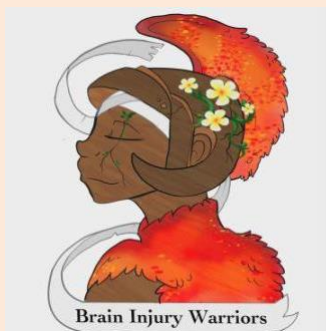


Brain Injury Association Of Hawaii

April 2023 Vol 3



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**808-633-
8144**

ALWAYS BRAIN INJURY AWARENESS MONTH FOR US

March is nationally set aside and recognized as Brain Injury Awareness Month. We at Brain Injury Association of Hawaii (BIHI) celebrated the month this year in several ways.

Brain Injury Association of Hawaii was honored at a ceremony at Honolulu Hale on March 15, 2023. A Certificate was presented in recognition of Brain Injury Awareness Month. Members of the BIHI Board and a brain injury survivor took part in the proceeding that was introduced by City Councilmember Tyler Dos Santos Tam.

On April 1 the Brain Injury Association of Hawaii participated in the Leeward YMCA Healthy Kids fair. The Association partnered with the Hawaii Bicycle League, Department of Health Neurotrauma Program, Queens Medical Center Trauma Unit, Kapiolani Medical Center for Women and Children and the Leeward Pilot Club of Hawaii to present resource materials, fit participants to bicycle helmets and monitor a "bike rodeo." The following day, on April 2, BIHI Vice President Kent Yamamoto, MD and BIHI Executive Director BJ Wade appeared on Honolulu News Now Sunrise TV segment to talk about the Healthy Kids Fair and to share statistics regarding brain injuries.

Although March is set aside specifically for brain injury awareness month, for those of us at BIHI -- every month is an opportunity to bring information regarding brain safety awareness to our community.

Billie "BJ" Wade, Editor

**BRAIN INJURY ASSOCIATION OF HAWAII
HONORED BY CITY COUNCIL
IN RECOGNITION OF
BRAIN INJURY AWARENESS MONTH**



BIHI Vice President Kent Yamamoto MD, Executive Director BJ Wade, Board Member Allana Coffee, former Board Member Karen Lopez and brain injury survivor join City Councilmembers to receive a Certificate honoring the Brain Injury Association of Hawaii

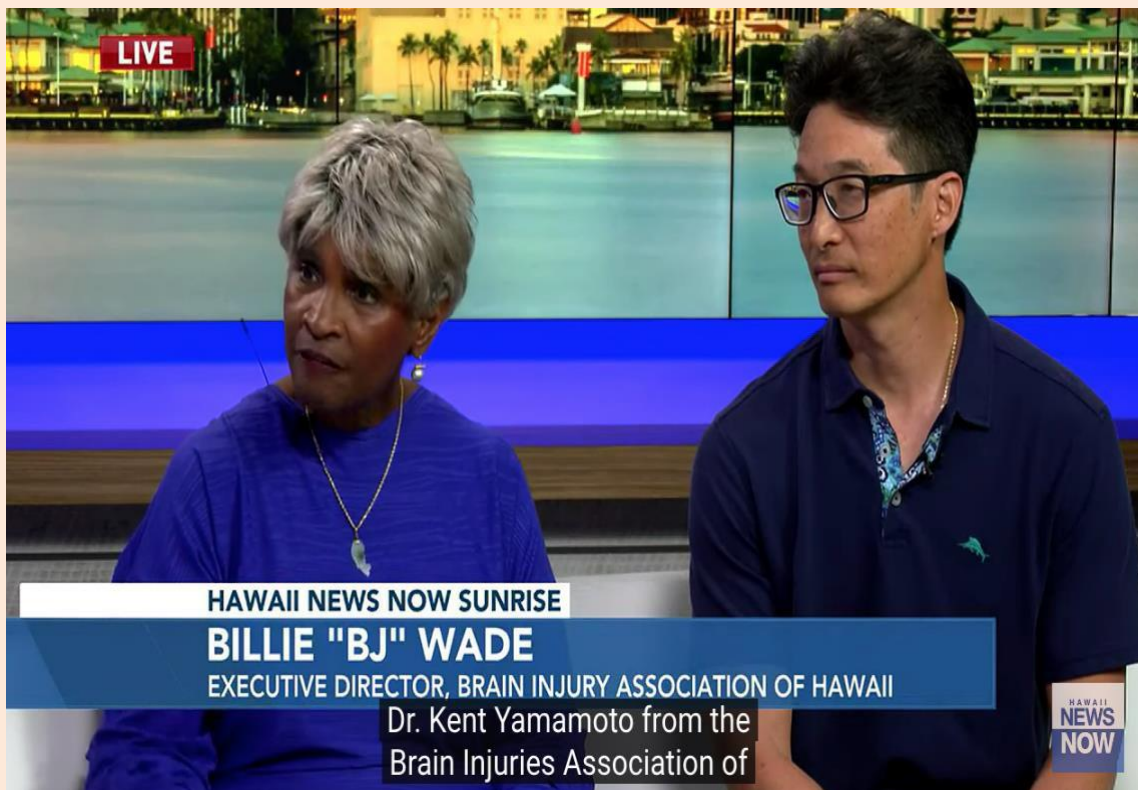


BIHI BOARD MEMBERS BJ WADE AND MICHELE TONG AT APRIL 1, 2023
YMCA HEALTHY KIDS FAIR AND BIKE RODEO





**BRAIN INJURY ASSOCIATION BOARD MEMBERS
INTERVIEWED ON HAWAII NEWS NOW
DURING BRAIN INJURY AWARENESS MONTH**



Go to the following to see interview
<https://www.youtube.com/watch?v=ok9eJLU-N-Q>



On Saturday, March 25, BRAIN INJURY OAHU SUPPORT GROUP (BIOSG) members held first in person meeting at new site -- Catholic Charities Clarence TC Ching Campus

KapaMag founder Alitoya Huxel gave hands on demonstration teaching members how to Zoom, access FaceBook, email and websites. BIOSG future meetings are scheduled for the last Saturday of each month from 10am to 12pm



Kona Caregiver to Caregiver Breakfast Workshop



Our special guest Kealii Lopez is the AARP Hawaii State Director. She'll be joining us from Honolulu to talk about caring for her mother. Kealii will also update us about the Kupuna and Caregiver bills that have survived the legislative session.

Are you helping a family member or friend to age at home in the community? You are not alone! Across the state more than 157,000 "family caregivers" are providing transportation, friendly visits, meals, help with finances, sharing their homes and much more.

Let's learn from each other. We'll talk about legal issues, stages of care, respite options, and legislation that may impact you and your loved ones. Give yourself a chance to refuel and relax!

FREE

Wednesday

April 12

9:30 a.m. - Noon

**Registration &
Resource Fair
start at 8:30 a.m.**

Royal Kona Resort

Sign-up is Required.

Online: [https://
events.aarp.org/HCCN4-12](https://events.aarp.org/HCCN4-12)

Or call: (toll free)
1-877-926-8300

Full breakfast served.
Free parking with validation.



HAWAII COMMUNITY CAREGIVER NETWORK
www.hawaicaregivers.org

AARP
Hawai'i

KAILUA KONA BRAIN INJURY SUPPORT GROUP
WEDNESDAY, APRIL 12 at 5pm (viral only)

"HOW CAN WE SUPPORT YOU"



LEENA MOHAPATRA, PH.D

Clinical Neuropsychologist will discuss the ways in which neuropsychologists support individuals after traumatic brain injuries (TBI)

Dr Mohapatra completed her doctorate at the Univ of Miami. She worked as a pediatric Neuropsychologist at the Kennedy Krieger Institute and as a Psychologist at the Hawaii State Department of Education before going into private practice

<https://honolulupsychologycollective.com/leena-mohapatra/p>

Join ZOOM Meeting: www.zoom.com
Meeting ID: 808-274-6477

Invited are all brain injury survivors, their family, friends and caregivers, interested professionals and the public. If you have questions about the support group meeting, you may contact Karen Klemme via text at 808-896-2962 or email at kklemme@hawaii.rr.com

SUPPORT GROUP MEETINGS, WEBINARS & PODCASTS

Aloha Independent Living Hawaii Big Island Mixed Group Support Group (in-person at various locations in Hawaii). Comprised of adults with various disabilities, the group meets for fellowship and peer support. The group meets the **third Thursday of every month from 10:00 am to 12:00 pm at various locations (TBA)**. For more information, please contact Karin Riedel at 808-333-2408.

Aloha Independent Living Hawaii Kauai Laulima Peer Support Group (in-person on Kauai). Meetings take place **the last Thursday of the month**. For more 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.

Aloha Independent Living Hawaii Molokai Youth Support Group (in-person on Molokai). Held every **fourth Friday of the month from 10:30 am – 11:30 am at Home Pumehana, Conference Room #1**. For more information, please 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.

Brain Injury Oahu Support Group - BLOGS (in-person on Oahu)

Last Saturday of Every Month from 10am to 12 noon. Catholic Charities
Clarence T C Ching Campus, Room 3, 1822 Keeaumoku Street, Honolulu, Hawaii
Facebook: <https://www.facebook.com/BrainInjuryAssociationOfHawaii/>
Email: braininjuryofhawaii@gmail.com
Contact Billie "BJ" Wade at 808-221-8330 (by text) for more information

Hui Malama Po'o Support Group (in-person on Oahu)

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. For more information, please contact Val Yamada at huimalama01@gmail.com or call 808-385-5462.

Kailua Kona Brain Injury Support Group (virtual) - "How Can We Support You" **April 12, 2023, 5:00 pm HST:** Leena Mohapatra, Ph.D - Clinical Neuropsychologist - For more information, contact: kklemme@hawaii.rr.com. Facebook:

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

Zoom meeting ID: 98997548497. Go to Zoom and in the upper right-hand corner you will see "join meeting." Meeting ID 808 274 6477. Closed Captioning provided

Can Eating Right Improve Brain Health? (virtual) – Paul Smith, MD, Director, Self-Care & Wellness Center, Hawaii Pacific University, and Clinical Assistant Professor of Medicine, University of Hawaii, John A. Burns School of Medicine
St. Francis Caregiver Education and Wellness Classes

April 18, 2023, 5:00 pm – 6:00 pm HST

Free, but registration is required: <https://www.stfrancishawaii.org/s/courses>
Registration will open around the middle to end of March

Critical Elements for Return to Learn After Concussion: A Review of the Current Landscape for Students Across Ages (virtual) – Katy O'Brien, Ph.D., CCC-SLP
The Center on Brain Injury Research and Training. Free registration required

April 21, 2023, 8:00 am – 9:30 am PDT (5:00 am – 6:30 am HST)

For more information: <https://cbirt.org/events/critical-elements-return-learn-after-concussion-review-current-landscape-students-across-ages>
https://us02web.zoom.us/webinar/register/WN_zwCKIhbvTEGiHnFyHbYHZw

Brain Injury Oahu Support Group (in-person on Oahu)

April 22, 2023, 10:am to 12 noon pm

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

Email: braininjuryofhawaii@gmail.com

Contact: Billie "BJ" Wade at 808-2-8330 (via text)

Kailua Kona Brain Injury Support Group (virtual) **May 10, 2023, time to be determined**: Roxanne Cedor, DPT, Home exercises and breathing exercises.

For more information, contact: kklemme@hawaii.rr.com

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

Zoom meeting ID: 808 274 6477. Closed Captioning provided.

Access to Services (virtual) – Presenters TBA

The Center on Brain Injury Research and Training. Free, registration is required
Friday, May 12, 2023, 9:00 am – 12:00 pm PDT (6:00 am – 9:00 am HST)

Workshop focuses on the older population, their risks for brain injury, and the importance of coordinated care.

https://us02web.zoom.us/webinar/register/WN_RWGSuFTmTLuK51MrgVyeRg

The 13th Annual Traumatic Brain Injury Conference (in person in Washington, DC)
June 19 – 20, 2023

For information, go to: <https://www.tbiconference.com/> There is a cost associated with attending this conference

Chronic Headaches & Migraine Treatments (virtual) – Nicole Little, PA-C, Ph.D., Headache & Facial Pain Center, Sub-Investigator, Headache Research Unit, Hawaii Pacific Neuroscience. St. Francis Caregiver Education and Wellness Classes

June 20, 2023, 5:00 pm – 6:00 pm HST

Free, but registration is required: <https://www.stfrancishawaii.org/s/courses>

Registration will open around the middle to end of May.

Concussion – When to be Concerned (virtual) – Nicole Evans, PA-C, Traumatic Brain Injury Center, Sub-Investigator, TBI Center, Hawaii Pacific Neuroscience
St. Francis Caregiver Education and Wellness Classes

July 18, 2023, 5:00 pm – 6:00 pm HST

Free, but registration is required: <https://www.stfrancishawaii.org/s/courses>

Registration will open around the middle to end of June.

Muscle Stiffness & Spasticity – Is there Relief? (virtual) – 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

St. Francis Caregiver Education and Wellness Classes

August 15, 2023, 5:00 pm – 6:00 pm HST

Free, but registration is required: <https://www.stfrancishawaii.org/s/courses>

Registration will open around the middle to end of July.

National Association of State Head Injury Administrators (NASHIA) 34th Annual State of the States (SOS) Conference (one day is virtual, four days are in-person in Minneapolis, MN)

**September 9, 2023, 11:00 am – 5:00 pm ET (5:00 am – 11:00 am HST):
SOS Virtual Event**

**September 11 – 14, 2023, 9:00 am – 5:00 pm ET: 34th Annual State
of the States Conference (in-person)**

There is a charge for the in-person meeting; unknown at this time if there is a charge for the virtual event. Registration is not yet open.

Questions? Send an email to mcrowley@nashia.org

Website: <https://www.nashia.org/sos-page>

Is Alzheimer's Dementia Preventable? (virtual) – Kore Kai Liow, MD, FACP, FAAN, Director and Principal Investigator, Alzheimer's Research Center, Hawaii Pacific Neuroscience, Clinical Professor of Neurology (Medicine), University of Hawaii, John A. Burns School of Medicine. St. Francis Caregiver Educ & Wellness

Classes **September 19, 2023, 5:00 pm – 6:00 pm HST**

Free, but registration is required: <https://www.stfrancishawaii.org/s/courses>

Registration will open around the middle to end of August.

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

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**