



Brain Injury Association Of Hawaii

Sep 2023 Vol 8



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of Hawaii (BIHi)
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808-221-8330 via text/voicemail

### NEW STROKE AWARENESS CAMPAIGN

The Hawaii Stroke Coalition and the Hawaii State Department of Health have kicked off a Stroke Awareness Campaign for the state to run from August through November. The campaign features the updated acronym BE FAST. We featured the FAST acronyms ad in previous issues of our newsletter. The BE has now been added so the total acronym BE FAST is now used to help remember the signs of stroke. The ads have been placed in shopping malls across the state and are featured in this issue of the newsletter. Look for more on the stroke prevention campaign in upcoming months.

More support groups are holding "in person" meetings. The Stroke Club and the Creative Arts Programs are again meeting at the REHAB Hospital of the Pacific. The Brain Injury Oahu Support Group has resumed meeting at the Catholic Charities Campus following their 2 months of "meeting in the park". The Kona Brain Injury Support Group continues its ZOOM presentations, and the Aloha Independent Living is holding support group meetings on all islands.

We are all looking forward to the Brain Injury Association of Hawaii's Second Annual Fundraiser on October 7, 2023. We hope to see you there.

Be Well Everyone,

Billie "BJ" Wade

# BE FAST *for stroke!*

Stroke care starts in the ambulance.  
If someone suddenly has one or more of these stroke signs

CALL 9-1-1



**B**alance Loss



**E**yesight Problems



**F**ace Drooping



**A**rm Weakness



**S**peech Difficulty



**T**ime to call 9-1-1



For more information,  
visit [BeFast.hawaii.gov](https://BeFast.hawaii.gov)

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Volunteers are needed to assist with the stroke awareness
activity hosted by the Hawaii Stroke Coalition at the Senior
Lifestyle & Ohana Fair Show at Pearl City Mall from
October 14 - 15, 2023

You can register [online at https://bit.ly/44lciY7](https://bit.ly/44lciY7)

ADVOCACY MATTERS

Following years of advocacy from patients and medical groups, the Centers for Medicare and Medicaid Services (CMS) issued its decision to provide coverage for wheelchairs with a power seat elevation feature. The announcement was made in May 2023. The power seat elevation makes it easier for those in wheelchairs to reach cabinets and countertops and other household items and to engage in eye to eye conversations. According to CMS Administrator, Chiquita Brooks-LaSure, "This landmark Medicare decision to cover seat elevation is a major milestone that will improve the quality of life for so many who rely on this technology."

Those advocating for the coverage consider it a partial win because the coverage is limited to seated elevation. The Independence Through Enhancement of Medicare and Medicaid (ITEM) Coalition cited medical evidence that the standing features were beneficial to the health and functioning of people in wheelchairs.

In its decision, the CMS indicated they would consider coverage for the standing feature at a later date.



Example of seated elevated device



Example of standing elevated device

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Kerry Dooley Young, "For Many Who Use Wheelchairs, CMS decision Just Made Seat Elevation Much Less Expensive," <https://www.statnews.com/2023/06/05/cms-power-wheelchairs-seat-elevation-coverage/>

## 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 and Times: **September 30, October 28, November 25, and December \_\_\_\_ 2023** from 10am to 12noon 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)

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### **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 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>

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: **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>

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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 – 5:00pm 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=AOvVaw129kpUEQcZJJKEfK-Cu\\_bt](https://www.google.com/url?q=https://ehihalawai.zoom.us/j/91814580807?pwd=%3DSzRIZVJZTHFzVzFzSINwQnlzUHg2QT09&sa=D&source=calendar&ust=1653250928593396&usg=AOvVaw129kpUEQcZJJKEfK-Cu_bt)

Support group title: **MAUI MEMORIAL MEDICAL CENTER STROKE SUPPORT GROUP** Format: Virtual

Dates: **Third Thursday of each month** Time: 5:00 – 6:00pm 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>

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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)*





Brain Injury  
Association  
Of Hawaii

## BRAIN INJURY ASSOCIATION OF HAWAII

2nd Annual Fundraiser for the Brain Injury Association of Hawaii (BIHi)

WE ARE ALL  
**BRAIN INJURY WARRIORS**

### HONOLULU PACIFIC CLUB

1451 Queen Emma St, Honolulu, HI 96813

**OCTOBER 7TH, 2023**

**11-2PM**

### Keynote Speakers

#### Katie Bennett

Mediator and family lawyer speaking on living and raising a child surviving from Hemorrhagic stroke

#### Mālia Ko'ī'ulaokawaolehua Helelā

Kumu of hula hālau Nā Hula Ola Aloha.

Mālia is an ambassador and guest lecturer of Hawaiian culture and will share grounding and healing lessons inspired by art and the 'āina.

[BRAININJURYOFHAWAII@GMAIL.COM](mailto:BRAININJURYOFHAWAII@GMAIL.COM)

TEXT OR VM:  
808 221 8830



## ***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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