



March 2021 Vol 2

## BIAH MARCH 2021 BRAIN INJURY AWARENESS MONTH

March is national brain injury awareness month. The Brain Injury Association of America (BIAA) leads the nation in observing brain injury awareness in March of each year. The theme for BIAA this year is MORE THAN MY BRAIN INJURY.

### **TELL ME A STORY**

If you are a traumatic brain injury survivor -- then you are more than your brain injury. You are a Brain Injury Warrior. Brain Injury Warriors are anyone who has survived a traumatic brain injury or who has been affected by a survivor of a brain injury. We are asking you to share your experience with us. We want to hear from brain injury survivors, caregivers, family members, clinicians and anyone who has been affected by a brain injury, whether theirs or someone else's. Our TELL ME A STORY campaign is to provide a place where we can honor you and your bravery in dealing with the day-to-day

obstacles resulting from your injury. We want to know what lessons you have learned. Tell us about your feelings of gratitude and appreciation for those providing care for you. Let us know how keenly you feel any losses and regrets as a result of your injury. Christopher Reeves was an actor who was best known for playing Superman. He fell off his horse in an equestrian competition. The injury paralyzed him from the neck down and he depended on a ventilator to breathe. He said, "A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming

obstacles." Tell us your hero story -- your warrior story!

All BIAH Brain Injury Warriors who participate in TELL ME A STORY will be recognized. The most moving stories will be featured in upcoming issues of our newsletter. We ask that you send your Brain

Injury Warrior story to us by mail to P.O. Box 437, Kaneohe, Hawaii 96744 or email to: BIAHawaii2020@gmail.com. If you want to read examples for your TELL ME A STORY, go to [biausa.org](http://biausa.org) to see what others have shared.

### **VIRTUALLY SPEAKING**

The traumatic brain injury community has a robust, active national presence. There is information available regarding every aspect of the problems affecting those within the brain injury community. This newsletter will continue to provide information regarding podcasts, webinars, and virtual meetings open to the public that may be of benefit to BIAH members.

**March 10, 2021 - 8:00-9:30am Hawaii time**

The Washington State TBI Virtual Support Group is presenting "How To Do a Virtual Support Group." The presentation will be an overview of their shift from in-person delivery to a virtual platform. Although Hawaii is entering Tier 3 in the Covid lockdown protocols, the need for virtual support group interaction will most likely continue toward the fall

or end of the year. Board members, caretakers, clinicians, and others are invited to hear Washington's TBI group share the trials and tribulations they have encountered with their virtual platform. No registration is needed. Just join by saving the date in your calendar and including this link to participate:

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MzllZTg1YTgtNTg1YS00MTU1LThiZlItMDM1YzMyYzhmNTVi%40thread.v2/0?context=%7b%22Tid%22%3a%2211d0e217-264e-400a-8ba0-57dcc127d72d%22%2c%22Oid%22%3a%22d8b0a523-4698-4b06-a63d-7329a7376402%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MzllZTg1YTgtNTg1YS00MTU1LThiZlItMDM1YzMyYzhmNTVi%40thread.v2/0?context=%7b%22Tid%22%3a%2211d0e217-264e-400a-8ba0-57dcc127d72d%22%2c%22Oid%22%3a%22d8b0a523-4698-4b06-a63d-7329a7376402%22%7d)

### **March 10, 2020 - 6:00pm Hawaii time**

The Kona Big Island Support Group meeting for March will feature John McDermott, Long Term Care Ombudsman for the State of Hawaii. Mr. McDermott will talk about medical emergencies; how most are unexpected and life-changing. He will discuss recovery, which may require extended stay in an acute hospital

and beyond. Mr. McDermott will share options for extended long term care and how to pay for it. To participate in this virtual session, go to: [www.zoom.com](http://www.zoom.com). The zoom meeting code is 9899754849. If you are a first time user of Zoom, it is recommended that you use Firefox or Chrome as your browser.

### **April 14, 2021 - 6:00pm Hawaii time**

The Kona Big Island Support Group meeting for April will feature Dr. Violet Horvath, Director of the Pacific Disabilities Center at UH John Burns School of Medicine. She will report on the results of the much anticipated findings of the Hawaii Neurotrauma project and the final report. The report should include such

information as the number of brain injured in the State of Hawaii. Those numbers affect the availability of resources and the legislation concerning assistance and protection for the brain injured. Email Mich Higashi at [teamnokaoi@yahoo.com](mailto:teamnokaoi@yahoo.com) for further information regarding this presentation.

### **RESOURCES IN HAWAII**

Hawaii's Aging and Disability Resource Center (ADRC) is an often overlooked site for information. See <https://elderlyaffairs.com/>. Brain Injury Awareness Month is an excellent time to draw attention to this website which has information for residents on the islands of Hawai'i, Honolulu, Kaua'i, and Maui. A favorite and user friendly page is titled "Assess My Needs." The two step process provides a list of items for you to select that are pertinent to your current circumstances. The range of services is detailed in the following list:

**Housing needs**

- Home renovation
- Home repair
- Residential facility
- Find apartment or home

**Daily living assistance needs**

- Eating
- Dressing or grooming
- Moving around
- Cooking
- Shopping
- Money management
- Using the bathroom
- Bathing
- Medication reminders
- Transportation
- Telephone calls
- Household cleaning

**Food and or meal needs**

- Not enough food
- Meal delivery
- Not able to prepare meals regularly
- Cooking
- Shopping

**Skilled nursing care needs**

- Medication or appointment reminders or supervision
- Professional care manager or management of overall care
- Support in dying (in the last stages of illness)
- Care in case of emergency

**Long term illness or disability needs**

- Alzheimer's or dementia
- Heart problems
- Parkinson disease
- HIV or AIDS
- Hearing impairment
- Stroke
- Pulmonary lung disease
- Diabetes
- Muscular diseases
- Arthritis
- Vision impairment
- Brain injury

**Social activity needs**

- Companionship
- Cultural or recreational activities
- Exercise or wellness activities

**Caregiver relief needs**

- Sitter service
- Support groups
- Stress management
- Adult day services
- Grief recovery

After checking a "need" you are directed to a page that lists the organizations and services available near the zip code address provided. BIAH BOARD strongly encourages you use this website!

**BIAH WANTS YOU** to tell us what information, events, and activities you want the BIAH Board to provide. What do you want us to do for you? What topics are of interest to you? What difficulties are you having that you want BIAH to address? Don't forget to **TELL US A STORY** and be a BIAH Brain Injury Warrior. Send your story, questions or concerns to us at P.O. Box 437, Kaneohe, Hawaii 96744 or email to: [BIAHawaii2020@gmail.com](mailto:BIAHawaii2020@gmail.com).

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## **BIAH BRAIN INJURY**



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### **ORGANIZATION AFFILIATES OF BIAH**

The logo for the Leeward Pilot Club of Hawaii features the text "Leeward Pilot Club" in a blue, serif font, with "of Hawaii" in a smaller, blue, cursive font below it. To the left of the text is a blue floral emblem with three flowers and leaves. The entire logo is set against a white background within an orange-bordered box.

**Leeward Pilot Club**  
*of Hawaii*



**HONOLULU PSYCHOLOGY  
COLLECTIVE**