

May 2023 Neurotrauma Newsletter

Pacific Disabilities Center, John A. Burns School of Medicine,
University of Hawaii at Manoa

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May is Stroke Awareness Month

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1. Online and In-Person Events

May 2023

F3E Presents: Taxes, Retirement and the Secure Act 2.0 (virtual) – Caine Nakata,
Director of Operations F3E, The Foundation for Financial Education, Hawaii
Chapter

St. Francis Caregiver Education and Wellness Classes

May 11, 2023, 11:00 am – 12:00 pm HST

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

Access to Services (virtual) – Presenters TBA

The Center on Brain Injury Research and Training

May 12, 2023, 9:00 am – 12:00 pm PDT (6:00 am – 9:00 am HST)

Workshop focuses on the older population, their risks for brain injury, and the importance of coordinated care.

Free, but registration is required:

https://us02web.zoom.us/webinar/register/WN_RWGSuFTmTLuK51MrgVyeRg

Social Communication and Traumatic Brain Injury (virtual) – Lyn Turkstra, Ph.D.,
CCC-SLP

The Center on Brain Injury Research and Training

May 12, 2023, 1:00 pm – 2:00 pm PT (10:00 am – 11:00 am HST)

Free but registration is required:

https://us02web.zoom.us/webinar/register/WN_NjisqeH8TCO7io4D7KSgxw

Resolving Conflict Without Blame (virtual) – Katie Ranney, Programs Development
Director, The Mediation Center of the Pacific

St. Francis Caregiver Education and Wellness Classes

May 15, 2023, 10:00 am – 11:30 am HST

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

Neurodegenerative Disease Series: Parkinson's Disease (virtual) – Jason Viereck,
MD, Ph.D., Director, Parkinson & Movement Disorders Center, Sub-Investigator,
Parkinson's Research Unity, Hawaii Pacific Neuroscience, and Clinical Assistant
Professor of Neurology (Medicine), University of, John A. Burns School of
Medicine

St. Francis Caregiver Education and Wellness Classes

May 16, 2023, 5:00 pm – 6:00 pm HST

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

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

Parkinson's Upclose and Personal (virtual) – Jerry Boster, Chairman, Hawaii Parkinson Association

St. Francis Caregiver Education and Wellness Classes

May 17, 2023, 5:00 pm – 6:30 pm HST

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

Hands-On Bathing for Family Caregivers (in-person in Honolulu, HI) – Renee Kato, Program Manager, St. Francis Healthcare Services for Senior Citizens (HSSC), and Keri Delos Santos, Coordinator, HSSC Bathing Services

St. Francis Caregiver Education and Wellness Classes

May 19, 2023, 10:00 am – 11:30 am HST

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

This workshop is interactive and hands-on.

Don't Just Age, Engage! (virtual) – Dr. Larry Grimm, Professional Chaplain and Online Personal Coach for Extraordinary Elderhood

St. Francis Caregiver Education and Wellness Classes

May 23, 2023, 9:30 am – 11:00 am HST

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

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>

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

June 2023

Accessible Toilet Rooms (virtual) – Josh Schorr, Accessibility Specialist, Office of Technical and Information Services, U.S. Access Board, and Scott Windley, TA Coordinator and Senior Accessibility Specialist, Office of Technical and Information Services, U.S. Access Board

Great Lakes ADA Center

June 1, 2023, 2:30 pm – 4:00 pm ET (8:30 am – 10:00 am HST)

Free but registration is required:

<https://www.accessibilityonline.org/ao/session/?id=111060>

Office Hours / Q&A for DETAC's "Fitting the Pieces Together: Assistive Technology Solutions for Brain Injury and Employment" (virtual) – Ashley McLeroy, Alabama Department of Rehabilitation Services, David Baker, Missouri Assistive Technology, and James A. Whitney, Maryland Assistive Technology Program
National Association of State Head Injury Administrators (NASHIA)

June 6, 2023, 1:00 pm – 2:00 pm ET (7:00 am – 8:00 am HST)

Free. Register at:

https://us06web.zoom.us/webinar/register/WN_oKntVOLRTjmo5dWhD-gVBg#/registration

Advances in Trauma-Informed Care: Connecting New Science to Practice (in-person in Biloxi, MI, and virtual) – Dr. Matthew Vasquez, Co-Founder, Gulf Coast Trauma Institute and Associate Professor of Social work at the University of Northern Iowa

Gulf Coast Center for Nonviolence

June 15 and 16, 2023, 9:00 am – 4:30 CT pm each day (4:00 am – 11:30 am HST)

For those groups or organizations who register at least five people, a recording of the entire workshop would be made available for a period of time with the option to schedule a free one-hour Q&A session via Zoom.

There is a fee associated with this training: \$90 for in-person or virtual, or \$40 for students who register using a university email address. CEUs are available.

Register at <https://www.eventbrite.com/e/advances-in-trauma-informed-care-connecting-new-science-to-practice-tickets-608894248087>

The 13th Annual Traumatic Brain Injury Conference (in person in Washington, DC)

June 19 – 20, 2023

Washington, DC

For information, go to: <https://www.tbiconference.com/>

There is a cost associated with attending this conference.

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.

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.

July 2023

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 (NASHIA)

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.

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.

August 2023

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.

September 2023

National Association of State Head Injury Administrators (NASHIA) 34th Annual State of the States (SOS) Conference (one day is virtual, four days are in-person in Minneapolis, MN)

September 7, 2023, 11:00 am – 5:00 pm ET (5:00 am – 11:00 am HST): Virtual Preconference

September 11 – 14, 2023, 9:00 am – 5:00 pm ET: 34th Annual State of the States Conference

There is a charge for the in-person meeting; unknown at this time if there is a charge for the virtual event. Registration will open on May 1.

Questions? Send an email to mcrowley@nashia.org

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

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 Education and 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.

October 2023

Intimate Partner Violence: A Panel Discussion (virtual) – Kim Gorgens, Ph.D., and Anne DePrince, Ph.D.

National Association of State Head Injury Administrators (NASHIA)

October 4, 2023, Time to be announced.

Free. Registration is not yet open for this event.

12th International Conference on Stroke and Cerebrovascular Diseases (in-person in Frankfurt, Germany)

October 4 – 5, 2023

For more information, visit <https://strokecongress.neurologyconference.com/>

There is a cost associated with attending this conference.

Trauma-Informed Mediation, Breathwork, and Psychoeducation for Brain Injury (virtual) – Kyla Pierce, MPH, Ph.D., CBIS, E-RYT, Senior Director of Programs and Research, LoveYourBrain Foundation

National Association of State Head Injury Administrators (NASHIA)

October 11 **and** October 18, 2023, 1:00 pm – 3:00 pm ET (7:00 am – 9:00 am HST) – participants attend both sessions

No additional information is available at this time.

Are all Tremors Abnormal? (virtual) - Jason Viereck, MD, Ph.D., Director, Parkinson & Movement Disorders Center, Sub-Investigator, Parkinson's Research Unity, Hawaii Pacific Neuroscience, and Clinical Assistant Professor of Neurology (Medicine), University of, John A. Burns School of Medicine
St. Francis Caregiver Education and Wellness Classes
October 17, 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 September.

November 2023

Neuroscience 2023 (in-person in Washington, DC)
Society for Neuroscience
November 11 – 15, 2023
For more information, visit <https://www.sfn.org/meetings/neuroscience-2023>
There is a cost associated with attending this conference.

How Does Sleep Affect My Brain Health & Wellness? (virtual) – Nicholas Anderson, MD, Director, Sleep & Insomnia Center, Hawaii Pacific Neuroscience
St. Francis Caregiver Education and Wellness Classes
November 21, 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 October.

December 2023

Leading Groups in Virtual Spaces: Becoming a Better Facilitator, Part II (virtual) – Amanda Tower, Grant Project Coordinator for Massachusetts Rehabilitation Commission and other to be determined
National Association of State Head Injury Administrators (NASHIA)
December 1, 2023, 12:00 pm – 3:00 pm ET (7:00 am – 10:00 am HST)
No additional information is available at this time.

2. Meetings

May 2023

State Traumatic Brain Injury Advisory Board Meeting (virtual and in person on Oahu) – Hawaii Department of Health, Neurotrauma Program

May 9, 2023, 1:30 pm – 4:00 pm HST

In person at 1250 Punchbowl Street 1st Floor Boardroom, Honolulu, HI 96813

The meeting is open to everyone. No registration required. Zoom link:

<https://us02web.zoom.us/j/575890360>

For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/stbiab/>

June 2023

Keiki Injury Prevention Coalition (KIPC) / Safe Kids Hawaii (virtual)

Quarterly meeting

June 16, 2023, 11:00 am – 12:30 pm HST

Zoom link: <https://hawaiiipacifichealth-org.zoom.us/j/82959996171?pwd=TIFpWDFhY2JhbK5dFVZS2ZXtTV4dz09>

For more information, contact Lisa Dau at lisa.dau@kapiolani.org.

Neurotrauma Advisory Board Meeting (virtual and in person on Oahu) – Hawaii Department of Health, Neurotrauma Program

June 22, 2023, 1:30 pm – 4:00 pm HST

In person at 1250 Punchbowl Street 1st Floor Boardroom, Honolulu, HI 96813

The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes.

The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. Zoom link: <https://us02web.zoom.us/j/575890360>

For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

July 2023

State Traumatic Brain Injury Advisory Board Meeting (virtual and in person on Oahu) – Hawaii Department of Health, Neurotrauma Program

July 11, 2023, 1:30 pm – 4:00 pm HST

In person at 1250 Punchbowl Street 1st Floor Boardroom, Honolulu, HI 96813

The meeting is open to everyone. No registration required. Zoom link:

<https://us02web.zoom.us/j/575890360>

For more information or to request accommodations, contact Michele Tong at

Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/stbiab/>

Hawaii Disabilities and Healthcare Coalition Meeting (virtual)

July 19, 2023, 3:00 pm – 5:00 pm

Open to all individuals and groups in Hawaii interested in the topic.

<https://zoom.us/j/97356087356?pwd=ZXdlldHd5ZHV3aUYvRmJreitVUEg5UT09>

August 2023

Neurotrauma Advisory Board Meeting (virtual and in person on Oahu) – Hawaii Department of Health, Neurotrauma Program

August 24, 2023, 1:30 pm – 4:00 pm HST

In person at 1250 Punchbowl Street 1st Floor Boardroom, Honolulu, HI 96813

The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes.

The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. Zoom link: <https://us02web.zoom.us/j/575890360>

For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

September 2023

State Traumatic Brain Injury Advisory Board Meeting (virtual and in person on Oahu) – Hawaii Department of Health, Neurotrauma Program

September 12, 2023, 1:30 pm – 4:00 pm HST

In person at 1250 Punchbowl Street 1st Floor Boardroom, Honolulu, HI 96813

The meeting is open to everyone. No registration required. Zoom link:

<https://us02web.zoom.us/j/575890360>

For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/stbiab/>

Keiki Injury Prevention Coalition (KIPC) / Safe Kids Hawaii (virtual)

Quarterly meeting

September 22, 2023, 11:00 am – 12:30 pm HST

Zoom link: <https://hawaiipacifichealth-org.zoom.us/j/82959996171?pwd=TIFpWDFhY2Jhbky5dFVZS2ZXTTV4dz09>

For more information, contact Lisa Dau at lisa.dau@kapiolani.org.

October 2023

Hawaii Disabilities and Healthcare Coalition Meeting (virtual)

October 18, 2023, 3:00 pm – 5:00 pm

Open to all individuals and groups in Hawaii interested in the topic.

<https://zoom.us/j/97356087356?pwd=ZXdlldHd5ZHV3aUYvRmJreitVUEg5UT09>

Neurotrauma Advisory Board Meeting (virtual and in person on Oahu) – Hawaii Department of Health, Neurotrauma Program

October 26, 2023, 1:30 pm – 4:00 pm HST

In person at 1250 Punchbowl Street 1st Floor Boardroom, Honolulu, HI 96813

The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes.

The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. Zoom link: <https://us02web.zoom.us/j/575890360>

For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

November 2023

State Traumatic Brain Injury Advisory Board Meeting (virtual and in person on Oahu) – Hawaii Department of Health, Neurotrauma Program

November 14, 2023, 1:30 pm – 4:00 pm HST

In person at 1250 Punchbowl Street 1st Floor Boardroom, Honolulu, HI 96813

The meeting is open to everyone. No registration required. Zoom link:

<https://us02web.zoom.us/j/575890360>

For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/stbiab/>

December 2023

Keiki Injury Prevention Coalition (KIPC) / Safe Kids Hawaii (virtual)

Quarterly meeting

December 8, 2023, 11:00 am – 12:30 pm HST

Zoom link: <https://hawaiipacifichealth-org.zoom.us/j/82959996171?pwd=TIFpWDFhY2JhbK5dFVZS2ZXtTV4dz09>

For more information, contact Lisa Dau at lisa.dau@kapiolani.org.

Neurotrauma Advisory Board Meeting (virtual and in person on Oahu) – Hawaii Department of Health, Neurotrauma Program

December 14, 2023, 1:30 pm – 4:00 pm HST

In person at 1250 Punchbowl Street 1st Floor Boardroom, Honolulu, HI 96813

The term “neurotrauma” refers to brain injuries, spinal cord injuries, and strokes.

The meeting is open to everyone with an interest in neurotrauma injuries. No registration required. Zoom link: <https://us02web.zoom.us/j/575890360>

For more information or to request accommodations, contact Michele Tong at Michele.Tong@doh.hawaii.gov or call 808-733-2152.

Website: <https://health.hawaii.gov/nt/ntab/>

3. Support Group Meetings

Brain Injuries

Aloha Independent Living Hawaii Big Island Mixed Group Support Group (in-person at various locations on 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.

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.

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.

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.

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

Last Saturday of each month, 10:00 am – 12:00 pm HST

Catholic Charities Clarence T C Ching Campus, 1822 Keeaumoku Street, Room 3, Honolulu, HI

For more information, call BJ Wade at 808-221-8330

Facebook: <https://www.facebook.com/BrainInjuryAssociationOfHawaii/>

Email: braininjuryofhawaii@gmail.com

C.A.N. (Crush Ableism Now) Lunch Club (in-person on Oahu)

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. They meet on the University of Hawaii at Manoa campus.

Dates TBA

Optional registration: <https://go.hawaii.edu/gYk>

For more information, contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

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 or call 808-385-5462.

Kona Brain Injury Support Group (virtual)

Second Wednesday of each month, typically 6:00 – 8:00 pm HST (but note that time may change to accommodate speakers or for other reasons, so always check the start time)

For more information, contact: 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.” Then enter the Meeting ID 98997548497. The Zoom coordinator will let you in. Closed Captioning provided.

Upcoming speakers:

May 10 – Ph.D. candidate Amy Kemp will talk about her dissertation research project and the chance to participate – “Learning in Older Adults with Traumatic Brain Injury: A Research Study”

June 14 – Occupational therapist Tanya Penny will talk about Therapeutic Meditation Process

July 12 – Roxanne Cedor, DPT, will share a home gentle stretching exercise program, yoga topics, and deep breathing techniques

August 9 – Jack Gillen, presenting Indian Clubbing as a gentle form of exercise

Think Big! Support Group (in-person on Kauai)

Second Wednesday of each month, 5:00 – 6:00 pm HST

Currently not meeting, but will start up again soon.

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

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

Brain Tumors

C.A.N. (Crush Ableism Now) Lunch Club (in-person on Oahu)

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. They meet on the University of Hawaii at Manoa campus.

Optional registration: <https://go.hawaii.edu/gYk>

For more information, contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

Hui Malama Ola Na Oihi Cancer Support Group (in-person in Hilo, HI)

The second and fourth Tuesdays of each month at 5:00 pm

Sign up at <http://hmono.org/services/> and someone will contact you.

Pacific Cancer Foundation Support Groups (for patients, survivors, and caregivers)

These meetings are virtual. The Patients and Survivors group meets every Monday at 5:30 pm HST via Zoom. The Caregiver Support Group meets on Tuesdays at 5:30 pm HST. To sign up for either group, fill out the referral form:

<https://pacificcancerfoundation.org/patient-referral/>

The Queen's Medical Center Cancer Center has multiple support group and educational classes. View the May – August 2023 calendar at

https://www.queens.org/wp-content/uploads/Cancer-Calend-2023-2_50123rev-1.pdf

American Brain Tumor Association

Search their website for brain tumor support groups nationwide:

<https://www.abta.org/supportgroups/>

National Brain Tumor Society Brain Tumor Support Conversations

The group meets the third Sunday of every month from 7:00 pm – 8:00 pm ET /

4:00 pm – 5:00 pm PT. Register for the group at <https://braintumor.org/support-services/support-groups/brain-tumor-support-conversations/registration/>

Mental Health

C.A.N. (Crush Ableism Now) Lunch Club (in-person on Oahu)

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. They meet on the University of Hawaii at Manoa campus.

Optional registration: <https://go.hawaii.edu/gYk>

For more information, contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

United Self-Help Anxiety and Depression Support Group (virtual)

Every Monday at 6:00 pm HST

Zoom link:

<https://us02web.zoom.us/j/9054764569?pwd=TkpxNmREcVZxcXdVaVlrQzROajVJQT09#success>

If you have Zoom downloaded on your computer or smartphone:

Meeting ID: 905 476 4569, click to join with video

Password: 808

Website: <http://unitedselfhelp.org/>

United Self-Help Support Group (virtual)

Every Tuesday at 1:00 pm HST

Zoom link:

<https://us02web.zoom.us/j/9054764569?pwd=TkpxNmREcVZxcXdVaVlrQzROajVJQT09#success>

If you have Zoom downloaded on your computer or smartphone:

Meeting ID: 905 476 4569, click to join with video

Password: 808

Website: <http://unitedselfhelp.org/>

United Self-Help Writer's in Recovery Support Group (virtual)

First and third Wednesday of each month at 3:30 pm HST

Zoom link:

<https://us02web.zoom.us/j/9054764569?pwd=TkpxNmREcVZxcXdVaVlrQzROajVJQT09#success>

If you have Zoom downloaded on your computer or smartphone:

Meeting ID: 905 476 4569, click to join with video

Password: 808

Website: <http://unitedselfhelp.org/>

Stroke Support

Aloha Independent Living Hawaii Big Island Mixed Group Support Group (in-person at various locations on 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.

Aloha Independent Living Hawaii Kauai Lualaba 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.

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.

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.

C.A.N. (Crush Ableism Now) Lunch Club (in-person on Oahu)

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. They meet on the University of Hawaii at Manoa campus.

Optional registration: <https://go.hawaii.edu/gYk>

For more information, contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

Hilo Stroke Support Group (virtual)

Second Tuesday of each month, 4:00 – 5:00 pm HST

Join group at:

https://www.google.com/url?q=https://ehihalawai.zoom.us/j/91814580807?pwd=%3DSzRIZVJZTHFzVzFzSINwQnlzUHg2QT09&sa=D&source=calendar&ust=1653250928593396&usg=AOvVaw129kpUEQcZJJKEfK-Cu_bt

Link can also be found at: <https://www.hilomedicalcenter.org/our-services/support-groups/our-stroke-support-group/>

For more information, contact Amy Shipley, Speech Language Pathologist, at ashipley@hhsc.org or call 1-808-931-3049

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 or call 808-385-5462.

Maui Memorial Medical Center Stroke Support Group (virtual)

Third Thursday of each month, 5:00 – 6:00 pm HST

For more information, visit <https://www.mauihealth.org/calendar/?Topic=Stroke>

To request a link to the meeting, contact Mariah Mossman at mariah.mossman@kp.org (email contact preferred) or call 1-808-442-5773

Stroke Survivors Online Support Group: How to Thrive on our Islands After Stroke (virtual) – Ms. Danae Jones, RN, Queen’s Medical Center
Second Wednesday of each month, 5:30 – 7:00 pm HST
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>

Think Big! Support Group (in-person on Kauai)
Second Wednesday of each month, 5:00 – 6:00 pm HST
Currently not meeting, but will start up again soon.

American Stroke Association Stroke Support Group Finder
<https://www.stroke.org/en/stroke-support-group-finder>

Spinal Cord Injuries

Aloha Independent Living Hawaii Big Island Mixed Group Support Group (in-person at various locations on 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.

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.

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.

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.

C.A.N. (Crush Ableism Now) Lunch Club (in-person on Oahu)

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. They meet on the University of Hawaii at Manoa campus.

Dates TBA

Optional registration: <https://go.hawaii.edu/gYk>

For more information, contact Dr. Daniela Bond-Smith at db48@hawaii.edu or call 808-203-7191.

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 or call 808-385-5462.

Think Big! Support Group (in-person on Kauai)

Second Wednesday of each month, 5:00 – 6:00 pm HST

Currently not meeting, but will start up again soon.

Spinal Cord Injury Online Communities

<https://www.sci-info-pages.com/online-communities/>

Spinal Cord Injury Support Groups

<https://www.spinalcord.com/spinal-cord-injury-support-groups>

United Spinal Association Chapter Network

<https://unitedspinal.org/support/chapter-network/>

Parents on Wheels – United Spinal Association’s virtual support group for parents who use wheelchairs and their partners

Second Wednesday of each month at 7:00 pm – 8:00 pm ET (Currently that is 2:00 – 3:00 pm HST)

Go to <https://unitedspinal.org/events/rolling-into-parenthood/> to register for the support group

4. Articles on Brain Injuries

Benefits of Aerobic Exercise Following Traumatic Brain Injury

<https://www.psychiatrytimes.com/view/benefits-of-aerobic-exercise-following-traumatic-brain-injury>

Some Traumatic Brain Injuries Require Lifelong Treatment, New Data Suggests

<https://www.newschannel6now.com/2023/03/30/some-traumatic-brain-injuries-require-lifelong-treatment-new-data-suggests/>

How TBI Presents Differently in Children Under Age 4

<https://leader.pubs.asha.org/doi/10.1044/2023-0308-pediatric-tbi/full/>

Walking a Leashed Dog Associated with Risk of Traumatic Brain Injury Among Adults

<https://www.newswise.com/articles/walking-a-leashed-dog-associated-with-risk-of-traumatic-brain-injury-among-adults>

Almost Half of People with Concussion Still Show Symptoms of Brain Injury Six Months Later

<https://medicalxpress.com/news/2023-04-people-concussion-symptoms-brain-injury.html>

Be Nice to Your Brain: Concussion Awareness and Prevention

<https://healthcare.utah.edu/healthfeed/2023/04/be-nice-your-brain-concussion-awareness-and-prevention>

Long Term Effects of an Untreated Concussion

<https://www.powerofpatients.com/blog/long-term-effects-of-an-untreated-concussion>

Biomarkers for Traumatic Brain Injury: Proceedings of a Workshop

https://nap.nationalacademies.org/catalog/26932/biomarkers-for-traumatic-brain-injury-proceedings-of-a-workshop?utm_source=HMD+Email+List&utm_campaign=42cc310d50-EMAIL_CAMPAIGN_2018_05_29_03_33_COPY_01&utm_medium=email&utm_term=0_211686812e-42cc310d50-180741919&mc_cid=42cc310d50&mc_eid=8346700ad6

Comparison of Informational and Educational Resource Provision for Individuals Living with Traumatic Brain Injury Based on Language, Nativity, and Neighborhood (abstract only)

https://search.naric.com/research/rehab/redesign_record.cfm?search=2&type=advanced&all=J90552&exact=&any=&omit=&fld1=Title&txt1=&op1=AND&fld2=Title&txt2=&op2=AND&fld3=Title&txt3=&op3=AND&fld4=Title&txt4=&available=0&online=0&article_source=Rehab&international=0&international_language=&international_location=&rec=171625

Subdural vs. Epidural Hematoma

<https://www.powerofpatients.com/blog/subdural-vs.-epidural-hematoma>

Concussion Headliners: Episode 7, Jarrett Irons, U-M Concussion Center Advisory Board, Former U-M Football Co-Captain in 1995 & 1996 (podcast)

<https://www.buzzsprout.com/2012342/12550942>

Traumatic Injuries from Downhill Biking Can Be Life-Changing

<https://www.auntminnieeurope.com/index.aspx?sec=ser&sub=def&pag=dis&ItemID=623877>

Severe TBI Survivor Brings Healing with Therapeutic Art Making

<https://patch.com/california/san-diego/severe-tbi-survivor-brings-healing-therapeutic-art-making>

5. Articles on Stroke

American Stroke Month – American Stroke Association

https://www.stroke.org/en/about-the-american-stroke-association/stroke-awareness-month?utm_source=Together+To+End+Stroke&utm_medium=email&utm_campaign=Together+To+End+Stroke+&utm_content=Hero_CTA&sc_campaign=79890DEB9E704C13939C0205B45526EE

Learn to Act F.A.S.T. (includes games and quizzes to help you identify possible stroke symptoms)

<https://www.stroke.org/en/fast-experience/face-drooping>

Handle Post-Stroke Personality Changes

https://www.stroke.org/en/about-stroke/effects-of-stroke/emotional-effects-of-stroke/personality-changes-post-stroke?utm_source=Together+To+End+Stroke&utm_medium=email&utm_campaign=Together+To+End+Stroke+&utm_content=Hero_CTA&sc_campaign=79890DEB9E704C13939C0205B45526EE

3 Ways Community Paramedics Can Assist with After-Stroke Care

<https://www.ems1.com/stroke-care/articles/3-ways-community-paramedics-can-assist-with-after-stroke-care-I0LHIW2zwZ9nJcPI/>

Simply Good Cookbook (American Stroke Association)

[https://www.stroke.org/en/life-after-stroke/recovery/simply-good-cookbook?utm_source=Together+To+End+Stroke&utm_medium=email&utm_campaign=Together+To+End+Stroke+&utm_content=Content 2 CTA&sc_campaign=79890DEB9E704C13939C0205B45526EE](https://www.stroke.org/en/life-after-stroke/recovery/simply-good-cookbook?utm_source=Together+To+End+Stroke&utm_medium=email&utm_campaign=Together+To+End+Stroke+&utm_content=Content+2+CTA&sc_campaign=79890DEB9E704C13939C0205B45526EE)

6. Articles on Spinal Cord Injuries

Pregnancy & SCI

<https://mskctc.org/sci/sci-topics/pregnancy-sci>

This link includes factsheets, infocomics, quick reviews, and slide shows.

“It helps me with everything:” A Qualitative Study of the Importance of Exercise for Individuals with Spinal Cord Injury (abstract only)

https://search.naric.com/research/rehab/redesign_record.cfm?search=2&type=advanced&all=J91202&exact=&any=&omit=&fld1=Title&txt1=&op1=AND&fld2=Title&txt2=&op2=AND&fld3=Title&txt3=&op3=AND&fld4=Title&txt4=&available=0&online=0&article_source=Rehab&international=0&international_language=&international_location=&rec=174402

The Relationship of Secondary and Chronic Health Conditions with Emergency Department Visits and Related Hospitalizations Among People with Traumatic Spinal Cord Injury (abstract only)

https://search.naric.com/research/rehab/redesign_record.cfm?search=2&type=advanced&all=J90727&exact=&any=&omit=&fld1=Title&txt1=&op1=AND&fld2=Title&txt2=&op2=AND&fld3=Title&txt3=&op3=AND&fld4=Title&txt4=&available=0&online=0&article_source=Rehab&international=0&international_language=&international_location=&rec=171818

7. Fall Prevention

May 1 – 5 is National Safety Stand-Down to Prevent Fall in Construction Week

<https://uknow.uky.edu/research/may-1-6-national-safety-stand-down-prevent-falls-construction-week>

8. Information on Related Topics

Telework After COVID: Challenges and Opportunities for Workers with Disabilities

<https://disabilityinclusiveemployment.org/news/diep-rrtc-publishes-research-brief-discussing-positive-and-negative-implications-of-expanded-telework-for-workers-with-disabilities/>

How to Bridge Different Access Needs

<https://www.peatworks.org/how-to-bridge-different-access-needs/>

Exploring the Perspectives of Adults Aging with Long-Term Physical Disabilities on Physical Activity: A Qualitative Study (abstract only)

https://search.naric.com/research/rehab/redesign_record.cfm?search=2&type=advanced&all=J91072&exact=&any=&omit=&fld1=Title&txt1=&op1=AND&fld2=Title&txt2=&op2=AND&fld3=Title&txt3=&op3=AND&fld4=Title&txt4=&available=0&online=0&article_source=Rehab&international=0&international_language=&international_location=&rec=174180

9. Presentations and Trainings

Powerful Tools for Caregivers (PTC) classes

Provided by the Hawaii Community Caregiver Network (HCCN), classes include a scripted curriculum and a copy of a handbook, The Caregiver Helpbook. Classes have resumed. There is a nominal \$10 registration fee. Please contact HCCN to get on their mailing list for upcoming classes. Their contact form is found at

<https://hawaiicaregivers.org/contact>

Presentations offered by Pacific Disabilities Center, John A. Burns School of Medicine, University of Hawaii at Manoa

These presentations are offered online via Zoom free of charge to any interested group of members of the public and / or professionals. In certain cases, they may be offered in person. Presentations are adjusted to the time allotted and particular interests of the group. Please email Violet Horvath at

vhorvath@hawaii.edu for more information or to schedule a presentation. The current list of presentations includes:

1. Preventing and Identifying Strokes, Spinal Cord Injuries, and Brain Injuries
2. Brain Injuries
3. Domestic Violence and Brain Injuries

4. Employment and Brain Injuries
5. Homelessness and Brain Injuries
6. The Basics of Advocacy
7. Working with Victims of Crime Who Have Disabilities
8. Medical Gaslighting
9. Trauma and Physical Disabilities

Neuropsychological Screening: Using Brain Injury and Cognitive Screening to Inform Treatment Planning Across Settings – Dr. Kim Gorgens, University of Denver

National Association of State Head Injury Administrators (NASHIA)

A three-hour, three-part course designed for Masters-level professionals who are interesting in learning about the use of neuropsychological screening batteries for clinical practice. Geared towards community providers, behavioral health workers, social workers, vocational rehabilitation counselors, community rehabilitation provider staff, addictions professionals, etc. There is another module for supervisors and consultation / supervision hours available.

There is a cost associated with these modules and consultation. For more information, go to <https://www.nashia.org/np-modules#!form/Neuropsych>.

10. Research and Participation Opportunities

Are you a motorized or manual wheelchair or scooter user? The Disability Rights Education & Defense Fund would like to hear about your experiences in obtaining a new wheelchair or scooter, and you have insurance and your clinician agreed you needed the assistive device. For more information or questions, contact Jean Minkel at jean.minkel@icsny.org or Rita Stanley at rita.stanley@merrimaninnovation.com. The survey takes about 10 – 15 minutes to complete and can be found at: <https://mailchi.mp/dredf/mobility-device-user-survey?e=33a8c97ce8>

From Aloha Independent Living Hawaii, Access to Independence, and the Statewide Independent Living Council – a Community Needs Assessment Survey. The survey can be accessed here:

<https://independentlivinghawaii.org/community-needs-assessment/>

The Indiana Traumatic Brain Injury (TBI) Model System Center is looking for participants for a study, “Intervention to Change Affect Recognition and Empathy.” The study will test a new teletherapy program to help individuals with TBI better recognize and respond to others’ feelings and improve their relationships. There will be five virtual assessment visits, and 12 virtually-delivered training sessions. Potential participants must be over the age of 18 and have a TBI, and may be eligible for compensation for their time. For more information or to participate, call Raven Hill at 317-329-2043 or send an email to ravehill@iu.edu.

The University of Michigan College of Engineering is now recruiting wheelchair users who are 50+, both manual and non-manual wheelchair users. However, you must be able to take part in an in-person visit in Michigan, among other things. Participants are mailed \$80 plus \$15 for travel and parking for completing the study. For more information, send an email to ttabattak@umich.edu or call 734-764-9965.

The Cognitive-Communication Rehabilitation Lab at the University of Georgia is inviting older adults for a research study examining learning and engagement with fall prevention education. Specifically, we are looking for participants who:

- Are older than 65, both with and without a history of traumatic brain injury
- Able to speak, read, and write in English with a high degree of fluency,
- Able to see text and images in print at approximately 20 inches,
- Have access to a computer or laptop with a full keyboard and video conferencing capabilities,
- Have no hearing impairment beyond what is correctable via hearing aid,
- Have no previous diagnosis of Alzheimer’s disease or related dementias

The study will ask you about your general health (sleep, physical activity, social, engagement), health beliefs, attitudes, and perceptions, and cognitive function.

If you local to Athens, GA, then you are invited to come in-person to Aderhold Hall on the University of Georgia Campus for Visit 1 and a phone call follow-up for Visit 2.

If you are not local to Athens, GA, they will see you virtually for Visit 1 and Visit 2. You will need access to a laptop or computer with a full keyboard, as well as Zoom videoconferencing capabilities (audio and video).

You will be compensated up to \$100 for your participation; \$40 at Time 1, \$50 at Time 2, and \$10 for an optional interview. For more information, email Amy Kemp at amy.kemp@uga.edu or visit

https://ugeorgia.ca1.qualtrics.com/jfe/form/SV_40ng4tFhKXjEE8m

National Capital SCI Model System Recruiting for a Study on Urinary Symptoms
The Model Systems Knowledge Translation Center (MSKTC) is recruiting people who are at least 18 years old and have a spinal cord injury, multiple sclerosis, or spina bifida to be in a study comparing the effectiveness of saline vs. probiotic bladder wash to reduce urinary symptoms. Participants will receive \$25 for completion of Phase 1 and 2, and \$50 for completion of Phase 3. If interested, please contact Emily Leonard, Ph.D., at Emily.m.leonard@medstarnet or 202-877-1844. In addition, MSTKC is looking for people to be SCI Ambassadors. All of this information can also be found at <https://msktc.org/about/sci-Model-Systems-Recruitment>

Are you a family member of a child with disabilities or a young adult (ages 18 – 26) with disabilities? Do you have ideas about how to improve the health and well-being for children with disabilities who might also be treated differently due to their race or income or other reasons? If so, we're interested in your ideas about how to make things better and increase supports in communities and in health care for children with disabilities who might also experience unfair treatment related to their race or income or other factors. This research study is being conducted by the University of Pittsburgh. We will usually use a Zoom video call but are ready to offer accommodations or an alternative interview method if Zoom does not work for you. Following the interview or focus group, you will receive a \$100 gift card with our thanks for helping us to do this research. Focus groups are scheduled for late March and April 2023. If you are willing to share your expertise, please use this brief survey to let us know:

https://pitt.co1.qualtrics.com/jfe/form/SV_b9JmeGls70MZJig

You can also email or call the study organizers: kristynfelman@pitt.edu, 412-692-6410.

Hawaii Pacific Neuroscience is holding several clinical trials. Currently, they include:

1. Alzheimer's / Memory
2. Parkinson's Disease / Essential Tremor / Huntington's Chorea
3. Spasticity
4. Epilepsy – Refractory or Abortive
5. Pain / Headache / Migraine

Some studies may pay for travel to Oahu from other islands. Please call 808-564-6141 for more information.

National Survey of Parents and Caregivers with Physical and Vision Disabilities
Participants must have a physical or vision disability and be the parent or caregiver of a child who is 5 years and 11 months old or younger. The online survey lasts about 20 – 60 minutes and may be completed in several sessions. To register or to receive assistance in completing the survey, contact Stacey Frauwirth, Project Manager, at 510-225-7519 or by providing your contact information via an online form, which can be found at <https://ttlcredcapebmjghweac5sg.azurewebsites.net/surveys/?s=4RRANJRNCKYPALAR>

Head Impact & Trauma Surveillance Study (HITSS)

Looking for people to enroll in the HITSS to find out the long-term brain health impacts of repetitive head impacts in soccer and tackle football. It involves a fully online annual assessment that should take about two hours to complete and can be done over several days.

<https://www.hitss.org/>

Looking to recruit members for the disability expert panel for HI Disability:

This project, currently titled HI Disability (title may change) is a disability community data project. Researchers are looking for people who might be

interested in coming on board. The commitment would be up to 10 hours over the course of the next nine months. Participation will be paid competitively. The insights from the panel is critical to the researchers' next project.

The panel will be made up of people with disabilities, family members / carers, and representatives of community organizations - lived experience with disability, and / or chronic illness or neurodiversity is the key criterion. Diversity of the panel is extremely important. The researchers are looking particularly for people of color and people who are low-income, unemployed or unable to work. Details about the project and the role of the expert panel are provided in the attached flyers (sent as separate attachments in this email).

For more information contact Dr. Daniela Bond-Smith (db48@hawaii.edu or call 808-203-7191), or Dr. Katharina Heyer (hey@hawaii.edu), both from the College of Social Sciences, University of Hawaii at Manoa.

The Kessler Foundation is announcing a research opportunity for kids and teens. Scientists are researching whether an emotional processing program can improve the interpretation of others' emotions in children and adolescents following traumatic brain injury. The eligibility requirements are:

- Adolescents who are 9 – 17 years old
- Has sustained a traumatic brain injury at least one (1) year ago

The study is completely online and takes place using a HIPAA compliant online platform. Participants will be compensated up to \$300 for the study. If you have questions or think an adolescent is a good candidate for the study, email jleddy@kesslerfoundation.org or call 973-324-8429. More information can be found at: <https://kesslerfoundation.org/research/studies/emotional-processing-intervention-children-tbi>

National Employer Survey

Anonymous survey for employers to learn about job accommodations provided by businesses to employees with physical disabilities. Open to human resources professionals, executives, and hiring managers of US employers.

<https://redcap.nubic.northwestern.edu/redcap/surveys/?s=PHC7WKL4HCWKDW4N>

Validate Work ACCESS Decision Trees

They are looking for participants with workplace accommodation experience to review decision trees used to help guide employees who have disabilities, employers, and rehabilitation professionals. Different topics will be covered throughout the year and you can participate in more than one survey. You must be 18 or older, fluent in spoken and written English, and live in the United States. Participants may enter a periodic drawing for \$50 gift cards. Visit [https://gatfl.gatech.edu/tflwiki/index.php?title=Work ACCESS Validation Survey](https://gatfl.gatech.edu/tflwiki/index.php?title=Work_ACCESS_Validation_Survey) for more information. You can also contact Karen Milchus at karen.milchus@design.gatech.edu or 404-894-4960.

Use of Service Animals in Employment

Research on the use of service animal and emotional support animals by people with disabilities in the workplace. Open to those who are 18 years old or older who use service animals. The online survey takes about 5 – 10 minutes to complete.

<https://survey.alchemer.com/s3/6966941/Use-of-Service-Animals-in-Employment>

11. Exercise Classes

For those not located in Hawaii, and who are located near a YMCA, check their website to see what classes they offer for free in person and virtually. In addition, some of the classes listed below take place online, while others are on video, so an individual may participate from wherever they are located if they have a device that can link to the internet and they have internet access.

Exercise Classes in Hawaii

Listed below are free, online exercise classes offered by the St. Francis Virtual Caregiver Education and Wellness program. Go at your own pace and ability to move wherever you happen to be at class time. The exercises can help with strength, balance, fall prevention, etc. Many can be done while seated. Monthly registration is required. Visit <https://www.stfrancishawaii.org/s/courses> for a list of classes and to register. All times listed are HST.

- a. Big Moves! Monday: Mondays, 8:00 am – 9:00 am

- b. Empower You!: Wednesdays, 8:00 am – 9:00 am. Designed for people diagnosed with Parkinson’s Disease, but open to everyone
- c. Body & Brain Yoga Tai Chi: Tuesdays, 9:00 am – 10:00 am
- d. Tripudio Movement System with Ellie (pre-recorded): Thursdays, 11:00 am – 12:00 pm
- e. Zumba by Frances: Mondays, Wednesdays, and Fridays, 5:15 pm – 6:30 pm
- f. Zumba Gold by Frances: Saturdays, 8:00 am – 9:00 am. Zumba Gold is a lower intensity Zumba class with easy-to-follow choreography.
- g. Boxing Fundamentals: Tuesdays and Fridays, 12:00 pm – 12:30 pm

The Island of Hawaii YMCA has free fitness videos online that include chair dancing, dance fitness, basic hula, tai chi, qigong, chair yoga, yoga for seniors, senior bon dance tutorial, and morning exercise. The videos can be found at <https://islandofhawaiiymca.org/programs/health-fitness/fitness-videos/>

The Maui Family YMCA offers a Parkinson’s Fitness program. You must be a member to attend the sessions. There is a charge of \$10 or \$15/month for YMCA members and \$30/month for potential members. For more information, go to <https://www.mauiymca.org/fitness-programs/>

The YMCA of Honolulu offers a Kupuna Tai Chi for Arthritis and Fall Prevention class, which is open and free to the public for anyone 60 years or older only. YMCA membership is not required. In-person classes only at Leeward YMCA on Tuesdays and Thursdays from 9:00 – 10:00 am. Visit <https://www.ymcahonolulu.org/health-and-fitness/active-older-adults> for more information and to learn how to register.

12. Agency Resource Manuals

AARP Family Caregiving - <https://www.aarp.org/caregiving/>

A collection of information, not specific to Hawaii

Hawaii Aging & Disability Caregiver Resources -

<https://www.hawaiiadrc.org/caregiver-resources>

Includes links to Memory Care Roadmap for Family Caregivers and Eldercare Locator.

Hawaii Aging & Disability Food Resources, COVID-19 Supplement version 2 - <https://www.hawaiiadrc.org/Data/Sites/1/media/Publications/Food%20Resources%20April%202017%202020%20FINAL.pdf>

Revised April 2020; keep in mind some of this information may have changed because of changes to the COVID-19 situation in Hawaii

Hawaii Department of Safety Community Resource Guide - <https://dps.hawaii.gov/wp-content/uploads/2021/04/Community-Resource-Guide.pdf>

Last updated in 2021

Hawaii Elderly Affairs Division Senior Handbook - https://www.elderlyaffairs.com/Portals/AgencySite/DCS%202021%20Senior%20Handbook_vD2FINAL.pdf

Last updated in 2022

Hawaii State Health Insurance Assistance Program (SHIP) Resource Publications on Medicare, Medigap, and Staying Healthy (scroll down past the phone numbers and URLs to find links to the publications on all kinds of related topics)

<https://www.hawaiihip.org/resources/medicare/#resources-medicare-publications>

Hawaii's Fraud Prevention and Resource Guide, 3rd Edition –

https://www.hawaiiadrc.org/Data/Sites/1/media/Publications/21164_Text.pdf

Last updated May 2020

Honolulu Magazine 2023 Kupuna Guide -

<https://www.honolulumagazine.com/2023-kupuna-guide/>

Mental Health America of Hawaii - <https://mentalhealthhawaii.org/wp-content/uploads/Finding-Help-Resource-Directory-09.29.21.pdf>

Last updated July 2021

Special Parent Information Network (SPIN) Community Resources Guide -

<http://spinhawaii.org/resource-guide/>

Last updated in 2022

13. Newsletters and Videos, Apps, Podcasts, and Blog Archives

Brain Injuries

Brain Injury Association of America The Challenge! Magazine

<https://www.biausa.org/public-affairs/public-awareness/challenge-magazine>

Brain Injury Association of American Resource Center – webinars and lecture recordings

<https://www.biausa.org/professionals/education>

Brain Injury Association of Hawaii Newsletter

Email your request to subscribe to: braininjuryofhawaii@gmail.com

Hawaii Pacific Neuroscience weekly e-newsletter

To subscribe, send an email to: kliow@hawaii.edu

Mind Your Brain Foundation

There are resources for survivors and service providers, such as Road Map to Recovery and a podcast series.

Home: <https://www.mindyourbrainfoundation.org/>

Resources: <https://www.mindyourbrainfoundation.org/resource/>

Events: <https://www.mindyourbrainfoundation.org/conferences/>

National Association of State Head Injury Administrators Trainings On Demand Archive

<https://www.nashia.org/trainings-archive>

National TBI Registry Coalition

<https://nationaltbiregistry.org/>

PINK Concussions

<https://www.pinkconcussions.com/>

Female brain injury from sports, violence, military service. They have a YouTube Channel, support groups, conduct research, hold events, and more.

Traumatic Brain Injury Model System Knowledge Translation Centers (MSKTC)
<https://msktc.org/tbi/model-system-centers>

Model Systems Knowledge Translation Center (MSKTC) SCI – TBI – Burn
Newsletter Archives
<https://msktc.org/newsletter/archives>

Power of Patients
Free, customizable app to help patients and caregivers track their brain injury
symptoms and triggers.
<https://www.powerofpatients.com/>

United States Brain Injury Alliance (USBIA)
Webinar Recordings: <https://usbia.org/members-resources/webinars/>

U-M Concussion Center (U-M is University of Michigan)
“Behind the Scenes with the Experts” Blog episode archive:
<https://www.buzzsprout.com/2012342>
Digital Resources (videos): <https://concussion.umich.edu/education/digital-resources/>

U-M Concussion Center Quarterly News (U-M is University of Michigan)
To subscribe, email their communications team at concussioncenter@umich.edu

University of Washington Traumatic Brain Injury Model System TBI Model System
Updates
To subscribe, send an email to uwtbi@uw.edu. In the subject line, please type
“subscribe newsletter”

Spinal Cord Injuries

American Congress of Rehabilitation Medicine Spinal Cord Injury Webinar Series
Archives
<https://acrm.org/acrm-communities/spinal-cord-injury/sci-webinar-series/>

Kennedy Krieger Institute International Center for Spinal Cord Injury Newsletter
<https://www.kennedykrieger.org/patient-care/centers-and-programs/international-center-for-spinal-cord-injury/newsletter>

Spinal Cord Injury Model System Knowledge Translation Centers (MSKTC)
<https://msktc.org/sci/model-system-centers>
Model Systems Knowledge Translation Center (MSKTC) SCI – TBI – Burn
Newsletter Archives
<https://msktc.org/newsletter/archives>

United Spinal Association Webinar Archives
<https://unitedspinal.org/webinars/>

University of Alabama Heersink School of Medicine Spinal Cord Injury Model
System Pushin' On Newsletter
Archives: <https://www.uab.edu/medicine/sci/uab-scims-information/pushin-on-newsletter>

Stroke

American Stroke Association Together to End Stroke Newsletter

To sign up, go to:

<https://www.stroke.org/en/about-the-american-stroke-association/together-to-end-stroke/newsletter-sign-up>

Hawaii Pacific Neuroscience weekly e-newsletter

To subscribe, send an email to: kliow@hawaii.edu

Johns Hopkins Medicine Sheikh Khalifa Stroke Institute SKSI Webinar Series
https://www.hopkinsmedicine.org/neurology_neurosurgery/centers_clinics/khalifa-stroke-institute/webinar-series/

On with Life Stroke Webinar Series

<https://www.onwithlife.org/education-research/fall-conference-2/stroke-webinar-series/>

Paul Coverdell National Acute Stroke Program (PCNASP)

https://www.cdc.gov/dhdsp/programs/about_pcnasp.htm

World Stroke Organization Blog Archive

<https://www.world-stroke.org/news-and-blog/blogs>

World Stroke Organization Newsletter Archive

<https://www.world-stroke.org/news-and-blog/newsletters>

General / Other

American Trauma Society newsletters

<https://multibriefs.com/optin.php?AMTRAUMA>