dates: 4<sup>th</sup> 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: 1<sup>st</sup> Tuesday of the month

Post-Concussion Caregivers: 2<sup>nd</sup> Tuesday of the month  
 Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3<sup>rd</sup>  
 Tuesday of the month  
 Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4<sup>th</sup> Tuesday  
 of the month  
 Concussed Moms – 1<sup>st</sup> 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](mailto: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](mailto: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](mailto: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

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](mailto: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](mailto: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](mailto: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/tZYldequrTMoGNWkw3t0xbTwj2Nh8TxxYLQS#/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/>

**JUST ADDED** – Support group title: United Self-Help 4<sup>th</sup> 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/>

**JUST ADDED** – 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**

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. Dates for 2024 are: February 24, March 30, April 27, May 25, June 29, July 27, August 31, September 28, October 26, November 30, 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](mailto: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](mailto: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](mailto: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](https://www.hilomedicalcenter.org/our-services/support-groups/our-stroke-support-group/)

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](mailto: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

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: 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](mailto: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 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](mailto: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](mailto: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

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

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

**JUST ADDED** – Support group title: United Spinal Association’s Social Hour

Format: Virtual

Dates: Every Thursday

Time: 1:00 pm ET

Additional information: Go to <https://unitedspinal.org/events/united-spinal-social-hour/> to register for the support group

## 5. Articles on Brain Injuries

Women May Have Worse Outcomes After a Brain Injury Than Men

<https://www.psychologytoday.com/us/blog/aging-and-mindfulness/202302/women-may-have-worse-outcomes-after-a-brain-injury-than-men>

Mild Traumatic Brain Injuries and Risk for Affective and Behavioral Disorders

<https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/65c92b04d1487105e01dedb4/1707682565408/Delmonico+et+al+2024+Mild+Traumatic+Brain+Injuries+and+risk+for+Affective+and+Behavioral+Disorders.pdf>

Moderate to Severe Traumatic Brain Injury is a Lifelong Condition

[https://www.tbindsc.org/StaticFiles/Documents/CDC\\_NIDILRR\\_IAA\\_Policy.pdf](https://www.tbindsc.org/StaticFiles/Documents/CDC_NIDILRR_IAA_Policy.pdf)

New Evidence Suggest Long COVID Could be a Brain Injury

<https://www.medscape.com/viewarticle/new-evidence-suggests-long-covid-could-be-brain-injury-2024a10002v0?form=fpf>

Requires a free Medscape account.

The next two items are podcasts. ASHA is the American Speech-Language-Hearing Association.

ASHA Voices: What Tinnitus and mTBI can Mean for Patients

<https://leader.pubs.asha.org/doi/10.1044/2024-0201-podcast-aud-slp-tinnitus-mtbi-cognitive/full/>

ASHA Voices: When Brain Injuries Lead Patients to the Audiologist

<https://leader.pubs.asha.org/doi/10.1044/2022-0818-brain-injury-hearing/full/>

SpongeBob, Slime, and Brain Injuries: A Dangerous Combination for Kids

<https://www.thehastingscenter.org/spongebob-slime-and-brain-injuries-a-dangerous-combination-for-kids/>

The ABCs of Supporting Students in Schools

<https://www.biausa.org/public-affairs/media/the-abcs-of-supporting-students-in-schools>

Disabilities Linger Even After Mild Sports-Related Brain Injuries

<https://jamanetwork.com/journals/jama/fullarticle/2815053>

The Broken Promises of the NFL Concussion Settlement (account/subscription may be required)

[https://www.washingtonpost.com/sports/interactive/2024/nfl-concussion-settlement/?pwap\\_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJyZWZzb24iOiJnaWZ0liwibmJmljoxNzA2Njc3MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zliwiZXhwIjoxNzA4MDU5NTk5LCJpYXQiOiE3MDY2NzcyMDAsImp0aSI6IjQ4NGE2NDlkLTdlNjltNDI4OS04NGFILWRhYjRlNzU3MwZjZSIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbm0b25wb3N0LmNvbS9zcG9ydHMvaW50ZXJhY3RpdmUvMjAyNC9uZmwtY29uY3Vzc2lubi1zZXR0bGVtZW50LyJ9.PokFTqi8YVcAnbxnrE\\_p82UtEkZnZhIKGxPAFAJIO4&itid=gfta](https://www.washingtonpost.com/sports/interactive/2024/nfl-concussion-settlement/?pwap_token=eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJyZWZzb24iOiJnaWZ0liwibmJmljoxNzA2Njc3MjAwLCJpc3MiOiJzdWJzY3JpcHRpb25zliwiZXhwIjoxNzA4MDU5NTk5LCJpYXQiOiE3MDY2NzcyMDAsImp0aSI6IjQ4NGE2NDlkLTdlNjltNDI4OS04NGFILWRhYjRlNzU3MwZjZSIsInVybCI6Imh0dHBzOi8vd3d3Lndhc2hpbm0b25wb3N0LmNvbS9zcG9ydHMvaW50ZXJhY3RpdmUvMjAyNC9uZmwtY29uY3Vzc2lubi1zZXR0bGVtZW50LyJ9.PokFTqi8YVcAnbxnrE_p82UtEkZnZhIKGxPAFAJIO4&itid=gfta)

CTE Expert: Your Symptoms Can Be Treated

<https://www.facebook.com/reel/899158881690834>

Power of Patients – Head Injuries in Football

<https://www.powerofpatients.com/blog/power-of-patients-head-injuries-in-football>

Melbourne’s Angus Brayshaw Retires from AFL on Medical Advice Following Concussion in Finals Collision with Brayden Maynard

<https://www.abc.net.au/news/2024-02-22/melbourne-s-angus-brayshaw-retires-from-afl-concussion-issues/103497848?>

Pascrell Offers Testimony in Support of Traumatic Brain Injury Programs

<https://pascrell.house.gov/news/documentsingle.aspx?DocumentID=5493>

Bill Pascrell is from the 9<sup>th</sup> district of New Jersey.

Six-Month Post-Release Outcomes for Inmates with Traumatic Brain Injury in Supported Community Programming

<https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/65c92e8ac71a2350e93d8e61/1707683467316/Six-month+post-release+outcomes+for+inmates+with+traumatic+brain+injury+in+supported+community+programming.pdf>

A Report on Barriers to Community Integration of People with Traumatic Brain Injury in Ohio Nursing Facilities

<https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/656666a90d8e646ce5a6c9e0/1701209769999/tbi-report-00642493xc54de.pdf>

Competencies for Training Juvenile Services on Justice-Involved Youth with Traumatic Brain Injury

<https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/65b686750a76855360fe3c5b/1706460789736/Rowe+et+al+2024+COMPETENCIES+JJ+Training+and+BI.pdf>

The next two items are new flyers from the North Dakota Brain Injury Network. One is on neuroimaging, or the different types of ways that doctors can see inside the brain. The other is on whether a person should seek a formal brain injury diagnosis. They also have other resources that can be found at:

<https://www.ndbin.org/brain-info/resources>

Neuroimaging

<https://www.ndbin.org/assets/5631-26115/neuroimaging.pdf>

Should I Pursue a Formal Brain Injury Diagnosis?

<https://www.ndbin.org/assets/5630-26113/formal-brain-injury-diagnosis.pdf>

## **6. Articles on Brain Tumors**

Bypassing the Blood-Brain Barrier to Improve Brain Tumor Diagnosis

<https://www.nibib.nih.gov/news-events/newsroom/bypassing-blood-brain-barrier-improve-brain-tumor-diagnosis>

New Study Offers Hope for Thousands Impacted Each Year by Aggressive Brain Cancer

<https://www.sciencedaily.com/releases/2024/02/240215113623.htm>

## **7. Articles on Spinal Cord Injuries**

Type 2 Diabetes Increases the Risk of Serious and Life-Threatening Conditions Among Adults with Traumatic Spinal Cord Injury (abstract only)

[https://naric.com/content/cf-rehab-adv-srch-record?article\\_source=rehab&record\\_id=176530&load\\_source=prev\\_search&search\\_id=378567&start\\_rec=0&user\\_name=public.user.409923&international=0&drill\\_down=0&rehab\\_blank=0&intl\\_blank=0](https://naric.com/content/cf-rehab-adv-srch-record?article_source=rehab&record_id=176530&load_source=prev_search&search_id=378567&start_rec=0&user_name=public.user.409923&international=0&drill_down=0&rehab_blank=0&intl_blank=0)

Department of Defense Congressionally Directed Medical Research Program  
Spinal Cord Injury Research Program – Anticipated Funding Opportunities for  
Fiscal Year 2024

<https://cdmrp.health.mil/pubs/press/2024/24scirppreann>

New Leads for Spinal Cord Injury: Mapping Spinal-Projecting Neurons in the Brain  
<https://medicalxpress.com/news/2024-01-spinal-cord-injury-neurons-brain.html>

Boston Scientific Teases New Data from Spinal Cord Stimulation Trial at NANS 2024

<https://www.clinicaltrialsarena.com/news/boston-scientific-teases-new-data-from-spinal-cord-stimulation-trial-at-nans-2024/?cf-view>

Scientists Develop a Low-Cost Device to Make Cell Therapy Safer

<https://news.mit.edu/2024/scientists-develop-low-cost-device-safer-cell-therapy-0207>

## 8. Articles on Stroke

Women and Stroke

[https://www.stroke.org/en/about-stroke/stroke-risk-factors/women-have-a-higher-risk-of-stroke?utm\\_source=Together+To+End+Stroke+fy+2024&utm\\_medium=email&utm\\_campaign=emailname &utm\\_content=content3+cta&sc\\_campaign=79890DEB9E704C13939C0205B45526EE#tips](https://www.stroke.org/en/about-stroke/stroke-risk-factors/women-have-a-higher-risk-of-stroke?utm_source=Together+To+End+Stroke+fy+2024&utm_medium=email&utm_campaign=emailname &utm_content=content3+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE#tips)

Spasticity After Stroke Checklist

[https://www.stroke.org/en/about-stroke/effects-of-stroke/physical-effects-of-stroke/physical-impact/spasticity/spasticity-checklist?utm\\_source=Together+To+End+Stroke+fy+2024&utm\\_medium=email&utm\\_campaign=emailname &utm\\_content=content4+cta&sc\\_campaign=79890DEB9E704C13939C0205B45526EE](https://www.stroke.org/en/about-stroke/effects-of-stroke/physical-effects-of-stroke/physical-impact/spasticity/spasticity-checklist?utm_source=Together+To+End+Stroke+fy+2024&utm_medium=email&utm_campaign=emailname &utm_content=content4+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE)

## 9. Fall Prevention

Falls from Height in Children: Epidemiology and Outcome

[https://journals.lww.com/smj/fulltext/9900/falls\\_from\\_height\\_in\\_children\\_epidemiology\\_and.92.aspx](https://journals.lww.com/smj/fulltext/9900/falls_from_height_in_children_epidemiology_and.92.aspx)

Join the National Safety Stand-Down to Prevent Falls in Construction

<https://www.osha.gov/stop-falls-stand-down>

In 2022, out of 1,069 construction-related deaths, 369 were the result of falls.

## **10. Information on Related Topics**

Easterseals Disability Film Challenge

<https://disabilityfilmchallenge.com/>

Registration is open until April 1 for the opportunity to tell unique stories that showcase disability in its many forms, through innovative filmmaking. For filmmakers with and without disabilities.

United Spinal Association's "Disability Etiquette Guide: Tips on Interacting Respectfully with People with Disabilities"

<https://unitedspinal.org/disability-etiquette/>

Justice Department Advances Proposed Rule to Improve Medical Care for People with Disabilities

<https://www.justice.gov/opa/pr/justice-department-advances-proposed-rule-improve-access-medical-care-people-disabilities>

AMC Theatres Apologizes for Kicking Out a Civil Rights Leader for Using His Own Chair

<https://www.npr.org/2023/12/28/1222061038/amc-theatres-william-barber-handicap-accessibility>

## **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](mailto: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](mailto: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>.

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**

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 [msktc@air.org](mailto:msktc@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/cUTIglobalguidelinesNLUTDIC>

Mount Sinai Advanced Rehabilitation Research Training in Brain Injury and Rehabilitation Research is accepting applications for a two-year postdoctoral fellowship in brain injury and rehabilitation research. Additional information and application details can be found at: [https://mcusercontent.com/d04acfb7db8d95502b56ea3f2/files/b01fdf73-1914-4d3a-3c2e-76c56f25adb1/NIDILRR\\_ARRT\\_Recruitment\\_Notification\\_December\\_2023.pdf](https://mcusercontent.com/d04acfb7db8d95502b56ea3f2/files/b01fdf73-1914-4d3a-3c2e-76c56f25adb1/NIDILRR_ARRT_Recruitment_Notification_December_2023.pdf)

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](http://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>

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](https://forms.office.com/pages/responsepage.aspx?id=u5ghSHuuJUuLem1_Mvqg_gwLrX2LOw2BOhChDMOVgEShUQUIwVk04RkhSMDgzMzY1SzBVWks5UFIKUi4u) or

contact Kelly Kolman at [kkolman3@gatech.edu](mailto: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 able to participate in a physical activity. Participants complete 22 group-based telehealth sessions 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](mailto: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](mailto: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 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. 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. Zumba by Frances: Mondays, Wednesdays, and Fridays, 5:15 pm – 6:15 pm HST
- e. 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
- f. Boxing Fundamentals: Tuesdays and Fridays, 12:00 pm – 12:30 pm HST
- g. Tripudio Movement System with Ellie: Thursdays, 9:00 am – 10:00 am HST

In-person classes (at St. Francis Kupuna Village Senior Community Center, 2230 Liliha Street):

- a. Zumba Gold by Frances: Thursdays, 2:30 pm – 3:15 pm

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](mailto: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](mailto: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.mauiyymca.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.

#### **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](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, 3<sup>rd</sup> Edition –

[https://www.hawaiiadrc.org/Data/Sites/1/media/Publications/21164\\_Text.pdf](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 - General**

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](mailto:braininjuryofhawaii@gmail.com)

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](mailto: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>

**JUST ADDED** – The Journal of Head Trauma Rehabilitation

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

The current issue (January/February 2024) focuses on chronic pain.

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/>

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](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](mailto:concussioncenter@umich.edu)

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

To subscribe, send an email to [uwtbi@uw.edu](mailto: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>

**JUST ADDED** – 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=Cj0KCCQiAzoEuBhDqARIsAMdH14FeuBWRnJdGldv-pFDPFSNqa96\\_YE3VFgMk3AwZf6xB-gUePJxLiz0aAlfvEALw\\_wcB](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=Cj0KCCQiAzoEuBhDqARIsAMdH14FeuBWRnJdGldv-pFDPFSNqa96_YE3VFgMk3AwZf6xB-gUePJxLiz0aAlfvEALw_wcB)

### Brain Injuries – Children and Youth

**JUST ADDED** – Brain Injury in Children and Youth: A Manual for Educators

[https://www.cde.state.co.us/cdesped/tbi\\_manual\\_braininjury](https://www.cde.state.co.us/cdesped/tbi_manual_braininjury)

**JUST ADDED** – Hawaii Concussion Awareness Management Program (HCAMP)

<https://hawaiiconcussion.com/>

**JUST ADDED** – 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

**JUST ADDED** – 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

**JUST ADDED** – 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.

**JUST ADDED** – Traumatic Brain Injury in Women Across Lifespan

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

**JUST ADDED** – 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>

**JUST ADDED** – 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/>

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](mailto: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/](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](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>