

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

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

Pacific Disabilities Center YouTube Channel:

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

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The names or contact information of subscribers is never shared.

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1. Announcements

The Brain Injury Association of America announces that there is a new edition of The Essential Brain Injury Guide. It can be pre-ordered. There is a cost, and the amount depends upon whether you get a digital or hard copy version, what supplemental materials you also purchase, etc. For more information and to pre-order your copy, visit <https://www.biausa.org/public-affairs/public-awareness/news/brain-injury-association-of-america-announces-new-edition-of-the-essential-brain-injury-guide>.

The guest speaker for the Kona Brain Injury Support Group meeting on July 10 is physical therapist Alexis Cherven, PT, DPT, NCS. Her talk is, “Feeling Dizzy?” Dizziness is common after a brain injury, but is not something one should learn to live with or that it comes with age. Alexis will discuss what is dizziness and vertigo, what causes them, and the basics of how to treat them. The talk begins at 4 pm. For more information on how to attend the hybrid event, see page 19.

There’s an article in the latest edition of Washington Magazine (the magazine of Washington University in St. Louis) entitled, ‘You Think, So You Can Dance’ (<https://source.wustl.edu/2024/06/you-think-so-you-can-dance/>). The ‘Neuroscience of Movement’ class is led by dancer and research sciences Elinor Harrison, who teaches students to integrate thought with action. The class is part lecture, part studio. The lecture part includes an assignment evaluating the existing literature on one of six movement disorders, which are Parkinson’s, Alzheimer’s, multiple sclerosis, cerebral palsy, stroke, and spinal cord injury. The students then develop a 12-week intervention plan with sample exercises.

Volunteers are needed to staff a Queen’s Medical Center Stroke Informational table at the Prince Lot Hula Festival on July 20, 2024, from 9:00 am – 4:00 pm. The festival takes place at the Frank F. Fasi Civic Center. To register to volunteer, go to: <https://bit.ly/459QCju>.

On August 21 – 24, 2024, there will be a National Child Passenger Safety Technician Certification Training in Lihue on Kauai. It is open to anyone who wants or needs to be trained. The cost is \$95, paid to Safe Kids when registering for the course. To register, go to

<https://portalskcms.cyzap.net/dzapps/dbzap.bin/apps/assess/webmembers/secure/manage?webid=SKCMS&pToolCode=COURSE-SEARCH&pAdd=Yes>. Look for course HI20240610577, Lihue. For directions on how to create a profile and register for the training visit the <https://cert.safekids.org/resources-faqs/how-to-for-How-to-Make-an-Online-Profile> (<https://live-skcert.pantheonsite.io/sites/default/files/2020-05/How%20to%20Make%20an%20Online%20Profile%202020-5.pdf>) and How to Register for a Controlled Course (<https://live-skcert.pantheonsite.io/sites/default/files/2020-05/How%20to%20Register%20for%20a%20Controlled%20Course%20by%20CC%202020-5.pdf>). For more information, contact Lisa Dau at lisa.dau@kapiolani.org.

2. Online and In-Person Events

July 2024

Title: Preventing and Identifying Strokes and Brain Injuries

Format: In-person in Honolulu, HI

Cost: Free

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

Sponsored by: Retired and Senior Volunteer Program (RSVP)

Date: July 3, 2024

Time: 11:45 am – 2:30 pm HST (light lunch and two presentations)

Location: Paki Hale, 3840 Paki Avenue, Honolulu, HI 96815

Additional information: Email Kimberly Itagaki at Kimberly.itagaki@honolulu.gov

Title: Hands-On Bathing

Format: In-person in Honolulu, HI

Cost: Free

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

Sponsored by: St. Francis Caregiver and Wellness Program

Date: July 12, 2024

Time: 11:00 am – 11:30 am HST

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

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

Title: Keiki Bike Safety Day

Format: In-person in Lihue, Kauai

Cost: Free

Sponsored by: Wilcox Medical Center

Date: July 20, 2024

Time: 8:00 am – 11:00 am HST

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

Registration: https://www.hawaiipacifichealth.org/health-wellness/events/keiki-bike-safety-day/?utm_source=newsletter&utm_medium=email

Additional information: Registration is required, in advance or on-site on the day of the event. For more information, call 808-245-1198.

Title: Stroke Informational Table at the Prince Lot Hula Festival

Format: In-person in Honolulu, HI

Cost: Free

Sponsored by: Queen's Medical Center

Date: July 20, 2024

Time: 9:00 am – 4:00 pm HST

Location: Frank F. Fasi Civic Center, Honolulu, HI

Additional information: Volunteers needed; register online to volunteer at <https://bit.ly/459QCju>

Title: Resilient Roots

Format: Virtual

Cost: Free

Speaker: Cazoshay Marie, creator and moderator of Resilient Roots, a community designed for parents navigating the challenges of living with a brain injury

Sponsored by: North Dakota Brain Injury Network

Date: July 24, 2024

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

Registration:

<https://und.zoom.us/meeting/register/tJ0pdemhrjgvHtVTMEw8yYusq-iLbWgCXS-O#/registration>

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

August 2024

Title: Why the Eyes are a Window into the Brain After a Brain Injury

Format: Virtual

Cost: Free

Speakers: Dr. Erik Reis, Doctor of Chiropractic Medicine and Board-Certified Chiropractic Neurologist with The Neural Connection

Sponsored by: North Dakota Brain Injury Network

Date: August 7, 2024

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

Registration:

<https://und.zoom.us/meeting/register/tJwrcuqrqToqGtPRiL1wurUI1-1Lto6F9td#/registration>

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

Title: Healthy Living for Your Brain and Body

Format: Virtual

Cost: Free

Speaker: Rita Ussatis of NDSU (North Dakota State University) Extension

Sponsored by: North Dakota Brain Injury Network

Date: August 21, 2024

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

Registration: <https://und.zoom.us/meeting/register/tJckc-6rrT8oHNfEFODI52nPcB2hZrZpMzhw#/registration>

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

Title: Best Principles of Data Visualization: Effective Messaging and Best Practices

Format: Virtual

Cost: \$125 or \$150

Speakers: Meihsi Chiang, Assistant Director of Evaluation and Dissemination, Evaluation Center, Brown School, Washington University in St. Louis

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

Date: August 22, 2024

Time: 12:00 pm – 3:00 pm ET (6:00 am – 9:00 am HST)

Registration: <https://www.nashia.org/calendar#!event/register/2024/8/22/basic-principles-of-data-visualization-effective-messaging-and-best-practices>

Additional Information:

<https://www.nashia.org/calendar#!event/2024/8/22/basic-principles-of-data-visualization-effective-messaging-and-best-practices>

September 2024

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

Format: In-person in Chicago, IL

Cost: There are costs associated with attending this meeting

Speakers: Various

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

Date: September 1 – 4, 2024

Times: Various

Location: Sheraton Grand Chicago Riverwalk

Registration: <https://www.academyscipro.org/>

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

Title: 2024 Virtual Concussion Symposium

Format: Virtual

Cost: TBA

Speakers: Various

Sponsored by: North Dakota Brain Injury Network

Dates: September 13, 2024

Times: 9:00 am – 4:30 pm CT (4:00 am – 11:30 am HST)

Registration: TBA

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

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

Format: In-person in Eugene, Oregon

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

Speakers: Various

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

Dates: September 16 – 19, 2024 (preconference on September 16 and main conference on September 17 – 19)

Times: Vary daily

Location: Graduate Hotel, 66 East 6th Avenue, Eugene, OR 97401

Registration: <https://www.nashia.org/calendar#!event/2024/9/16/nashia-apos-s-2024-state-of-the-states-in-brain-injury-conference-1>

Additional information: <https://www.nashia.org/sos2024>

Title: Fifth Biennial Conference on Paediatric Brain Injury

Format: In-person in Glasgow, Scotland

Cost: Ranges from \$150 - \$750

Speakers: Various

Sponsored by: International Paediatric Brain Injury Society (IPBIS)

Dates: September 18 – 21, 2024

Times: Vary by day

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

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

Title: ISCoS 2024 Annual Scientific Meeting

Format: In-person in Antwerp, Belgium

Cost: There are costs associated with attending this meeting (in Great Britain pounds and Euros)

Speakers: Various

Sponsored by: The International Spinal Cord Society

Dates: September 22 – 25, 2024

Times: Vary daily

Registration: <https://iscosmeetings2024.org/registration/>

Additional information: Contact Marianne Bint at admin@iscos.org.uk. There is also some information at

https://iscosmeetings2024.org/programme/?gad_source=1&gclid=CjwKCAjwrcKxBhBMEiwAIVF8rCax2BAbKLmdV7YjImOhDGUt-j4BFASJD8gfQ8lejAzTc1Js4Z2CfRoCjRAQAvD_BwE

October 2024

Title: The Rancho Los Amigos Scale of Cognitive Recovery: A Guide to Understanding and Managing Recovery After Brain Injury (three-part series)

Format: Virtual

Cost: Free

Speakers: Sarah Ring, MS, CCC-SLP, CBIST

Sponsored by: North Dakota Brain Injury Network

Date: October 2, 16, and 30, 2024

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

Registration: TBA

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

Title: From Brainwaves to Breakthroughs Neuroscience: The 15th Anniversary Hawaii Pacific Neuroscience Symposium

Format: In-person in Kaneohe, HI

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

Speakers: Various

Sponsored by: Hawaii Pacific Neuroscience

Date: October 19, 2024

Time: 8:45 am – 5:00 pm HST

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

Registration: <https://hawaii neuroscience.com/general-registration/>

Additional information: <https://hawaii neuroscience.com/hpnevents/>

Title: Brain Injury Association of Hawaii Annual Fundraiser Luncheon

Format: In-person in Honolulu, HI

Cost: TBA

Speakers: Various

Sponsored by: Brain Injury Association of Hawaii

Date: October 19, 2024

Time: 11:00 am – 1:00 pm HST (time approximate)

Location: Pacific Club, 1451 Queen Emma Street, Honolulu, HI

Additional information: TBA

November 2024

Title: The Basics of Advocacy

Format: Hybrid – online and in-person in Kailua, Kona, HI

Cost: Free

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

Sponsored by: Kona Brain Injury Support Group

Date: November 13, 2024

Time: 10:00 am – 11:30 pm HST

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

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

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

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

Title: Making the Case for State General Revenue to Support Brain Injury Services

Format: Virtual

Cost: \$50 for NASHIA members, \$75 for non-members

Speaker: Zaida Ricker, MPS

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

Date: November 14, 2024

Time: 12:00 pm – 3:00 pm ET (7:00 am – 10:00 am HST)

Registration:

<https://www.nashia.org/calendar#!event/register/2024/11/14/making-the-case-for-state-general-revenue-to-support-brain-injury-services>

Additional information:

<https://www.nashia.org/calendar#!event/2024/11/14/making-the-case-for-state-general-revenue-to-support-brain-injury-services>

3. Organization and Business Meetings

July 2024

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

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: July 9, 2024

Time: 1:30 pm – 4:00 pm HST

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

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

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

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

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC)

Format: Virtual

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

Date: July 17, 2024

Time: 2:00 pm – 4:00 pm HST

Zoom link:

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

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

Meeting title: Disability and Communication Access Board (DCAB) Annual Planning Meeting

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

Sponsored by: Disability and Communication Access Board (DCAB)

Date: July 18, 2024

Time: 9:00 am – 11:00 am HST

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

Zoom link: TBA

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

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

Format: Hybrid – online and in-person in Honolulu, HI
Sponsored by: Disability and Communication Access Board (DCAB)
Date: July 18, 2024
Time: 11:00 am – 1:00 pm HST
Location: Disability and Communication Access Board (DCAB), 1010 Richards Street, #118, Honolulu, HI 96813
Zoom link: TBA
Additional information: Call 808-586-8121 (phone) or 808-586-8162 (TTY)

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

Format: Virtual
Sponsored by: Kapiolani Medical Center for Women and Children
Date: July 19, 2024
Time: 11:00 am – 12:30 pm HST
Zoom link: <https://hawaiipacifichealth-org.zoom.us/j/83620031465?pwd=cGkvTVQ3N3VQRlJ0NzMydUlRt3N5Zz09>
Additional information: Contact Lisa Dau at lisa.dau@kapiolani.org

August 2024

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)
Format: Hybrid; online and in-person on Oahu
Sponsored by: Hawaii Department of Health, Neurotrauma Program
Date: August 22, 2024
Time: 1:30 pm – 4:00 pm HST
To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue (1st floor), Conference Room 110, Honolulu, HI, 96816, or virtually via
Zoom link: <https://us02web.zoom.us/j/575890360>
Additional information: The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes. The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.
Website: <https://health.hawaii.gov/nt/ntab/>

September 2024

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

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: September 10, 2024

Time: 1:30 pm – 4:00 pm HST

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

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

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

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

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

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

Sponsored by: Disability and Communication Access Board (DCAB)

Date: September 19, 2024

Time: 11:00 am – 1:00 pm HST

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

Zoom link: TBA

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

October 2024

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC)

Format: Virtual

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

Date: October 16, 2024

Time: 2:00 pm – 4:00 pm HST

Zoom link:

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

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

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

Format: Virtual

Sponsored by: Kapiolani Medical Center for Women and Children

Date: October 18, 2024

Time: 11:00 am – 12:30 pm HST

Zoom link: <https://hawaiipacifichealth-org.zoom.us/j/83620031465?pwd=cGkvTVQ3N3VQRlJ0NzMydUlRt3N5Zz09>

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

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: October 24, 2024

Time: 1:30 pm – 4:00 pm HST

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

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

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

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

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

November 2024

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

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: November 12, 2024

Time: 1:30 pm – 4:00 pm HST

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

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

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

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

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

Sponsored by: Disability and Communication Access Board (DCAB)

Date: November 21, 2024

Time: 11:00 am – 1:00 pm HST

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

Zoom link: TBA

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

December 2024

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: December 12, 2024

Time: 1:30 pm – 4:00 pm HST

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

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

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

January 2025

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

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

Sponsored by: Disability and Communication Access Board (DCAB)

Date: January 16, 2025

Time: 11:00 am – 1:00 pm HST

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

Zoom link: TBA

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

March 2025

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

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

Sponsored by: Disability and Communication Access Board (DCAB)

Date: March 20, 2025

Time: 11:00 am – 1:00 pm HST

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

Zoom link: TBA

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

May 2025

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

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

Sponsored by: Disability and Communication Access Board (DCAB)

Date: May 15, 2025

Time: 11:00 am – 1:00 pm HST

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

Zoom link: TBA

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

4. Support Group Meetings

Brain Injury Support Group Meetings

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

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

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

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

Format: In-person on Kauai

Dates: Last Thursday of the month HST

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

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

Format: In-person on Molokai

Dates: Every third Wednesday of the month

Time: 2:00 pm – 3:00 pm HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Molokai

Dates: Every fourth Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Molokai

Dates: Every second Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Oahu

Dates: Monthly on Saturdays. Remaining dates for 2024 are: July 27, August 31, September 28, October 26, November 30, December 28

Times: 10:00 am – 12:00 noon HST

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

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

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

Email: braininjuryofhawaii@gmail.com

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

Format: Virtual

Dates:

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

Times: Provided when you register

Additional information: Registration is required. Visit

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

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

Support group title: Hui Malama Po'o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Times: 1:00 pm – 3:00 pm HST

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

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

Support group title: Kona Brain Injury Support Group

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

Dates: Second Wednesday of each month

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

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

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

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

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

Support group title: Think Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

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

Zoom information: TBA

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

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

Format: Virtual

Dates: Last Monday of every month

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

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

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

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

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

Brain Tumor Support Group Meetings

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

Format: In-person on Oahu

Dates: Monthly on Saturdays. Remaining dates for 2024 are: July 27, August 31, September 28, October 26, November 30, December 28

Times: 10:00 am – 12:00 noon HST

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

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

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

Email: braininjuryofhawaii@gmail.com

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

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

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

Format: In-person in Hilo, HI

Dates: The second and fourth Tuesdays of each month

Time: 5:00 pm HST

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

Support group title: Hui Malama Po'o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Times: 1:00 pm – 3:00 pm HST

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

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

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

Format: Virtual

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

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

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

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

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

Format: Virtual

Dates and times: Vary by class

Additional information: View the May – August 2023 calendar at

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

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

Dates: Third Sunday of every month

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

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

American Brain Tumor Association

Search their website for brain tumor support groups nationwide:

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

Caregivers and Caregiving Support Group Meetings

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

Support group title: Caregiver Support Groups

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

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

Dates: Varies by location

Times: Varies by location

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

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

Support group title: Caregiver Support Group (Honolulu location)

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

Sponsored by: Project Dana

Dates: Every second and third Wednesdays

Times: 9:30 am – 12:00 pm HST

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

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

Support group title: Caregiver Support Group (Waipahu location)

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

Sponsored by: Project Dana

Dates: Every second Saturday

Times: 10:00 am – 12:00 pm HST

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

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

Support group title: Caregiver Support Group

Format: In-person in Kaneohe, HI

Sponsored by: The Caregiver Foundation

Dates: 4th Wednesday of each month

Times: 2:00 pm – 3:30 pm HST

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

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

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

Format: Virtual

Dates:

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

Times: Provided when you register

Additional information: Registration is required. Visit

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

Support group title: Exceptional Family Member Program – Army

Sponsored by: Army MWR

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

Support group title: Exceptional Family Member Program – Marines

Sponsored by: Marine Corps Community Services

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

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

Format: Virtual

Sponsored by: “Gimme A Break”

Dates: Every Tuesday evening

Times: 8:00 pm HST

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

Support group title: Kona Family Caregiver Support Group

Format: In-person in Kailua-Kona, HI

Sponsored by: Hawaii Community Caregiver Network

Dates: Second Saturdays of the month

Times: 11:00 am HST

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

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

Support group title: Micronesian Caregiver Support Group

Format: In-person in Honolulu, HI

Sponsored by: Kokua Kalihi Valley (KKV)

Dates: Last Thursdays of every month

Times: 9:30 am – 12:00 pm HST

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

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

Support group title: Native Hawaiian Caregiver Support Program

Sponsored by: Alu Like Inc.

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

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

Format: Virtual

Dates: Last Monday of every month

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

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

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

Support group title: Support Group

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

Sponsored by: The Caregiver Foundation

Dates: First Mondays of the month

Times: 6:30 am – 8:30 am HST

Location: Hale Hauoli Adult Day Center

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

Support group title: Traumatic Brain Injury Caregivers Support Group

Format: Virtual

Sponsored by: Traumatic Brain Injury Support Group for Family Caregivers

Dates: Once a month on Wednesdays

- Remaining 2024 dates: July 10, August 14, September 11, October 9, November 13, December 11
- 2025 dates: January 8

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

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

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

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

Mental Health Support Group Meetings

Support group title: Creative Arts Program

Format: In-person on Oahu

Sponsored by: REHAB Hospital of the Pacific

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm HST

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

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

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

Format: Virtual

Sponsored by: Tutu's House

Cost: Free

Days: First Friday of each month

Time: 12:00 pm – 1:30 pm HST

Registration is required. Register online at:

<https://us06web.zoom.us/meeting/register/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 Big Island Mixed Group Support Group

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

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

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

Format: In-person on Kauai

Dates: Last Thursday of the month

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

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

Format: In-person on Molokai

Dates: Every third Wednesday of the month

Time: 2:00 pm – 3:00 pm HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Molokai

Dates: Every fourth Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Molokai

Dates: Every second Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Oahu

Dates: Monthly on Saturdays. Remaining dates for 2024 are: July 27, August 31, September 28, October 26, November 30, December 28

Times: 10:00 am – 12:00 noon HST

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

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

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

Email: braininjuryofhawaii@gmail.com

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

Support group title: Hilo Stroke Support Group

Format: Virtual

Dates: Second Tuesday of each month

Time: 4:00 – 5:00 pm HST

To join the group:

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

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

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

Support group title: Hui Malama Po’o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Times: 1:00 pm – 3:00 pm HST

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

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

Support group title: Maui Memorial Medical Center Stroke Support Group

Format: Virtual

Dates: Third Thursday of each month

Time: 5:00 – 6:00 pm HST

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

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

Format: Virtual

Dates: Second Wednesday of each month

Time: 5:30 – 7:00 pm HST

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

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

Support group title: Stroke Club

Format: In-person on Oahu

Dates: First Thursday of each month

Time: 10:00 am – 11:00 am

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

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

Support group title: Think Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

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

Zoom information: TBA

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

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: Last Thursday of the month

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

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

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

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

Format: In-person on Molokai

Dates: Every fourth Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

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

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

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

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

Support group title: Hui Malama Po’o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Times: 1:00 pm – 3:00 pm HST

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

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

Support group title: Maui 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.

Support group title: Think Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

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

Zoom information: TBA

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

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->

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

Additional information: For LGBTQIA wheelchair users and allies

Support group title: United Spinal Association's Social Hour

Format: Virtual

Dates: Every Thursday

Time: 1:00 pm ET

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

Support group title: United Spinal Association's TechTalks

Format: Virtual

Dates: Second Thursday of each month

Time: 5:00 pm ET

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

5. Articles on Brain Injuries

An Umbrella Review of Self-Management Interventions for Health Conditions with Symptom Overlap with Traumatic Brain Injury (abstract only)

https://naric.com/content/cf-rehab-adv-srch-record?record_id=3815&rehab_id=177533&article_source=rehab&load_source=basic_search&search_id=402099&start_rec=0&user_name=public.user.557228

Online Intervention for Caregivers of Children with Early Traumatic Brain Injury: Pilot Trial (abstract only)

https://naric.com/?q=en/content/cf-rehab-adv-srch-record&article_source=Rehab&record_id=177568&load_source=external_search&search_id=402175&user_name=public.user.557238

Traumatic Brain Injury as a Chronic Disease: Insights from the United States Traumatic Brain Injury Model Systems Research Program (abstract only)

https://naric.com/?q=en/content/cf-rehab-adv-srch-record&article_source=Rehab&record_id=177601&load_source=external_search&search_id=402205&user_name=public.user.557247

Building Bridges for Brain Injury: The Legacy of Marilyn Spivack & Dr. Mel Glenn (podcast)

https://open.spotify.com/episode/0jBVO4RJ7YC3Odqh91nsPY?si=9nkUEfvMRYi9m_VeN4tOfQ&nd=1&dlsi=b8e130a2ea0544f3

Ms. Spivack is co-founder of the Brain Injury Association of America, and Dr. Glenn was the first project director for the Spaulding Harvard TBI Model System Center. Additional podcasts are available at this URL.

Power of Patients: National Headache & Migraine Awareness Month

https://www.powerofpatients.com/blog/national-headache-migraine-awareness-month?utm_source=linkedin&utm_medium=blog.post-promoter&utm_campaign=86d94c3a-fef5-4be2-8201-103979041092

Power of Patients: Men's Fitness & TBIs

https://www.powerofpatients.com/blog/men-s-fitness-tbis?utm_source=linkedin&utm_medium=blog.post-promoter&utm_campaign=d04d22e9-9c04-4fc0-81c2-5f7a6ce1492c

Power of Patients: How Power of Patients and Sallie Empower Athletic Trainers

https://www.powerofpatients.com/blog/power-of-patients-how-power-of-patients-and-sallie-empower-athletic-trainers?utm_source=linkedin&utm_medium=blog.post-promoter&utm_campaign=8dc3a7f5-cddb-46b0-b48a-da564b24bc9f

Power of Patients: Head Injuries in Rugby

https://www.powerofpatients.com/blog/head-injuries-in-rugby?utm_source=linkedin&utm_medium=blog.post-promoter&utm_campaign=95ef871e-6b71-442c-a268-a5ac267473cc

Bicycle Safety

<https://www.cdc.gov/pedestrian-bike-safety/about/bicycle-safety.html#:~:text=Injuries%20and%20deaths%20among%20bicyclists%20are%20preventable,->

[Effective%20Interventions&text=Bicycle%20helmets%20reduce%20the%20risk, helmets%20every%20time%20they%20ride](#)

“According to the CDC, there were close to 600,000 emergency department visits for bicycle-related TBIs in the United States from 2009 – 2018.” – National Traumatic Brain Injury Registry Coalition

Age and Sex-Related Changes Leave Female Flies Vulnerable to Delayed Harm from Head Injury

<https://www.sciencedaily.com/releases/2024/06/240604132030.htm>

Omega-3 Therapy Prevents Birth-Related Brain Injury in Newborn Rodents

<https://www.sciencedaily.com/releases/2024/06/240606152129.htm>

6. Articles on Brain Tumors

More Effective Cancer Treatment with Iontronic Pump

<https://www.sciencedaily.com/releases/2024/06/240619143620.htm>

New Glioblastoma Treatment Reaches Human Brain Tumor and Helps Immune Cells Recognize Cancer Cells

<https://www.sciencedaily.com/releases/2024/06/240606152314.htm>

New Research Platform Assesses Brain Cancer Mutations During Surgery

<https://www.sciencedaily.com/releases/2024/05/240530132306.htm>

Study Identifies Potential Pathway to Reducing Breast Cancer Brain Metastases

<https://www.sciencedaily.com/releases/2024/06/240607121509.htm>

Pediatric Brain Tumors Rely on Different Metabolic ‘Route’ to Fuel Treatment Resistance

<https://www.sciencedaily.com/releases/2024/06/240613140858.htm>

7. Articles on Spinal Cord Injuries

We’re Forging New Partnerships to Make Flying Safe and Dignified

<https://unitedspinal.org/were-forging-new-partnerships-to-make-flying-dignified-and-safe/>

Solutions for Overactive Bladder

<https://newmobility.com/solutions-for-overactive-bladder/>

Measuring Success: Setting Our Own Definitions

<https://newmobility.com/measuring-success-setting-our-own-definitions/>

Tabulae Paralytica: Mapping the Biology of Spinal Cord Injury in Unprecedented Detail

<https://www.sciencedaily.com/releases/2024/06/240619143554.htm>

Mouse Study Identifies Unique Approach for Preventing Life-Threatening Complications After Spinal Cord Injury

<https://www.sciencedaily.com/releases/2024/06/240612172856.htm>

Modification of the Diabetes Prevention Program Lifestyle Intervention in Persons with Spinal Cord Injury: Efficacy for Reducing Major Cardiometabolic Risks, Increased Fitness, and improved Health-Related Quality of Life (abstract only)

https://naric.com/content/cf-rehab-adv-srch-record?article_source=rehab&record_id=177443&load_source=basic_search&search_id=395233&start_rec=0&user_name=public.user.522865&international=0&drill_down=0&rehab_blank=0&intl_blank=0

Brief High-Velocity Motor Skill Training Increases Step Frequency and Improves Length/Frequency Coordination in Slow Walkers with Chronic Motor-Incomplete Spinal Cord Injury (abstract only)

https://naric.com/?q=en/content/cf-rehab-adv-srch-record&article_source=Rehab&record_id=177584&load_source=external_search&search_id=402245&user_name=public.user.557251

8. Articles on Stroke

Impact of Ambulance-Based Telehealth on Stroke Care in Hawaii (video recording of a webinar)

<https://vimeo.com/953351679/c38189b6a3?share=copy>

From our friends at Pacific Basin Telehealth Resource Center (PBTRC), who invited Dr. Matt Koenig to discuss this important topic. Dr. Koenig is the Medical Director of Virtual Care for the Queen's Health Systems and an Associate Professor of Medicine at the University of Hawaii's John A. Burns School of Medicine.

Face Screening Tool Detects Stroke in Seconds

<https://www.sciencedaily.com/releases/2024/06/240617173505.htm>

Women Face Higher Stroke Risk Than Men

https://www.hawaiipacifichealth.org/healthier-hawaii/be-healthy/women-face-higher-stroke-risk-than-men/?utm_source=newsletter&utm_medium=email&utm_campaign=stroke-awareness

Women with Excess Weight as a Teen or Young Adult May Have Higher Stroke Risk by Age 55

<https://www.sciencedaily.com/releases/2024/06/240606152316.htm>

Pregnancy and Stroke (on-demand webinar recording; register to view the webinar)

https://register.gotowebinar.com/register/5970798277876896094?utm_source=Together+To+End+Stroke+fy+2024&utm_medium=email&utm_campaign=emailname&utm_content=content5+cta&sc_camp=79890DEB9E704C13939C0205B45526EE

How Does Oxygen Depletion Disrupt Memory Formation in the Brain?

<https://www.sciencedaily.com/releases/2024/06/240607121507.htm>

Could Taking Certain Drugs Reduce the Risk of Ruptured Brain Aneurysm?

<https://www.sciencedaily.com/releases/2024/06/240605182439.htm>

Learn About Your LDL Cholesterol

https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides/lower-your-ldl?utm_source=Together+To+End+Stroke+fy+2024&utm_medium=email&utm_c

[campaign=emailname &utm_content=content4+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE](https://www.sciencedaily.com/releases/2024/06/240617173629.htm)

Using Novel Discourse Treatment to Improve Communication in People with Aphasia

<https://www.sciencedaily.com/releases/2024/06/240617173629.htm>

Stroke Patient's Positive Outlook is Key to Success

<https://www.neuroskills.com/our-patients/patient-experience/stroke-patients-positive-outlook-is-key-to-success/>

9. Fall Prevention

Falls Prevention in Community-Dwelling Older Adults: Interventions

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/falls-prevention-community-dwelling-older-adults-interventions>

10. Information on Related Topics

Updates to FEMA Programs for People with Disabilities

<https://www.fema.gov/fact-sheet/updates-fema-programs-people-disabilities>

Accessibility of Web Content and Mobile Apps Provided by State and Local Government Entities: A Small Entity Compliance Guide

<https://www.ada.gov/resources/small-entity-compliance-guide/>

Delta and Collins Aerospace Race Toward Onboard Wheelchair Securement

<https://newmobility.com/delta-and-collins-aerospace-race-toward-onboard-wheelchair-securement/>

Traveling With and Without a Caregiver

<https://newmobility.com/traveling-with-and-without-a-caregiver/>

11. Presentations and Trainings

Powerful Tools for Caregivers (PTC) classes

Provided by the Hawaii Community Caregiver Network (HCCN), classes include a scripted curriculum and a copy of a handbook, The Caregiver Helpbook. Classes

have resumed. There is a nominal \$10 registration fee. Please contact HCCN to get on their mailing list for upcoming classes. Their contact form is found at <https://hawaiicaregivers.org/contact>

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

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

1. Preventing and Identifying Strokes, Spinal Cord Injuries, and Brain Injuries
2. Brain Injuries
3. Domestic Violence and Brain Injuries
4. Employment and Brain Injuries
5. Homelessness and Brain Injuries
6. The Basics of Advocacy
7. Medical Gaslighting

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/>

12. Research and Participation Opportunities

United Spinal Association is looking for people to join their working groups. The groups are on Outdoor Access, Accessible Parking, Emergency Preparedness, Care Support, and Accessible Transportation. Sign up at <https://unitedspinal.org/working-groups/> or contact Grassroots Advocacy Manager Annie Streit at astreit@unitedspinal.org.

The White House Office of Science and Technology Policy is looking for input from the public to help inform the development of the Federal Evidence Agenda on Disability Equity. Interested persons and organizations are invited to submit comments on or before July 15, 2024. For more information, visit <https://www.federalregister.gov/documents/2024/05/30/2024-11838/notice-of-availability-and-request-for-information-federal-evidence-agenda-on-disability-equity>

Researchers with the Spinal Cord and Disability Research Center at TIRR Memorial Hermann in Houston and the University of Montana in Missoula are recruiting people with spinal cord injury (SCI) to participate in a study entitled, "Understanding Interpersonal Violence Against People with SCI and its Psychosocial Impacts." This research will add to the limited understanding of interpersonal violence (IPV) and its consequences in people with SCI. Participants will be invited to participate in individual interviews via ZOOM and asked to share

information about their experience with post-injury IPV, help-seeking experiences, and perceptions of the social and psychological effects of IPV. To be eligible, participants must have lived with a traumatic SCI for at least one year; be at least 21 years of age; and have experienced difficult relationships, mistreatment, or neglect since sustaining their SCI but not in the past 12 months. Participants will receive a small payment for their time. For additional information and to learn if eligible, email SCIPStudy@uth.tmc.edu or call 713-797-7245.

Illinois Tech is conducting a focus group study examining microaggressions and quality of work life among adults with SCI. Participation involved a 90 – 120-minute informal virtual focus group and brief online survey. Participants receive a \$100 gift card as a thank-you. You must be 18 years or older, living with an SCI, able to access a reliable internet connection, and employed full-time or have worked in the past two years. To sign up, go to:

https://iitpsychology.az1.qualtrics.com/jfe/form/SV_4HNLKrOxQzclm2a

The University of Pittsburgh has a new survey out for stakeholders (people who use wheelchairs, carepartners / caregivers, clinicians, suppliers, manufacturers, technicians, policymakers, funding sources) about a better Complex Rehabilitation Technology policy. The survey takes 10 – 15 minutes to complete and can be found at: https://pitt.co1.qualtrics.com/jfe/form/SV_2nUTM19JBihCJzE

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.LLStudy@uth.tmc.edu.

The North American Spinal Cord Injury Consortium wants to know more about the information needs of people living with SCI. They are looking for participants with SCI, family members, spouses and partners, and caregivers. The survey takes

about 20 minutes to complete. At the end, you can sign up for a chance to win a gift card. Take the survey at

<https://www.surveymonkey.com/r/sciNeedsInfoSurvey24>

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

(https://gatech.co1.qualtrics.com/jfe/form/SV_5sCGdVMdUSqJKnk). For more information, contact Salimah LaForce (salimah@cacp.gatech.edu, 404-385-4614).

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

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

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

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

Mount Sinai Advanced Rehabilitation Research Training in Brain Injury and Rehabilitation Research is accepting applications for a two-year postdoctoral fellowship in brain injury and rehabilitation research. There is a rolling application deadline. Additional information and application details can be found at: https://mcusercontent.com/d04acfb7db8d95502b56ea3f2/files/b01fdf73-1914-4d3a-3c2e-76c56f25adb1/NIDILRR_ARRT_Recruitment_Notification_December_2023.pdf

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>

Caregiver Interviews for AT (Assistive Technology) Research Focus Group – Assistive Technology Network is conducting interviews with care partners, caregivers, and family members of individuals who use assistive technology. Must be at least 18 years of age and supply routine support to individuals with disabilities of any age who have used, currently use, or plan to acquire AT. Eligible participants will be interviewed virtually, either individually or in small groups, for up to 90 minutes, and will be compensated for their time. Interested individuals may complete the screening form located at:

https://forms.office.com/pages/responsepage.aspx?id=u5ghSHuuJUuLem1_Mvqg_gwLrX2LOw2BOhChDMOVgEShUQUIwVk04RkhSMDgzMzY1SzBVWks5UFIKU4u or

contact Kelly Kolman at kkolman3@gatech.edu or 678-841-0554 for more information.

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

National Capital SCI Model System Recruiting for a Study on Urinary Symptoms
The Model Systems Knowledge Translation Center (MSKTC) is recruiting people who are at least 18 years old and have a spinal cord injury, multiple sclerosis, or spina bifida to be in a study comparing the effectiveness of saline vs. probiotic bladder wash to reduce urinary symptoms. Participants will receive \$25 for completion of Phase 1 and 2, and \$50 for completion of Phase 3. If interested, please contact Emily Leonard, Ph.D., at Emily.m.leonard@medstarnet or 202-877-

1844. In addition, MSTKC is looking for people to be SCI Ambassadors. All of this information can also be found at <https://msktc.org/about/sci-Model-Systems-Recruitment>

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

Head Impact & Trauma Surveillance Study (HITSS)

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

13. Exercise Classes

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

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

Exercise Classes in Hawaii

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

Virtual classes:

- a. Big Moves! Monday: Mondays, 8:00 am – 8:45 am HST
- b. Empower You!: Wednesdays, 8:00 am – 8:45 am HST
Designed for people diagnosed with Parkinson's Disease, but open to everyone
- c. Body & Brain Yoga Tai Chi: Tuesdays, 9:00 am – 10:00 am HST
- d. Zumba by Frances: Mondays, Wednesdays, and Fridays, 5:15 pm – 6:15 pm HST
- e. Zumba Gold by Frances: Saturdays, 8:00 am – 9:00 am HST
Zumba Gold is a lower intensity Zumba class with easy-to-follow choreography

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

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

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

808B-fit is health and fitness for kupuna (including caregivers and care receivers). They offer a variety of pre-recorded video exercise classes that you can do

anytime from Big Island (Hawaii) teachers. Visit their website at <https://808b-fit.com/> for more information and links to the videos.

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

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

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

The YMCA of Honolulu offers a Kupuna Tai Chi for Arthritis and Fall Prevention class, which is open and free to the public for anyone 60 years or older only. YMCA membership is not required. In-person classes only at Leeward YMCA on Tuesdays and Thursdays from 9:00 – 10:00 am. Visit <https://www.ymcahonolulu.org/programs/seniors/classes-activities> for more information and to learn how to register.

14. Agency Resource Manuals

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

A collection of information, not specific to Hawaii

County of Kauai Kupuna Resource Directory

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

Revised 2022

Hawaii Aging & Disability Caregiver Resources -

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

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

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

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

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

Hawaii Department of Safety Community Resource Guide -

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

Last updated in 2021

Hawaii Elderly Affairs Division Senior Handbook -

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

Last updated in 2022

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

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

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

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

Last updated May 2020

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

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

Last updated July 2021

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

Last updated in 2022

15. Additional Resources

Brain Injuries - General

Brain Foundation / Migraine & Headache Australia Newsletters

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

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

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

Brain Injury Association of America The Challenge! Magazine

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

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

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

Brain Injury Association of America Resource Center – webinars and lecture recordings

<https://www.biausa.org/professionals/education>

Brain Injury Association of Hawaii Newsletter

Email your request to subscribe to: braininjuryofhawaii@gmail.com

Concussion Legacy Foundation

<https://concussionfoundation.org/>

From the homepage, click on “Resource Center”

Hawaii Pacific Neuroscience weekly e-newsletter

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

Health Disparities and TBI

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

Improving Systems of Care for Traumatic Brain Injury

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

International Brain Injury Association Webinar Series

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

The Journal of Head Trauma Rehabilitation

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

LoveYourBrain

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

Mind Your Brain Foundation

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

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

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

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

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

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

National Association of State Head Injury Administrators Trainings On Demand Archive

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

National TBI Registry Coalition

<https://nationaltbiregistry.org/>

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

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

North Dakota Brain Injury Network – Updates and Newsletter

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

Power of Patients

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

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

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

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

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

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

A Treatment Court Toolkit for Supporting Individuals with Acquired Brain Injury

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

Traumatic Brain Injury Model System Knowledge Translation Centers (MSKTC)

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

United States Brain Injury Alliance (USBIA)

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

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

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

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

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

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

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

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

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

Brain Injuries – Active Duty Military and Veterans

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

<https://projectenlist.org/>

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

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

U.S Department of Veterans Affairs – Effects of TBI

https://www.mentalhealth.va.gov/tbi/index.asp?utm_source=google&utm_medium=cpc&utm_campaign=search-va-tbi&utm_term=phrase-match&utm_content=veteran%20tbi&gclid=Cj0KQCQiAzoEuBhDqARIsAMdH14FeuBWrnJdGldv-pFDPFSNqa96_YE3VFgMk3AwZf6xB-gUePJxLiz0aAlfvEALw_wcB

Warfighter Brain Health Hub

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

Brain Injuries – Children and Youth

Brain Injury in Children and Youth: A Manual for Educators

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

Hawaii Concussion Awareness Management Program (HCAMP)

<https://hawaiiconcussion.com/>

Project Head, Neck, Spine

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

Traumatic Brain Injury and Youth Justice – McMaster University

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

Brain Injuries – Indigenous Populations

Brain Injury Basics: TBI & Indigenous Peoples (Canada)

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

Traumatic Brain Injury Resource Bundle for American Indians

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

Brain Injuries – Women and Girls

Girls & Women with ABI Task Force

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

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

Zoom link is located at the URL listed above.

PINK Concussions

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

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

Traumatic Brain Injury in Women Across Lifespan

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

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

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

Brain Tumors

American Brain Tumor Association MindMatters e-Newsletter

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

Brain Foundation / Migraine & Headache Australia Newsletters

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

Brain Tumor Society News

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

The Childhood Brain Tumor Foundation CBTF Neurotransmitter Newsletters

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

Children's Brain Tumor Project Newsletters

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

Ivy Brain Tumor Center at the Barrow Neurological Institute Ivy Blog

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

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

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

Spinal Cord Injuries

American Congress of Rehabilitation Medicine Spinal Cord Injury Webinar Series Archives

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

Kennedy Krieger Institute International Center for Spinal Cord Injury Newsletter

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

Spinal Cord Injury Model System Knowledge Translation Centers (MSKTC)

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

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

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

United Spinal Association New Mobility Newsletter

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

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

United Spinal Association Webinar Archives

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

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

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

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

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

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

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

Stroke

American Stroke Association Together to End Stroke Newsletter

To sign up, go to:

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

Hawaii Pacific Neuroscience weekly e-newsletter

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

Johns Hopkins Medicine Sheikh Khalifa Stroke Institute SKSI Webinar Series

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

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

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

On with Life Stroke Webinar Series

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

Paul Coverdell National Acute Stroke Program (PCNASP)

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

World Stroke Organization Blog Archive

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

World Stroke Organization Newsletter Archive

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

General / Other

American Trauma Society newsletters

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