

May 2025 Neurotrauma Newsletter
Brain Injuries, Brain Tumors, Spinal Cord Injuries, Strokes
Pacific Disabilities Center, John A. Burns School of Medicine,
University of Hawaii at Manoa

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

Pacific Disabilities Center YouTube Channel:
<https://www.youtube.com/@PacificDisabilitiesCenter>

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 The names or contact information of subscribers is never shared.

Contents

1. Announcements: Pages 2 – 3
2. Online and In-Person Events: Pages 3 – 17
3. Organization and Business Meetings: Pages 17 – 24
4. Support Group Meetings: Pages 24 – 49
 - a. Brain Injuries: Pages 24 – 28
 - b. Brain Tumors: Pages 28 – 31
 - c. Caregivers and Caregiving: Pages 31 – 35
 - d. Mental Health: Pages 35 – 40
 - e. Stroke: Pages 41 – 44
 - f. Spinal Cord Injuries: Pages 44 – 49
5. Articles on Brain Injuries: Pages 49 – 51
6. Articles on Brain Tumors: Pages 51 – 52
7. Articles on Spinal Cord Injuries: Page 52
8. Articles on Stroke: Pages 52 – 53
9. Information on Related Topics: Page 54
10. Presentations and Trainings: Pages 54 – 58
11. Research and Participation Opportunities: Pages 58 – 62
12. Exercise Classes: Pages 63 – 65

To save space in the newsletter, Hawaii-Focused Agency Resource Manuals and National and International Additional Neurotrauma Resources can now only be

found on our website (<https://pdc.jabsom.hawaii.edu/resources.html>). You can also send an email request for the information to vhorvath@hawaii.edu

The lists of Support Group meetings have also been updated on our website (<https://pdc.jabsom.hawaii.edu/resources.html>). They are, however, also still available in the newsletter.

1. Announcements

This is totally cool and awesome: I attended the recent 40th Annual Pacific Rim International Conference on Disability and Diversity, hosted by the Center on Disability Studies at the University of Hawaii at Manoa. One of the presentations I attended was titled, “Adapted Physical Activity Improves Outcomes After Brain Injury: A Mixed Methods Pilot Study of Adapted Yoga and Low-Intensity Exercise” by Drs. Arlene Schmid, Jaclyn Stephens, and Jennifer Weaver. They gave me permission to share their slides with you. (A PDF of the slides are attached in the email.) In addition, they are available to present to interested groups. Here are their email addresses:

Dr. Arlene A. Schmid – Arlene.Schmid@colostate.edu

Dr. Jaclyn A. Stephens – Jaclyn.Stephens@colostate.edu

Dr. Jennifer A. Weaver – Jen.Weaver@colostate.edu

Quick update – the Hawaii Kupuna Caucus meeting scheduled for May 2 is cancelled due to legislative business that needs to take priority. The next meeting is June 6, 2025.

At the next REHAB Hospital of the Pacific Stroke Support Group meeting (in Honolulu, HI), Genevieve Dunn, MA, R-DM, will lead attendees in DanceAbility, a dance class centered around improvisation and creative movement that is inclusive of all people. The meeting is on May 1, 2025, from 10:00 am – 11:00 am. Please RSVP by sending an email to Melissa Mullen at Melissa.mullen@rehabhospital.org.

Ms. Sam Nagasawa of Aloha Independent Living Hawaii (AILH) joins the Kona Brain Injury Support Group during their next meeting on May 14, 2025, at 10:00 am. She will discuss the services that AILH provides for persons with disabilities

That includes but is definitely not limited to support groups on all islands. They do a lot! For more information and how to join the meeting, go to page 27.

The American Heart Association has a new, free training on patients' journeys after stroke. It's a half-hour podcast geared towards physicians, physician's assistants, nurses, nurse practitioners, and pharmacists, with an exam afterwards, and CEs available. Learn more at

https://education.heart.org/productdetails/getting-to-heart-stroketm-understanding-your-patients-journey-after-stroke-2?utm_source=Together%20To%20End%20Stroke%20fy%202025&utm_medium=email&utm_campaign=CP_TTES_040125&utm_content=content5%20cta&sc_campaign=79890DEB9E704C13939C0205B45526EE. I am not a medical professional, but I listened to the podcast anyway and took the exam. It took two tries and lots of thinking and reasoning, because the questions were medically-based and not based on what was in the podcast, but I passed the exam.

How about becoming a trained car seat technician? Hawaii certainly needs more to help prevent neurotrauma and other injuries in keiki. The next CPS (Child Passenger Safety) Technician Course takes place on Kauai on June 18 – 21, 2025. Trainings cost \$95. There are a limited number of seats available. First, create an account and log in at <https://cert.safekids.org/become-tech/find-or-register-course>, then you can register for the course. The course ID is HI20250406433. For more information about what techs do, and how to become one, visit: <https://cert.safekids.org/become-tech>

2. Online and In-Person Events

May 2025

Title: Stroke and Brain Injury 101 – An Introductory Presentation on the Early Characteristics of a Stroke or Brain Injury

Format: Virtual

Cost: Free

Speaker(s): Gina England, MA, CCC-SLP

Sponsored by: The Brain Injury Association of New Hampshire

Date: May 1, 2025

Time: 3:00 pm – 5:00 pm ET (9:00 am – 11:00 am HST)

Registration: <https://p2p.onecause.com/bm2025/home>

Title: Behavior Changes Following Brain Injury: Considerations for Families

Format: Virtual

Cost: \$25

Speaker(s): Toni M. Curry, Ph.D. NCSP, Dartmouth-Hitchcock Medical Center

Sponsored by: The Brain Injury Association of New Hampshire

Date: May 2, 2025

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

Registration: <https://p2p.onecause.com/bm2025/home>

Title: 15th Annual Senior Health and Fitness Fair

Format: In-person in Waipio, HI

Cost: Free

Speaker(s): Presentations by Kupuna Aikido, Honolulu Fire Department, and AARP

Sponsored by: Hawaii United Okinawa Association

Date: May 2, 2025

Time: 9:00 am – 1:00 pm

Location: Hawaii Okinawa Center, 94-587 Ukee Street, Waipio. Limited parking across the street from Zippy's on Puahi Street. Free shuttles.

Additional information: <https://huoa.org/events/senior-fair/> or call 808-676-5400 or email info@huoa.org

Title: The 15th Annual Traumatic Brain Injury Conference (co-located with the 1st Annual PTSD Research Conference)

Format: In-person in Boston, MA

Cost: From \$450 for undergraduate students up to \$1595 for industry members, with rates also for academics/clinicians, government/non-profits, graduate students/fellows/residents/post-docs

Speaker(s): Many, including Kristen Dams-O'Connor, Ph.D., Rebekah Mannix, MD, MPH, Ramon Diaz Arrastia, MD, Ph.D., Michael McRoy, MD, MPH, and Michael Alosco, Ph.D.

Sponsored by: Hawaii Health Data Warehouse

Date: May 5 – 6, 2025

Time:

Day 1 – 7:55 am – 5:15 pm (when the Evening Reception starts)

Day 2 – 8:30 am – 2:50 pm

Location: Revere Hotel Boston Common, 200 Stuart Street, Boston, MA 02116

Registration: <https://tbiconference.com/register>

Additional information: Separate registration required for the 1st Annual PTSD Research Conference. You can register for it when you register for the TBI conference. For more information, go to: <https://tbiconference.com/>

Title: Healthy Brain Tracker on HawaiiHealthMatters.org: Coffee Break Webinar

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Hawaii Health Data Warehouse

Date: May 6, 2025

Time: 11:00 am HST

Registration: <https://us06web.zoom.us/meeting/register/xWdxdiwyR-mQYHKihhzUDg#/registration>

Additional information: “Explore 36 indicators on Alzheimer’s disease, dementia risk factors, cognition, and caregiving!”

Title: ED/MED TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): Allyssa Memmini, Ph.D.

Sponsored by: Oregon TBI Educational Team

Date: May 7, 2025

Time: 7:00 am PT (4:00 am HST)

Registration: https://us02web.zoom.us/meeting/register/M3vb-h4NSV-158_PbGO5eA#/registration

Additional information: Additional sessions of the seminar take place with different speakers on June 4, July 2, and August 6, 2025, at 7:00 am PT / 4:00 am HST.

Title: Strategies for Challenging Behaviors

Format: Virtual

Cost: Free

Speaker(s): Amy Yillik, D.Ed., Culture of Care Program with High Desert ESD

Sponsored by: Oregon TBI Educational Team

Date: May 9, 2025

Time: 8:00 am PT (5:00 am HST)

Registration: https://us02web.zoom.us/webinar/register/WN_3MXRLPYORveA-Ela4g5DSw#/registration

Title: Pace Yourself to Help Manage Neurofatigue – Rescheduled date

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Brain Education Strategies Technology (BEST)

Date: May 10, 2025

Time: 10:00 am PDT (7:00 am HST)

Registration: https://ruby-rook.webinarninja.com/series-webinars/6515/register?_vbtrk=Mjc3MjlxOjEwMDc4NzY4NDpuZXdzGV0dGVy&_uax=Mjc3MjlxOjEwMDc4NzY4NA

Additional information: To see the start time in your timezone, click on the “Show in my Timezone” link.

Title: Silent Struggles: Traumatic Brain Injuries and Mental Health in Law Enforcement

Format: Virtual

Cost: \$50, free for survivors and family members

Speaker(s): Jaclyn Caccese, Ph.D., FACSM

Sponsored by: Brain Injury Association of America

Date: May 13, 2025

Time: 3:00 pm ET (9:00 am HST)

Registration: <https://shop.biausa.org/product/ROSM051325/20250513-silent-struggles-traumatic-brain-injuries-and-mental-health-in-law-enforcement-live-webinar>

Title: Maximizing Resourcefulness: Extended Supported Employment Solutions Programs for People with Brain Injury

Format: Virtual

Cost: Free

Speaker(s): Kelly Land, former Senior Technical Assistant and Trainer at Virginia Commonwealth University; Jill Ferrington, Director of Community Integration at National Association of State Head Injury Administrators; and Meghan Hanson, Extended Employment Program Specialist at Minnesota Department of Employment and Economic Development, VR Services

Sponsored by: Administration for Community Living Disability Employment TA Center

Date: May 13, 2025

Time: 3:00 pm – 4:30 pm ET (9:00 am – 10:30 am HST)

Registration:

https://us06web.zoom.us/webinar/register/WN_iUS6I70gSpS4ViR8dpZulA#/registration

Additional information: Open only to Administration for Community Living (ACL) grantees; TBI state partnership programs and state protection and advocacy systems engaged in the PATBI program. Learn more at

<https://www.nashia.org/trainings/maximizing-resourcefulness>

Title: 41st Annual Brain Injury and Stroke Conference

Format: In-person

Cost: Professionals - \$165; Family - \$120; and Survivors - \$70

Speaker(s): Ali Rheume, keynote speaker, Carolyn Lemsky, Ph.D., CPsych, ABPP-CN, and others

Sponsored by: Brain Injury Association of New Hampshire

Date: May 14, 2025

Time: 8:30 am – 4:00 pm

Location: Marriott Courtyard & Grappone Conference Center, 70 Constitution Avenue, Concord, NH 03301

Registration: <https://p2p.onecause.com/41bisc>

Title: 3rd Annual Hawaii Water Safety Coalition Meeting

Format: In-person in Honolulu, HI

Cost: \$25 general admission

Speaker(s): Multiple

Sponsored by: Hawaii Water Safety Coalition

Date: May 16, 2025

Time: 10:00 am – 5:00 pm HST

Location: Queen Kapiolani Hotel, Waikiki, Leahi Room

Registration: <https://www.zeffy.com/en-US/ticketing/2025-hawaii-water-safety-coalition-meeting>

Title: Build Your Self-Efficacy After Brain Injury – Rescheduled date

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Brain Education Strategies Technology (BEST)

Date: May 24, 2025

Time: 10:00 am PDT (7:00 am HST)

Registration: https://ruby-rook.webinarninja.com/series-webinars/6515/register?_vbtrk=Mjc3MjlxOjEwMDc4NzY4NDpuZXdzGV0dGVy&_uax=Mjc3MjlxOjEwMDc4NzY4NA

Additional information: To see the start time in your time zone, click on the “Show in my Timezone” link.

Title: Transitioning Back to School After a Brain Injury: A Multidisciplinary Approach

Format: Virtual

Cost: Free

Speaker(s): Melaney Grenz, MS, CCC-SLP

Sponsored by: North Dakota Brain Injury Network (NDBIN)

Date: May 28, 2025

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

Registration:

<https://und.zoom.us/j/84561234567>

Title: Practical Application of Evidence-Based Tools in the Assessment and Treatment of Cognitive-Communication Disorders

Format: Virtual

Cost: \$50, free for survivors and family members

Speaker(s): Tom Thompson, M.S., CCC/SLP

Sponsored by: Brain Injury Association of America

Date: May 28, 2025

Time: 3:00 pm ET (9:00 am HST)

Registration: <https://shop.biausa.org/product/STRM052825-COPY/20250528-practical-application-of-evidence-based-tools-in-the-assessment-and-treatment-of-cognitive-communication-disorders-live-webinar>

Title: The Basics of Advocacy

Format: Virtual

Cost: Free

Speaker(s): Violet E. Horvath, Ph.D. Director, Pacific Disabilities Center, John A. Burns School of Medicine, University of Hawaii at Manoa

Sponsored by: Tutu's House

Date: May 28, 2025

Time: 4:00 – 5:00 pm

Registration: TBA

Additional information: Can be found soon at <https://www.tutushouse.org/>

June 2025

Title: ED/MED TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Oregon TBI Educational Team

Date: June 4, 2025

Time: 7:00 am PT (4:00 am HST)

Registration: https://us02web.zoom.us/meeting/register/M3vb-h4NSV-158_PbGO5eA#/registration

Additional information: Additional sessions of the seminar take place with different speakers on July 2 and August 6, 2025, at 7:00 am PT / 4:00 am HST.

Title: Brain Injury from Blast Exposure in Military Populations

Format: Virtual

Cost: \$50, free for survivors and family members

Speaker(s): Molly Sullan, Ph.D.

Sponsored by: Brain Injury Association of America

Date: June 4, 2025

Time: 3:00 pm ET (9:00 am HST)

Registration: <https://shop.biausa.org/product/STRM060425/20250604-brain-injury-from-blast-exposure-in-military-populations-live-webinar>

Title: Hawaii Safe Sleep Summit

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Hawaii State Department of Health, Maternal & Child Health Branch

Date: June 4, 2025

Time: 8:30 am – 12:30 pm HST

Registration: The link will be available in May.

Title: Stroke and Brain Injury 101 – An Introductory Presentation on the Early Characteristics of a Stroke or Brain Injury

Format: Virtual

Cost: Free

Speaker(s): Gina England, MA, CCC-SLP

Sponsored by: The Brain Injury Association of New Hampshire

Date: June 10, 2025

Time: 8:30 am – 10:30 am ET (2:30 am – 4:30 am HST)

Registration: <https://p2p.onecause.com/bm2025/home>

Title: The Granite Pathways' Clubhouse Program – The International Clubhouse Model of Psychosocial Rehabilitation

Format: Virtual

Cost: Free

Speaker(s): Kelly Parsons, Manchester Pathways Lead Wellness and Recovery Generalist

Sponsored by: The Brain Injury Association of New Hampshire

Date: June 11, 2025

Time: 10:00 am – 11:00 am ET (4:00 am – 5:00 am HST)

Registration: <https://p2p.onecause.com/bm2025/home>

Title: Disaster Preparedness: Supporting People with Brain Injury

Format: Virtual

Cost: Free

Speaker(s): Liz Gerdeman, Managing Consultant for AC Disaster Consulting, Kate Donaldson, Senior Consultant II for AC Disaster Consulting, and Liz Rowell, MPH, Senior Emergency Management Planner with AC Disaster Consulting

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

Date: June 11, 2025

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

Registration: <https://www.nashia.org/trainings/disaster-preparedness>

Title: All Shook Up: Finding Purpose After Traumatic Brain Injury

Format: Virtual

Cost: Free

Speaker(s): Debra White, author of “All Shook Up: Finding Purpose After Traumatic Brain Injury”

Sponsored by: North Dakota Brain Injury Network (NDBIN)

Date: June 11, 2025

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

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

Additional information: Although the directions state to register and join webinar, if you click on the link above and find the webinar, the link takes you directly to the Zoom session.

Title: Hawaii Sports Medicine Summit

Format: In-person in Honolulu, HI

Cost: \$200 - \$250

Speaker(s): Many different speakers

Sponsored by: Hawaii Pacific Health, Hawaii Athletic Trainers' Association, Hawaii Concussion Awareness Management Program, and the College of Education at the University of Hawaii at Manoa

Date: June 13 – 14, 2025

Time:

Day 1 – 8:00 am – 5:15 pm, followed by a meeting of the Hawaii Athletic Trainers' Association

Day 2 – 8:00 am – 4:30 pm

Location: University of Hawaii at Manoa, Campus Center Ballroom

Registration: <https://www.hawaiiata.org/registration>

Additional information: <https://www.hawaiiata.org/hawaiisportsmedicinesummit>

Title: Auditory Processing After Brain Injury – Rescheduled date

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Brain Education Strategies Technology (BEST)

Date: June 14, 2025

Time: 10:00 am PDT (7:00 am HST)

Registration: https://ruby-rook.webinarninja.com/series-webinars/6515/register?_vbtrk=Mjc3MjlxOjEwMDc4NzY4NDpuZXdzGV0dGVy&uax=Mjc3MjlxOjEwMDc4NzY4NA

Additional information: To see the start time in your time zone, click on the “Show in my Timezone” link.

Title: Kupuna and Disability Resource Fair

Format: In-person in Lihue, HI

Cost: Free

Speaker(s): N/A

Sponsored by: Hawaii State Council on Developmental Disabilities

Date: June 28, 2025

Time: 10:00 am – 2:00 pm HST

Location: Kukui Grove Center

July 2025

Title: ED/MED TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Oregon TBI Educational Team

Date: July 2, 2025

Time: 7:00 am PT (4:00 am HST)

Registration: https://us02web.zoom.us/meeting/register/M3vb-h4NSV-158_PbGO5eA#/registration

Additional information: An additional session takes place with a different speaker on August 6, 2025, at 7:00 am PT / 4:00 am HST.

Title: Addressing the Intersection of Brain Injury, Aging, and Behavioral Health

Format: Virtual

Cost: Free

Speaker(s): Nirmala Dhar, MSW, LCSW, Oregon Health Authority, and Amanda Krisher, Associate Director, Behavioral Health, NCOA Center for Healthy Aging

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

Date: July 16, 2024

Time: 12:00 pm – 1:15 pm ET (6:00 am – 7:15 am HST)

Registration:

https://us06web.zoom.us/webinar/register/WN_eK33FZHxRdOrtqleJgxysA#/registration

Additional information: <https://www.nashia.org/trainings/brain-injury-aging-and-behavioral-health>

Title: Vestibular Rehabilitation in Brain Injury: Assessment and Management of Vestibular System Dysfunction

Format: Virtual

Cost: \$50, free for survivors and family members

Speaker(s): Whitney Chumbley, PT, DPT, CBIS, CSRS

Sponsored by: Brain Injury Association of America

Date: July 16, 2025

Time: 3:00 pm ET (9:00 am HST)

Registration: <https://shop.biausa.org/product/STRM071625/20250716-vestibular-rehabilitation-in-brain-injury-assessment-and-management-of-vestibular-system-dysfunction-live-webinar>

Title: Acute Concussion Care Pathway: MACE 2 and PRA Training

Format: Virtual with dial-in option

Cost: Free

Speaker(s): TBA

Sponsored by: Traumatic Brain Injury Center of Excellence

Date: July 17, 2025 (Additional date: October 16, 2025)

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

Registration: Not required

Additional Information: To attend the session, go to: <https://health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence/TBICoE-Training-and-Dissemination/Acute-Concussion-Care-Pathway-MACE-2-and-PRA-Training> and click the “Attend the Training” button. The dial-in option and access code are listed right below the button.

Title: Minds Matter Concussion Model: Acute Clinical Concussion Management

Format: TBA

Cost: TBA

Speaker(s): Christina L. Master, MD, FAAP, CAQSM, FACSM, FAMSSM, Mary Daley, MD, FAAP, CAQSM, and Katherine A. Easby, DAT, LAT, ATC

Sponsored by: Minds Matter

Date: July 21, 2024

Time: 12:00 pm – 2:00 pm (time zone not specified)

Registration: Coming soon

Title: Acquired Brain Injury: A Transdisciplinary Approach to Inpatient Rehabilitation

Format: Virtual

Cost: \$50, free for survivors and family members

Speaker(s): Anna Ritchie, PT, CBIS; Cara Yetley, OTD, OTR/L; and Erin Wind, CCC-SLP

Sponsored by: Brain Injury Association of America

Date: July 24, 2025

Time: 3:00 pm ET (9:00 am HST)

Registration: <https://shop.biausa.org/product/STRM072425/20250724-acquired-brain-injury-a-transdisciplinary-approach-to-inpatient-rehabilitation-live-webinar>

August 2025

Title: ED/MED TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Oregon TBI Educational Team

Date: August 6, 2025

Time: 7:00 am PT (4:00 am HST)

Registration: <https://us02web.zoom.us/meeting/register/M3vb-h4NSV-158-PbGO5eA#/registration>

Title: Kupuna and Disability Resource Fair

Format: In-person in Honolulu, HI

Cost: Free

Speaker(s): N/A

Sponsored by: Hawaii State Council on Developmental Disabilities

Date: August 8, 2025

Time: 11:00 am – 1:00 pm HST

Location: Pearlridge Center

Title: Home-Based Strategies to Support Cognition After Brain Injury

Format: Virtual

Cost: \$50, free for survivors and family members

Speaker(s): Briana Elson, MS, OTR/L, BCPR, CBIS

Sponsored by: Brain Injury Association of America

Date: August 14, 2025

Time: 3:00 pm ET (9:00 am HST)

Registration: <https://shop.biausa.org/product/CARM081425/20250814-home-based-strategies-to-support-cognition-after-brain-injury-live-webinar>

Title: From Tension to Trust: De-Escalation Techniques for Brain Injury Support

Format: Virtual

Cost: \$125 NASHIA members, \$150 non-members

Speaker(s): Doug Gomez, Ph.D., licensed psychologist

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

Date: August 20, 2025

Time: 2:00 pm – 4:00 pm ET (8:00 am – 10:00 am HST)

Registration: <https://www.nashia.org/calendar#!event/register/2025/8/20/from-tension-to-trust-de-escalation-techniques-for-brain-injury-support>

September 2025

Title: 2025 Virtual Concussion Symposium

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: North Dakota Brain Injury Network (NDBIN)

Date: September 13, 2025

Time: 9:00 am – 4:35 pm (3:00 am – 10:35 am HST)

Registration: TBA

Additional Information: <https://www.ndbin.org/events/concussion-symposium>

October 2025

Title: Acute Concussion Care Pathway: MACE 2 and PRA Training

Format: Virtual with dial-in option

Cost: Free

Speaker(s): TBA

Sponsored by: Traumatic Brain Injury Center of Excellence

Date: October 16, 2025

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

Registration: Not required

Additional Information: To attend the session, go to: <https://health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence/TBICoE-Training-and-Dissemination/Acute-Concussion-Care-Pathway-MACE-2-and-PRA-Training> and click the “Attend the Training” button. The dial-in option and access code are listed right below the button.

Title: State of the States (SOS) Conference

Format: In-person in Portland, ME

Cost: Early-bird rates (available until 7-1-25) are \$850 for NASHIA members and \$975 for non-members. Single-day rates are also available.

Speaker(s): TBA

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

Date: October 27 – 30, 2025

Time: TBA

Location: Marriott Westin Portland Harborview, 157 High Street, Portland, ME 04101

Registration and additional information:

<https://www.nashia.org/calendar#!event/2025/10/27/nashia-apos-s-2025-state-of-the-states-in-brain-injury-conference-portland-maine>

Additional information: <https://www.nashia.org/sos2025>

3. Organization and Business Meetings

May 2025

CANCELLED – due to Hawaii State Legislative Business

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: Office of Senator Sharon Y. Moriwaki, Vice-Chair, Committee on Ways and Means

Date: May 2, 2025

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Via Zoom:

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

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

By phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004015

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

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

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: May 13, 2025

Time: 1:30 pm – 4:00 pm HST

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

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

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

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

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

Sponsored by: Disability and Communication Access Board (DCAB)

Date: May 15, 2025

Time: 11:00 am – 1:00 pm HST

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

Zoom link: TBA

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

June 2025

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: Office of Senator Sharon Y. Moriwaki, Vice-Chair, Committee on Ways and Means

Date: June 6, 2025

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Via Zoom:

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

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

By phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004015

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

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

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: June 26, 2025

Time: 1:30 pm – 4:00 pm HST

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

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

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

July 2025

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: Office of Senator Sharon Y. Moriwaki, Vice-Chair, Committee on Ways and Means

Date: TBA

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Via Zoom:

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

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

By phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004015

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

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

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: July 8, 2025

Time: 1:30 pm – 4:00 pm HST

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

Additional information: For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

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

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

Format: Virtual

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

Date: July 16, 2025

Time: 2:00 pm – 4:00 pm HST

Zoom link:

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

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

August 2025

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: Office of Senator Sharon Y. Moriwaki, Vice-Chair, Committee on Ways and Means

Date: August 1, 2025

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Via Zoom:

<https://zoom.us/j/97721033988?pwd=OFdJQUgraWwzdIFQbzQrYjdHSHpVQT09>

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

By phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004015

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

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

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: August 28, 2025

Time: 1:30 pm – 4:00 pm HST

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

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

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

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

September 2025

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: Office of Senator Sharon Y. Moriwaki, Vice-Chair, Committee on Ways and Means

Date: September 5, 2025

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Via Zoom:

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

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

By phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004015

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

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

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: September 9, 2025

Time: 1:30 pm – 4:00 pm HST

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

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

Additional information: For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

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

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

Format: Virtual

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

Date: September 17, 2025

Time: 2:00 pm – 4:00 pm HST

Zoom link:

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

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

October 2025

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: Office of Senator Sharon Y. Moriwaki, Vice-Chair, Committee on Ways and Means

Date: October 3, 2025

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Via Zoom:

<https://zoom.us/j/97721033988?pwd=OFdJQUgraWwzdIFQbzQrYjdHSHpVQT09>

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

By phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004015

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

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

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: October 23, 2025

Time: 1:30 pm – 4:00 pm HST

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

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

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

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

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

November 2025

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: Office of Senator Sharon Y. Moriwaki, Vice-Chair, Committee on Ways and Means

Date: November 7, 2025

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Via Zoom:

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

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

By phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004015

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

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

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: November 4, 2025

Time: 1:30 pm – 4:00 pm HST

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

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

Additional information: For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

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

December 2025

Meeting title: Kupuna Caucus

Format: Virtual

Sponsored by: Office of Senator Sharon Y. Moriwaki, Vice-Chair, Committee on Ways and Means

Date: December 5, 2025

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Via Zoom:

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

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

By phone: 1-253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004015

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

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

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: December 11, 2025

Time: 1:30 pm – 4:00 pm HST

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

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

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

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

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

4. Support Group Meetings

Brain Injury Support Group Meetings

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

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

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

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

Format: In-person on Kauai

Dates: Check with organizer

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

Support group title: Aloha Independent Living Hawaii Maui HIKI NO Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The group is composed of individuals with various disabilities who meet for fellowship and peer support. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: This group is open only to consumers of Aloha Independent Living Hawaii. It is a peer support group for individuals with various disabilities. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

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

Format: In-person on Oahu

Dates: Monthly on Saturdays

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Meeting Room 3, Honolulu, HI but sometimes in other locations; check in advance

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

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

Email: braininjuryofhawaii@gmail.com

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

Format: Virtual

Dates:

- Post-Concussion Patients: 1st Tuesday of the month
- Post-Concussion Caregivers: 2nd Tuesday of the month
- Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3rd Tuesday of the month
- Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4th Tuesday of the month
- Concussed Moms – 1st Thursday of the month
- CLF Canada Patient Groups – Weekly Monday, Wednesday, Thursday, Friday (international attendees welcome)

Times: Provided when you register

Additional information: Registration is required. Visit

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

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

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

Support group title: Hui Malama Po'o Support Group

Meetings are currently on hold.

Support group title: Kauai Big! Support Group

Format: In-person in Lihue, HI

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Hale Lihue, 4268 Rice Street, Lihue, HI

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

Support group title: Kona Brain Injury Support Group

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

Dates: Second Wednesday of each month

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

To join the meeting online: Go to Zoom at www.zoom.com. In the upper right-hand corner, click "Join Meeting" and enter Meeting ID 808 274 6477. The passcode is ae3Ddq. You can also use this link:

<https://us06web.zoom.us/j/8082746477?pwd=iYLp3HDrCR2aF2hbLP0iKG5abOFuZ3.1>. You will be placed in the virtual waiting room and the host will let you into the meeting.

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

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

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

Support group title: North Dakota Brain Injury Network Monthly Virtual Support Group

Format: Virtual

Dates: Last Monday of every month

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

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

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

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

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

Brain Tumor Support Group Meetings

Support group title: Aloha Independent Living Hawaii Maui HIKI NO Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The group is composed of individuals with various disabilities who meet for fellowship and peer support. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: This group is open only to consumers of Aloha Independent Living Hawaii. It is a peer support group for individuals with various disabilities. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

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

Format: In-person on Oahu

Dates: Monthly on Saturdays

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Meeting Room 3, Honolulu, HI but sometimes in other locations; check in advance

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

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

Email: braininjuryofhawaii@gmail.com

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

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

Format: In-person in Hilo, HI

Dates: The second and fourth Tuesdays of each month

Time: 5:00 pm HST

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

Support group title: Hui Malama Po'o Support Group

Meetings are currently on hold.

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

Format: Virtual

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

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

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

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

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

Format: Virtual

Dates and times: Vary by class

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

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

Dates: Third Sunday of every month

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

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

American Brain Tumor Association

Search their website for brain tumor support groups nationwide:

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

Caregivers and Caregiving Support Group Meetings

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

Support group title: Caregiver Support Groups

Format: In-person at various locations on Maui: Kahului, Upcountry, Lahaina, Hana, Kihei, and Wailuku.

Sponsored by: Maui Adult Day Care Centers (MADCC) and Maui County Office on Aging

Dates: Varies by location

Times: Varies by location

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

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

Support group title: Caregiver Support Group (Honolulu location)

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

Sponsored by: Project Dana

Dates: Every second and third Wednesdays

Times: 9:30 am – 12:00 pm HST

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

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

Support group title: Caregiver Support Group (Waipahu location)

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

Sponsored by: Project Dana

Dates: Every second Saturday

Times: 10:00 am – 12:00 pm HST

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

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

Support group title: Caregiver Support Group

Format: In-person in Kaneohe, HI

Sponsored by: The Caregiver Foundation

Dates: 4th Wednesday of each month

Times: 2:00 pm – 3:30 pm HST

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

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

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

Format: Virtual

Dates:

- Post-Concussion Patients: 1st Tuesday of the month
- Post-Concussion Caregivers: 2nd Tuesday of the month
- Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3rd Tuesday of the month
- Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4th Tuesday of the month
- Concussed Moms – 1st Thursday of the month
- CLF Canada Patient Groups – Weekly Monday, Wednesday, Thursday, Friday (international attendees welcome)

Times: Provided when you register

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

Support group title: Exceptional Family Member Program – Army

Sponsored by: Army MWR

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

Support group title: Exceptional Family Member Program – Marines

Sponsored by: Marine Corps Community Services

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

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

Format: Virtual

Sponsored by: “Gimme A Break”

Dates: Every Tuesday evening

Times: 8:00 pm HST

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

Support group title: Kona Family Caregiver Support Group

Format: In-person in Kailua-Kona, HI

Sponsored by: Hawaii Community Caregiver Network

Dates: Second Saturdays of the month

Times: 11:00 am HST

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

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

Support group title: Micronesian Caregiver Support Group

Format: In-person in Honolulu, HI

Sponsored by: Kokua Kalihi Valley (KKV)

Dates: Last Thursdays of every month

Times: 9:30 am – 12:00 pm HST

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

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

Support group title: Native Hawaiian Caregiver Support Program

Sponsored by: Alu Like Inc.

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

Support group title: North Dakota Brain Injury Network Monthly Virtual Support Group

Format: Virtual

Dates: Last Monday of every month

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

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

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

Support group title: Support Group

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

Sponsored by: The Caregiver Foundation

Dates: First Mondays of the month

Times: 6:30 am – 8:30 am HST

Location: Hale Hauoli Adult Day Center

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

Support group title: Traumatic Brain Injury Caregivers Support Group

Format: Virtual

Sponsored by: Traumatic Brain Injury Support Group for Family Caregivers

Dates: Once a month on Wednesdays

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

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

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

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

Mental Health Support Group Meetings

Support group title: Aloha Independent Living Hawaii Life Choices

Format: In-person; check with organizer for location

Dates: Third Wednesday of every month

Time: 10:00 am – 12:00 pm HST

Location: In Hilo; location varies

Additional information: A group of women share common life experiences as they live and navigate their lives. For more information, contact Bea Sextimo at 808-339-7297.

Support group title: Aloha Independent Living Hawaii Diversity

Format: In-person; check with organizer for location

Dates: Third Friday of every month

Time: Check with organizer

Location: Check with organizer

Additional information: A fun group comprised of individuals from the LGBTQ+ community whose goal is to find a way to reach the younger generation where they can meet in a safe family-type environment and enjoy fellowship. Contact Joanne Pagan at 808-339-7297.

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

Format: In-person on Kauai

Dates: Check with organizer

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

Support group title: Aloha Independent Living Hawaii Maui HIKI NO Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The group is composed of individuals with various disabilities who meet for fellowship and peer support. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: This group is open only to consumers of Aloha Independent Living Hawaii. It is a peer support group for individuals with various disabilities. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

Support group title: Creative Arts Program

Format: In-person on Oahu

Sponsored by: REHAB Hospital of the Pacific

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm HST

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

Support group title: Men's Support Group

Format: In-person in Waimea, HI

Sponsored by: Tutu's House

Cost: Free

Days: Thursdays; check with organizer

Time: 6:00 pm – 8:00 pm HST

Additional information: Learn more about how the group is conducted and confirm your participation by emailing Steve at honu.mkp@gmail.com.

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: Men's Support Group

Format: In-person in Waimea, HI

Sponsored by: Tutu's House

Cost: Free

Days: Thursdays; check with organizer

Time: 6:00 pm – 8:00 pm HST

Additional information: Learn more about how the group is conducted and confirm your participation by emailing Steve at honu.mkp@gmail.com.

Support group title: Teen Support Group

Format: In-person in Waimea, HI

Sponsored by: Tutu's House

Cost: Free

Days: Sundays; check with organizer

Time: 10:30 am HST

Additional information: Contact Tutu's House to learn more: www.tutushouse.org

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: 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/>

Support group title: United Self-Help 4th Friday Night

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Fourth Friday of each month

Time: 6:00 pm – 8:00 pm HST

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

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

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

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Every Thursday

Time: 3:00 pm – 5:00 pm HST

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

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

Support group title: United Self-Help Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: Every Tuesday

Time: 1:00 pm HST

To join the meeting via Zoom link:

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

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

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

Password: 808

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

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

Format: Virtual

Sponsored by: United Self-Help

Dates: First and third Wednesday of each month

Time: 3:30 pm HST

To join via Zoom link:

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

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

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

Password: 808

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

Stroke Support Group Meetings

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

Format: In-person on Kauai

Dates: Check with organizer

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

Support group title: Aloha Independent Living Hawaii Maui HIKI NO Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The group is composed of individuals with various disabilities who meet for fellowship and peer support. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

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 Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: This group is open only to consumers of Aloha Independent Living Hawaii. It is a peer support group for individuals with various disabilities. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

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

Format: In-person on Oahu

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

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Meeting Room 3, Honolulu, HI but sometimes in other locations; check in advance

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

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

Email: braininjuryofhawaii@gmail.com

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

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

Support group title: Hilo Stroke Support Group

Format: Virtual

Dates: Second Tuesday of each month

Time: 4:00 – 5:00 pm HST

To join the group:

https://www.google.com/url?q=https://ehihalawai.zoom.us/j/91814580807?pwd=%3DSzRIZVJZTHFzVzFzSINwQnlzUHG2QT09&sa=D&source=calendar&ust=1653250928593396&usg=AOvVaw129kpUEQcZJJKEfK-Cu_bt

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

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

Support group title: Hui Malama Po'o Support Group

Meetings are currently on hold.

Support group title: Kauai Big! Support Group

Format: In-person in Lihue, HI

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Hale Lihue, 4268 Rice Street, Lihue, HI

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

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

Format: Meetings alternate being in-person or virtual each month

Dates: Second Wednesday of each month

Additional information: Registration is required in order to get the virtual meeting link and the in-person location address. To register online, go to www.queens.org/events. You can also call 808-691-7117, which is the referral line. An email invitation will be sent to you a few days prior to the meeting. For questions about the group (not to register), contact Danae Jones, RN, Stroke Coordinator at 808-691-1210.

Support group title: Stroke Club

Format: In-person on Oahu

Dates: First Thursday of each month

Time: 10:00 am – 11:00 am

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

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

American Stroke Association Stroke Support Group Finder

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

Spinal Cord Injury Support Group Meetings

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

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

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

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

Format: In-person on Kauai

Dates: Check with organizer

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

Support group title: Aloha Independent Living Hawaii Maui HIKI NO Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The group is composed of individuals with various disabilities who meet for fellowship and peer support. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: This group is open only to consumers of Aloha Independent Living Hawaii. It is a peer support group for individuals with various disabilities. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

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

Support group title: Hui Malama Po'o Support Group

Meetings are currently on hold.

Support group title: Kauai Big! Support Group

Format: In-person in Lihue, HI

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Hale Lihue, 4268 Rice Street, Lihue, HI

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

Support group title: Maui Wheelers

Format: In-person on Maui

Dates: First Wednesday of each month

Times: 1:00 pm – 4:00 pm HST

Location: Contact them to find out the location

Additional information: They have a Facebook page at

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

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

Spinal Cord Injury Online Communities

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

Spinal Cord Injury Support Groups

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

United Spinal Association Chapter Network

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

Support group title: United Spinal Association Advocacy LIVE

Format: Virtual

Dates: Third Thursday of every month

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

Registration:

<https://us02web.zoom.us/meeting/register/tZlqfuygqz8jHdVFxsZmHRSYFRvXqRB-HrUI?fbclid=IwAR0kgxZZuWR3OazgebBzgvl8eAgm78sbxKbCYs9bH6l9urcEsnWkDw4ZELk#/registration>

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

Format: Virtual

Dates: Every other Tuesday

Time: 5:30 pm ET

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

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

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

Format: Virtual

Dates: Every second and fourth Tuesday of the month

Time: 7:00 pm – 8:00 pm ET

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

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

Support group title: United Spinal Association Employment Empowerment Resource Group

Format: Virtual

Dates: Every third Wednesday of the month

Time: 1:00 pm – 2:00 pm ET

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

Support group title: United Spinal Association Resource Center Live

Format: Virtual

Dates: Every fourth Wednesday of the month

Time: 4:00 pm ET

Registration:

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

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

Format: Virtual

Dates: Fourth Wednesday of each month

Time: 7:00 pm – 8:00 pm ET

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

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

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

Format: Virtual

Dates: First Wednesday of each month

Time: 6:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZ0rd-mrqjstHNB1hBRobjafYZrsfragrHH7#/registration>

Additional information: For LGBTQIA wheelchair users and allies

Support group title: United Spinal Association's Social Hour

Format: Virtual

Dates: Every Thursday

Time: 1:00 pm ET

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

Support group title: United Spinal Association's TechTalks

Format: Virtual

Dates: Second Thursday of each month

Time: 5:00 pm ET

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

Support group title: United Spinal Association's Walking Rollers

Format: Virtual

Dates: Fourth Monday of each month

Time: 7:00 pm ET

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

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

5. Articles on Brain Injuries

CDC Firings Gut Research on Traumatic Brain Injury

<https://www.science.org/content/article/cdc-firings-gut-research-traumatic-brain-injuries>

What to Expect After Brain Injury: A Guide for People with Brain Injury and Their Caregivers

<https://files.constantcontact.com/5e569a18001/b9f5a3d5-020c-4557-832b-7a5e514fcf46.pdf?rdr=true>

Approaches to Address Unmet Research Needs in Traumatic Brain Injury Among Older Adults: A Workshop (this is information from the workshop that took place not long ago)

https://www.nationalacademies.org/our-work/approaches-to-address-unmet-research-needs-in-traumatic-brain-injury-among-older-adults-a-workshop?utm_source=HMD+Email+List&utm_campaign=ab0fb956-EMAIL_CAMPAIGN_2025_03_12_09_15&utm_medium=email&utm_term=0-ab0fb956-180741919&mc_cid=ab0fb956&mc_eid=8346700ad6#sl-three-columns-c4ca48f6-34f1-4c8e-a486-448788db91cc

Bringing Brain Injury Awareness to Children

<https://biausa.org/public-affairs/media/bringing-brain-injury-awareness-to-children>

Concussions and Children (from HMSA's Island Scene magazine)

<https://islandscene.com/concussions-and-children>

Pediatric Concussion: A CHOP Collaborative Study

<https://biausa.org/public-affairs/media/pediatric-concussion-a-chop-collaborative-study>

What Should Parents Know When Their Child is Injured at a Young Age?

<https://biausa.org/public-affairs/media/brain-injury-children>

Hidden Abnormalities Discovered in the Brains of Elite Soldiers

<https://www.sciencealert.com/hidden-abnormalities-discovered-in-the-brains-of-elite-soldiers>

Does White Matter and Vascular Injury from Repetitive Head Impacts Lead to a Novel Pattern on T2 FLAIR MRI? A Hypothesis Proposal and Call for Research

<https://alz-journals.onlinelibrary.wiley.com/doi/10.1002/alz.70085>

Racial Bias and Concussion Testing in the NFL (podcast)

<https://www.youtube.com/watch?v=9X6EF2NMGIA>

Enigma Biomedical USA, Inc. Announces a Collaboration to Apply Novel 4R PET Imaging Biomarkers to CTE Research

<https://www.businesswire.com/news/home/20250331562100/en/Enigma-Biomedical-USA-Inc.-Announces-a-Collaboration-to-Apply-Novel-4R-PET-Imaging-Biomarkers-to-CTE-Research>

A Structural Haplotype in the 17q21.31 *MAPT* Region is Associated with Increased Risk for Chronic Traumatic Encephalopathy Endophenotypes

[https://www.cell.com/cell-reports-medicine/fulltext/S2666-3791\(25\)00157-0?returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS2666379125001570%3Fshowall%3Dtrue](https://www.cell.com/cell-reports-medicine/fulltext/S2666-3791(25)00157-0?returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS2666379125001570%3Fshowall%3Dtrue)

Surviving and Thriving After a Traumatic Brain Injury

<https://www.brainandlife.org/articles/surviving-thriving-after-traumatic-brain-injury>

Unrecognizable: The Cost of Football for Corwin Brown's Family (video)

<https://www.youtube.com/watch?v=4JFo812tMmc>

Former NHL Enforcer Chris Simon Diagnosed with Stage 3 CTE

<https://concussionfoundation.org/news/press-release/former-nhl-enforcer-chris-simon-diagnosed-with-stage-3-cte/>

Mr. Simon died by suicide in 2024, when he was age 52. To date, 19 of 20 National Hockey League players whose brains were studied at the Boston University (BU) CTE Center were found to have CTE. As noted in a recent BU CTE study, the odds of developing CTE increased by 34% for each year of hockey played.

6. Articles on Brain Tumors

Three-Dimensional Gene Hubs May Promote Brain Cancer

<https://www.sciencedaily.com/releases/2025/04/250422131528.htm>

Discovery of FOXR2 Activation in Various Brain Tumors Refines Diagnosis to Improve Care

<https://www.sciencedaily.com/releases/2025/04/250416152132.htm>

Lupus-Related Antibody Shows Promise in Enhancing Cancer Treatment Efficacy

<https://www.sciencedaily.com/releases/2025/03/250325141527.htm>

Artificial Intelligence Tool Helps Predict Relapse of Pediatric Brain Cancer

<https://www.sciencedaily.com/releases/2025/04/250424120856.htm>

7. Articles on Spinal Cord Injuries

Hidden Neural Stem Cells May Hold Key to Brain Regeneration

<https://neurosciencenews.com/neuroregeneration-stem-cells-28606/>

Loneliness and Spinal Cord Injuries (podcast)

https://creators.spotify.com/pod/profile/insidetheoutcomes/episodes/Loneliness-and-Spinal-Cord-Injury-e318203?%24web_only=true&branch_match_id=1068658163372329991&branch_referrer=H4slAAAAAAAAA8soKSkottLXLy7IL8lMq0wuSk0syS8q1i1PTdJLLCjQy8nMy9ZP1Tcy9%2FU0KnHxzAtOsq8rSk1LLSrKzEuPTyrKLy9OLbJ1zijKz00FAJq5%2B5VMAAAA&utm_campaign=web-share

Building ‘Cellular Bridges’ for Spinal Cord Repair After Injury

<https://www.sciencedaily.com/releases/2025/04/250421162931.htm>

Robotics and Spinal Stimulation Restore Movement in Paralysis

<https://www.sciencedaily.com/releases/2025/03/250312145730.htm>

8. Articles on Stroke

Deadly Cholesterol That Doesn’t Show Up on Routine Tests is Slashed by 94% with Single Dose of a New Drug

<https://nypost.com/2025/03/31/health/deadly-cholesterol-slashed-by-94-with-single-dose-of-new-drug/>

Here’s the medical version overview of that same article:

Lepodisiran – A Long-Duration Small Interfering RNA Targeting Lipoprotein(a)

<https://www.nejm.org/doi/full/10.1056/NEJMoa2415818>

Let's Talk About Post-Stroke Pain

https://www.stroke.org/-/media/Stroke-Files/Support-Group-Resources/Post-Stroke-Pain-Fact-Sheet.pdf?sc_lang=en&utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=CP_TTES_040125&utm_content=hero+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE

Can Artery Trauma Cause a Stroke? (video)

https://www.heart.org/en/health-topics/house-calls/can-artery-trauma-cause-a-stroke?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=CP_TTES_040125&utm_content=content3+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE

Short answer: YES. It's a rare type of stroke that is surprisingly common in younger adults.

Learn About Your LDL Cholesterol

https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides/lower-your-ldl?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=CP_TTES_040125&utm_content=content4+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE

Global Study Establishes Long-Term Risk of Stroke

<https://www.sciencedaily.com/releases/2025/04/250403143845.htm>

Study Finds Nearly Five-Fold Increase in Hospitalizations for Common Cause of Stroke

<https://www.sciencedaily.com/releases/2025/04/250402160651.htm>

Nontraditional Risk Factors Shed Light on Unexplained Strokes in Adults Younger Than 50

https://www.sciencedaily.com/news/mind_brain/stroke/

Key Brain Networks Behind Post-Stroke Urinary Incontinence Identified

<https://www.sciencedaily.com/releases/2025/04/250410130748.htm>

9. Information on Related Topics

Disability Amid Disaster: People with Disabilities Are Disproportionately Impacted by Natural Disasters

<https://www.adapacific.org/people-with-disabilities-more-affected-by-natural-disasters/>

Upgraded Airplane Wheelchair-Seating Solution Unveiled

<https://newmobility.com/upgraded-airplane-wheelchair-seating-solution-unveiled/>

Preventing Workplace Accidents: Helmet Smart Sensors Detect Heat Stroke and Falls in Real Time

https://www.japan.go.jp/kizuna/2025/04/preventing_workplace_accidents.html

IKEA Put Its Signature Scandi-Chic Spin on Accessible Bathroom Design

<https://www.domino.com/style-shopping/ikea-basingen-accessible-collection/>

Why Our Waistlines Expand in Middle Age: Stem Cells

<https://www.sciencedaily.com/releases/2025/04/250425113336.htm>

Ironically as I'm reading this article about fat cells, a pop-up ad appears advertising what is probably the largest fast-food chain in the world.

10. Presentations and Trainings

JUST ADDED – Getting to the Heart of Stroke™: Understanding Your Patient's Journey After Stroke – Free, offered by the American Heart Association. Experts cover the journey from initial risk factors to long-term recovery and emotional well-being. For physicians, physician assistants, nurses, nurse practitioners, and pharmacists. Consists of the training, which takes about 36 minutes, and a post-test exam. It expires on November 6, 2027. To access the content and exam, go to: https://education.heart.org/productdetails/getting-to-heart-stroketm-understanding-your-patients-journey-after-stroke-2?utm_source=Together%20To%20End%20Stroke%20fy%202025&utm_medium=email&utm_campaign=CP_TTES_040125&utm_content=content5%20cta&sc_campaign=79890DEB9E704C13939C0205B45526EE

JUST ADDED – My name is Nancy Damrah, I am a PhD candidate in the Translational Health Sciences Program at School of Medicine and Health Sciences/George Washington University. My research focuses on formulating recommended strategies to elicit and incorporate personal preferences of patients with acquired brain injury — traumatic brain injury (TBI) and Stroke — into occupational therapy treatments planning, aiming to enhance person-centered care and shared decision making in inpatient and outpatient rehabilitation settings.

In the first phase of the study, we are conducting interviews and group discussions with patients, care partners, occupational therapy practitioners, members of acquired brain injury advocacy groups, and experts in person-centered care.

Eligibility: if you are a

- Patient with history of stroke or traumatic brain injury and attended occupational therapy in inpatient and/or outpatient rehab settings
- Care partner of a patient with the previous description
- Occupational therapist who practice in inpatient or outpatient rehab settings and treat patients with stroke and/or traumatic brain injury
- An advocate for patients with acquired brain injury
- Expert in person-centered care in healthcare

You may be eligible to contribute to the first phase of my PhD study. Participation for patients, care partners, OT practitioners, and advocates involves a one-hour interview about patient preferences in person-centered care and how they are elicited and incorporated into OT treatment planning. Participation for experts in person centered care involves 1-4 group discussions to formulate the initial list of the recommended strategies of how to elicit and incorporate patient preferences into OT treatment planning.

If you are interested in learning more about the study please contact me via:
Nancy Damrah OTD, OTR/L

- Email: ndamrah85@gwu.edu
- phone number: 517-402-8666

Understanding Spinal Cord Injury: A Course for Personal Care Assistants

The goals of this online course, which was developed by the Kessler Foundation, is to increase knowledge about spinal cord injuries (SCI), improve communication, and enhance the quality of care. And the course is free! It could be really useful for everyone to learn more about SCI, not just those who will become / are personal care assistants. As many of you may know, there is a critical need for more personal care assistants. Learn more and sign up at:

https://www.kflearn.org/courses/understanding-spinal-cord-injury?fbclid=IwZXh0bgNhZW0CMTEAAAR11VM8H2TGOI4oDuVWkNCye9vR6u5IBO9v4iqqCSFnwzCY-wfEmBI1I5c_aem_m3cAQ0Q512SMjXHtVlWhAQ

The American College of Emergency Physicians has short videos available under the title, "MicroED." They cover a variety of topics, including mild traumatic brain injury examinations, physical exam and CT signs of a hemorrhagic stroke, neuroimaging, telestroke, and more. You can find the videos at:

https://www.acep.org/education/microed?fbclid=IwY2xjawG-uMRleHRuA2FibQIxMAABHa36t_BjwsU99eyGEQHfKL1u5qc0vXocDbbX30l3kxZ16WdCDsVO5wtgXQ_aem_Mq50vROsGwIR2MuVblbq5Q&utm_source=Concussion%20Stakeholders&utm_campaign=e06cf149f9-EMAIL_CAMPAIGN_2018_11_28_08_50_COPY_01&utm_medium=email&utm_term=0_61e6ff3b7d-e06cf149f9-592000242&mc_cid=e06cf149f9&mc_eid=99af31383f

Powerful Tools for Caregivers (PTC) classes

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

<https://hawaiicaregivers.org/contact>

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

These presentations are offered online via Zoom free of charge to any interested group of members of the public and / or professionals. In certain cases, they may be offered in person. Presentations are adjusted to the time allotted and particular interests of the group. Please email Violet Horvath at vhorvath@hawaii.edu for more information or to schedule a presentation. The current list of presentations includes:

1. Preventing and Identifying Strokes and Brain Injuries
2. Domestic Violence and Brain Injuries
3. Employment and Brain Injuries
4. Homelessness and Brain Injuries
5. Resources and Information for Stroke and Brain Injury Survivors and Their Supports
6. The Basics of Advocacy
7. Medical Gaslighting
8. Workplace Bullying
9. AI and Disabilities

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

Neuropsychological Screening: Using Brain Injury and Cognitive Screening to Inform Treatment Planning Across Settings – Dr. Kim Gorgens, University of Denver. Sponsored by the National Association of State Head Injury Administrators (NASHIA)

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

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

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

The Academy of Certified Brain Injury Specialists is offering the “Understanding Concussion: Symptoms, Diagnosis, and Treatment Approaches” Certificate Course to enhance your understanding of concussions and concussion treatment. It is primarily intended for medical personnel, athletic trainers, first responders, therapists, psychologists, social workers, and anyone involved in the care of individuals with concussions. The online course costs \$145.00. Visit <https://www.biausa.org/professionals/academy-of-certified-brain-injury-specialists/understanding-concussion-symptoms-diagnosis-and-treatment-certificate-course> for more information and to access registration.

The Brain Injury Association of American offers an online self-paced Brain Injury Fundamentals Certificate Program. There is also an in-person option. It is for anyone who cares for or encounters individuals with brain injuries. No prior experience or education is required. There is a \$125 fee for the program. For more information and to sign up, go to: <https://www.biausa.org/professionals/academy-of-certified-brain-injury-specialists/acbis-fundamentals/fundamentals-self-paced-course>

11. Research and Participation Opportunities

University of Michigan Transportation Research Institute wants participants to help make vehicles easier to use for everyone. You can take their 15-minute survey if you have a disability, are at least 18 years old, and drive or travel in passenger vehicles. You can take the survey by going to https://umich.qualtrics.com/jfe/form/SV_4TP9oG64U1LgaRE. Alternately, you

can send an email to UVIDSurvey@umich.edu to set up an appointment to answer the questions by phone.

The International Brain Injury Association DoC Special Interest Group (IBIADoCSIG) is looking for healthcare professionals to participate in a survey on the information gap that caregivers of DoC patients might encounter along the pathway of care. DoC refers to “disorders of consciousness,” that is, someone who is in a vegetative or minimally conscious state. Until now, no studies have investigated the type of information available and the gaps along the pathways of care. The survey takes around 10 – 15 minutes and can be accessed here: https://redcap.link/doc_sig_survey.

The ICARE (Intervention to Change Affect Recognition and Empathy) study, out of Indiana University, is looking for people 18 and older who had a traumatic brain injury at least 12 months ago to take part in a teletherapy program. (There are additional qualification requirements.) The study takes place over about 9 months, and all activities are conducted virtually. To learn more, call the study team at 317-329-2380.

The Kessler Foundation has a new study. They are looking for participants for “Comparison of Two Different Group Wellness Programs for People with TBI and Their Support Persons.” The study will take about 10 months to complete. It involves a variety of tasks and activities. Individuals with TBIs can be compensated up to \$350, while support persons can be compensated up to \$300. More information can be found at <https://kesslerfoundation.org/research/studies/comparison-two-different-group-wellness-programs-people-tbi-and-their-support>. Please contact Laura Marino for more information: 973-323-3748.

The Kessler Foundation is also looking for persons with moderate-to-severe traumatic brain injuries (TBIs) to participate in a 12-week exercise program related to memory improvement. Compensation is listed as \$350. Please contact Brooke Albanese at 973-324-8384. The URL for more information is: <https://kesslerfoundation.org/research/studies/applying-exercise-improve-memory-tbi>.

The Icahn School of Medicine at Mount Sinai asks military veterans who sustained a traumatic brain injury (TBI) or had repeated head impacts (RHI) to consider brain donation at the ends of their lives. There will be some tasks to complete in advance. There is \$100 in compensation for in-person visits in New York City. Travel reimbursement is available. This can also be done by phone anywhere in the United States (\$25 compensation). For more information, call 212-241-5152.

The Rehabilitation Research and Training Center on home and Community-Based Services (HCBS) are looking for people with disabilities to complete surveys about their experiences with HCBS. Questions: Contact Niveda Tennety at hcbs-rrtc@srnlab.org or call 312-238-3042. The survey can be found here: <https://redcap.nubic.northwestern.edu/redcap/surveys/?s=D39MHCDL97DTRXR3>

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

Researchers at the University of Alabama at Birmingham (UAB) are looking for participants to be in a study titled, "Acceptance and Commitment Therapy Research on Psychological Health in Persons Living with Spinal Cord Injury." Prospective participants need to be an adult with an SCI. Participation includes videoconference sessions and completion of three questionnaires, with compensation of up to \$245. To sign up, go to: <https://bit.ly/4d9ADFO>. More information on the study can be found at <https://www.act-sci.org/>.

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

The Texas Model Spinal Cord Injury System is looking for participants to test a health promotion program for people aging with a traumatic SCI. It is an eight-

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

The Initiative to Mobilize Partnerships for Success Assistive teChnology Transfer (IMPACT) has launched a Research Registry for Technology and Disability, where individuals can help shape the future of technology for people with disabilities. Participants need to be age 18 or older, comprehend English, and be a person with a disability, a caregiver, or a professional working with people with disabilities. To join the Registry, fill out a questionnaire located at <https://www.ctsiredcap.pitt.edu/redcap/surveys/>; use the access code HMPYYXEJA) which asks about you and your technology experience.

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

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

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

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

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

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

Hawaii Pacific Neuroscience is holding several clinical trials. Currently, they include studies on Alzheimer's Disease (memory), Parkinson's Disease, spasticity, Epilepsy, pain/headache/migraine, and several rare neurological diseases. Some studies may pay for travel to Oahu from other islands. Please call the Clinical Research Center Hotline at 808-564-6141 for more information.

Head Impact & Trauma Surveillance Study (HITSS)

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

12. Exercise Classes

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

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

Exercise Classes in Hawaii

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

Virtual classes:

- a. Tai Chi: Tuesdays, 9:00 am – 10:00 am HST
- b. Zumba by Frances: Mondays, Wednesdays, and Fridays, 5:15 pm – 6:15 pm HST
- c. Zumba Gold by Frances: Saturdays, 8:00 am – 9:00 am HST
Zumba Gold is a lower intensity Zumba class with easy-to-follow choreography

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

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

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

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

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

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

The Maui Family YMCA offers a Parkinson's Fitness program (along with other fitness programs). 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 Parkinson's Disease Exercise classes at the Leeward Y, Nuuanu Y, and Windward Y. You must be a YMCA member. For more information, go to <https://www.ymcahonolulu.org/programs/health-fitness/specialty-wellness-programs/parkinsons>