



Brain Injury
Association
Of Hawaii

Jun 2023 Vol 5



Brain Injury Association
of Hawaii (BIHi)
Board of Directors

Dorothy Aliilua
President

Kent Yamamoto, MD
Vice President

Michele Tong
Secretary

Billie "BJ" Wade
Executive Director

Allana Coffee, Ph.D.
Violet E. Horvath, Ph.D.
Pam Lundquist, JD
Karen Klemme

~~~~~

1221 Kapiolani Blvd, PH50  
Honolulu, Hawaii. 96814  
[braininjuryofhawaii@gmail.com](mailto:braininjuryofhawaii@gmail.com)  
<https://biausa.org/findbia/hawaii>

808-633-8144 via voicemail  
808-221-8330 via text/voicemail

## THE DOORS ARE OPENING FOR BRAIN INJURY PROGRAMS AND EVENTS

There are several projects and programs in the future for BRAIN INJURY ASSOCIATION OF HAWAII (BIHi) members and supporters.

This month in June, BIHi is collaborating with the St Francis Caregiver and Wellness Program to offer a hybrid in-person and ZOOM presentation on the "Basics of Advocacy." The presentation will provide tips and tools for advocating for yourself or for others. Advocacy means knowing how to express your wishes and views. It is the ability to successfully communicate your needs.

BIHi continues to support the Kona Support Group meetings held via ZOOM. The next presentation will be Tuesday, June 14. The speaker will provide tools to help improve sleep increase energy, improve cognition, decrease anxiety and depression.

On July 27, BIHi will once again collaborate with the Hawaii Bicycling League to participate in the Kalihi YMCA Bike Rodeo. The April event with the Leeward YMCA was such a success that BIHi has been asked to participate in a July family event in Kalihi.

The Brain Injury Association of Hawaii Annual Fundraiser is scheduled for October and March 2024 is the target date for the "Brain Injury Related Education and Resource Conference."

*Until then, have a Happy June & a Wonderful Summer*

BJ Wade, Editor

# FALL PREVENTION TIPS

Amy Kemp, PhD in Cognitive Communication and Rehabilitation in Older Adults gave the Brain Injury Support Group (BIOSG) the results of her study on FALL PREVENTION. Amy spoke to the group from California and summarized the current results of her study. Those eligible to participate in the study should be 65 or older with or without a brain injury. BIOSG members, family members or friends are encouraged to help with the study. Amy expressed a need for more diversity to include males and people of color.

## What do older adults consider important to do to make homes safer?

- Proper footwear
- Awareness of stability
- Clear pathways daily
- Non-slip mats
- Rearrange closets
- Rearrange kitchen
- Add sensory lights



May 27 BIOSG Meeting



# LEARNING IN OLDER ADULTS

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

## WHO IS ELIGIBLE?

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

You can participate if you:

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

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

## DESCRIPTION OF STUDY

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

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

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

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

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

## INTERESTED?

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



Mary Frances Early  
College of Education  
UNIVERSITY OF GEORGIA



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

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



# ABOUT ADVOCACY



*St. Francis*  
HEALTHCARE SYSTEM OF HAWAII  
*A Legacy of Caring for Hawaii's People*

## BASICS OF ADVOCACY

By Dr. Violet Horvath, Director Pacific Disabilities  
John A Burns School of Medicine  
Friday, June 9, 2023 from 10am to 11:30am



**FREE - In-person or via ZOOM**



Register at <https://www.stfrancishawaii.org/s/courses> or scan the QR code for ZOOM link or to attend in person at 2228 Liliha Street, Honolulu, Hawaii 96817

In Collaboration with the Brain Injury Association of Hawaii



Brain Injury  
Association  
Of Hawaii

# ABOUT SELF CARE

## BRAIN INJURY SUPPORT GROUP MEETING



**Speaker: Tanya Penny, OTR, Occupational Therapist**



**Time: June 14, 2023 at 4:00PM** (speaker's request)

**Title:** Learn The Therapeutic Meditation Process™ To Decrease Negative Symptoms & Heal.

**Description:** Learn simple & powerful tools that you can use daily to: Improve sleep, have more energy, improve cognition, decrease anxiety & depression, decrease negative body symptoms (pain, numbness, tingling, etc.), decrease blood pressure, and release stress (mind & body).

**Join Zoom Meeting** [WWW.Zoom.com](https://www.zoom.com).

**Meeting ID: 808 274 6477.**

Go to zoom and in the upper right hand corner you will see "join meeting". Then enter the Meeting ID **808 274 6477**. Stephanie, our zoom coordinator will let you in after you join the waiting room.

Invited are all brain injury, stroke or other neuro-trauma survivors, their families and caregivers, interested professionals and the public. If you have any questions about the support group meeting, you may contact Karen Klemme at 808-896-2962 (text), or email: [kklemme@hawaii.rr.com](mailto:kklemme@hawaii.rr.com).

## SUPPORT GROUP MEETINGS, WEBINARS & PODCASTS

Aloha Independent Living Hawaii Big Island Mixed Group Support Group (in-person at various locations in Hawaii). Comprised of adults with various disabilities, the group meets for fellowship and peer support. The group meets the **third Thursday of every month from 10:00 am to 12:00 pm at various locations (TBA)**. For more information, please contact Karin Riedel at 808-333- 2408.

---

Aloha Independent Living Hawaii Kauai Lailima 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 Every Month from 10am to 12 noon**. Catholic Charities Clarence T C Ching Campus, Room 3, 1822 Keeaumoku Street, Honolulu, Hawaii Facebook:  
<https://www.facebook.com/BrainInjuryAssociationOfHawaii/>  
Email: [braininjuryofhawaii@gmail.com](mailto:braininjuryofhawaii@gmail.com)  
Contact Billie "BJ" Wade at 808-221-8330 (by text) for more information

---

Hui Malama Po'o Support Group (in-person on Oahu)  
The Hui objectives are to use crafting as cognitive therapy, provide support to people with brain and other neurotrauma injuries, educate others about neurotrauma injuries and more. They hold regularly scheduled meetings throughout the year at Rehabilitation Hospital of the Pacific. For more information, please contact Val Yamada at [huimalama01@gmail.com](mailto:huimalama01@gmail.com) or call 808-385-5462.

---

Brain Injury Oahu Support Group (in-person on Oahu) and via ZOOM  
in collaboration with St Francis Caregiver and Wellness Program  
**June 9, 10:am to 11:30am**  
Register at: <https://www.stfrancishawaii.org/s/courses> for link to ZOOM or for in person attendance contact: Melissa Caballes at 808-547-8138

Kailua Kona Brain Injury Support Group (virtual) - "Mind and Body" **June 14, 2023**,

**Time To Be Determined:** Tanya Penny, OT - For more information, contact:

[kklemme@hawaii.rr.com](mailto:kklemme@hawaii.rr.com). Facebook:

<https://www.facebook.com/groups/2671644676391469>

Zoom meeting ID: 98997548497. Go to Zoom and in the upper right-hand corner you will see "join meeting." Meeting ID 808 274 6477. Closed Captioning provided

---

The 13<sup>th</sup> Annual Traumatic Brain Injury Conference (in person in Washington, DC)

**June 19 – 20, 2023**

For information, go to: <https://www.tbiconference.com/> There is a cost associated with attending this conference

---

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.

---

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.

---

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.

Muscle Stiffness & Spasticity – Is there Relief? (virtual) – Jason Chang, M.D., Director, Spine and

Pain Management, Sub-Investigator, Neuromuscular Rehab Center, Hawaii Pacific Neuroscience, and Clinical Assistant Professor of Medicine, University of Hawaii, John A. Burns School of Medicine  
St. Francis Caregiver Education and Wellness Classes

August 15, 2023, 5:00 pm – 6:00 pm HST

Free, but registration is required: <https://www.stfrancishawaii.org/s/courses> Registration will open around the middle to end of July.

---

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

September 9, 2023, 11:00 am – 5:00 pm ET (5:00 am – 11:00 am HST): SOS Virtual Event

September 11 – 14, 2023, 9:00 am – 5:00 pm ET: 34<sup>th</sup> Annual State of the States Conference (in-person)

There is a charge for the in-person meeting; unknown at this time if there is a charge for the virtual event. Registration is not yet open.

Questions? Send an email to [mcrowley@nashia.org](mailto:mcrowley@nashia.org) Website:

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

---

Is Alzheimer's Dementia Preventable? (virtual) – Kore Kai Liow, MD, FACP, FAAN, Director and Principal Investigator, Alzheimer's Research Center, Hawaii Pacific Neuroscience, Clinical Professor of Neurology (Medicine), University of Hawaii, John A. Burns School of Medicine. St. Francis Caregiver Educ & Wellness Classes September 19, 2023, 5:00 pm – 6:00 pm HST

Free, but registration is required: <https://www.stfrancishawaii.org/s/courses> Registration will open around the middle to end of August.

*(Sources for the above are from: March 2023 Neurotrauma Newsletter, Pacific Disabilities Center, John A Burns School of Medicine; Brain Injury Association of America; and Brain Injury Association of Hawai'i)*

## ***I SEE YOU ~ I HEAR YOU PROGRAM***

### **THE HONOLULU PSYCHOLOGY COLLECTIVE CONTINUES TO OFFER TALK STORY SESSIONS FOR BRAIN INJURY SUPPORT GROUP MEMBERS. THE SESSIONS ARE OFFERED AT NO COST TO MEMBERS**

The Honolulu Psychology Collective is a private group therapy practice founded by Brain Injury Association of Hawaii Board member Allana Coffee, Ph.D. and her husband Jerry Coffee, LCSW. Both Allana and Jerry have been in practice for a total of 40 years. They have combined their experience, knowledge and love of the community to establish and support the Honolulu Psychology Collective (HPC).

HPC is comprised of clinical psychologists, clinical social workers and licensed marriage and family counselors who have a high level of experience, knowledge and compassion.

Honolulu Psychology Collective offers evidence based therapy with warmth and care.



*HPC Clinicians*

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

**Contact Billie "BJ" Wade at 808-221-8330 to schedule a session if you are a  
member of the Brain Injury Association of Hawaii and a brain injury survivor  
or a family member or caretaker of a brain injury survivor**

# MAHALO TO THE DONORS OF BRAIN INJURY ASSOCIATION OF HAWAII



Dr. Peggy Murphy, PSY.D

**CHUNMAY CHANG**

EMME, INC  
Tomimbang Multi-media Enterprises



LEAVITT, YAMANE  
& SOLDNER

**Fendu Boulangerie Bakery**



THE LAW OFFICES OF  
**JOHN W. SCHMIDTKE JR.**  
ATTORNEY AT LAW, A LAW CORPORATION