

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

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

**Pacific Disabilities Center YouTube Channel:**

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

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

**Violet E. Horvath, Ph.D., Director:** [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu)

The names or contact information of subscribers is never shared.

#### Contents

1. Announcements: Page 2
2. Online and In-Person Events: Pages 3 – 14
3. Organization and Business Meetings: Pages 14 – 18
4. Support Group Meetings: Pages 18 – 40
  - a. Brain Injuries: Pages 18 – 22
  - b. Brain Tumors: Pages 22 – 24
  - c. Caregivers and Caregiving: Pages 25 – 29
  - d. Mental Health: Pages 29 – 31
  - e. Stroke: Pages 32 – 36
  - f. Spinal Cord Injuries: Pages 36 – 40
5. Articles on Brain Injuries: Pages 40 – 43
6. Articles on Brain Tumors: Page 43
7. Articles on Spinal Cord Injuries: Pages 43 – 44
8. Articles on Stroke: Pages 44 – 45
9. Fall Prevention: Page 45
10. Information on Related Topics: Pages 46 – 47
11. Presentations and Trainings: Pages 47 – 48
12. Research and Participation Opportunities: Pages 49 – 56
13. Exercise Classes: Pages 56 – 58
14. Agency Resource Manuals: Pages 58 – 59
15. Additional Resources: Pages 60 – 67

## 1. Announcements

Congressman Bill Pascrell (D-NJ) was the founder of the Congressional Brain Injury Task Force in 2001. His efforts helped to pass the Traumatic Brain Injury Act, and he did much more to bring attention to brain injuries and secure funding for services and research. Sadly, Congressman Pascrell recently passed away. You can read more here: <https://www.cbsnews.com/newyork/news/bill-pascrell-nj-congressman-dies/>. There are more articles and videos available online.

September 20 is National Concussion Awareness Day!

Dr. Kent Yamamoto is the special guest at the next Stroke Support Group meeting at REHAB Hospital of the Pacific. Dr. Yamamoto is REHAB's Medical Director of Brain Injury and Stroke Programs. The meeting is on Thursday, September 5, from 10:00 am – 11:00 am HST. Please send an RSVP to Melissa Mullen at [melissa.mullen@rehabhospital.org](mailto:melissa.mullen@rehabhospital.org) if you plan to attend. Come and talk story at the Q&A session with Dr. Yamamoto!

Dr. Katy O'Brien, who is a Senior Scientific Advisor with the Courage Kenny Rehabilitation Institute, is the next guest speaker for the Kona Brain Injury Support Group. The topic of her presentation is, "Reading After Traumatic Brain Injury (TBI) Research Study. The group meets in hybrid format (online via Zoom and in person in Kona, HI). The talk is on September 11 at 10:00 am HST. Please see page 21 for how to join the meeting. If you have sustained a brain injury, you can also take the survey that is part of the study by going to: <https://redcap.allinahealth.org/surveys/?s=87PF3KYKX7RF84LW>. At the end of the survey, you can enter a drawing for one of 250 - \$10 gift cards.

The Fifth Annual National Injury Prevention Day takes place this year on November 18, 2024. A 2024 Toolkit is available at <https://www.injuryfree.org/nationalinjurypreventionday/2024/index.cfm?CFID=4824906&CFTOKEN=4a7743af5d5bfe34-2D150686-C08D-5D19-4809A50B334205C4>, where you can also submit your event information.

## 2. Online and In-Person Events

### 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: Wives of Chronic Traumatic Encephalopathy

Format: Virtual

Cost: Free

Speakers: Pam Webster, Iron Mike Webster's Widow, in conversation with NDBIN's Shannan Stanke

Sponsored by: North Dakota Brain Injury Network (NDBIN)

Date: September 4, 2024

Times: 1:30 pm – 3:00 pm CT (7:30 am – 9:00 am HST)

Registration:

<https://und.zoom.us/meeting/register/tJErde6vrjgoH9PDXI39toZfiExcd4hJuAtW#/registration>

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

Title: Q&A with Dr. Yamamoto

Format: In-person in Honolulu, HI

Cost: Free

Speaker: Dr. Kent Yamamoto, Medical Director of Brain Injury and Stroke Programs

Sponsored by: REHAB Hospital of the Pacific

Date: September 5, 2024

Times: 10:00 am – 11:00 am HST

Location: REHAB Hospital of the Pacific, 226 N. Kuakini Street, Honolulu, HI 96817  
Additional information: Please RSVP to Melissa Mullen at [melissa.mullen@rehabhospital.org](mailto:melissa.mullen@rehabhospital.org) if you plan to attend.

Title: Concussion Management: Putting Research into Practice

Format: Virtual

Cost: There are costs for some associated with attending this webinar (\$0 - \$50)

Speaker: Cristin Beazley, PT, DPT

Sponsored by: Brain Injury Association of America

Date: September 5, 2024

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

Registration: <https://shop.biausa.org/product/SBO090524/20240905-concussion-management-putting-research-into-practice-live-webinar>

Title: Building Stronger Brain Injury Medicaid Programs Webinar Series – Session One (of Two): Best Practices for States in Considering Advocate and Public Feedback

Format: Virtual

Cost: Free

Speakers: Various

Sponsored by: National Association of State Head Injury Administrators and the Grassroots Project

Dates: September 11, 2024

Times: 2:00 pm – 3:00 pm ET (8:00 am – 9:00 am HST)

Registration: <https://www.nashia.org/trainings/session-one-building-stronger-brain-injury-medicaid-programs>

Additional information: Session Two takes place on September 26, 2024.

Title: 2024 Virtual Concussion Symposium

Format: Virtual

Cost: Free

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: [https://und.qualtrics.com/jfe/form/SV\\_86XAxXB9NN5qLDo?](https://und.qualtrics.com/jfe/form/SV_86XAxXB9NN5qLDo?)

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

Title: Senior Citizens (55+) Fun Walk & Informational Fair

Format: In-person in Honolulu, HI

Cost: Free

Sponsored by: Generations Magazine and the Honolulu Department of Parks and Recreation

Dates: September 13, 2024

Times: 10:00 am – 2:00 pm HST

Location: Pearlridge Center – Wai Makai

Registration: Check-in and registration is from 10:00 am – 10:30 am, in the downstairs lobby, near Longs. The walk at your own pace around Pearlridge Mall starts at 10:30 am.

Additional information: Call 808-768-3015. If you would like to request auxiliary aids/services or other accommodations, including interpreters for languages other than English, please call 808-768-3003 on weekdays from 7:45 am – 4:30 pm or email [parks@honolulu.gov](mailto:parks@honolulu.gov) at least three days before the event. Without sufficient advance notice, it may not be possible to fulfill requests.

Title: Hand-on Bathing

Format: In-person in Honolulu, HI

Cost: Free

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

Sponsored by: St. Francis Caregiver and Wellness Program

Dates: September 13, 2024

Times: 10:00 am – 11:30 am HST

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

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

Title: Abilities Resource Fair

Format: In-person in Kahului, Maui, HI

Cost: Free

Speakers: Various

Sponsored by: Aging and Disability Resource Center, Maui County Office on Aging

Dates: September 14, 2024

Times: 10:00 am – 2:00 pm HST

Location: Queen Kaahumanu Shopping Center, Kahului, Maui

Additional information: Call 808-270-7755 or email [mcoa.adrc@mauicounty.gov](mailto:mcoa.adrc@mauicounty.gov).

Title: Hawaii Behavioral Health & Wellness Convention: Compassion & Resilience in a Polarizing World

Format: Hybrid; online (Zoom and On Demand) and in-person in Honolulu, HI

Cost: There is a cost associated with attending

Speakers: Various

Sponsored by: Hawaiian Islands Association for Marriage and Family Therapy, National Association of Social Workers Hawaii Chapter, Hawaii Psychological Association

Dates: September 19 – 20, 2024

Times: 8:00 am – 4:30 pm HST

Location: Ala Moana Hotel, 410 Atkinson Drive, Honolulu, HI

Registration: <https://hawaiipsychology.regfox.com/2024-hawaii-behavioral-health-and-wellness-convention>

Additional information: <https://www.hawaiimft.org/event-5742633>

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

Format: In-person in Eugene, Oregon

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

Speakers: Various

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

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

Times: Vary daily

Location: Graduate Hotel, 66 East 6<sup>th</sup> 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](mailto:info@internationalbrain.org). There is also some information available at <https://www.internationalbrain.org/meetings-and-events/events/ipbis-conference-on-abi>

Title: Your Story is Your Superpower

Format: Virtual

Cost: Free

Speakers: Amy Zellmer, author, photographer, writer, and traumatic brain injury survivor from Minnesota

Sponsored by: North Dakota Brain Injury Network (NDBIN)

Date: September 18, 2024

Times: 1:30 pm – 3:00 pm CT (7:30 am – 9:00 am HST)

Registration: <https://und.zoom.us/meeting/register/tJYrc-2hrDwsEtYORxyAPjfiE4b6dqj7sN4#/registration>

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

Title: Rediscovering Intimacy after Brain Injury

Format: Virtual

Cost: \$50

Speaker: Angelle Sander, Ph.D., FACRM

Sponsored by: Brain Injury Association of America

Date: September 19, 2024

Times: 3:00 pm ET (9:00 am)

Registration: <https://shop.biausa.org/product/STRM091924/20240919-rediscovering-intimacy-after-brain-injury-live-webinar>

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](mailto:admin@iscos.org.uk). There is also some information at

[https://iscosmeetings2024.org/programme/?gad\\_source=1&gclid=CjwKCAjwrcKxBhBMEiwAIVF8rCax2BAbKLmdV7YjImOhDGUt-j4BFASJD8gfQ8lejAzTc1Js4Z2CfRoCjRAQAvD\\_BwE](https://iscosmeetings2024.org/programme/?gad_source=1&gclid=CjwKCAjwrcKxBhBMEiwAIVF8rCax2BAbKLmdV7YjImOhDGUt-j4BFASJD8gfQ8lejAzTc1Js4Z2CfRoCjRAQAvD_BwE)

Title: Building Stronger Brain Injury Medicaid Programs Webinar Series – Session Two (of Two): Navigating the 1915(c) Public Comment Period and Legislative Opportunities for Effective Advocacy

Format: Virtual

Cost: Free

Speakers: Various

Sponsored by: National Association of State Head Injury Administrators and the Grassroots Project

Dates: September 26, 2024

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

Registration: <https://www.nashia.org/trainings/session-two-building-stronger-brain-injury-medicaid-programs>

Additional information: Session One took place on September 11, 2024.

Title: BIAA – ME 15<sup>th</sup> Annual Conference, “Defining Moments in Brain Injury”

Format: In-person in Portland, ME

Cost: There is a cost associated with attending this conference

Speakers: Various

Sponsored by: Brain Injury Association of America of Maine

Date: September 30, 2024

Times: TBA

Location: DoubleTree by Hilton, 363 Maine Mall Road, Portland, ME

Registration: <https://shop.biausa.org/product/MECONREG24/biaa-me-2024-conference-registration>

### **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: Young at Heart Expo

Format: In-person in Honolulu, HI

Cost: Free

Sponsored by: Honolulu Star-Advertiser

Date: October 4 and 5, 2024

Time: 9:00 am – 5:00 pm HST

Location: Neal Blaisdell Center Arena

Additional information: Call Star Events Hawaii at 808-529-4796 or by email at [info@stareventshawaii.com](mailto:info@stareventshawaii.com), or visit <https://www.youngathearthawaii.com/>

Title: Post-Traumatic Headache: Concepts, Caveats and Controversies

Format: Virtual

Cost: \$50

Speaker: Nathan D. Zasler, M.D., DABPM&R, FAAPM&R, FACRM, BIM, CBIST

Sponsored by: Brain Injury Association of America

Date: October 17, 2024

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

Registration: <https://shop.biausa.org/product/STRM101724/20241017-post-traumatic-headache-concepts-caveats-and-controversies-live-webinar>

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

Format: In-person in Kaneohe, HI

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

Speakers: Various

Sponsored by: Hawaii Pacific Neuroscience

Date: October 19, 2024

Time: 8:45 am – 5:00 pm HST

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

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

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

Title: Akamai Living Fair

Format: In-person in Hilo, Hawaii Island, HI (for the first time since 2019!)

Cost: Free

Sponsored by: HMSA and the County of Hawaii

Date: October 24, 2024

Time: 9:30 am – 12:30 pm HST

Location: Edith Kanakaole Multipurpose Stadium

Additional information: Flu shots, health information and other resources, door prizes, and more. For more information, contact Kamana Senior Center at 808-961-8710.

Title: Brain Injury Association of Hawaii Annual Fundraiser Luncheon

Format: In-person in Honolulu, HI

Cost: Individual seats are \$150, and tables for 8 people are \$1,500. Sponsorship and table packages are available. Monetary donations and donations of goods for a silent auction or drawing are also welcome.

Speakers: Various

Sponsored by: Brain Injury Association of Hawaii

Date: October 19, 2024

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

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

Additional information: Contact BJ Wade at 808-221-8330 via text or voicemail

Title: INTIMASY-TBI: Recommendations for Promoting Sexual Health and Wellness for Individuals with TBI

Format: Virtual

Cost: \$50

Speaker: Angelle Sander, Ph.D., FACRM

Sponsored by: Brain Injury Association of America

Date: October 24, 2024

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

Registration: <https://shop.biausa.org/product/ROSM102424/20241024-intimasy-tbi-recommendations-for-promoting-sexual-health-and-wellness-for-individuals-with-tbi-live-webinar>

### **November 2024**

Title: Lanai Kinaole Home Team Outdoor Health Fair 2024

Format: In-person in Lanai City, Lanai, HI

Cost: Free

Sponsored by: Lanai Kinaole

Date: November 2, 2024

Time: 10:00 am – 2:00 pm HST

Location: Dole Park

Additional information: Please call 808-565-8001 for more information. Vendors are also being sought; you must fill out a registration form and submit it by September 28, 2024. Interested vendors should contact Valerie Janikowski, RN, via email [vjanikoswki@lanaikinaole.org](mailto:vjanikoswki@lanaikinaole.org) or call 808-565-8001 to obtain the registration form.

Title: A New Clinical Approach to Treating Anger after Brain Injury

Format: Virtual

Cost: \$50

Speaker: Dawn Neumann, Ph.D., FACRM

Sponsored by: Brain Injury Association of America

Date: November 7, 2024

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

Registration: <https://shop.biausa.org/product/STRM110724/20241107-a-new-clinical-approach-to-treating-anger-after-brain-injury-live-webinar>

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](http://www.zoom.com). In the upper right-hand corner, click “Join Meeting” and enter Meeting ID 808 274 6477. You will be placed in the virtual waiting room and the host will let you into the meeting.

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

Additional information: Contact Karen Klemme at [kklemme@hawaii.rr.com](mailto:kklemme@hawaii.rr.com)

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

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>

Title: How to Handle Paresthesia & Weakness Neuromuscular Conditions Review

Format: Virtual

Cost: Free

Speaker: Natalia Gonzalez Caldito, MD, Hawaii Pacific Neuroscience

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

Date: November 15, 2024

Time: 12:00 pm HST

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

Meeting ID: 970 3988 8672

### **January 2025**

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

Format: Virtual

Cost: Free

Speaker: Paul Smith, MD, Hawaii Pacific Neuroscience

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

Date: January 17, 2025

Time: 12:00 pm HST

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

Meeting ID: 970 3988 8672

Title: BIAA Neuro Rehab Leadership Summit 2025

Format: In-person in Charleston, SC

Cost: There is a cost associated with attending this summit

Speakers: Various

Sponsored by: Brain Injury Association of America

Date: January 22 – 25, 2025

Times: TBA

Location: Homewood Suites by Hilton, Charleston, SC

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

Registration (groups of at least three):

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

### **February 2025**

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

Format: Virtual

Cost: Free

Speaker: Angeline Kim, MD, Hawaii Pacific Neuroscience

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

Date: February 21, 2025

Time: 12:00 pm HST

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

Meeting ID: 970 3988 8672

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

#### **September 2024**

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

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: September 10, 2024

Time: 1:30 pm – 4:00 pm HST

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

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

Additional information: The 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](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC)

Format: Virtual

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

Date: September 11, 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](mailto:vhorvath@hawaii.edu)

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

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

Sponsored by: Disability and Communication Access Board (DCAB)

Date: 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: 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://hawaiiipacifichealth-org.zoom.us/j/83620031465?pwd=cGkvTVQ3N3VQRlJONzMydUlRtT3N5Zz09>

Additional information: Contact Lisa Dau at [lisa.dau@kapiolani.org](mailto: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 (1<sup>st</sup> floor), Conference Room 110, Honolulu, HI, 96816, or virtually via Zoom link: <https://us02web.zoom.us/j/575890360>

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

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

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 30, 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](mailto:vhorvath@hawaii.edu)

## **November 2024**

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

Format: Hybrid; online and in-person on Oahu

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: November 12, 2024

Time: 1:30 pm – 4:00 pm HST

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

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

Additional information: The 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](mailto: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 (1<sup>st</sup> floor), Conference Room 110, Honolulu, HI, 96816, or virtually via

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

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

### **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](mailto:braininjuryofhawaii@gmail.com)

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

Format: Virtual

Dates:

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

Times: Provided when you register

Additional information: Registration is required. Visit

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

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

Support group title: Hui Malama Po’o Support Group

More information coming soon!

Support group title: Kauai Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

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

Zoom information:

<https://zoom.us/j/94232380209?pwd=18s70jQcAPFia0WIQkwQQqKAGaRLQC.1>

Meeting ID: 942 3238 0209

Passcode: 833714

For more information, contact Steph Edwards at [kauaibig@gmail.com](mailto:kauaibig@gmail.com)

Support group title: Kona Brain Injury Support Group

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

Dates: Second Wednesday of each month

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

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

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

Additional information: Contact Karen Klemme at [kklemme@hawaii.rr.com](mailto:kklemme@hawaii.rr.com)

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

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

Format: Virtual

Dates: Last Monday of every month

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

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

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

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

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

### **Brain 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: September 28, October 26, November 30, December 28

Times: 10:00 am – 12:00 noon HST

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

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

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

Email: [braininjuryofhawaii@gmail.com](mailto:braininjuryofhawaii@gmail.com)

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

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

Format: In-person in Hilo, HI

Dates: The second and fourth Tuesdays of each month

Time: 5:00 pm HST

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

Support group title: Hui Malama Po'o Support Group

More information coming soon!

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

Format: Virtual

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

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

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

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

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

Format: Virtual

Dates and times: Vary by class

Additional information: View the May – August 2023 calendar (the new calendar is not up yet) at [https://www.queens.org/wp-content/uploads/Cancer-Calendar-2023-2\\_50123rev-1.pdf](https://www.queens.org/wp-content/uploads/Cancer-Calendar-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](mailto:cgsg@projectdana.org)

Support group title: Caregiver Support Group (Waipahu location)

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

Sponsored by: Project Dana

Dates: Every second Saturday

Times: 10:00 am – 12:00 pm HST

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

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

Support group title: Caregiver Support Group

Format: In-person in Kaneohe, HI

Sponsored by: The Caregiver Foundation

Dates: 4<sup>th</sup> Wednesday of each month

Times: 2:00 pm – 3:30 pm HST

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

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

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

Format: Virtual

Dates:

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

Times: Provided when you register

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

Support group title: Exceptional Family Member Program – Army

Sponsored by: Army MWR

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

Support group title: Exceptional Family Member Program – Marines

Sponsored by: Marine Corps Community Services

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

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

Format: Virtual

Sponsored by: “Gimme A Break”

Dates: Every Tuesday evening

Times: 8:00 pm HST

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

Support group title: Kona Family Caregiver Support Group

Format: In-person in Kailua-Kona, HI

Sponsored by: Hawaii Community Caregiver Network

Dates: Second Saturdays of the month

Times: 11:00 am HST

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

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

Support group title: Micronesia Caregiver Support Group

Format: In-person in Honolulu, HI

Sponsored by: Kokua Kalihi Valley (KKV)

Dates: Last Thursdays of every month

Times: 9:30 am – 12:00 pm HST

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

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

Support group title: Native Hawaiian Caregiver Support Program

Sponsored by: Alu Like Inc.

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

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

Format: Virtual

Dates: Last Monday of every month

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

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

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

Support group title: Support Group

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

Sponsored by: The Caregiver Foundation

Dates: First Mondays of the month

Times: 6:30 am – 8:30 am HST

Location: Hale Hauoli Adult Day Center

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

Support group title: Traumatic Brain Injury Caregivers Support Group

Format: Virtual

Sponsored by: Traumatic Brain Injury Support Group for Family Caregivers

Dates: Once a month on Wednesdays

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

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

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

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

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

### **Mental Health Support Group 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](mailto:art@rehabhospital.org) or by phone at 808-566-3741

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

Contact Dr. Daniela Bond-Smith at [db48@hawaii.edu](mailto:db48@hawaii.edu) or call 808-203-7191.

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

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

Format: Virtual

Sponsored by: Tutu's House

Cost: Free

Days: First Friday of each month

Time: 12:00 pm – 1:30 pm HST

Registration is required. Register online at:

<https://us06web.zoom.us/meeting/register/tZYldequrTMoGNWkw3t0xbTwi2Nh8TxxYlQS#/registration>

Support group title: United Self-Help Anxiety and Depression Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: Every Monday

Time: 6:00 pm HST

To join the meeting via Zoom link:

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

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

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

Password: 808

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

Support group title: United Self-Help 4<sup>th</sup> Friday Night

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Fourth Friday of each month

Time: 6:00 pm – 8:00 pm HST

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

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

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

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Every Thursday

Time: 3:00 pm – 5:00 pm HST

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

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

Support group title: United Self-Help Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: Every Tuesday

Time: 1:00 pm HST

To join the meeting via Zoom link:

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

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

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

Password: 808

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

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

Format: Virtual

Sponsored by: United Self-Help

Dates: First and third Wednesday of each month

Time: 3:30 pm HST

To join via Zoom link:

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

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

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

Password: 808

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

**Stroke Support Group Meetings**

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

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

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

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

Format: In-person on Kauai

Dates: Last Thursday of the month

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

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

Format: In-person on Molokai

Dates: Every third Wednesday of the month

Time: 2:00 pm – 3:00 pm HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Molokai

Dates: Every fourth Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Molokai

Dates: Every second Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

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

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

Format: In-person on Oahu

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

Times: 10:00 am – 12:00 noon HST

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

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

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

Email: [braininjuryofhawaii@gmail.com](mailto:braininjuryofhawaii@gmail.com)

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

Contact Dr. Daniela Bond-Smith at [db48@hawaii.edu](mailto:db48@hawaii.edu) or call 808-203-7191.

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

Support group title: Hilo Stroke Support Group

Format: Virtual

Dates: Second Tuesday of each month

Time: 4:00 – 5:00 pm HST

To join the group:

[https://www.google.com/url?q=https://ehihalawai.zoom.us/j/91814580807?pwd=%3DSzRIZVJZTHFzVzFzSINwQnlzUHg2QT09&sa=D&source=calendar&ust=1653250928593396&usg=AOvVaw129kpUEQcZJJKEfK-Cu\\_bt](https://www.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](mailto:ashipley@hhsc.org) or call 1-808-931-3049

Support group title: Hui Malama Po’o Support Group

More information coming soon!

Support group title: Kauai Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

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

Zoom information: TBA

For more information, contact Steph Edwards at [kauaibig@gmail.com](mailto:kauaibig@gmail.com)

Support group title: Maui Memorial Medical Center Stroke Support Group

Format: Virtual

Dates: Third Thursday of each month

Time: 5:00 – 6:00 pm HST

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

**JUST UPDATED** – Support group title: Queen’s Medical Center Stroke Survivors Support Group: How to Thrive on our Islands After Stroke

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

Dates: Second Wednesday of each month

Virtual scheduled dates:

September 11

November 13

In-person scheduled dates:

August 14

October 9

December 11

Time: 10:00 – 11:30 am HST

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

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

Support group title: Stroke Club

Format: In-person on Oahu

Dates: First Thursday of each month

Time: 10:00 am – 11:00 am

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

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

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

### **Spinal Cord Injury Support Group Meetings**

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

Format: In-person at various locations on Hawaii island

Dates: Third Thursday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

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

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

Format: In-person on Kauai

Dates: Last Thursday of the month

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

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

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

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

Format: In-person on Molokai

Dates: Every fourth Friday of the month

Time: 10:30 am – 11:30 am HST

Location: Home Pumehana, Conference Room #1

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

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

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

Support group title: Creative Arts Program

Format: In-person on Oahu

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm

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

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

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

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

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

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

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

Support group title: Hui Malama Po'o Support Group

More information coming soon!

Support group title: Kauai Big! Support Group

Format: Hybrid; online and in-person on Kauai

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

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

Zoom information:

<https://zoom.us/j/94232380209?pwd=18s7OjQcAPFia0WlQkwQQgKAGaRLQC.1>

Meeting ID: 942 3238 0209

Passcode: 833714

For more information, contact Steph Edwards at [kauaibig@gmail.com](mailto:kauaibig@gmail.com)

Support group title: Maui Wheelers

Format: In-person on Maui

Dates: First Wednesday of each month

Times: 1:00 pm – 4:00 pm HST

Location: Contact them to find out the location

Additional information: They have a Facebook page at

<https://www.facebook.com/MauiWheelers/> and you can email them at [MauiWheelers@gmail.com](mailto:MauiWheelers@gmail.com). They are a support group and Maui resource for individual who use a wheelchair, scooter, walker, or other assistive mobility device, and for their ohana – family, friends, and caregivers.

Spinal Cord Injury Online Communities

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

Spinal Cord Injury Support Groups

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

United Spinal Association Chapter Network

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

Support group title: United Spinal Association Advocacy LIVE

Format: Virtual

Dates: Third Thursday of every month

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

Registration:

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

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

Format: Virtual

Dates: Every other Tuesday starting April 2, 2024

Time: 5:30 pm ET

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

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

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

Format: Virtual

Dates: Every second and fourth Tuesday of the month

Time: 7:00 pm – 8:00 pm ET

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

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

Support group title: United Spinal Association Resource Center Live

Format: Virtual

Dates: Every fourth Wednesday of the month

Time: 4:00 pm ET

Registration:

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

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

Format: Virtual

Dates: First Wednesday of each month

Time: 6:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZ0rd-mrqjstHNBHbRobjafYZrsfragrHH7#/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>

**JUST ADDED** – Support group title: United Spinal Association's Walking Rollers

Format: Virtual

Dates: Fourth Monday of each month

Time: 7:00 pm ET

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

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

## 5. Articles on Brain Injuries

Centers for Medicare and Medicaid Services Officially Recognized Brain Injury as a Chronic Condition

<https://www.biausa.org/public-affairs/public-awareness/news/centers-for-medicare-and-medicaid-services-officially-recognizes-brain-injury-as-a-chronic-condition>

In Law Enforcement, a Link Between Head Injuries and Depression, PTSD

<https://news.osu.edu/in-law-enforcement-a-link-between-head-injuries-and-depression-ptsd/>

Suggests that 3 in 4 officers have experienced at least one concussion!

Traumatic Brain Injury Training Program Value to Caregivers of Law Enforcement Officers, Fire Fighters and Veterans (abstract only)

<https://www.tandfonline.com/doi/full/10.1080/15325024.2024.2314299?mi=754lm4>

Ohio Research in TBI and Concussion in Law Enforcement

<https://www.nashia.org/resources-list/ohio-research-in-tbi-and-concussion-in-law-enforcement>

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

<https://pubmed.ncbi.nlm.nih.gov/39154927/>

As Denials Pile Up, NFL Settlement Ignores ‘Critical’ Tests (Please note: A subscription to The Washington Post is required to read this article)

<https://www.washingtonpost.com/sports/2024/08/20/nfl-concussion-settlement-mri-alzheimer/>

All Troops to Get Baseline Cognitive Testing in Bid to Treat Traumatic Injuries: DOD (Department of Defense)

<https://abcnews.go.com/Politics/troops-baseline-cognitive-testing-bid-treat-traumatic-injuries/story?id=112727130>

Comparing Ways to Identify Sleep Apnea in People with Traumatic Brain Injury During Inpatient Rehabilitation

<https://www.pcori.org/research-results/2016/comparing-ways-identify-sleep-apnea-people-traumatic-brain-injury-during-inpatient-rehabilitation>

Collaborative Care for Chronic Pain after Traumatic Brain Injury: A Randomized Clinical Trial (abstract only)

[https://naric.com/content/cf-rehab-adv-srch-record?article\\_source=rehab&record\\_id=177728&load\\_source=basic\\_search&search\\_id=428681&start\\_rec=0&user\\_name=public.user.613851&international=0&fill\\_down=0&rehab\\_blank=0&intl\\_blank=0](https://naric.com/content/cf-rehab-adv-srch-record?article_source=rehab&record_id=177728&load_source=basic_search&search_id=428681&start_rec=0&user_name=public.user.613851&international=0&fill_down=0&rehab_blank=0&intl_blank=0)

Study Suggests Waiting Longer Before Withdrawing Life Support for Severe TBI Patients

<https://www.biausa.org/public-affairs/media/study-suggests-waiting-longer-before-withdrawing-life-support-for-severe-tbi-patients>

Rehabilitation of Executive Function in Pediatric Traumatic Brain injury (REPeaT): Outcomes of a Pilot Randomized Controlled Trial (abstract only)

<https://psycnet.apa.org/doiLanding?doi=10.1037%2Fneu0000951>

Alabama High School Football Player Dies of Brain Injury Sustained During Game

<https://www.nbcnews.com/news/us-news/alabama-high-school-football-player-dies-brain-injury-sustained-game-rcna168167>

National Association of State Head Injury Administrators (NASHIA) 2023 Annual Report

<https://static1.squarespace.com/static/5eb2bae2bb8af12ca7ab9f12/t/66c11a74c994c27221ebdf98/1723931258124/NASHIA+Annual+Report+2023.pdf>

Updated REAP Concussion Protocols Now Available (Remove/Reduce, Educate, Adjust/Accommodate, Pace)

<https://www.nashia.org/reap>

REAP is a community-based concussion management approach developed by the Colorado Department of Education and the Mindsource Brain Injury Network.

Power of Patients: National Baseball Day & TBIs in Baseball

[https://www.powerofpatients.com/blog/national-baseball-day-tbis-in-baseball?utm\\_source=linkedin&utm\\_medium=blog.post-promoter&utm\\_campaign=7aa5b31b-05bb-4914-9b6a-b796a8ac17b7](https://www.powerofpatients.com/blog/national-baseball-day-tbis-in-baseball?utm_source=linkedin&utm_medium=blog.post-promoter&utm_campaign=7aa5b31b-05bb-4914-9b6a-b796a8ac17b7)

CDC Heads Up: Get a Heads Up on Bike Helmet Safety

[https://www.cdc.gov/heads-up/media/pdfs/helmets/HeadsUp\\_HelmetFactSheet\\_Bike\\_508.pdf](https://www.cdc.gov/heads-up/media/pdfs/helmets/HeadsUp_HelmetFactSheet_Bike_508.pdf)

Professional Slap Fighting Events Can Soon Happen in Texas

<https://www.kxan.com/news/texas/professional-slap-fighting-events-can-soon-happen-in-texas/>

The Dangers of Slap Fighting: Why this Viral Trend is a Risk to Brain Health

<https://sportsedtv.com/blog/the-dangers-of-slap-fighting-why-this-viral-trend-is-a-risk-to-brain-health>

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

Study Shows New, More Precise Way to Deliver Medicine to the Brain

<https://www.sciencedaily.com/releases/2024/08/240809135923.htm>

Researchers Develop Promising Therapy Treatment that can Kill Glioblastoma Cells in Newly Discovered Brain Pathway

<https://www.sciencedaily.com/releases/2024/08/240802132900.htm>

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

Study Identifies Risk Factors for Suicidal Ideation after Spinal Cord Injury

<https://naric.com/?q=en/rif/6708>

How the Built and Natural Environment can Help Adults Aging with Spinal Cord Injury (infographic)

<https://disabilityhealth.medicine.umich.edu/sites/default/files/downloads/ResearchBrief-SocialIntegration.pdf>

Outdoors for Everyone

<https://www.christopherreeve.org/todays-care/outdoors-for-everyone/>

How do Adults Aging with Physical Disabilities Deal with the Passage of Time? (infographic that focuses on those with SCIs)

<https://disabilityhealth.medicine.umich.edu/sites/default/files/downloads/ResearchBrief-ArbitersOfTime.pdf>

Spinal Cord Injury and Inpatient Rehabilitation (podcast)

[https://podcasters.spotify.com/pod/show/insidetheoutcomes/episodes/Spinal-Cord-Injury-and-Inpatient-Rehabilitation-e2n3peu?%24web\\_only=true&branch\\_match\\_id=1068658163372329991&utm\\_source=web&utm\\_campaign=web-share&utm\\_medium=sharing&branch\\_referrer=H4slIAAAAAAAAAA8soKSkottLXLy7IL8lMq0zMS87lL9ltT03SSywo0MvJzMvWT9V3dE0rqzlpjDT0SQIAUfepbjAAAAA%3D](https://podcasters.spotify.com/pod/show/insidetheoutcomes/episodes/Spinal-Cord-Injury-and-Inpatient-Rehabilitation-e2n3peu?%24web_only=true&branch_match_id=1068658163372329991&utm_source=web&utm_campaign=web-share&utm_medium=sharing&branch_referrer=H4slIAAAAAAAAAA8soKSkottLXLy7IL8lMq0zMS87lL9ltT03SSywo0MvJzMvWT9V3dE0rqzlpjDT0SQIAUfepbjAAAAA%3D)

Nutrition and Spinal Cord Injury (factsheet)

<https://msktc.org/sci/factsheets/nutrition-and-spinal-cord-injury>

## 8. Articles on Stroke

Supporting Stroke Patients: Introducing the Heart & Stroke Helper™ Tool

[https://register.gotowebinar.com/register/6290461493954806877?utm\\_source=Together+To+End+Stroke+fy+2025&utm\\_medium=email&utm\\_campaign=emailname\\_&utm\\_content=content5+cta&sc\\_campaign=79890DEB9E704C13939C0205B45526EE](https://register.gotowebinar.com/register/6290461493954806877?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=emailname_&utm_content=content5+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE)

An on-demand webinar for professionals. Register to watch the video.

The Effect of Group Work on Depression Level and Family Functions of Family Members Caring for Stroke Patients (abstract only)

<https://www.tandfonline.com/doi/full/10.1080/01609513.2023.2255617?mi=754lm4>

Comparing the Safety and Effectiveness of Low-Dose versus High-Dose Aspirin to Prevent Problems from Heart Disease – The ADAPTABLE Study

<https://www.pcori.org/research-results/2015/comparing-safety-and-effectiveness-low-dose-versus-high-dose-aspirin-prevent-problems-heart-disease-adaptable-study-pcornetr-study>

The study included people who had a hospital stay for a stroke or transient ischemic attack.

The Influence of Scaffolding on Intrinsic Motivation and Autonomous Adherence to a Game-Based, Unsupervised Home Rehabilitation Program for People with Upper Extremity Hemiparesis due to Stroke: A Randomized Controlled Study (abstract only; full document can be ordered)

[https://naric.com/content/cf-rehab-adv-srch-record?article\\_source=rehab&record\\_id=177730&load\\_source=basic\\_search&search\\_id=422553&start\\_rec=0&user\\_name=public.user.600102&international=0&download=0&rehab\\_blank=0&intl\\_blank=0](https://naric.com/content/cf-rehab-adv-srch-record?article_source=rehab&record_id=177730&load_source=basic_search&search_id=422553&start_rec=0&user_name=public.user.600102&international=0&download=0&rehab_blank=0&intl_blank=0)

Stroke of Art

[https://www.stroke.org/en/life-after-stroke/stroke-of-art?utm\\_source=Together+To+End+Stroke+fy+2025&utm\\_medium=email&utm\\_campaign=emailname &utm\\_content=hero+cta&sc\\_campaign=79890DEB9E704C13939C0205B45526EE](https://www.stroke.org/en/life-after-stroke/stroke-of-art?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=emailname &utm_content=hero+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE)

Young Father Suffers Devastating Stroke but Recovers Fully, Thanks to Doctor Collaboration

[https://www.stroke.org/en/life-after-stroke/recovery/daniels-story?utm\\_source=Together+To+End+Stroke+fy+2025&utm\\_medium=email&utm\\_campaign=emailname &utm\\_content=content3+cta&sc\\_campaign=79890DEB9E704C13939C0205B45526EE](https://www.stroke.org/en/life-after-stroke/recovery/daniels-story?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=emailname &utm_content=content3+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE)

## 9. Fall Prevention

Learn the True (Hidden) Cost of Falls for Medical Advantage Populations

[https://info.nymbllscience.com/reducing-frc?hss\\_channel=lcp-10389803&utm\\_content=303744655&utm\\_medium=social&utm\\_source=linkedin &utm\\_campaign=Boost Post WebsiteVisits Aug13,2024,15:33:42&hsa\\_acc=512366108&hsa\\_cam=707641313&hsa\\_grp=324347143&hsa\\_ad=472574323&hsa\\_net=linkedin&hsa\\_ver=3](https://info.nymbllscience.com/reducing-frc?hss_channel=lcp-10389803&utm_content=303744655&utm_medium=social&utm_source=linkedin &utm_campaign=Boost Post WebsiteVisits Aug13,2024,15:33:42&hsa_acc=512366108&hsa_cam=707641313&hsa_grp=324347143&hsa_ad=472574323&hsa_net=linkedin&hsa_ver=3)

Falls Prevention Awareness Week Toolkit

<https://www.ncoa.org/page/falls-prevention-awareness-week-toolkit>

From the National Council on Aging. Falls Prevention Awareness Week is September 23 – 27, 2024.

## 10. Information on Related Topics

Helping Workers with Disabilities Get Ahead Through Good Jobs: A Toolkit of Practical Strategies (from the U.S. Department of Labor)

[https://www.dol.gov/agencies/odep/initiatives/good\\_jobs/toolkit](https://www.dol.gov/agencies/odep/initiatives/good_jobs/toolkit)

Video on Long COVID Accommodations

<https://www.adapacific.org/video-on-long-covid-accommodations/>

U.S. Access Board Issues Final Rule Setting Low Transfer Height for Certain Medical Diagnostic Equipment

<https://www.access-board.gov/news/2024/07/26/u-s-access-board-issues-final-rule-setting-low-transfer-height-for-certain-medical-diagnostic-equipment/>

Justice Department to Publish Final Rule to Improve Access to Medical Care for People with Disabilities

<https://www.adapacific.org/justice-department-to-publish-final-rule-to-improve-access-to-medical-care-for-people-with-disabilities/>

New Guides Offer Tips on Making Parking Accessible

<https://www.dgs.ca.gov/CCDA/Resources/Page-Content/California-Commission-on-Disability-Access-Resources-List-Folder/Guide-to-Accessible-Parking>

With separate guides for business owners and operators and for the construction industry.

FEMA Assistance for Survivors with Disabilities (new factsheet)

<https://www.fema.gov/fact-sheet/fema-assistance-survivors-disabilities>

New Video Offers Education and Insights into Disability Rights and Self-Advocacy for Individuals Living with Paralysis

<https://news.shepherd.org/new-video-offers-education-and-insights-into-disability-rights-and-self-advocacy-for-individuals-living-with-paralysis/>

Disabled Mesa Woman's Political Signs Lightening Up Election

<https://www.youtube.com/watch?v=5rGQxrqg2rc>

Accessible Adventures Offers Wheelchair Tennis Classes

<https://foxrochester.com/news/good-morning-hannah/accessible-adventures-offers-wheelchair-tennis-classes>

## **11. Presentations and Trainings**

Powerful Tools for Caregivers (PTC) classes

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

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

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

1. Preventing and Identifying Strokes, Spinal Cord Injuries, and Brain Injuries
2. Brain Injuries
3. Stroke
4. Domestic Violence and Brain Injuries
5. Employment and Brain Injuries
6. Homelessness and Brain Injuries
7. The Basics of Advocacy
8. 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](mailto:cdonayri@queens.org).

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

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

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

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

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

## 12. Research and Participation Opportunities

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

**JUST ADDED** – The Disability, Participation, and Quality of Life (DPQOL) lab at the University of Illinois Urbana-Champaign is conducting a study to educate people who use wheelchairs and scooters on fire prevention and management strategies. The study involves online surveys, an orientation session, and online study intervention sessions. Participants may be compensated up to \$150. You must be 18 or older, use a wheelchair or scooter for at least 75% of mobility, have access to an internet-capable device, have internet access, be able and willing to use Zoom video-conferencing software. Interested? Contact [dpqol-lab@illinois.edu](mailto:dpqol-lab@illinois.edu).

**JUST ADDED** – Participants are needed for a fall management study being run by the Disability, Participation, and Quality of Life Lab at the University of Illinois. They are developing a wearable fall detection device to help people get assistance after a fall, and to track the frequency of falls. The study lasts for 12 weeks, with compensation of \$60 at the end of the 12-week period. You must be 18 or older, use a power or manual wheelchair or scooter for at least 75% of your mobility, and used it for at least one year, have experienced at least one fall in the last three years, and be able to communicate with research staff via video conferencing software or telephone. If you are interested in participating, email [dpqol-lab@illinois.edu](mailto:dpqol-lab@illinois.edu).

**JUST ADDED** – The American Association on Health and Disability (AAHD) has partnered with the All of Us Research Program. Visit [https://www.joinallofus.org/aahd?utm\\_source=cep-aahd&utm\\_medium=social&utm\\_campaign=facebook&utm\\_term=dcpartnercal](https://www.joinallofus.org/aahd?utm_source=cep-aahd&utm_medium=social&utm_campaign=facebook&utm_term=dcpartnercal) to learn more about AAHD, the All of Us Research Program, and how to join.

**JUST ADDED** – The project, “Rural Solutions to Strengthen Disability Community Capacity is looking for people to take part in interviews related to rural

transportation vouchers. Participants must have a disability, be a Center for Independent Living consumer, live in a rural area, and use transportation vouchers. There will be a 30- to 60-minute interview by phone or video, and people will receive \$50 for their time. To learn more or volunteer, contact Luke Santore at 406-243-4585 or email [luke.santore@mso.umt.edu](mailto:luke.santore@mso.umt.edu).

Rusk Rehabilitation Traumatic Brain Injury Model System Center is recruiting participants with traumatic brain injuries for a study to test the Mindfulness, Exercise, Nutrition to Optimize Resilience (MENTOR) Program. It's a virtual wellness program for those with TBIs. You must be between the ages of 18 and 70 years old, have a diagnosis of complicated mild to severe TBI, received inpatient rehabilitation at least one year ago, and have internet access. Eligible participants will join an eight-week virtual program that meets up to five times per week, to learn more or to volunteer, contact Olga Garduno-Ortega, research coordinator, at 917-376-2270 or [olga.garduno-ortega@nyulangone.org](mailto:olga.garduno-ortega@nyulangone.org). You can also contact the principal investigator, Tamara Bushnik, Ph.D., at [tamara.bushnik@nyulangone.org](mailto:tamara.bushnik@nyulangone.org).

The International Exploration of Rehabilitation Length of Stay Following Spinal Cord Injury is looking for care partner support persons for people living with spinal cord injuries to participate in a virtual focus group to share their perspectives on the experiences and outcomes of people living with SCI. Participants must be over 18 years old, have access to the internet, be a care partner support person, and understand English. Participation consists of one 90-minute focus group and two surveys. Participants will be compensated for their time. For more information or to volunteer, contact Lorie Cashdollar, Research Assistant, at [lcashdollar@sralab.org](mailto:lcashdollar@sralab.org) or call 312-238-8046.

The Initiative to Mobilize Partnerships for successful Assistive teChnology Transfer (IMPACT) is looking for participants for a new Technology and Disability register. This is for persons with disabilities, caregivers, and professionals interested in taking part in the research and development of assistive technology. Must be 18 or older, be able to comprehend English, and be someone with a disability, a caregiver, or a professional who works with those who have disabilities. For more information, contact Dan Rusnak at [dar27@pitt.edu](mailto:dar27@pitt.edu). You can complete a screening questionnaire at <https://redcap-std.hs.pitt.edu/redcap/surveys/>. Use this code to start the questionnaire: HMPYYXEJA

Pediatric TBI caregivers are sought, including parents, school aides, and home health workers, to take part in a focus group that can be done from home. Participants receive \$30. Contact the study coordinator, Megan Thompson, at [MICareTBI@umich.edu](mailto:MICareTBI@umich.edu) or send a text to 734-274-9517. To share your contact information and determine eligibility, go to:

<https://redcapproduction.umms.med.umich.edu/surveys/?s=NY4P3CL837RY77JC>

Volunteers between 50 – 80 years old who played a sport for at least two years in high school are invited to participate in a research study. You cannot be currently taking any medications that affect cognition and have not been diagnosed with dementia. Participation involved filling out a set of paper questionnaires, doing some assessments on an iPad, and completing a one-hour MRI scan. Financial compensation will be provided for participation and travel expenses. (Note: It does not state this, but I assume participants will need to reside nearby to where the study takes place in Michigan.) Contact the ATHINA Lab at the University of Michigan at [athinalab@umich.edu](mailto:athinalab@umich.edu) or call 734-647-4403.

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](mailto:astreit@unitedspinal.org).

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 [SCIPSstudy@uth.tmc.edu](mailto:SCIPSstudy@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](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](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](mailto: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](https://gatech.co1.qualtrics.com/jfe/form/SV_5sCGdVMdUSqJKnk)). For more information, contact Salimah LaForce ([salimah@cacp.gatech.edu](mailto: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](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](mailto:travelX@indiana.edu) or call 812-855-9037.

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

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

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

Mount Sinai Advanced Rehabilitation Research Training in Brain Injury and Rehabilitation Research is accepting applications for a two-year postdoctoral fellowship in brain injury and rehabilitation research. There is a rolling application deadline. Additional information and application details can be found at:

[https://mcusercontent.com/d04acfb7db8d95502b56ea3f2/files/b01fdf73-1914-4d3a-3c2e-](https://mcusercontent.com/d04acfb7db8d95502b56ea3f2/files/b01fdf73-1914-4d3a-3c2e-76c56f25adb1/NIDILRR_ARRT_Recruitment_Notification_December_2023.pdf)

[76c56f25adb1/NIDILRR\\_ARRT\\_Recruitment\\_Notification\\_December\\_2023.pdf](https://mcusercontent.com/d04acfb7db8d95502b56ea3f2/files/b01fdf73-1914-4d3a-3c2e-76c56f25adb1/NIDILRR_ARRT_Recruitment_Notification_December_2023.pdf)

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

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

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

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

Caregiver Interviews for AT (Assistive Technology) Research Focus Group – Assistive Technology Network is conducting interviews with care partners, caregivers, and family members of individuals who use assistive technology. Must be at least 18 years of age and supply routine support to individuals with

disabilities of any age who have used, currently use, or plan to acquire AT. Eligible participants will be interviewed virtually, either individually or in small groups, for up to 90 minutes, and will be compensated for their time. Interested individuals may complete the screening form located at:

[https://forms.office.com/pages/responsepage.aspx?id=u5ghSHuuJUuLem1\\_Mvqg\\_gwLrX2LOw2BOhChDMOVgEShUQUiWVk04RkhSMDgzMzY1SzBVWks5UFIKUi4u](https://forms.office.com/pages/responsepage.aspx?id=u5ghSHuuJUuLem1_Mvqg_gwLrX2LOw2BOhChDMOVgEShUQUiWVk04RkhSMDgzMzY1SzBVWks5UFIKUi4u) or contact Kelly Kolman at [kkolman3@gatech.edu](mailto:kkolman3@gatech.edu) or 678-841-0554 for more information.

Telehealth TBI Healthy Lifestyle Study – The North Texas Traumatic Brain Injury Model Systems Center is recruiting individuals with TBI nationally for a study of a telehealth-based healthy lifestyle intervention. Must be between 18 and 80 years old, at least six months post-TBI, considered medically overweight, and 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](mailto:stephanie.calhoun1@bwshealth.org).

National Capital SCI Model System Recruiting for a Study on Urinary Symptoms  
The Model Systems Knowledge Translation Center (MSKTC) is recruiting people who are at least 18 years old and have a spinal cord injury, multiple sclerosis, or spina bifida to be in a study comparing the effectiveness of saline vs. probiotic bladder wash to reduce urinary symptoms. Participants will receive \$25 for completion of Phase 1 and 2, and \$50 for completion of Phase 3. If interested, please contact Emily Leonard, Ph.D., at [Emily.m.leonard@medstarnet](mailto:Emily.m.leonard@medstarnet) or 202-877-1844. In addition, MSTKC is looking for people to be SCI Ambassadors. All of this information can also be found at <https://msktc.org/about/sci-Model-Systems-Recruitment>

Hawaii Pacific Neuroscience is holding several clinical trials. Currently, they include studies on Alzheimer's Disease (memory), Parkinson's Disease, spasticity, Epilepsy, pain/headache/migraine, and several rare neurological diseases. Some

studies may pay for travel to Oahu from other islands. Please call the Clinical Research Center Hotline at 808-564-6141 for more information.

### Head Impact & Trauma Surveillance Study (HITSS)

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

### 13. Exercise Classes

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

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

#### Exercise Classes in Hawaii

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

#### Virtual classes:

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

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

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

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

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

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

The Osher Lifelong Learning Institute, or OLLI, offers a range of classes on a variety of topics for those who are 50+, including exercise classes, to its members. Some are in-person, some are online. Classes are offered at/through the

University of Hawaii at Manoa, Kapiolani Community College, Windward Community College, and Leeward Community College, all on Oahu. Please note: You must become an OLLI member, and there is a cost associated with becoming a member. You can learn more at <https://olliuhm.augusoft.net/>

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

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

#### **14. Agency Resource Manuals**

AARP Family Caregiving - <https://www.aarp.org/caregiving/>  
A collection of information, not specific to Hawaii

County of Kauai Kupuna Resource Directory  
<https://www.kauai.gov/files/assets/public/agency-on-elderly-affairs/documents/2023rvsdresource-directory-english.pdf>

County of Kauai Community Resource Directory  
[https://www.kauai.gov/files/assets/public/v1/prosecuting-attorney/documents/lifes-choices-community-resource-directory-2024\\_1.pdf](https://www.kauai.gov/files/assets/public/v1/prosecuting-attorney/documents/lifes-choices-community-resource-directory-2024_1.pdf)  
Last updated in 2024

Hawaii Aging & Disability Caregiver Resources -  
<https://www.hawaiiadrc.org/caregiver-resources>  
Includes links to Memory Care Roadmap for Family Caregivers and Eldercare Locator.

Hawaii Aging & Disability Food Resources, COVID-19 Supplement version 2 -  
<https://www.hawaiiadrc.org/Data/Sites/1/media/Publications/Food%20Resources%20April%2017%202020%20FINAL.pdf>

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

Hawaii Department of Safety Community Resource Guide –  
<https://dcr.hawaii.gov/wp-content/uploads/2021/04/Community-Resource-Guide.pdf>

Last updated in 2023

Hawaii Elderly Affairs Division Senior Handbook -  
[https://www.elderlyaffairs.com/Portals/AgencySite/DCS%202021%20Senior%20Handbook\\_vD2FINAL.pdf](https://www.elderlyaffairs.com/Portals/AgencySite/DCS%202021%20Senior%20Handbook_vD2FINAL.pdf)

Last updated in 2022

Hawaii State Health Insurance Assistance Program (SHIP) Resource Publications on Medicare, Medigap, and Staying Healthy (scroll down past the phone numbers and URLs to find links to the publications on all kinds of related topics)  
<https://www.hawaiihip.org/resources/medicare/#resources-medicare-publications>

Hawaii's Fraud Prevention and Resource Guide, 3<sup>rd</sup> Edition –  
[https://www.hawaiiadrc.org/Data/Sites/1/media/Publications/21164\\_Text.pdf](https://www.hawaiiadrc.org/Data/Sites/1/media/Publications/21164_Text.pdf)

Last updated May 2020

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

Mental Health America of Hawaii - <https://mentalhealthhawaii.org/wp-content/uploads/2024-Finding-Help-Resource-Directory-NEW.pdf>

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

## 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](mailto:braininjuryofhawaii@gmail.com)

Concussion Awareness NOW

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

Concussion Legacy Foundation

<https://concussionfoundation.org/>

From the homepage, click on “Resource Center”

Hawaii Pacific Neuroscience weekly e-newsletter

To subscribe, send an email to: [kliow@hawaii.edu](mailto:kliow@hawaii.edu)

Health Disparities and TBI

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

Improving Systems of Care for Traumatic Brain Injury

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

International Brain Injury Association Webinar Series

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

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

A Treatment Court Toolkit for Supporting Individuals with Acquired Brain Injury

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

Traumatic Brain Injury Model System Knowledge Translation Centers (MSKTC)

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

United States Brain Injury Alliance (USBIA)

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

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

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

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

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

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

To subscribe, email their communications team at [concussioncenter@umich.edu](mailto:concussioncenter@umich.edu)

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

To subscribe, send an email to [uwtbi@uw.edu](mailto:uwtbi@uw.edu). In the subject line, please type “subscribe newsletter”

Brain Injuries – Active Duty Military and Veterans

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

<https://projectenlist.org/>

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

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

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=Cj0KCQiAzoEuBhDqARIsAMdH14FeuBWrnJdGldv-pFDPFSNqa96\\_YE3VFGMk3AwZf6xB-gUePJxLiz0aAlfvEALw\\_wcB](https://www.mentalhealth.va.gov/tbi/index.asp?utm_source=google&utm_medium=cpc&utm_campaign=search-va-tbi&utm_term=phrase-match&utm_content=veteran%20tbi&gclid=Cj0KCQiAzoEuBhDqARIsAMdH14FeuBWrnJdGldv-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](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>

American Stroke Association Stroke Family Warmline

[https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline?utm\\_source=Together+To+End+Stroke+fy+2025&utm\\_medium=email&utm\\_campaign=emailname &utm\\_content=content2+cta&sc\\_campaign=79890DEB9E704C13939C0205B45526EE](https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline?utm_source=Together+To+End+Stroke+fy+2025&utm_medium=email&utm_campaign=emailname &utm_content=content2+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE)

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

Hawaii Pacific Neuroscience weekly e-newsletter

To subscribe, send an email to: [kliow@hawaii.edu](mailto:kliow@hawaii.edu)

Johns Hopkins Medicine Sheikh Khalifa Stroke Institute SKSI Webinar Series

[https://www.hopkinsmedicine.org/neurology\\_neurosurgery/centers\\_clinics/khalifa-stroke-institute/webinar-series/](https://www.hopkinsmedicine.org/neurology_neurosurgery/centers_clinics/khalifa-stroke-institute/webinar-series/)

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

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

On with Life Stroke Webinar Series

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

Paul Coverdell National Acute Stroke Program (PCNASP)

[https://www.cdc.gov/dhdsp/programs/about\\_pcnasp.htm](https://www.cdc.gov/dhdsp/programs/about_pcnasp.htm)

World Stroke Organization Blog Archive

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

World Stroke Organization Newsletter Archive

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

General / Other

American Trauma Society newsletters

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