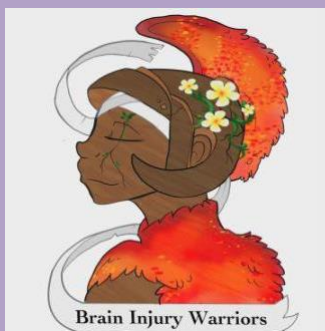


Brain Injury Association Of Hawaii

May 2023 Vol 4



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**MAY IS NATIONAL
STROKE
AWARENESS
MONTH**



A stroke is caused by a blockage of blood to the brain. It is usually caused by a blood clot lodged in one of the blood vessels. According to a 2017 report by the Hawaii Department of Health, stroke was the number one cause of chronic disability and the third cause of death in the State of Hawaii.

The three arms of stroke awareness are:

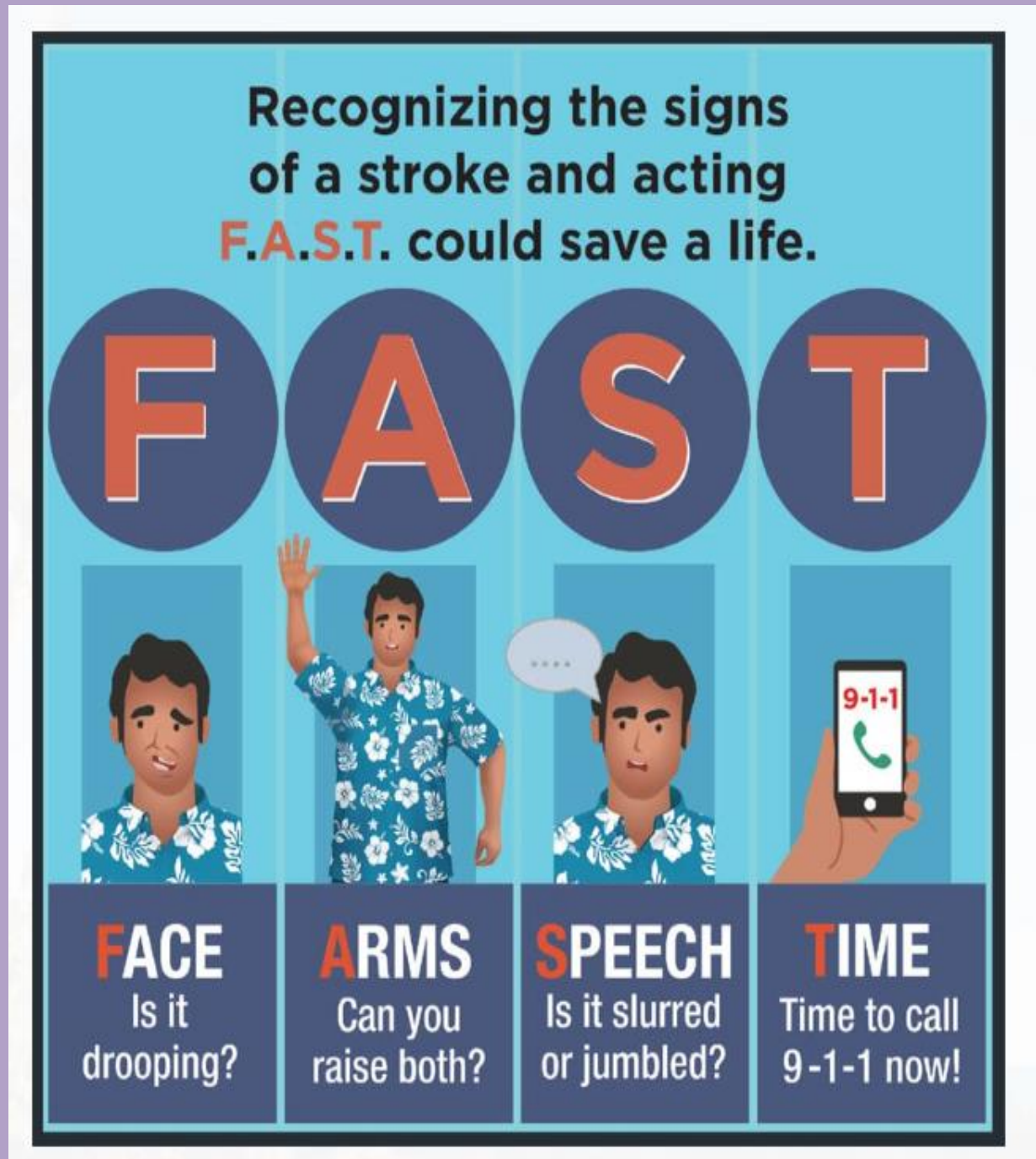
1. Recognizing the signs of a stroke (FAST)
2. Responding rapidly to treat the stroke
3. Ways to Prevent A Stroke

This issue of the newsletter includes excerpts from some of Hawaii and national agencies, hospitals and organizations who provide information regarding stroke awareness.

Stroke survivors and heart disease supporters wear a red ribbon in the U.S. to show their support. Across the pond, In Great Britain, they symbolize their support by wearing the color PURPLE. This issue is coming to you in purple in support of stroke awareness campaigns in Great Britain.

Billie "BJ" Wade, Editor

KNOW THE SIGNS AND SYMPTOMS OF A STROKE



The above imagery is courtesy of the Hawaii Department of Health Neurotrauma Unit



**THE QUEEN'S
MEDICAL CENTER**



State of Hawaii, Department of Health
Neurotrauma Program
Polokalamu Neurotrauma

RAPID RESPONSE

Ischemic stroke occurs when a blood vessel to the brain is blocked by a clot. Until 2015, the only proven treatment was intravenous (IV) tissue plasminogen activator (tPA), also known as clot buster medication. This treatment alone for a large vessel blockage has a success rate of only (10%-30%). If left untreated, it has the highest rate of mortality or severe disability.

In 2015, several landmark clinical trials demonstrated that removal of the blockage within **six (6) hours of symptoms** through a procedure called mechanical thrombectomy (MT)

dramatically increases the chance of survival with an independent level of functioning.

From October 2020 to the present, Project Rapid Hawaii was funded by the Hawaii Department of Health Neurotrauma Special Fund. The purpose of the project is to educate Hawaii hospitals about implementing and using the RAPID response software which scans a patient and identifies suggested treatment. The purpose of the Project is also to educate the public about the signs and symptoms of stroke and the urgent need for immediate evaluation.

**DO NOT DRIVE TO YOUR MEDICAL FACILITY
IF YOU SUSPECT A STROKE
CALL AN AMBULANCE TO GET
EARLY ASSESSMENT AND TREATMENT**

~~~~~

For more information go to :

<https://health.hawaii.gov/nt/stroke/project-rapid-hawaii-a-statewide-collaboration-on-acute-stroke-care/>

According to the American Hospital Association:

"Every minute in which a large vessel ischemic stroke is untreated, the average patient loses 1.9 million neurons, 13.8 billion synapses, and 12 km (7 miles) of axonal fibers. Each hour in which treatment fails to occur, the brain loses as many neurons as it does in almost 3.6 years of normal aging."

~~~~~

For more information go to:

<https://www.ahajournals.org/doi/full/10.1161/01.str.0000196957.55928.ab>

STROKE PREVENTION

The Centers for Disease Control and Prevention list the following things to do and avoid in order to minimize the risk of a stroke

Choose healthy foods and drinks

Keep a healthy weight

Get regular physical activity

Don't smoke

Limit alcohol

Check cholesterol

Control blood pressure

Control diabetes

~~~~~

For more information go to :

<https://www.cdc.gov/stroke/prevention.htm>

# LEARNING IN OLDER ADULTS

The purpose of this online study is to investigate how older adults learn and engage with fall prevention education materials.

## WHO IS ELIGIBLE?

We are looking for older adults **with** and **without** a history of traumatic brain injury. Those **with** a history traumatic brain injury must have a medical record of the event.

You can participate if you:

- 1) are aged 65 and older;
- 2) speak and read in English;
- 3) have access to a computer or laptop with a full keyboard and video conferencing capabilities;
- 4) can see text and images at approximately 20 inches and have no hearing impairment beyond what is correctable by a hearing aid;
- 5) have no previous diagnosis of Alzheimer's disease or related dementia

A potential risk for participants may be discomfort from sharing experiences with traumatic brain injury, aging, or falls, and a possible breach of confidentiality.

## DESCRIPTION OF STUDY

This research involves completion of questionnaires and interviews to share information about your experiences related to fall prevention and health beliefs and participation in a **virtual** education intervention.

This is a two-part **ONLINE** study.

**Visit 1:** You will complete a series of neurocognitive assessments and then participate in an educational intervention. This will last 2-2.5 hrs.

**Visit 2:** The next part will take place 21-30 days after the Visit 1 and will last 30-90 minutes.

You will be **compensated** up to \$100 for your participation. You will receive \$40 at Visit 1, \$50 at Visit 2, and \$10 for an optional interview.

## INTERESTED?

Please email [amy.kemp@uga.edu](mailto:amy.kemp@uga.edu) or scan the QR code with your camera phone to provide your contact information and schedule an eligibility Zoom call.



Mary Frances Early  
College of Education  
UNIVERSITY OF GEORGIA



BRAIN INJURY  
RESEARCH FUND  
A program of the Brain Injury Association of America

The primary investigator for this study is also Katy O'Brien and can be reached at [khobrien@uga.edu](mailto:khobrien@uga.edu).





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**Contact BJ Wade at  
808-221-8330 (text or voice mail)**

## **BRAIN INJURY OAHU SUPPORT GROUP (BIOSG) 2023 MEETING DATES**

**Saturday, May 27 from 10am to 12 noon**

**Saturday, June 24 from 10am to 12 noon**

**Saturday, July 29 from 10am to 12 noon**

**Saturday, August 26 from 10am to 12 noon**

**Saturday, September 30 from 10am to 12 noon**

**Saturday, October 28 from 10am to 12 noon**

**Saturday, November 25 from 10 am to 12 noon**

**Saturday, December 30 from 10am to 12 noon**

**Special Programming and Presenters  
to be Announced**

## 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.

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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.

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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.

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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.

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Brain Injury Oahu Support Group - BIOGS (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](mailto: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](mailto:huimalama01@gmail.com) or call 808-385-5462.

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Brain Injury, Overdose and Harm Reduction (virtual) – Laura Bartolomei-Hill, LCSW-C - National Association of State Head Injury Administrators (NASHIA)  
**May 17, 2023, 2:30 pm – 3:30 pm ET (8:30 am – 9:30 am HST)**  
Free. Register in advance at:  
[https://us06web.zoom.us/webinar/register/WN\\_2DgctSbKQNu2xY81QV\\_IYg#/registration](https://us06web.zoom.us/webinar/register/WN_2DgctSbKQNu2xY81QV_IYg#/registration)

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

**May 22, 2023, 10:am to 12 noon pm**

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

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

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Mobility Training (in-person in Honolulu, HI) – Bryce Sumida, DPT,  
Administrator, Hale Ho Aloha

St. Francis Caregiver Education and Wellness Classes

**May 27, 2023, 9:00 am – 11:00 am HST**

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

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Brain Injury and Child Welfare: An Introduction to the Best Practice Guide  
(virtual) – Administration for Community Living State Partnership Child Welfare  
Workgroup

National Association of State Head Injury Administrators (NASHIA)

**May 31, 2023, 2:30 pm – 4:30 pm ET (8:30 am – 10:30 am HST)**

Free. Register at: [https://us06web.zoom.us/webinar/register/WN\\_z5ibbkOiQ4-FU8ITGIOqpg#/registration](https://us06web.zoom.us/webinar/register/WN_z5ibbkOiQ4-FU8ITGIOqpg#/registration)

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Kailua Kona Brain Injury Support Group (virtual) - "Mind and Body"

**June 14, 2023, Time To Be Determined:** Tanya Penny, OT - For

more information, contact: [kklemme@hawaii.rr.com](mailto: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

The 13<sup>th</sup> 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

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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.

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Neurotrauma 2023: Celebrating Landmarks of Neurotrauma (in-person in Austin, TX)

40th Annual Symposium, National Neurotrauma Society

**June 25 – 28, 2023**

For more information, visit <https://www.neurotrauma.org/>

Registration is open. There is a cost associated with attending this symposium.

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Inclusion Practices (virtual) – Robert Franklin, II, Diversity, Health Equity and Inclusion Programs Manager, Children's Human Resources, GlobalMindED, MNMR, LLC - National Association of State Head Injury Administrators (NASHA)

**July 6, 2023, 1:00 pm – 4:00 pm ET (7:00 am – 10:00 am HST) or July 13, 2023, 1:00 – 4:30 pm ET (7:00 am – 10:30 am HST)** – choose one session - No additional information is available at this time. Also, it is unclear why, if the sessions are supposed to be the same, one session is 30 minutes longer than the other; possibly there is a typo.

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.

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Supported Decision Making and Guardianship (virtual) – Steve Elville, Elville and Associates

National Association of State Head Injury Administrators (NASHIA)

**July 19, 2023, 12:00 pm – 1:00 pm ET (6:00 am – 7:00 am HST)**

Free. Registration is not yet open for this event.

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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.

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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) 34<sup>th</sup> 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: 34<sup>th</sup> 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](mailto:mcrowley@nashia.org)

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

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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**

# MAHALO TO THE DONORS OF BRAIN INJURY ASSOCIATION OF HAWAII



Dr. Peggy Murphy, PSY.D

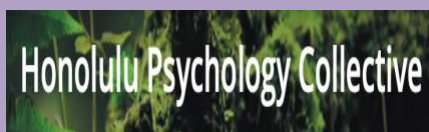
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