



June 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>

To subscribe or make corrections, additions, etc., send an email to
Violet E. Horvath, Ph.D., Director: vhorvath@hawaii.edu

The names or contact information of subscribers is never shared.

Contents

1. Announcements: Pages 2 – 3
2. Online and In-Person Events: Pages 3 – 12
3. Organization and Business Meetings: Pages 13 – 18
4. Support Group Meetings: Pages 19 – 44
 - a. Brain Injuries: Pages 19 – 22
 - b. Brain Tumors: Pages 23 – 25
 - c. Caregivers and Caregiving: Pages 25 – 29
 - d. **NEW** – Employment: Page 30
 - e. Mental Health: Pages 30 – 35
 - f. Stroke: Pages 35 – 39
 - g. Spinal Cord Injuries: Pages 39 – 44
5. Articles on Brain Injuries: Pages 44 – 46
6. Articles on Brain Tumors: Page 46
7. Articles on Spinal Cord Injuries: Pages 46 – 47
8. Articles on Stroke: Pages 47 – 48
9. Information on Related Topics: Pages 48 – 49

10. Presentations and Trainings: Pages 49 – 53
11. Research and Participation Opportunities: Pages 53 – 57
12. Exercise Classes: Pages 58 – 60

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

For our friends on Kauai: Mark Saturday, June 28, 2025 on your calendars! Hawaii Pacific Health is holding a Bike & Skateboard Safety Day at Wilcox Medical Center from 8:00 am – 11:00 am. It's free; sign your keiki up in advance at https://www.hawaiipacifichealth.org/health-wellness/events/keiki-bike-safety-day/?utm_source=newsletter&utm_medium=email. Onsite registration is also available the day of the event. Then, when you are finished at that event, take the short drive to Kukui Grove Center for the Kauai Kupuna and Disability Resource Fair, which takes place from 10:00 am – 2:00 pm on the same day. Sweet! Come visit me (Violet) at the Resource Table I will be staffing.

Work out at REHAB Hospital of the Pacific's next Stroke Support Group meeting! REHAB Recreational Therapist Heidi Caldwell will lead attendees in Cardio Drumming, a fun and simple full-body workout that combines rhythm and movement. It takes place Thursday, June 5, at 10:00 am. RSVP to community@rehabhospital.org if you're lucky enough to be able to attend.

A peer-led, supportive, casual space for job seekers, gig workers, freelancers, founders, and anyone navigating work and disabilities is starting up. They meet virtually on the second Monday of every month at 4:00 PT / 7:00 ET. That is currently 1:00 pm HST. A big Mahalo to organizer Keely Cat-Wells, for not

forgetting Hawaii when setting up the schedule. Find out more in the new Employment Support Group section on page 29.

The Brain Injury Interdisciplinary Special Interest Group of the American Congress of Rehabilitation Medicine just shared a tip card: When Your Patient is Living with Brain Injury: A Tip Card for Medical Providers Treating Individuals Living with Chronic Brain Injury Sequelae. You can find it here:

<https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/633f325c32022e7d21815607/1665086044805/Provider+tipcard.2022.pdf>

There has also been significant movement in how brain injuries could be diagnosed and treated. Learn about what's in the works on page 44.

The AARP has a new publication available: The Prevalence and Impact of Traumatic Brain Injury: Adults 50-Plus. Download it for free from <https://www.aarp.org/content/dam/aarp/research/topics/health/brain-health/traumatic-brain-injury-older-adults.doi.10.26419-2fres.00864.001.pdf>

2. Online and In-Person Events

June 2025

Title: ED/MED TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): Jennifer Lundine, Ph.D.

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 August 6, 2025, September 3, and October 1 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:

<https://us02web.zoom.us/meeting/register/YpIZOLZIQ6OOWn6ALiRhA#/registration>

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>

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=Mjc3MjlxOjEwMDc4NzY4NDpuZXdzdGV0dGVy&_uax=Mjc3MjlxOjEwMDc4NzY4NA

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

Title: Occupational Therapy and Brain Injury

Format: Virtual

Cost: Free

Speaker(s): Alexis Walther, OT intern

Sponsored by: North Dakota Brain Injury Network (NDBIN)

Date: June 25, 2025

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

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

Title: 2025 Bike & Skateboard Safety Day

Format: In-person in Lihue, HI

Cost: Free

Speaker(s): N/A

Sponsored by: Hawaii Pacific Health, Medical Center

Date: June 28, 2025

Time: 8:00 am – 11:00 pm HST

Location: Wilcox Medical Center, back parking lot (past Same Day Surgery)

Registration:

Additional information: Parents and guardians must register their children. Online registration closes at 2 pm on Friday, June 27, 2025. Onsite registration is available on the day of the event. There will be a helmet fitting station, a bike skills enhancement course, skateboard skills course, drawings for free bikes (must sign in at registration table and get a passport to be stamped at the various stations; completed passports are eligible to enter the drawings for a free bike), and hundreds of certified helmets fitted and given away to keiki for free (while supplies last). Call 808-245-1198 for more information.

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: Brain Injury Fundamentals Virtual Training

Format: Virtual

Cost: \$150

Speaker(s): Brain Injury Fundamentals instructors

Sponsored by: Brain Injury Association of America

Date: July 9 and 16, 2025 (you must attend both sessions)

Time: 8:00 am – 12:00 pm CT (3:00 am – 7:00 am)

Registration: <https://shop.biausa.org/product/BIFAPP-July25/biaa-july-2025-brain-injury-fundamentals-training-and-certificate-bundle>

Additional information: Registration closes on June 25, 2025. Fee includes a workbook. Some CE credits are available.

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: Virtual

Cost: From \$30 - \$75, depending upon the category you register under

Speaker(s): Christina L. Master, MD, FAAP, CAQSM, FACS, 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 unlisted) (6:00 am – 8:00 am HST)

Registration: <https://www.eventbrite.com/e/minds-matter-concussion-model-acute-clinical-concussion-management-tickets-1330251771859?aff=oddtcreator>

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: 2025 17th Annual Aging in Place Workshop

Format: In-person in Honolulu, HI

Cost: Free

Speaker(s): AARP Hawaii, Yim & Yempuku Law Firm, and many more
Sponsored by: GENERATIONS Magazine, AARP Hawaii, Financial Benefits Insurance, Inc.

Date: August 2, 2025

Time: 8:00 am – 2:15 pm HST

Location: Ala Moana Hotel, 2nd floor ballrooms

Additional information: See July – August 2025 issue of GENERATIONS Magazine, visit Generations808.com online, or call 808-722-8487

Title: ED/MED TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): Kenji Carp, PT

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

Additional information: Additional sessions of the seminar take place with different speakers on September 3 and October 1 at 7:00 am PT / 4:00 am HST.

Title: **CANCELED:** Oahu 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

Additional information: **CANCELED DUE TO VENUE ISSUES; TO BE RESCHEDULED**

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: ED/MED TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): Juliet Haarbauer-Krupa, Ph.D.

Sponsored by: Oregon TBI Educational Team

Date: September 3, 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 of the seminar takes place with a different speaker on October 1 at 7:00 am PT / 4:00 am HST.

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: ED/MED TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): Angela Rother, SLP

Sponsored by: Oregon TBI Educational Team

Date: October 1, 2025

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

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

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

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 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: 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>

Employment Support Group Meetings

Support group title: Peer-Led Employment Support Group

Format: Virtual

Dates: Second Monday of every month

Time: 4:00 pm PT / 7:00 pm ET (Would be 1:00 pm or 2:00 pm HST depending upon the time of year)

Additional information: Go to <https://app.making-space.com/opportunities/1485> to “apply” to join the group. You’ll need to create a Making Space account if you don’t already have one.

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 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 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 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

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=IwAR0kgxZZuWR3OazgebBzgvI8eAgm78sbxKbCYs9bH6I9urcEsnWkDw4ZELk#/registration>

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

Format: Virtual

Dates: Every other Tuesday

Time: 5:30 pm ET

Additional information: Discussion group focused on adaptive sports and recreational activities. Learn more and register at <https://unitedspinal.org/events/active-project-live/>

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

Format: Virtual

Dates: Every second and fourth Tuesday of the month

Time: 7:00 pm – 8:00 pm ET

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

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

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-mrqjstHNBlhBRobjafYZrsfragrHH7#/registration>

Additional information: For LGBTQIA wheelchair users and allies

Support group title: United Spinal Association's Social Hour

Format: Virtual

Dates: Every Thursday

Time: 1:00 pm ET

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

Support group title: United Spinal Association's TechTalks

Format: Virtual

Dates: Second Thursday of each month

Time: 5:00 pm ET

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

Support group title: United Spinal Association's Walking Rollers

Format: Virtual

Dates: Fourth Monday of each month

Time: 7:00 pm ET

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

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

5. Articles on Brain Injuries

New TBI Classification System Aims to Improve Diagnoses and Treatment

<https://biausa.org/public-affairs/public-awareness/news/new-tbi-classification-system-announced>

Adults & Brain Injury: Relationships

https://biausa.org/adults-what-to-expect/relationships-after-brain-injury?utm_source=news+and+resources&utm_medium=email&utm_campaign=relationships_article

Communities of Support

https://biausa.org/public-affairs/media/communities-of-support?utm_source=news+and+resources&utm_medium=email&utm_campaign=communities_of_support

Supporting People with Brain Injury Through Certified Community Behavioral Health Clinics

<https://www.nashia.org/resources-list/what-is-a-ccbhc>

Conversations on Severe Traumatic Brain Injury and Life Sustaining Treatment (podcast)

<https://open.spotify.com/episode/6DfVJ562duLBfK9XhcbXFd?si=giTGVCqKTxS0kRJnbgEGMw&nd=1&dlsi=6fba08d5774c4d6a>

Heart Health Supports Brain Health: Self-Management to Prevent Stroke

<https://biausa.org/public-affairs/media/heart-health-supports-brain-health-self-management-to-prevent-stroke>

The Contribution of Social Determinants of Health to Long-Term Outcomes Following Traumatic Brain Injury

<https://www.sciencedirect.com/science/article/pii/S2352827325000497>

Disorders of Consciousness Standards Balance Prognostic Uncertainty and Hope

<https://carf.org/blog/disorders-of-consciousness-standards-balance-prognostic-uncertainty-and-hope/>

Minds in Motion Initiative

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

Long-Term Impact of Military-Relevant Brain Injury Consortium Chronic Effects of Neurotrauma Consortium (LIMBIC-CENC)

<https://www.limbic-cenc.org/>

Sports Concussion, Mental Health, & Black Men (video)

<https://www.youtube.com/watch?v=Hy70QvwjIVQ>

3x Pro Bowl Quarterback Matt Hasselbeck Named First Ambassador for Study to Diagnose CTE During Life

<https://concussionfoundation.org/news/press-release/3x-pro-bowl-quarterback-matt-hasselbeck-named-first-ambassador-for-study-to-diagnose-cte-during-life/>

Characterizing Tau Deposition in Chronic Traumatic Encephalopathy (CTE): Utility of the McKee Staging Scheme

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7914059/>

Clinical Outcomes and Tau Pathology in Retired Football Players: Associations with Diagnosed and Witnessed Sleep Apnea (abstract only)

<https://pubmed.ncbi.nlm.nih.gov/38425491/>

Reflections: Demystifying Hope for Children with Traumatic Brain Injury

[https://www.jaacap.org/article/S0890-8567\(25\)00250-3/fulltext](https://www.jaacap.org/article/S0890-8567(25)00250-3/fulltext)

6. Articles on Brain Tumors

Researchers Find Promise in New Peptide Drug to Combat a Deadly Brain Cancer

<https://www.sciencedaily.com/releases/2025/05/250529124400.htm>

Patients with Glioblastoma Who Received Gabapentin Lived Longer, Study Suggests

<https://www.sciencedaily.com/releases/2025/05/250515131950.htm>

New Protein Target for Childhood Medulloblastomas

<https://www.sciencedaily.com/releases/2025/05/250519131300.htm>

Combining Laboratory Techniques Yields Wealth of Information About Deadly Brain Tumors

<https://www.sciencedaily.com/releases/2025/05/250514120239.htm>

7. Articles on Spinal Cord Injuries

\$40 Million Cut Threatens SCI Recovery Research

<https://newmobility.com/40-million-cut-threatens-sci-recovery-research/>

Save Critical Spinal Cord Injury Research at Department of Defense

<https://unitedspinal.org/advocacy-action/?vsrc=%2fCampaigns%2f124009%2fRespond>

Clinical Trial Shows Improvements for Spinal Cord Injuries

<https://www.sciencedaily.com/releases/2025/05/250521124108.htm>

“Wraparound” Implants Represent New Approach to Treating Spinal Cord Injuries

<https://www.sciencedaily.com/releases/2024/05/240508140647.htm>

Academy of Spinal Cord Injury Professionals: Featured Interview of Sigmund Hough, Ph.D., ABPP/rp

<https://www.linkedin.com/pulse/academy-spinal-cord-injury-professionals-featured-sigmund-in7re/?trackingId=F2MvadqRgs7UJpUr8liolg%3D%3D>

“Digital Bridge” Helping Paralyzed Patients (60 Minutes video)

Watch on CBS (full episode):

https://www.cbs.com/shows/video/Xww4VTqUO1s7RrHTGMbJoUrIVMQ5X_t6/

Watch on Paramount + (segment only):

https://www.paramountplus.com/shows/video/Feo_eyAjfWch_u8nKPRgoU0NtsgzhGNu/

8. Articles on Stroke

Could a Mini-Stroke Leave Lasting Fatigue?

<https://www.sciencedaily.com/releases/2025/05/250514164333.htm>

Stroke Deaths and Their Racial Disparities Increased Over Last 20 Years

<https://www.sciencedaily.com/releases/2025/04/250409154623.htm>

Recognizing Stroke Symptoms and Risk Factors

<https://www.hawaiiipacifichealth.org/healthier-hawaii/be-healthy/recognizing-stroke-symptoms-risk-factors/>

Heart Health Supports Brain Health: Self-Management to Prevent Stroke

<https://biausa.org/public-affairs/media/heart-health-supports-brain-health-self-management-to-prevent-stroke>

Non-Traditional Risk Factors Shed Light on Unexplained Strokes in Adults Younger Than 50

<https://www.sciencedaily.com/releases/2025/04/250417145247.htm>

Language Isn't Just for Communication – It Also Shapes How Sensory Experiences are Stored in the Brain

<https://www.sciencedaily.com/releases/2025/05/250520161846.htm>

Rediscovering Purpose: Karen's Speeds Stroke Recovery at REHAB

<https://www.rehabhospital.org/news/rediscovering-purpose-karen-speed%E2%80%99s-stroke-recovery-rehab>

New Insights into the Energy Balance of Brain Neurons

<https://www.sciencedaily.com/releases/2025/05/250514180730.htm>

Community Stroke Prevention Toolkit

https://www.stroke.org/en/help-and-support/resource-library/prevention-toolkit?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=CP_TTES_050625&utm_content=content4+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE

American Stroke Month Toolkit Resources (for hospitals, but there's something useful for everyone)

<https://www.heart.org/en/professional/quality-improvement/get-with-the-guidelines/get-with-the-guidelines-stroke/american-stroke-month/american-stroke-month-toolkit-resources>

9. Information on Related Topics

Helping Wheelchair Users Recover from Disaster, One Grant at a Time

<https://unitedspinal.org/helping-wheelchair-users-recover-from-disaster-one-grant-at-a-time/>

Ready to Roll (program referenced in the article above)

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

Adaptive Boxing Rolls into the Ring

<https://newmobility.com/adaptive-boxing-rolls-into-the-ring/>

How to Make Air Travel More Accessible: A Conversation with Kelly Buckland

<https://newmobility.com/how-to-make-air-travel-more-accessible-a-conversation-with-kelly-buckland/>

Aging and Hawaii's Generational Economy

https://files.hawaii.gov/dbedt/economic/reports/Hawaii_Generational_Economy_Dec2024.pdf

What are the issues in Hawaii with a super-aging population? The report can get technical at times, but reading the Executive Summary in the beginning and Conclusions at the end will provide you with the basic information.

Real-Time Weather Dashboard Launched by UH

https://www.hawaii.edu/news/2025/05/07/hawaii-mesonet-dashboard-launch/?utm_source=newsletter&utm_medium=email&utm_campaign=UH+News+050725

10. Presentations and Trainings

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

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=IwZXh0bgNhZW0CMATAAR11VM8H2TGOI4oDuVWkNCye9vR6u5IBO9v4iqgCSFnhwzCY-wfEmBI1I5c_aem_m3cAQ0Q512SMjXHtVIWhAQ

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_BjwsU99eyGEQHfKL1u5qc0vXocDbbX30I3kxZ16WdCDsVO5wtgXQ_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

JUST ADDED – The I-HEAL Study is recruiting persons who experienced TBI (civilians and Veterans) and underwent inpatient rehabilitation. They are studying best practices for managing behavior changes after TBI. There will be focus groups help using Microsoft Teams that will last about 90 minutes. Participants receive a \$50 gift card. For questions, contact Natalie Gilmore (813-806-0273, VHAIHWALteam@va.gov), or visit <https://iheal.tbindsc.org/>.

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 Tenny at hcbs-rrtc@sralab.org or call 312-238-3042. The survey can be found here: <https://redcap.nubic.northwestern.edu/redcap/surveys/?s=D39MHCDL97DTRXR3>

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 mstkctc@air.org or call 202-403-6929.

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

The Rehabilitation Research Center at the Baylor Scott & White Research Institute is looking for persons who may be interested in participating in their various studies. They are looking for individuals who have had traumatic brain injuries, spinal cord injuries, strokes, and / or have had amputation. You can also specify what topic(s) of research you are interested in, e.g., weight loss, functional medical devices, and more. The form is located at:
<https://redcap.bswhealth.org/surveys/?s=FK7YWLAMY4>

The TechSAGE Rehabilitation Engineering Research Center (RERC, at www.TechSAGERERC.org) is looking for older adults to join a registry of individuals to take part in future research studies using a variety of methods, such as surveys, focus groups, interviews, technology evaluations, or other projects. Depending upon the study, you may be able to participate by phone, online, on campus, at your home, or in other locations. Compensation varies by study. To join the participant registry, go to
<https://redcap.healthinstitute.illinois.edu/surveys/?s=79F8WAX4LT>

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://islandofhawaiiyymca.org/programs/health-fitness/fitness-videos/>

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

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

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

The Osher Lifelong Learning Institute, or OLLI, offers a range of classes on a variety of topics for those who are 50+, including exercise classes, to its members. 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.mauiymca.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>