



## Brain Injury Association Of Hawaii

Jul 2023 Vol 6



Brain Injury Association  
of Hawaii (BIHi)  
Board of Directors

Dorothy Aliilua  
President

Kent Yamamoto, MD  
Vice President

Michele Tong  
Secretary

Billie "BJ" Wade  
Executive Director

Allana Coffee, Ph.D.  
Violet E. Horvath, Ph.D.  
Pam Lundquist, JD  
Karen Klemme

~~~~~

1221 Kapiolani Blvd, PH50  
Honolulu, Hawaii. 96814  
braininjuryofhawaii@gmail.com  
<https://biausa.org/findbia/hawaii>

808-633-8144 via voicemail  
808-221-8330 via text/voicemail

### SAVE THE DATES AND MARK YOUR CALENDARS

July 27 - BIHi collaboration with the Hawaii Bicycling League continues. We will be at the Kalihi YMCA Bike Rodeo. This is a fun activity. You do not need mobility in order to participate. Contact BJ Wade by text or vm at 808-221-8330.

July 29 - The Brain Injury Oahu Support Group will hold their July monthly meeting at an Oahu park. Details regarding the picnic will be announced later in July. Stay tuned.

October 7 -- The Second Annual Brain Injury Association of Hawaii Fundraiser. We are a non-profit organization and rely on the generosity from donors like you!! The registration and donation form is included in this issue of the newsletter.

March 2, 2024 - The Brain Injury Association of Hawaii Education and Resource Conference will be held at the Ala Moana Hibiscus Room.

### IF YOU HAVE NOT ALREADY DONE SO

Tune in to or attend any one of the many support group meetings that are listed. If you have a friend or family member who has a brain injury -- I can think of no greater gift -- than scheduling a time to watch one of the presentations with them.

*Until our next event, have a joyous July & a Wonderful Summer*

BJ Wade, Editor



Board Members Allana Coffee, Ph.D and BJ Wade pose with Dr Mohapatra following a farewell dinner

## BIHI THANKS AND SAYS FAREWELL TO LEENA MOHAPTRA, Ph.D

Dr. Mohapatra and her husband are relocating to Kentucky -- the land of blue blood racehorses, the Kentucky Derby, bourbon, and now our beloved Dr. Mohapatra. Dr Mohapatra is a neuropsychologist and one of our speakers at last year's Fundraiser. She also gave an online ZOOM presentation for the Kona Brain Injury Support Group. Although she was on island for only a short time, we are grateful to her and all of the speakers who give of their time to the brain injury community.



## LOUISE MOSKONE TEACHES TAI CHI to Brain Injury Oahu Support Group

Louise Moskone has been practicing and teaching Tai Chi for 15 years. She volunteered to show gentle, easy, relaxing moves to members of the Brain Injury Oahu Support Group at their June meeting.



## BRAIN INJURY SUPPORT GROUP MEETINGS, AND RELATED PRESENTATIONS COURSES & PRESENTATIONS (In Person and Virtual)

Support group title: **KONA BRAIN INJURY SUPPORT GROUP** Format: Virtual

**Dates: Second Wednesday of each month**

Times: Typically, 6:00 – 8:00 pm HST (but note that time may change to accommodate speakers or for other reasons, so always check the start time) To join the meeting: Zoom meeting ID: 98997548497. Open a browser on your computer and go to Zoom. In the upper right-hand corner, you will see “join meeting.” Click on that, then enter the Meeting ID 98997548497. The Zoom coordinator will let you in. Closed Captioning provided.

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

<https://www.facebook.com/groups/2671644676391469> Upcoming speakers:

**July 12 – Roxanne Cedor, DPT, will share a home gentle stretching exercise program, yoga topics, and deep breathing techniques**

---

Support group title: **BRAIN INJURY OAHU SUPPORT GROUP (BIOSG)** Format: In-person person on Oahu

Dates: **Monthly on Saturdays: June 24, July 29, August 26, September 30, October 28, November 25, and December 30 in 2023** Times: 10:00 am – 12:00 noon HST Location: Catholic Charities

Clarence TC Ching Campus, 1822 Keeaumoku Street, Room 5, Honolulu, HI

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)

Title: **CONCUSSIONS AND HEAD INJURY**

Format: Virtual

Cost: Free

Speaker: Nicole Evans, PA-C, Traumatic Brain Injury Center, Sub-Investigator, TBI Center, Hawaii Pacific Neuroscience

Sponsored by: St. Francis Caregiver Education and Wellness Classes

**Date: July 18, 2023**

Time: 5:00 pm – 6:00 pm HST

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

---

Title: **MOBILITY TRAINING**

Format: In-person at the St. Francis campus, Honolulu, HI

Cost: Free

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

Sponsored by: St. Francis Caregiver Education and Wellness Program

**Date: July 29, 2023**

Time: 9:00 am – 11:00 am HST

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

---

Title: **MUSCLE STIFFNESS & SPASTICITY – IS THERE RELIEF?**

Format: Virtual

Cost: Free

Speaker: Jason Chang, M.D., Director, Spine and Pain Management, Sub-Investigator, Neuromuscular Rehab Center, Hawaii Pacific Neuroscience, and Clinical Assistant Professor of Medicine, University of Hawaii, John A. Burns School of Medicine

Sponsored by: St. Francis Caregiver Education and Wellness Classes

**Date: August 15, 2023**

Time: 5:00 pm – 6:00 pm HST

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

Registration will open around the middle to end of July.

Title: **NATIONAL ASSOCIATION OF STATE HEAD INJURY ADMINISTRATORS (NASHIA)  
34<sup>TH</sup> ANNUAL STATE OF THE STATES (SOS) CONFERENCE**

Format: One day is virtual, three days are in-person in Minneapolis, MN

Cost: There are charges for the virtual meeting, and charges for the in-person meeting

Dates and Times:

**September 7, 2023**, 11:00 am – 5:00 pm ET (5:00 am – 11:00 am HST): Virtual

**September 12 – 14, 2023**, 9:00am – 5:00pm ET: 34<sup>th</sup> Annual State of the States Conf

Additional information: There is a charge for the virtual meeting and a charge for the in-person meeting. Questions? Send an email to [mcrowley@nashia.org](mailto:mcrowley@nashia.org)

Website: <https://www.nashia.org/sos2023>

---

Title: **HOW DOES SLEEP AFFECT MY BRAIN HEALTH & WELLNESS?**

Format: Virtual. - Cost: Free

Speaker: Nicholas Anderson, MD, Director, Sleep & Insomnia Center, Hawaii Pacific Neuroscience

Sponsored by: St. Francis Caregiver Education and Wellness Classes

**Date: November 21, 2023**

Time: 5:00 pm – 6:00 pm HST

Registration: <https://www.stfrancishawaii>

---

Support group title: **ALOHA INDEPENDENT LIVING HAWAII KAUAI LAULIMA PEER SUPPORT GROUP**

Format: In-person on Kauai

**Dates: Last Thursday of the month**

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

Support group title: **ALOHA INDEPENDENT LIVING HAWAII MOLOKAI KEIKI SUPPORT GROUP**

Format: In-person on Molokai

Dates: **Every third Wednesday of the month** Time: 2:00

pm – 3:00 pm HST

Location: Home Pumehana, Conference Room #1

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

---

Support group title: **ALOHA INDEPENDENT LIVING HAWAII MOLOKAI 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

---

Support group title: **C.A.N. (CRUSH ABLEISM NOW) LUNCH CLUB** Format:

In-person on Oahu

Dates: **TBA** - Times: **TBA**

Location: University of Hawaii at Manoa campus

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

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

Support group title: **HUI MALAMA PO'O SUPPORT GROUP**

Format: In-person on Oahu

Additional information: The Hui objectives are to use crafting as cognitive therapy, provide support to people with brain and other neurotrauma injuries, educate others about neurotrauma injuries and more. They hold regularly scheduled meetings throughout the year at Rehabilitation Hospital of the Pacific. Contact Val Yamada at [huimalama01@gmail.com](mailto:huimalama01@gmail.com) or call 808-385-5462

---

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)

---

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

To join the meeting: Request the meeting link from Mariah Mossman at

[mariah.mossman@kp.org](mailto:mariah.mossman@kp.org) (email contact preferred) or call 1-808-442-5773 Additional information: <https://www.mauhealth.org/calendar/?Topic=Stroke>



Support group title: **QUEEN'S MEDICAL CENTER STROKE SURVIVORS ONLINE SUPPORT GROUP: HOW TO THRIVE ON OUR ISLANDS AFTER STROKE**

Format: Virtual

Dates: **Second Wednesday of each month** Time: 5:30 – 7:00 pm HST

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

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

---

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

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

---

American Stroke Association Stroke Support  
Group Finder

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

*(Sources for the above are from: July 2023 Neurotrauma Newsletter, Pacific Disabilities Center, John A Burns School of Medicine; Brain Injury Association of America; and Brain Injury Association of Hawaii)*



## ***I SEE YOU ~ I HEAR YOU PROGRAM***

### **THE HONOLULU PSYCHOLOGY COLLECTIVE CONTINUES TO OFFER TALK STORY SESSIONS FOR BRAIN INJURY SUPPORT GROUP MEMBERS. THE SESSIONS ARE OFFERED AT NO COST TO MEMBERS**

The Honolulu Psychology Collective is a private group therapy practice founded by Brain Injury Association of Hawaii Board member Allana Coffee, Ph.D. and her husband Jerry Coffee, LCSW. Both Allana and Jerry have been in practice for a total of 40 years. They have combined their experience, knowledge and love of the community to establish and support the Honolulu Psychology Collective (HPC).

HPC is comprised of clinical psychologists, clinical social workers and licensed marriage and family counselors who have a high level of experience, knowledge and compassion.

Honolulu Psychology Collective offers evidence based therapy with warmth and care.



*HPC Clinicians*

**Brain Injury Awareness includes recognizing the need to address the  
mental health of brain injury survivors and their family and  
caretakers**

**Contact Billie "BJ" Wade at 808-221-8330 to schedule a session if you are a  
member of the Brain Injury Association of Hawaii and a brain injury survivor  
or a family member or caretaker of a brain injury survivor**

# MAHALO TO THE DONORS OF BRAIN INJURY ASSOCIATION OF HAWAII



Dr. Peggy Murphy, PSY.D

**CHUNMAY CHANG**

EMME, INC  
Tomimbang Multi-media Enterprises



LEAVITT, YAMANE  
& SOLDNER

**Fendu Boulangerie Bakery**



THE LAW OFFICES OF  
**JOHN W. SCHMIDTKE JR.**  
ATTORNEY AT LAW, A LAW CORPORATION