

Brain Injury Association Of Hawaii

Jan 2024 Vol 1



Brain Injury Association
of Hawaii (BIHi)
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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

## Brain Injury Association of Hawaii (BIHI) WELCOMES 2024

The year begins with the number of in-person support group meetings growing. We are rebounding from the mandatory virtual sessions held during the COVID pandemic. A list of upcoming support group meetings in the State is provided in pages below.

The Brain Injury Association of Hawaii will hold its first post-pandemic educational and resource conference on Saturday, March 2, 2024 at Ala Moana Hotel Hibiscus Conference Room. The Conference is free and limited to the first 200 registrants. The slate of speakers includes Kent Yamamoto, MD of Rehab Hospital of the Pacific; John Solomon, Ph.D of the Kinesiology and Rehabilitation Department at the University of Hawaii-Manoa regarding the "Project Head, Neck & Spine"; Danae Jones of Queens Medical Center regarding stroke treatment; Violet Horvath, Ph.D, Pacific Disabilities Center, John A Burns School of Medicine regarding basics of advocacy; Dorothy Aliilua, brain injury advocate and mother of a survivor regarding life with a survivor. Additional speakers and vendors will be attending the half day event. A complimentary breakfast and raffle prizes are included. See the registration form attached with this email -- seating is limited.

As we move forward in 2024, let us remember to be kind and patient with one another,

Thank You,  
BJ Wade

## HELMETS MATTER

Not everyone is aware that helmets are available and recommended for surfers. If you survey the Hawaii beaches, you will probably be hard pressed to count on your two hands the number of surfers who are wearing them. A recent article from KHON2 highlights World champion water man and big wave surfer KAI LENNY holding a cracked helmet. Lenny posted a photograph on his social media from the hospital where he was treated for a concussion. Kai wrote that it was the first time wearing a helmet at Pipeline and reports he had a "solid concussion" and some bleeding out of his left ear.



Surf helmets have been around for decades and have evolved over the years. Traditional watermen prefer to not use helmets. They say the helmet creates too much drag in the water, limits vision, and impairs hearing. It is hoped that with new technology, future surf helmets will address these issues so that our surfers have no objection to wearing them.

Kai is back in Maui recovering. Those of us in the brain injury community thank Kai for his post. And wish him a full recovery!!

*Sources for the above are from: @kai\_lenny Instagram, KHON2 News January 5, [https://www.smartnews.com/p/4634338508549394691?placement=article-preview-social&utm\\_campaign=sn\\_lid%3A4634338508549394691%7Csn\\_channel%3Acr\\_en\\_us\\_local&utm\\_source=share\\_ios\\_email&logo=logo\\_6&share\\_id=3EBW3n](https://www.smartnews.com/p/4634338508549394691?placement=article-preview-social&utm_campaign=sn_lid%3A4634338508549394691%7Csn_channel%3Acr_en_us_local&utm_source=share_ios_email&logo=logo_6&share_id=3EBW3n)*

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

Support group title: Aloha Independent Living Hawaii **Big Island Mixed Group Support Group**

Format: In-person at various locations on Hawaii island

Dates: **Third Thursday of every month**

Time: 10:00 am – 12:00 pm HST

Location: Varies

Additional information: Comprised of adults with various disabilities, the group meets for fellowship and peer support. For more information, please contact Karin Riedel at 808-333-2408.

Support group title: Aloha Independent Living Hawaii **Kauai Lailima Peer Support Group**

Format: In-person on Kauai

**Dates: Last Thursday of the month** HST

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 Youth Support Group**

Format: In-person on Molokai

**Dates: Every fourth Friday of the month**

**Time: 10:30 am – 11:30 am HST**

Location: Home Pumehana, Conference Room #1

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

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: **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=AOvVaw129kpUEQcZJKEfK-Cu\\_bt](https://www.google.com/url?q=https://ehihalawai.zoom.us/j/91814580807?pwd=%3DSzRIZVJZTHFzVzFzSINwQnlzUHg2QT09&sa=D&source=calendar&ust=1653250928593396&usg=AOvVaw129kpUEQcZJKEfK-Cu_bt)

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: **Kona Brain Injury Support Group**

Format: Hybrid – In-person in Kona, HI, and online via Zoom Dates: Second Wednesday of each month Time: Varies to accommodate speakers. To join the meeting online: Go to Zoom at [www.zoom.com](http://www.zoom.com). In the upper righthand corner, click “Join Meeting” and enter Meeting ID 808 274 6477. You will be placed in the virtual waiting room and the host will let you into the meeting. To join the meeting in person: The meeting location is Anderson Wealth Planning, 75-1000 Henry Street, Suite 200. (In the same building as Planet Fitness.) Additional information: Contact Karen Klemme at [kklemme@hawaii.rr.com](mailto:kklemme@hawaii.rr.com) Facebook: <https://www.facebook.com/groups/2671644676391469>

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

Additional information: 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.

Support group title: **Brain Injury Oahu Support Group (BIOSG)**

Format: In-person on Oahu

**Dates: The last Saturday of each month: January 27, 2024**

**Times: 10:00 am – 12:00 noon HST**

Guest Presentation by Allana Wade Coffee, Ph.D, clinical psychologist will discuss the expectations and realities of brain injury survivors in therapy with mental health counselors

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Room 3, 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)

Support group title: **Creative Arts Program**

Format: In-person on Oahu

Cost: \$15 per session

**Days: Available Tuesdays and Thursdays**

**Time: 12:30 pm – 3:30 pm**

Location: REHAB Hospital of the Pacific, 227 North Kuakini Street, Honolulu, HI 96817

Additional information: For current and former REHAB inpatients and outpatients. Registration is required. Contact Melissa Mullen, Patient Experiences Manager, by email at [art@rehabhospital.org](mailto:art@rehabhospital.org) or by phone at 808-566-3741

Website: <https://www.rehabhospital.org/programs/creative-arts-program>

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>

Support group title: **Think Big! Support Group** Format: In-person on Kauai Additional  
information: Currently not meeting.

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

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

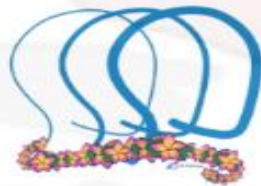
American Stroke Association Stroke Support Group Finder

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

*Sources for the above are from: January 2024 Neurotrauma Newsletter, Pacific Disabilities Center, John A Burns School of Medicine; Brain Injury Association of America; and Brain Injury Association of America*



# BIOSG 2024 MEETING DATES



**Brain Injury  
Association  
Of Hawaii**



**Please take a snapshot and share with interested parties or TBI survivors**

## **BRAIN INJURY OAHU SUPPORT GROUP MEETING ROOM 3**

**Catholic Charities - Clarence TC Ching Campus**

1822 Keeaumoku Street  
Honolulu, Hawaii 96822

### **2024 MEETING DATES**

**Saturday, January 27 from 10am to 12 noon**  
**Saturday, February 24 from 10am to 12 noon**  
**Saturday, March 30 from 10am to 12 noon**  
**Saturday, April 27 from 10am to 12 noon**  
**Saturday, May 25 from 10am to 12 noon**  
**Saturday, June 29 from 10am to 12 noon**  
**Saturday, July 27 from 10 am to 12 noon**  
**Saturday, August 31 from 10am to 12 noon**  
**Saturday, September 28 from 10am to 12 noon**  
**Saturday, October 26 from 10am to 12 noon**  
**Saturday, November 30 from 10 am to 12 noon**  
**Saturday, December 28 from 10am to 12 noon**

**For questions or information send text or voicemail to:**

BJ Wade at 808-221-8330  
Email: [braininjuryofhawaii@gmail.com](mailto:braininjuryofhawaii@gmail.com) ~  
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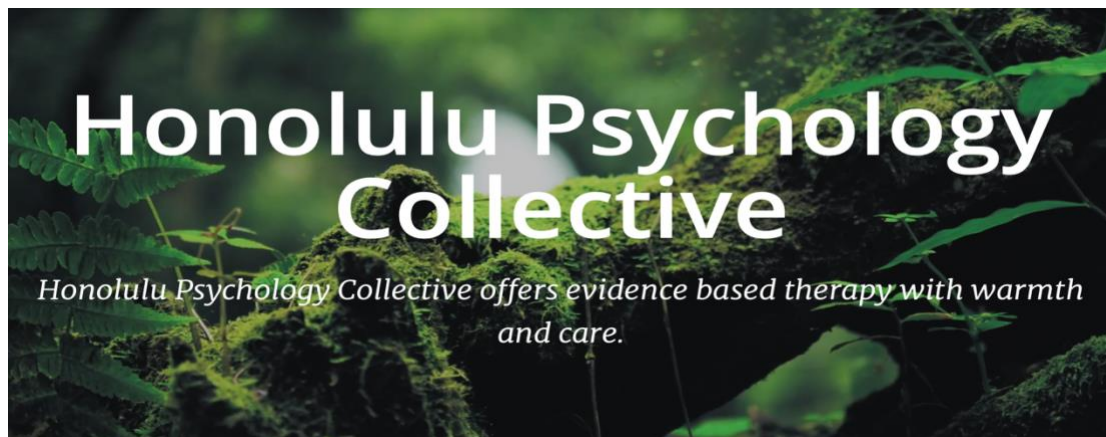
## ***I SEE YOU ~ I HEAR YOU PROGRAM***

### **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.



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

**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 survivor -- go to**

**<https://honolulupsychologycollective.com/inquiry-form>**

**insert BIOSG or BIHi (in the insurance box) someone will contact you**





Brain Injury  
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*Mahalo*

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**Honolulu Psychology  
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Leeward Pilot  
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leewardpilotclub@gmail.com



Pilot Club of Honolulu is a non-profit, 501(c)(3) service organization that was founded in 1981 with the same guiding principles as established by Pilot International. Pilot Club of Honolulu is committed to "Do More, Care More and Be More" in our communities every day. Pilot Club of Honolulu members volunteer and meet

[pilotclubofhonolulu.org](http://pilotclubofhonolulu.org)

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Brain Injury warriors