

Brain Injury
Association
Of Hawaii

Sep 2024 Vol 8

SEPTEMBER -- BRAIN INJURY EVENTS "FALL" IN TO PLACE

Brain Injury Association of Hawaii
Board of Directors

Dorothy Aliilua President

Kent Yamamoto, MD Vice President

Billie "BJ" Wade Executive Director

Allana Coffee, Ph.D.

Rose Evelyn Friedheim, Psy.D.

Violet E. Horvath, Ph.D.

Paige Onishi

Sienna Byrne

~~~~~

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/voice

September 22 is the official day when autumn begins. And, although Hawaii's seasons do not reflect the traditional period of falling leaves and cooling weather, I did ask our Ohia Lehua tree leaves what they liked most about Fall; they said, "we're just trying to branch out."

Like the leaves, BIHi and the many groups with whom we collaborate are branching out ... offering more activities and venues to offer information to survivors, family, friends and supporters in the brain injury community.

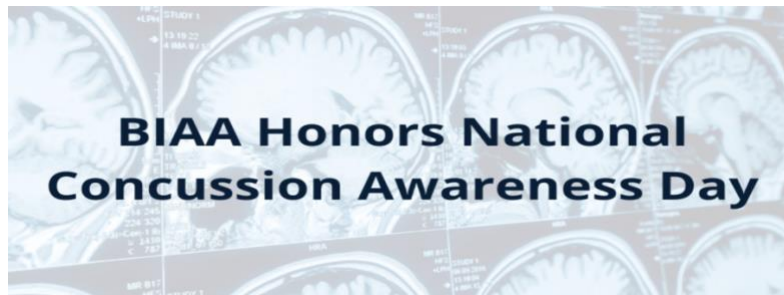
Hawaii's support groups on Kona, Kauai and Oahu are continuing to offer first class presentations and programs -- both virtual and in-person.

September 20 is Concussion Awareness Day. It is day to review, remember and reflect on the signs and symptoms of concussions. BIHi and its collaborators address the issue of concussions by supporting Bike Rodeos that encourage our keiki to wear helmets.

***Mahalo For Reading Our Newsletter***

-- Billie "BJ" Wade

# September 20, 2024 National Concussion Awareness Day



In mid-September, BIAA hosted a live event with Brooke Mills, the founder of Concussion Awareness Day. They discussed the need to take concussions seriously and the importance of spreading awareness. Watch the recording of the live event at: <https://www.biausa.org/public-affairs/public-awareness/news/biaa-honors-national-concussion-awareness-day>. The Brain Injury Association of Hawaii is an affiliate of Brain Injury Association of America (BIAA).

According to John Hopkins Medicine, a concussion is caused by a "blow or jolt to the head that keeps the brain from working normally. Symptoms of a concussion may last less than a day or may linger for months or longer." The symptoms of a concussion are:

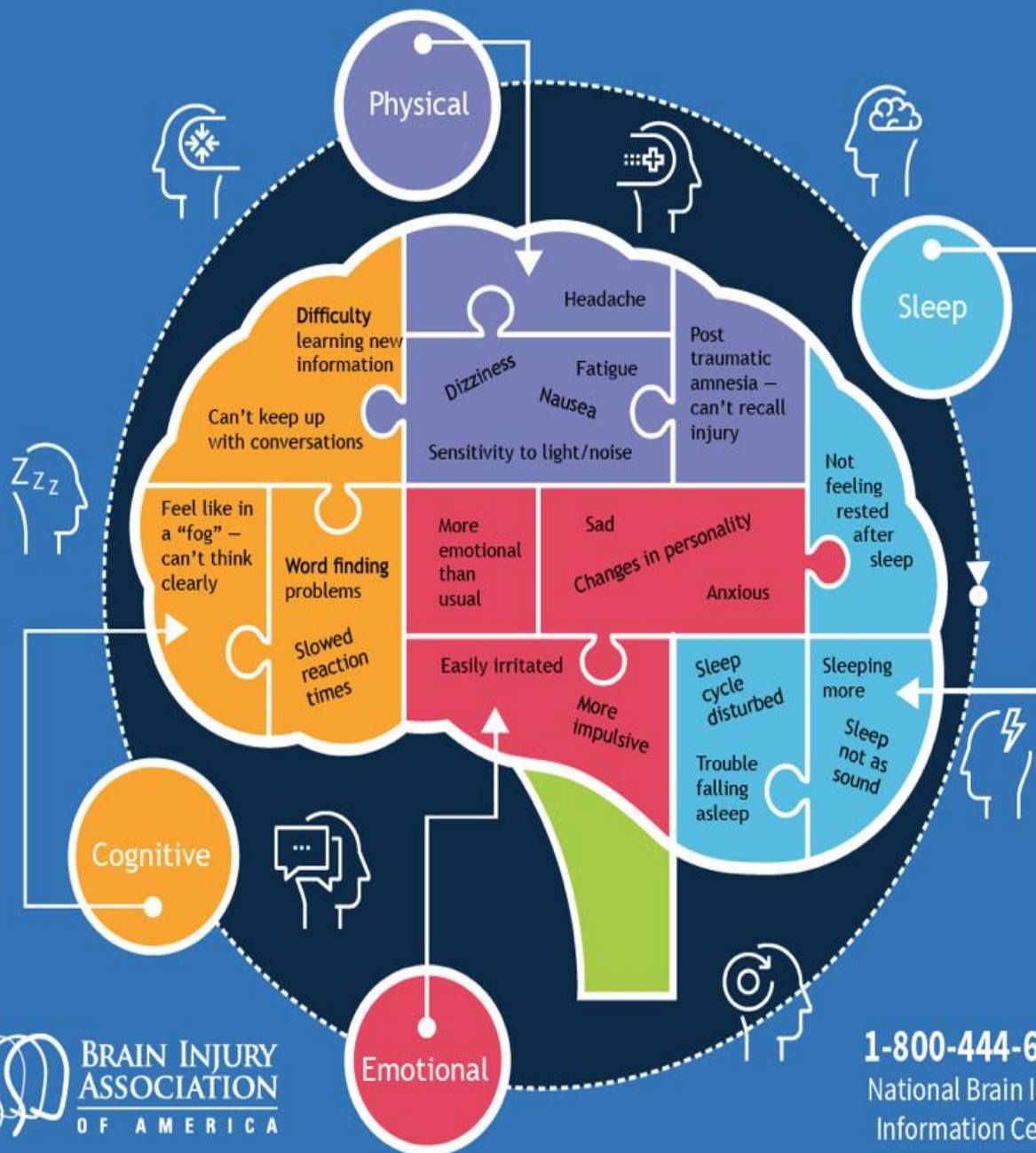
- Headache
- Vomiting Or Nausea
- Trouble Thinking Normally
- Memory Problems
- Trouble Walking
- Dizziness
- Vision Problems
- Fatigue
- Mood Changes
- Changes In Sleep Patterns

Call a healthcare provider or go to the emergency room if you or someone else loses consciousness after a blow to the head or if any of these occur

- Headache That Gets Worse And Does Not Go Away
- Weakness, Numbness Or Decreased Coordination
- Nausea Or Vomiting
- Slurred Speech
- Feeling Very Confused
- Feeling Very Drowsy
- Convulsions Or Seizures

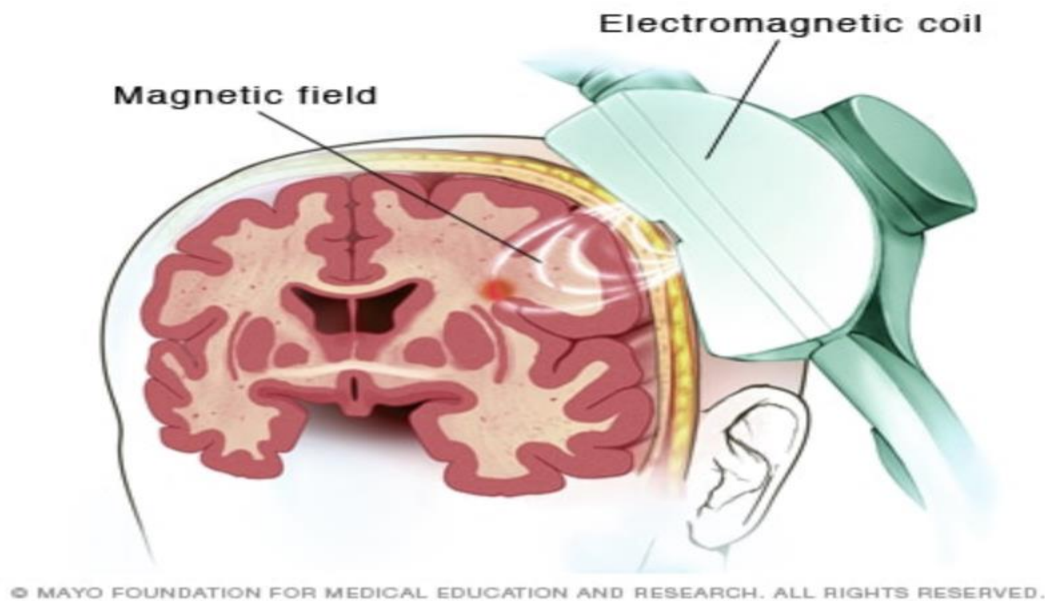
For more information: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/concussion>

# Concussion Signs



# TRANSCRANIAL MAGNETIC STIMULATION

Transcranial Magnetic Stimulation (TMS) is a non-invasive, non-prescription procedure that uses magnetic fields to stimulate nerve cells in the brain. It is approved by the FDA. It is a relatively recent form of treating depression. Depression and anxiety are common after a brain injury. Some feel depressed immediately after a traumatic brain injury while others may develop sadness, grief, anxiety and depression during the later stages of recovery.



## **Repetitive transcranial magnetic stimulation (rTMS)**

In repetitive transcranial magnetic stimulation (rTMS), an electromagnetic coil placed against the scalp creates a magnetic field that stimulates certain areas of the brain.

*Survivors who are in treatment and a representative of Brain Health Hawaii will give a presentation on TMS and the effectiveness of the treatment at the Brain Injury Oahu Support Group (BIOSG) meeting on Saturday, September 28, 2024*

For more information regarding TMS see: <https://www.mayoclinic.org/tests-procedures/transcranial-magnetic-stimulation/about/pac-20384625>

## BRAIN INJURY SUPPORT GROUP MEETINGS

Listing Provided by the September 2024 Neurotrauma  
Newsletter Violet E Horvath, Ph.D., Director of Pacific  
Disabilities Center

John A. Burns School of Medicine - University of Hawaii at  
Manoa For More Information visit

<https://pdc.jabsom.hawaii.edu/>

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: 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: Monthly on Saturdays. Remaining dates for 2024 are: June 29, July 27, August 31, September 28, October 26, November 30, December 28

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus, 1822 Keeaumoku Street, Meeting Room 3, Honolulu, HI but sometimes in other locations; check in advance

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: Concussion Legacy Foundation (CLF) Zoom Support Groups

Format: Virtual

Dates:

- \_Post-Concussion Patients: 1st Tuesday of the month
- \_Post-Concussion Caregivers: 2nd Tuesday of the month
- \_Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3rd Tuesday of the month
- \_Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4th Tuesday of the month
- \_Concussed Moms – 1st Thursday of the month
- \_CLF Canada Patient Groups – Weekly Monday, Wednesday, Thursday, Friday (international attendees welcome)

Times: Provided when you register

Additional information: Registration is required. Visit <https://concussionfoundation.org/peer-support> for more information and to register. 1-on-1 Peer Support is also available, and they are looking for Peer Support Volunteers. There are Facebook Resources Groups. Information on these can be found at the link above (scroll down to view the information).

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, 226 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: C.A.N. (Crush Ableism Now) Lunch Club

Format: In-person on Oahu

Dates: TBA

Times: TBA

Location: University of Hawaii at Manoa campus

Additional information: Monthly social lunch meeting for the disabled, chronically ill and neurodivergent University of Hawaii community, and anyone who wants to learn more about disability solidarity. Bring your own lunch. Light pupus provided. Contact Dr. Daniela Bond-Smith at [db48@hawaii.edu](mailto:db48@hawaii.edu) or call 808-203-7191.

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

Support group title: Hui Malama Po’o Support Group

Format: In-person in Honolulu, HI

Dates: Third Saturday of each month

Times: 1:00 pm – 3:00 pm HST

Location: REHAB Hospital of the Pacific, 226 N. Kuakini Street, Honolulu, HI 96817, Wo 4

Additional information: The Hui Malama Po’o support group objectives are to use crafting as cognitive therapy, provide support to people with brain and other neurotrauma injuries, educate others about neurotrauma through community outreach, give back to the community through Hui activities and events, and offer its products to sustain the group by collecting enough funds to purchase materials for crafting activities. For more information, contact Val Yamada at 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 or for other reasons, so always check the start time

To join the meeting online: Go to Zoom at [www.zoom.com](http://www.zoom.com). In the upper right-hand 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: Think Big! Support Group

Format: Hybrid - In-person on Kauai and virtual

Dates: Third Monday of each month

Times: 10:00 - 12:00pm

Location: Kauai District Health Office Conf Room, 3040 mi Street, Lihue, HI. 96766

Zoom Information: TBA

For more information: Steph Edwards at [kauaibig@gmail.com](mailto:kauaibig@gmail.com)

*Kauai*  
**BRAIN  
INJURY  
GROUP**

SUPPORTING SURVIVORS AND FAMILIES  
OF ACQUIRED BRAIN INJURY

**3RD MONDAY EVERY MONTH  
10AM-NOON  
KAUAI DHO CONFERENCE ROOM  
3040 UMI ST, LIHUE  
IN PERSON + ON ZOOM**

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

f  @kauaibig





# STROKE SUPPORT GROUP HOLDING IN PERSON AND VIRTUAL MEETINGS IN ALTERNATING MONTHS



THE QUEEN'S  
HEALTH SYSTEM

## STROKE SURVIVOR

Free stroke support group throughout Hawai'i.



**Learn how to thrive after surviving a stroke. Meetings include:**

- Open dialogue with other survivors and trained professionals
- Monthly topics to assist with your recovery
- Guest speaker(s)

**Meetings are held on the second Wednesday of the month from 10-11:30 am:**

Virtual Schedule

January 10

March 13

May 8

July 10

September 11

November 13

In-Person Schedule

February 14

April 10

June 12

August 14

October 9

December 11

**To join us at our monthly support group, please register (required):**

Online

[www.queens.org/events](http://www.queens.org/events)

By Phone

808-691-7117 (referral line)

An email invitation will be sent to you a few days prior to the meeting.

---

This service is provided by The Queen's Medical Center Neuroscience Institute. If you have questions, contact Danae Jones, RN, Stroke Coordinator at 808-691-1210.

# BIOSG MEMBERS ENJOY SUMMER FUN AT AUGUST SUPPORT GROUP MEETING AT KEEHI LAGOON BEACH PARK

Each Summer the members of the Brain Injury Oahu Support Group (BIOSG) opt to spend the July and August meeting picnicking at a local park, playing games, and enjoying one another's company.

For the September 28, 2024 meeting, the BIOSG members return to meeting at the Catholic Charities Campus, Room 3, 1822 Keeaumoku Street., Honolulu, Hawaii



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

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

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

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

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



Allana Coffee, Ph.D. and Jerry Coffee, LCSW  
*HPC Founders*

**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**

SAVE THE DATE FOR OCTOBER 19, 2024 THIRD ANNUAL  
BRAIN INJURY ASSOCIATION OF HAWAII FUNDRAISER

OCTOBER 19

THE BRAIN INJURY  
ASSOCIATION OF HAWAII

(808)221-8330

Luncheon

is excited to invite you to a  
**lovely afternoon of fine  
dining, fashion, and  
inspiring speakers**

Saturday, October 19,

11:00 - 2:00 pm

The Pacific Club,

\$150

a benefit for brain injury  
survivors

[drcoffee@hpcollective.com](mailto:drcoffee@hpcollective.com).



Our keynote speaker  
**Sienna Byrne**

graduated from Princeton University where she was a Division 1 athlete. She sustained a brain injury when she was hit by a motorboat while she was crewing. Despite her considerable injuries, Sienna graduated with honors and recently placed 3rd runner-up at Miss Hawaii USA. Sienna is a passionate advocate for brain health safety and awareness.



Brain Injury  
Association  
Of Hawaii

# BRAIN INJURY ASSOCIATION OF HAWAII

## 2024 ANNUAL FUNDRAISER

October 19, 2024 - 11:00 am to 2:00 pm

The Pacific Club - 1451 Queen Emma Street, Honolulu, Hawaii 96813

### TABLES:

#### Platinum SPONSORSHIP & TABLE FOR 8 GUESTS

- \$10,000 or more: Name / logo prominently displayed on all event materials and website. Recognition in our printed program, monthly newsletter, and at the Fundraiser event.

#### Gold SPONSORSHIP & TABLE FOR 8 GUESTS

- \$5,000 or more: Name / logo prominently displayed on all event materials and website. Recognition in our printed program, monthly newsletter, and at the Fundraiser event.

#### Sterling SPONSORSHIP & TABLE FOR 8 GUESTS

- \$3,500 or more: Name / logo prominently displayed on all event materials and website. Recognition in our printed program, monthly newsletter, and at the Fundraiser event.

#### PREMIER TABLE

- \$1,500 for a table for 8 people: Wine, name / logo displayed on table.

#### INDIVIDUAL SEATING

- \$150 Per individual seat

#### DONATIONS: CASH, GIFT CERTIFICATES, AND / OR SERVICES DONATIONS (all tax deductible)

Description of Donation(s) \_\_\_\_\_

Total Value Amount \$ \_\_\_\_\_

Your Name/Company or Organization \_\_\_\_\_

Address \_\_\_\_\_

Business Phone \_\_\_\_\_ Cell or Home Phone \_\_\_\_\_

Email: \_\_\_\_\_

( ) Check for \$ \_\_\_\_\_ enclosed payable to Brain Association of Hawaii

( ) Please Charge \$ \_\_\_\_\_ to the following credit card:

Cardholder Name: \_\_\_\_\_ Card Number: \_\_\_\_\_

Expiration Date \_\_\_\_\_ Zip Code \_\_\_\_\_

CVV Code \_\_\_\_\_

Please make checks payable to Brain Injury Association of Hawaii  
Mail to: 1221 Kapiolani Boulevard - Penthouse 50 - Honolulu, Hawaii. 96814  
Contact: Billie "BJ" Wade at 808-221-8330 by text or voicemail  
Tax ID Number (EIN) 94-3275710

**MAHALO FOR YOUR GENEROSITY**

Website: [biausa.org/findbia/hawaii](http://biausa.org/findbia/hawaii) - Facebook: [braininjuryassociationofhawaii](https://www.facebook.com/braininjuryassociationofhawaii)





MAHALO TO THE 2023 DONORS OF  
THE BRAIN INJURY ASSOCIATION OF HAWAII  
WHOSE GENEROSITY MEANS EVERYTHING TO THE  
COMMUNITY WE SERVE

The Bennett Family  
Bickerton Law Group, LLP  
Allana Coffee, Ph.D.  
EMME , Inc.  
Honolulu Psychology Collective  
Hui Malama Advisors, LLC  
KapaMag  
Kent Yamamoto, MD  
Leavitt, Yamane & Soldner  
Leeward Pilot Group  
Little Caesars Pizza (John Brown)  
Peggy Murphy, Psy.D.  
Pilot Club of Honolulu  
PIOPAC Fidelity  
Rosenberg McKay Hoffman  
John W. Schmidtke, Jr, A Law Corporation