



Brain Injury
Association
Of Hawaii

Aug 2023 Vol 7



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*The Brain Injury  
Association of Hawai'i  
sends its heartfelt  
condolences to our  
family and friends on  
Maui during this  
difficult time. Our  
thoughts are filled with  
prayers for healing and  
recovery.*



## KALIHI YMCA BIKE RODEO

Brain Injury Association of Hawaii collaborated with Leeward Pilot Club volunteers and State of Hawaii Department of Health Neurotrauma Program to bring Hawaii Bicycle League (HBL) bike rodeo to the Kalihi YMCA on July 27, 2023. The YMCA program participants were given hand-outs and received instruction on safety tips, participated in games illustrating the effects of a brain injury, and fitted with and given free helmets. After receiving a helmet, participants rode bicycles provided by HBL and were guided through a course set specifically for them by the Hawaii Bicycle League instructors.





# BRAIN INJURY OAHU SUPPORT GROUP (BIOSG) MEETING IN THE PARK

The July and August meetings for the BIOSG are being held outdoors at Diamond Head Old Archery Park, 3840 Paki Avenue (next to the tennis courts and below La Pietra School for Girls). The July gathering was Saturday, July 29, 2023. Members gathered, talked story, met new members and welcomed Tai Chi instructor Louise Moskone.



Tai Chi Moves with BIOSG Members and Louise Moskone





## BIOSG Members Have Fun at Picnic at Diamond Head Old Archery Park



**THE NEXT BIOSG MEETING WILL BE HELD SATURDAY, AUGUST 26 AT 10AM  
DIAMOND HEAD OLD ARCHERY PARK, 3840 PAKI AVENUE  
(NEXT TO THE TENNIS COURTS AND BELOW LA PIETRA SCHOOL FOR GIRLS)**



## **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: Varies - To join the meeting open a browser on your computer and go to Zoom - [www.zoom.com](http://www.zoom.com). In the upper right-hand corner, you will see "join meeting. Click on that, then enter the Meeting ID 808 274 6477. 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>

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

Dates: **Saturday, August 26 10am at Diamond Head Old Archery Park, 3840 Paki Avenue (next to the tennis courts and below La Pietra School for Girls)**

**Future Saturdays from 10:00 am – 12:00 noon HST: September 30, October 28, November 25, and December \_\_\_\_ 2023** 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: **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.

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Hawaii Aquatic Safety Leadership Conference

Hosted by Hawaiian Lifeguard Association and Outrigger Duke Kahanamoku Foundation

Sponsored by: Duke Kahanamoku Ocean Festival, Outrigger Resorts and Hotels,

Ama Olukai Foundation and Duke's Waikiki

**Date: Thursday, August 17, 2023**

Time: 8:30am to 3:30 pm

2335 Kalakaua Avenue, Honolulu, Hawaii. 96815

Objective: To reunite leadership connected to aquatics

Safety from organizations and government departments across

The State and to work together to reduce drownings in Hawaii

And start an inclusive Hawaii Water Safety Coalition.



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>

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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>

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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

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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

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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

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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&usq=AOvVaw129kpUEQcZJJKEfK-Cu\\_bt](https://www.google.com/url?q=https://ehihalawai.zoom.us/j/91814580807?pwd=%3DSzRIZVJZTHFzVzFzSINwQnlzUHg2QT09&sa=D&source=calendar&ust=1653250928593396&usq=AOvVaw129kpUEQcZJJKEfK-Cu_bt)

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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.mauihealth.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>

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

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

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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



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