



**February 2026 Neurotrauma Newsletter**  
**Brain Injuries, Brain Tumors, Spinal Cord Injuries, Strokes**  
**Pacific Disabilities Center, John A. Burns School of Medicine,**  
**University of Hawaii at Manoa**

**Pacific Disabilities Center website:** <https://pdc.jabsom.hawaii.edu/>

**Pacific Disabilities Center YouTube Channel:**  
<https://www.youtube.com/@PacificDisabilitiesCenter>

**To subscribe or make corrections, additions, etc., send an email to**  
**Violet E. Horvath, Ph.D., Director:** [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu)

The names or contact information of subscribers is never shared.

#### Contents

1. Announcements: Pages 2 – 3
2. Online and In-Person Events: Pages 3 – 21
3. Organization and Business Meetings: Pages 22 – 29
4. Support Group Meetings: Pages 29 – 59
  - a. Brain Injuries: Pages 29 – 34
  - b. Brain Tumors: Pages 34 – 37
  - c. Caregivers and Caregiving: Pages 37 – 42
  - d. Employment: Pages 42 – 43
  - e. Mental Health: Pages 43 – 49
  - f. Paralysis: Pages 49 – 50
  - g. Stroke: Pages 50 – 54
  - h. Spinal Cord Injuries: Pages 54 – 59
5. Articles on Brain Injuries: Pages 59 – 62
6. Articles on Brain Tumors: Pages 62 – 63
7. Articles on Spinal Cord Injuries: Page 63
8. Articles on Stroke: Pages 63 – 64

9. Information on Related Topics: Pages 64 – 65
10. Presentations and Trainings: Pages 65 – 68
11. Research and Participation Opportunities: Pages 68 – 74
12. Exercise Classes: Pages 74 – 76

The listing of Hawaii-Focused Agency Resource Manuals and National and International Additional Neurotrauma Resources can now only be found on our website (<https://pdc.jabsom.hawaii.edu/resources.html>).

The lists of Support Group meetings are also available on our website (<https://pdc.jabsom.hawaii.edu/resources.html>). They are, however, also still available in this newsletter.

### **1. Announcements**

New support group listings! A caregiver support group on caring for a member living with paralysis is in the Caregivers and Caregiving Section. There's also a new section on Paralysis Support Group Meetings, which includes two support groups, one for those living with paraplegia, and another for those living with quadriplegia.

Recently, our friends at Tutu's House in Waimea held a session on Kupuna Aikido Safe Falling. The recording is available at: <https://us06web.zoom.us/rec/share/wqryG6GyYIS0I4jtcJhboN9eWbStRptHeauJcs hfFQaeDD-1WNsljNuAlmKIdQ.tvNWPwtSHDNWfqF8>. A handout accompanied the session, and it is included toward the bottom of this newsletter and also attached to the newsletter email. Every month, Tutu's House offers a wealth of free online, in-person, and hybrid events, exercise classes, support groups, and more, for teens, adults, and kupuna. Learn more about all they have to offer at [https://www.tutushouse.org/activities/?ct=t\(\)](https://www.tutushouse.org/activities/?ct=t()).

The American Heart Association just released the 2026 Heart Disease and Stroke Statistics, which can be found at <https://professional.heart.org/en/science-news/2026-heart-disease-and-stroke-statistics>. Scroll down to find useful supporting materials, fact sheets and translations into various languages,

including Chinese Simplified, Chinese Traditional, Ilocano, Japanese, Korean, Samoan, Tagalog, and Vietnamese.

The American Stroke Association has an infographic for those who have already had an ischemic stroke (the kind of stroke caused by a blood clot). It's titled, "I AM Determined to Prevent Another Stroke." The infographic is included as the last page of this newsletter and attached to the newsletter email. You can also find it online at [https://www.stroke.org/en/life-after-stroke/preventing-another-stroke/prevent-another-stroke?utm\\_source=Together+To+End+Stroke+fy+25+26&utm\\_medium=email&utm\\_campaign=CP\\_TTES\\_010626&utm\\_content=content4+cta&sc\\_campaign=79890DEB9E704C13939C0205B45526EE](https://www.stroke.org/en/life-after-stroke/preventing-another-stroke/prevent-another-stroke?utm_source=Together+To+End+Stroke+fy+25+26&utm_medium=email&utm_campaign=CP_TTES_010626&utm_content=content4+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE). In reality, the prevention advice is applicable even if someone has not already had an ischemic stroke.

From Karen Tessier and Lisa Dau of the Keiki Injury Prevention Coalition (KIPC): "The next Child Passenger Safety Certification Training will be February 25-28, 2026; Feb 25-27 at the Honolulu Police Training Academy in Waipahu and tentatively at the Waipio Shopping Center on February 28. The Training is posted on the Safe Kids certification website ([cert.safekids.org](http://cert.safekids.org)). The course ID is HI2026011991. The registration deadline is February 18. There are only a few weeks before the start date, so the sooner the better. This is a controlled class, so they need approval from the Lead instructor (Lisa Dau). Send us the names so they can be approved. Then they can go back to the website and pay the \$95 registration fee to guarantee a space in the class." If you are interested, contact Violet at [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu) and she will forward your name to Lisa Dau.

A short blog about "The National Data Centers: Advancing SCI, TBI, and Burn Injury Recovery Through Knowledge" can be found here: <https://naricspotlight.com/2026/01/14/the-national-data-centers-advancing-sci-tbi-and-burn-injury-recovery-through-knowledge/>.

## 2. Online and In-Person Events

### February 2026

Title: International Stroke Conference 2026

Format: In-person in New Orleans, LA

Cost: There is a cost associated with attending this event.

Speaker(s): Multiple

Sponsored by: American Heart Association

Date:

Pre-Cons and Stroke Nursing Symposia: February 3, 2026

Sessions: February 4 – 6, 2026

Time: Varies

Location: Ernest N. Morial Convention Center, New Orleans, LA

Registration (you must sign in or create an account first):

[https://professional.heart.org/en/meetings/international-stroke-conference?utm\\_source=Together+To+End+Stroke+fy+25+26&utm\\_medium=email&utm\\_campaign=CP\\_TTES\\_010626&utm\\_content=content5+cta&sc\\_campaign=79890DEB9E704C13939C0205B45526EE](https://professional.heart.org/en/meetings/international-stroke-conference?utm_source=Together+To+End+Stroke+fy+25+26&utm_medium=email&utm_campaign=CP_TTES_010626&utm_content=content5+cta&sc_campaign=79890DEB9E704C13939C0205B45526EE)

Additional information: The ISC 2026 Program Planner can be found at:

<https://epro02.ativ.me/web/planner.php?id=ISC26>

Title: 2026 Neuro Rehab Leadership Summit

Format: In-person in Fort Lauderdale Beach, FL

Cost: Early-bird rates of \$595 per person and \$550 per person for a group of 3 more from the same organization end on December 1, 2025

Speaker(s): Multiple

Sponsored by: Brain Injury Association of America (BIAA)

Date: February 4 – 6, 2026

Time: Varies

Location: Sonesta Resort in Fort Lauderdale Beach, FL

Registration: <https://shop.biausa.org/products/biaaneurorehableadershipsummit>

Additional information: Registration is open.

Title: Ed/Med TBI Collaboration Seminar

Format: Virtual

Cost: Free

Speaker(s): Patricia 'Kay' Reyna, Ed.D.

Sponsored by: Brain Matters

Date: February 4, 2026

Time: 7:00 am PT, 10:00 am ET (5:00 am HST)

Registration: [https://us02web.zoom.us/meeting/register/M3vb-h4NSV-158\\_PbGO5eA#/registration](https://us02web.zoom.us/meeting/register/M3vb-h4NSV-158_PbGO5eA#/registration)

Title: Grant Writing Workshop

Format: Virtual

Cost: \$175 for NASHIA members and \$200 for non-NASHIA members; includes both sessions

Speaker(s): Judy Dettmer and Maria Crowley

Sponsored by: National Association of State Head Injury Administrators (NASHIA)

Date: February 4 and 11, 2026 (attend both sessions)

Time: 1:00 pm – 3:00 pm ET (8:00 am – 10:00 am HST)

Registration and additional information:

<https://www.nashia.org/calendar#!event/2026/2/4/grant-writing-workshop>

Title: Day at the Beach

Format: In-person at White Plains Beach, HI

Cost: Free

Sponsored by: AccesSurf Hawaii

Date: February 7, 2026

Time: Varies by whether you are a volunteer or a participant

Location: White Plains Beach, Kalaeloa

Registration for volunteers and participants: <https://www.accessurf.org/datb/>

Additional information: Volunteers and participants are needed. Registration for both closes on February 4, 2026, at noon.

Title: Stroke and Brain Injury 101 – An Introductory Presentation on the Early Characteristics of a Stroke or Brain Injury

Format: Virtual

Cost: Free

Speaker(s): Gina England, MA, CCC-SLP

Sponsored by: Brain Injury Association of New Hampshire (BANH)

Date: February 11, 2026

Time: 8:30 am – 10:30 am EST (3:30 am – 5:30 am HST)

Registration and additional information:

<https://p2p.onecause.com/bm2025/event/02vtsbi101>

Title: Redefining Recovery: Addressing TBI as a Chronic Condition

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Kristen Dams-O'Connor, Ph.D.

Sponsored by: Brain Injury Association of America (BIAA)

Date: February 12, 2026

Time: 2:00 pm – 3:00 pm ET (9:00 am – 10:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

Title: Adaptive Swim Clinic

Format: In-person in Honolulu, HI

Cost: Free

Sponsored by: AccesSurf Hawaii

Date: February 14, 2026

Time: Varies by whether you are a volunteer or a participant

Location: REHAB Hospital of the Pacific, 226 Kuakini Street, Honolulu, HI 96817

Registration for volunteers and participants: <https://www.accessurf.org/swim/>

Additional information: Volunteers and participants are needed. Registration for both closes on February 9, 2026, at noon.

Title: Brain Health

Format: Virtual

Cost: Free

Speaker(s): Dr. Judy Gooch

Sponsored by: Brain Education Strategies Technology (BEST)

Date: February 14, 2026

Time: 10:00 am PT / 1:00 pm ET (8:00 am HST)

Registration: [https://ruby-rook.webinarninja.com/series-webinars/7147/register?\\_vbtrk=MzQ3MTYzOjEwMDc4NzY4NDpuZXdzGV0dGVy&uax=MzQ3MTYzOjEwMDc4NzY4NA](https://ruby-rook.webinarninja.com/series-webinars/7147/register?_vbtrk=MzQ3MTYzOjEwMDc4NzY4NDpuZXdzGV0dGVy&uax=MzQ3MTYzOjEwMDc4NzY4NA)

Title: Brain Injury Fundamentals Training

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Brain Injury Association of America (BIAA)

Date: February 18 and 25, 2026 (must attend both sessions)

Time: 11:00 am – 4:30 pm ET (6:00 am – 11:30 am HST)

Registration:

[https://learn.biausa.org/?utm\\_source=CC&utm\\_medium=email&utm\\_campaign=fundamentals\\_116\\_email#/curricula/6111237c-6ba1-4916-8c4b-d8c7e649e907](https://learn.biausa.org/?utm_source=CC&utm_medium=email&utm_campaign=fundamentals_116_email#/curricula/6111237c-6ba1-4916-8c4b-d8c7e649e907)

Additional Information: Registration closes February 4, 2026.

Title: Wounded Warrior Day at the Beach

Format: In-person at White Plains Beach, HI

Cost: Free

Sponsored by: AccesSurf Hawaii

Date: February 18, 2026

Time: Varies by whether you are a volunteer or a participant

Location: White Plains Beach, Kalaeloa

Registration for volunteers and participants: <https://www.accessurf.org/datb/>

Additional information: For active service members, veterans, and first responders with a disability. Volunteers and participants are needed. Registration for both closes on February 15, 2026, at noon.

Title: A Return to Driving After Brain Injury

Format: Virtual

Cost: \$25

Speaker(s): Amanda Scamman, COTA/L, CDI, CDRS, New Hampshire licensed Certified Occupational Therapy Assistance, Certified Driving Instructor, and Certified Driver Rehabilitation Specialist

Sponsored by: Brain Injury Association of New Hampshire (BANH)

Date: February 19, 2026

Time: 8:30 am – 10:00 am EST (3:30 am – 5:00 am HST)

Registration and additional information:

<https://p2p.onecause.com/bm2025/event/02vtrdabi>

Title: Emotional Dysregulation: DBT for Brain Injury Recovery

Format: Virtual

Cost: \$50 for individuals and \$100 total for group registration

Speaker(s): Chrystal Fullen, PsyD

Sponsored by: Brain Injury Association of America (BIAA)

Date: February 19, 2026

Time: 3:00 pm – 4:00 pm ET (10:00 am – 11:00 am HST)

Individual Registration:

[https://learn.biausa.org/?utm\\_source=web\\_spotlight\\_prof&utm\\_medium=email&utm\\_campaign=ind\\_web\\_purchase#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=web_spotlight_prof&utm_medium=email&utm_campaign=ind_web_purchase#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Group Registration:

[https://learn.biausa.org/?utm\\_source=web\\_spotlight\\_prof&utm\\_medium=email&utm\\_campaign=grp\\_web\\_purchase#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=web_spotlight_prof&utm_medium=email&utm_campaign=grp_web_purchase#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

Title: Concussions and Adolescents in Texas

Format: Virtual

Cost: Free

Speaker(s): Nyaz Didehbani, Ph.D.

Sponsored by: Oregon TBI Educational Team

Date: February 20, 2026

Time: 8:00 am – 9:00 am PT (6:00 am – 7:00 am HST)

Registration:

[https://us02web.zoom.us/webinar/register/WN\\_KaoEuxhPSSepqmcg2G8lLw#/registration](https://us02web.zoom.us/webinar/register/WN_KaoEuxhPSSepqmcg2G8lLw#/registration)

Title: Canoe Day

Format: In-person in Honolulu, HI

Cost: Free

Sponsored by: AccesSurf Hawaii

Date: February 22, 2026

Time: Varies by whether you are a volunteer or a participant

Location: Honolulu Pearl Canoe Club, Sand Island Access Road, Honolulu, HI 96819

Registration for volunteers and participants: <https://www.accessurf.org/canoe/>

Additional information: Volunteers and participants are needed.

Title: Summit on Chronic Traumatic Encephalopathy (CTE)

Format: Hybrid; online and in-person in Rockville, MD

Cost: Free

Speaker(s): Multiple speakers

Sponsored by: National Institute of Neurological Disorders and Stroke (NINDS)

Date: February 24 - 25, 2026

Time: 9:00 am – 5:00 pm ET

Location: NIH / NINDS Rockville Campus, 6001 Executive Blvd., Rockville, MD

Registration: <https://give.concussionandcte.org/event/2026-ninds-cte-summit/e755178>

Additional information: <https://concussionandcte.org/ninds/>

Title: Highlights from the International Stroke Conference (ISC) 2026

Format: Virtual

Cost: Free

Speaker(s): Multiple speakers

Sponsored by: World Stroke Organization, American Heart Association / American Stroke Association, European Stroke Organization

Date: February 24, 2026

Time: 9:00 am CST (5:00 am HST)

Registration: [https://us02web.zoom.us/webinar/register/WN\\_O3My67esRy-N0tPk4oMivQ#/registration?utm\\_source=Together+To+End+Stroke+fy+25+26&ut](https://us02web.zoom.us/webinar/register/WN_O3My67esRy-N0tPk4oMivQ#/registration?utm_source=Together+To+End+Stroke+fy+25+26&ut)

[m\\_medium=email&utm\\_campaign=CP\\_TTES\\_020326&utm\\_content=content5+cta&sc\\_camp=79890DEB9E704C13939C0205B45526EE](https://www.biausa.org/learn/biausa.org/?utm_medium=email&utm_campaign=CP_TTES_020326&utm_content=content5+cta&sc_camp=79890DEB9E704C13939C0205B45526EE)

Additional information: The site has a disclaimer that states this webinar is specifically for healthcare professionals and is not intended for patients or the general public.

Title: Progress in Concussion / TBI Science & Clinical Care Over the Last 40 years

Format: Virtual

Cost: \$50 for individuals and \$100 total for group registration

Speaker(s): John J. Leddy, MD, and Noah Silverberg, Ph.D.

Sponsored by: Brain Injury Association of America (BIAA)

Date: February 26, 2026

Time: 3:00 pm – 4:00 pm ET (10:00 am – 11:00 am HST)

Individual Registration:

[https://learn.biausa.org/?utm\\_source=web\\_spotlight\\_prof&utm\\_medium=email&utm\\_campaign=ind\\_web\\_purchase#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=web_spotlight_prof&utm_medium=email&utm_campaign=ind_web_purchase#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Group Registration:

[https://learn.biausa.org/?utm\\_source=web\\_spotlight\\_prof&utm\\_medium=email&utm\\_campaign=grp\\_web\\_purchase#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=web_spotlight_prof&utm_medium=email&utm_campaign=grp_web_purchase#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

Title: Justice Involvement and Beyond: Surviving the System, Building Resilience, and Moving Forward

Format: Virtual

Cost: Free

Speaker(s): TBA

Sponsored by: Washington State Department of Social and Health Services, Aging and Long-Term Support Administration, Traumatic Brain Injury Strategic Partnership Advisory Council of Washington State

Date: February 27, 2026

Time: 9:00 am – 12:00 pm PT (7:00 am – 10:00 am HST)

Registration: [https://us02web.zoom.us/webinar/register/WN\\_JhD8EghnSWu8-zUiUzmCOg#/registration](https://us02web.zoom.us/webinar/register/WN_JhD8EghnSWu8-zUiUzmCOg#/registration)

Title: Kauai Healthy Living SPRING Celebration

Format: In-person in Kapaa, Kauai

Cost: Free

Sponsored by: HHSC Kauai Region

Date: February 28, 2026

Time: 9:00 am – 12:00 pm HST

Location: Front lawn of Samuel Mahelona Memorial Hospital, 4800 Kawaihau Road, Kapaa, HI, 96746

Additional information: If you are interested in being a vendor, contact Paige A. Moura at [pmoura@hhsc.org](mailto:pmoura@hhsc.org).

### **March 2026**

Title: BIAA's National Brain Injury Conference and Awareness Day – Advocacy, Empowerment, and Community

Format: In-person in Arlington, VA (in the past, some parts of the conference could also be attended online)

Cost: \$75 for national conference (2 days) and Awareness Day ticket, an advocacy day on Capitol Hill, where you will meet with your members of Congress

Speaker(s): Various

Sponsored by: Brain Injury Association of America (BIAA)

Date: March 9 – 11, 2026

Time: Monday, March 9, 2026 10:30 am – Wednesday, March 11, 2026 7:00 pm

Location: Hilton Arlington National Landing, 2399 Richmond Highway, Arlington, VA 22202

Registration:

[https://lp.constantcontactpages.com/ev/reg/8akevgm?source\\_id=ac0eca16-9fd9-47f4-b87e-bb8817d86669&source\\_type=em&c=Dh9iZv401r5DxBEWK8eealj0jFXYLGaVk61JGjTlkVi6n3EVuNQ\\_Tg==&utm\\_medium=email&utm\\_source=ctct](https://lp.constantcontactpages.com/ev/reg/8akevgm?source_id=ac0eca16-9fd9-47f4-b87e-bb8817d86669&source_type=em&c=Dh9iZv401r5DxBEWK8eealj0jFXYLGaVk61JGjTlkVi6n3EVuNQ_Tg==&utm_medium=email&utm_source=ctct)

Additional information: [https://biausa.org/public-affairs/national-brain-injury-conference-and-awareness-day?utm\\_medium=email&utm\\_source=ctct](https://biausa.org/public-affairs/national-brain-injury-conference-and-awareness-day?utm_medium=email&utm_source=ctct)

Title: Optimal Outcomes in PICU Survivors with Acquired Brain Injury: What's Neuropsychology Got to Do with It?

Format: Virtual

Cost: Free

Speaker(s): Trevor Hall, Ph.D.

Sponsored by: Oregon TBI Educational Team

Date: March 13, 2026

Time: 8:00 am – 9:00 am PT (5:00 am – 6:00 am HST)

Registration:

[https://us02web.zoom.us/webinar/register/WN\\_zoFtXwf8QWuiKvCyYkOtUg#/registration](https://us02web.zoom.us/webinar/register/WN_zoFtXwf8QWuiKvCyYkOtUg#/registration)

Title: Safety in the Home Environment After a TBI or Stroke: A Resource Guide for Families and Professionals

Format: Virtual

Cost: \$25

Speaker(s): Gina England, MA, CCC-SLP

Sponsored by: Brain Injury Association of New Hampshire (BANH)

Date: March 18, 2026

Time: 3:00 pm – 5:00 pm EST (9:00 am – 11:00 am)

Registration and additional information:

<https://p2p.onecause.com/bm2025/event/03vtsihe>

Title: Projects to Create Meaningful Engagement for Adults with ABI

Format: Virtual

Cost: \$50 for individuals and \$100 total for group registration

Speaker(s): Melissa Capo, M.S., CCC-SLP

Sponsored by: Brain Injury Association of America (BIAA)

Date: March 24, 2026

Time: 1:00 pm – 2:00 pm ET (7:00 am – 8:00 am HST)

Individual Registration:

[https://learn.biausa.org/?utm\\_source=jan\\_web\\_roundup&utm\\_medium=email&utm\\_campaign=engagement\\_ABI\\_ind#/curricula/098679ee-00e8-437a-a38c-b8ae5db3bd04](https://learn.biausa.org/?utm_source=jan_web_roundup&utm_medium=email&utm_campaign=engagement_ABI_ind#/curricula/098679ee-00e8-437a-a38c-b8ae5db3bd04)

Group Registration:

[https://learn.biausa.org/?utm\\_source=jan\\_web\\_roundup&utm\\_medium=email&utm\\_campaign=engagement\\_ABI\\_grp#/online-courses/87bcd682-eab9-4df9-8145-8cc41bd0ff30](https://learn.biausa.org/?utm_source=jan_web_roundup&utm_medium=email&utm_campaign=engagement_ABI_grp#/online-courses/87bcd682-eab9-4df9-8145-8cc41bd0ff30)

Title: Helping Kids Thrive at School After Brain Injury

Format: Virtual

Cost: \$50 for individuals and \$100 total for group registration

Speaker(s): Brenda Eagan-Johnson, Ed.D., CBIST-AP

Sponsored by: Brain Injury Association of America (BIAA)

Date: March 31, 2026

Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)

Individual Registration:

[https://learn.biausa.org/?utm\\_source=jan\\_web\\_roundup&utm\\_medium=email&utm\\_campaign=kids\\_school\\_ind#/curricula/327e0db3-2533-4458-bef6-f5b3ce28d00d](https://learn.biausa.org/?utm_source=jan_web_roundup&utm_medium=email&utm_campaign=kids_school_ind#/curricula/327e0db3-2533-4458-bef6-f5b3ce28d00d)

Group Registration: [https://learn.biausa.org/#/online-courses/24f9aa6a-91eb-4d10-baed-6e9054657683?utm\\_medium=email&utm\\_source=ctct](https://learn.biausa.org/#/online-courses/24f9aa6a-91eb-4d10-baed-6e9054657683?utm_medium=email&utm_source=ctct)

### **April 2026**

Title: Invisible Injuries: Traumatic Brain Injury, Strangulation and Domestic Violence

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Rachel Ramirez, Kasey Holderbaum, Chanda Kelly, Heather Wilde

Sponsored by: Brain Injury Association of America (BIAA)

Date: April 9, 2026

Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=jan\\_web\\_roundup&utm\\_medium=email&utm\\_campaign=invisible\\_injuries\\_ind#/curricula/d66e5527-933d-461f-b263-a128adf449a4](https://learn.biausa.org/?utm_source=jan_web_roundup&utm_medium=email&utm_campaign=invisible_injuries_ind#/curricula/d66e5527-933d-461f-b263-a128adf449a4)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=jan\\_web\\_roundup&utm\\_medium=email&utm\\_campaign=invisible\\_injuries\\_grp#/online-courses/ed4a81ee-dde4-471b-a935-a6bb50436532](https://learn.biausa.org/?utm_source=jan_web_roundup&utm_medium=email&utm_campaign=invisible_injuries_grp#/online-courses/ed4a81ee-dde4-471b-a935-a6bb50436532)

Title: Caregiver 2 Caregiver: Supporting Families of Young Children with Brain Injury / Concussions

Format: Virtual

Cost: Free

Speaker(s): Berenice de la Cruz, Ph.D.

Sponsored by: Oregon TBI Educational Team

Date: April 17, 2026

Time: 8:00 am – 9:00 am PT (5:00 am – 6:00 am HST)

Registration: [https://us02web.zoom.us/webinar/register/WN\\_NlZ-3nLQZq1oIfUg5w3JQ#/registration](https://us02web.zoom.us/webinar/register/WN_NlZ-3nLQZq1oIfUg5w3JQ#/registration)

Title: Domestic Violence and Brain Injury for Survivors and Caregivers

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Rachel Ramirez, Kasey Holderbaum, Chanda Kelly, Heather Wilde

Sponsored by: Brain Injury Association of America (BIAA)

Date: April 23, 2026

Time: 12:00 pm – 2:00 pm ET (6:00 am – 8:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

Title: 2026 IPBIS Conference (pediatric brain injury)

Format: In-person in Calgary, Canada

Cost: There are costs associated with attending this conference

Speaker(s): Multiple speakers

Sponsored by: International Paediatric Brain Injury Society (IPBIS)

Dates: Preconference – April 29, 2026, and main conference – April 30, 2026 to May 2, 2026.

Time: Varies

Location: Hyatt Calgary

Registration: <https://www.ipbis.org/registration-for-2026-ipbis-conference/>  
 Additional information: Registration will open in Fall 2025. For more information, visit <https://www.ipbis.org/calgary-2026/>.

## **May 2026**

Title: Reeve Summit 2026 (on spinal cord injuries)

Format: In-person in Boston, MA

Cost: Varies by category

Speaker(s): Multiple speakers

Sponsored by: Christopher & Dana Reeve Foundation

Date: May 6 - 8, 2026

Time: Varies

Location: Sheraton Boston Hotel, 39 Dalton Street, Boston, MA 02199

Registration: <https://www.accelevents.com/e/u/checkout/reeve-summit/tickets/order>

Additional information: <https://www.accelevents.com/e/reeve-summit>. For questions, email [ReeveSummit@Reeve.org](mailto:ReeveSummit@Reeve.org).

Title: Concussion Rehabilitation: Autonomic Nervous System Dysfunction Assessment and Treatment

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Christine Williams, PT, DPT

Sponsored by: Brain Injury Association of America (BIAA)

Date: May 7, 2026

Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

Title: 42<sup>nd</sup> Annual Brain Injury & Stroke Conference  
Format: In-person in Concord, NH  
Cost: There is a cost associated with attending this conference  
Speaker(s): Multiple  
Sponsored by: Brain Injury Association of New Hampshire  
Date: May 13, 2026  
Time: TBA  
Location: Grappone Conference Center, Concord, NH  
Registration: TBA

Title: The Role of Music Therapy in Brain Injury Rehabilitation  
Format: Virtual  
Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)  
Speaker(s): Audrey Weatherstone, BMT, MT-BC  
Sponsored by: Brain Injury Association of America (BIAA)  
Date: May 14, 2026  
Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)  
Registration for individual purchases:  
[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)  
Registration for group purchases:  
[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

Title: Complex Caregiving: When Brain Injury Meets Domestic Violence and Justice System Involvement  
Format: Virtual  
Cost: Free  
Speaker(s): TBA  
Sponsored by: Washington State Department of Social and Health Services, Aging and Long-Term Support Administration, Traumatic Brain Injury Strategic Partnership Advisory Council of Washington State

Date: May 15, 2026

Time: 9:00 am – 12:00 pm PT (6:00 am – 9:00 am HST)

Registration: [https://us02web.zoom.us/webinar/register/WN\\_JhD8EghnSWu8-zUiUzmCOg#/registration](https://us02web.zoom.us/webinar/register/WN_JhD8EghnSWu8-zUiUzmCOg#/registration)

Title: “Just One”: Building Cognitive and Emotional Bandwidth After Brain Injury

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Audra Yetter, MS, CCC-SLP, BC-ANCDS, ADHD-CCSP

Sponsored by: Brain Injury Association of America (BIAA)

Date: May 20, 2026

Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

## **June 2026**

Title: Growing Strong: Helping Your Young Child Recover After Brain Injury

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Jennifer P. Lundine, Ph.D., CCC-SLP, BC-ANCDS

Sponsored by: Brain Injury Association of America (BIAA)

Date: June 4, 2026

Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

Title: Social Communication After Brain Injury

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Louise C. Keegan, Ph.D., CCC-SLP, BC-ANCDS

Sponsored by: Brain Injury Association of America (BIAA)

Date: June 18, 2026

Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

Title: Navigating Change: Shaping the Future of Public Health

Format: In-person in Honolulu, HI

Cost: TBA

Speaker(s): TBA

Sponsored by: Hawaii Public Health Institute (HPHI)

Date: June 23 – 25, 2026

Time: TBA

Location: Alohilani Resort, Waikiki, Oahu

Registration: TBA

Additional information: TBA

**July 2026**

Title: Early Childhood Brain Injury: Clinical Guidance for Supporting Recovery in Children Under Age 5

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Dr. Erika Hagen

Sponsored by: Brain Injury Association of America (BIAA)

Date: July 16, 2026

Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

**August 2026**

Title: Co-Occurring Personality Disorders and TBI: How Diagnostic Over-Shadowing and Stigma Impact Treatment

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Kaile Moore, MA

Sponsored by: Brain Injury Association of America (BIAA)

Date: August 13, 2026

Time: 3:00 pm – 4:00 pm ET (9:00 am – 10:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

[tm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](#)

Title: State of the States (SOS) Conference

Format: In-person in Little Rock, AK

Cost: Early bird rates are available until 4-26-26. Rates vary, based on whether you are a member of NASHIA or not

Speaker(s): Multiple

Sponsored by: National Association of State Head Injury Administrators (NASHIA)

Date: August 31 – September 4, 2026

Time: Varies

Location: Little Rock Marriot, 3 Statehouse Plaza, Little Rock, AR 72201

Registration: <https://www.nashia.org/calendar#!event/register/2026/8/31/2026-sos-conference>

Additional information: The room reservation deadline is 7-30-26. The hotel room rate is \$110 plus tax.

### **September 2026**

Title: Back in the Driver's Seat: How SLPs Can Collaborate with OTs in Driving Intervention

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Elexea Golinowski, CCC-SLP, CBIS/T

Sponsored by: Brain Injury Association of America (BIAA)

Date: September 3, 2026

Time: 1:00 pm – 2:00 pm ET (7:00 am – 8:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

**November 2026**

Title: 10<sup>th</sup> National Brain Injury Conference

Format: In-person in Sydney, Australia

Cost: TBA

Speaker(s): TBA

Sponsored by: brain injury AUSTRALIA

Date: November 10 - 12, 2026

Time: TBA

Location: Aerial Function Centre, 235 Jones Street, Ultimo, Level 7 of UTS Building 10, University of Technology Sydney

Registration: TBA

Additional information: The call for papers is currently open. Learn more about the call and the conference at [https://willorganise.eventsair.com/brain-injury-australia/?utm\\_medium=email&utm\\_source=ctct](https://willorganise.eventsair.com/brain-injury-australia/?utm_medium=email&utm_source=ctct)

**December 2026**

Title: Simple Tools, Big Possibilities: Assistive Technology to Help You Thrive After Brain Injury

Format: Virtual

Cost: \$50 for individuals, \$100 total for a group purchase (two or more people from the same organization)

Speaker(s): Bethany Compto, MCD, CCC-SLP, CBIS

Sponsored by: Brain Injury Association of America (BIAA)

Date: December 11, 2026

Time: 3:00 pm – 4:00 pm ET (10:00 am – 11:00 am HST)

Registration for individual purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_ind#/catalog/e9c406c7-7fc5-4232-9581-d41e26c8fcd6)

Registration for group purchases:

[https://learn.biausa.org/?utm\\_source=constant\\_contact&utm\\_medium=email&utm\\_campaign=web\\_roundup\\_10\\_28\\_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa](https://learn.biausa.org/?utm_source=constant_contact&utm_medium=email&utm_campaign=web_roundup_10_28_grp#/catalog/f20882d2-6b4f-4836-a483-553dc1d240fa)

### **3. Organization and Business Meetings**

#### **February 2026**

Meeting title: Kupuna Caucus

Format: via Zoom, YouTube, or by phone

Sponsored by: State of Hawaii, Office of Senator Sharon Y. Moriwaki

Date: February 6, 2026

Time: 2:00 pm – 3:00 pm HST

To join the meeting:

Zoom:

<https://zoom.us/j/97721033988?pwd=OFdJQUgraWwzdIFQbzQrYjdhSHpVQT09>

Watch on YouTube: <https://www.youtube.com/@kupunacaucus/streams>

By phone: 1- 253-215-8782, Meeting ID: 977 2103 3988, Passcode: 004105

Additional information: For questions, call Alexander Ozawa at 808-586-6740

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: February 26, 2026

Time: 1:30 pm – 4:30 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

#### **March 2026**

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: March 10, 2026

Time: 1:30 pm – 4:30 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

Meeting title: Disability and Communication Access Board (DCAB) General Board Meeting

Format: Hybrid; online and in-person in Honolulu, HI

Sponsored by: Hawaii Disability and Communication Access Board

Date: March 19, 2026

Time: 11:00 am – 1:00 pm

To join the meeting in-person: 1010 Richards Street, Room 118, Honolulu, HI 96813

To join virtually: Contact DCAB at 808-586-8121 for the Zoom link

### **April 2026**

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC) Quarterly Meeting

Format: Virtual

Sponsored by: Aloha Independent Living Hawaii, Pacific Basin Telehealth Resource Center, and Pacific Disabilities Center

Date: April 15, 2026

Time: 12:00 pm – 1:00 pm HST

Zoom link:

<https://zoom.us/j/97356087356?pwd=ZXdlHd5ZHV3aUYvRmJreitVUEg5UT09>

Additional information: Email Violet Horvath at [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu). The meeting is open to all parties interested in the topic.

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: April 23, 2026

Time: 1:30 pm – 4:30 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

### **May 2026**

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: May 12, 2026

Time: 1:30 pm – 4:30 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

Meeting title: Disability and Communication Access Board (DCAB) General Board Meeting

Format: Hybrid; online and in-person in Honolulu, HI  
Sponsored by: Hawaii Disability and Communication Access Board  
Date: May 21, 2026  
Time: 11:00 am – 1:00 pm  
To join the meeting in-person: 1010 Richards Street, Room 118, Honolulu, HI 96813  
To join virtually: Contact DCAB at 808-586-8121 for the Zoom link

### **June 2026**

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)  
Format: Hybrid; online, phone, and in-person in Honolulu, HI  
Sponsored by: Hawaii Department of Health, Neurotrauma Program  
Date: June 25, 2026  
Time: 1:30 pm – 4:30 pm HST  
To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone: <https://us02web.zoom.us/j/575890360>  
Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#  
Additional information: 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. For more information or to request accommodations, contact Michele Tong at [Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.  
Website: <https://health.hawaii.gov/nt/ntab/>

### **July 2026**

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)  
Format: Hybrid; online, phone, and in-person in Honolulu, HI  
Sponsored by: Hawaii Department of Health, Neurotrauma Program  
Date: July 14, 2026  
Time: 1:30 pm – 4:30 pm HST  
To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone: <https://us02web.zoom.us/j/575890360>  
Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

Additional information: 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. For more information or to request accommodations, contact Michele Tong at [Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC) Quarterly Meeting

Format: Virtual

Sponsored by: Aloha Independent Living Hawaii, Pacific Basin Telehealth Resource Center, and Pacific Disabilities Center

Date: July 15, 2026

Time: 12:00 pm – 1:00 pm HST

Zoom link:

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

Additional information: Email Violet Horvath at [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu). The meeting is open to all parties interested in the topic.

### **August 2026**

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: August 27, 2026

Time: 1:30 pm – 4:30 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

Additional information: 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. For more information or to request accommodations, contact Michele Tong at [Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

**September 2026**

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: September 8, 2026

Time: 1:30 pm – 4:30 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

**October 2026**

Meeting title: Hawaii Disabilities and Healthcare Coalition (HDHC) Quarterly Meeting

Format: Virtual

Sponsored by: Aloha Independent Living Hawaii, Pacific Basin Telehealth Resource Center, and Pacific Disabilities Center

Date: October 22, 2026

Time: 12:00 pm – 1:00 pm HST

Zoom link:

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

Additional information: Email Violet Horvath at [vhorvath@hawaii.edu](mailto:vhorvath@hawaii.edu). The meeting is open to all parties interested in the topic.

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: October 22, 2026

Time: 1:30 pm – 4:00 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

### **November 2026**

Meeting title: State Traumatic Brain Injury Advisory Board (STBIAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: November 10, 2026

Time: 1:30 pm – 4:30 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

### **December 2026**

Meeting title: Neurotrauma Advisory Board Meeting (NTAB)

Format: Hybrid; online, phone, and in-person in Honolulu, HI

Sponsored by: Hawaii Department of Health, Neurotrauma Program

Date: December 10, 2026

Time: 1:30 pm – 4:30 pm HST

To join the meeting: In-person at Diamond Head Health Center, 3627 Kilauea Avenue, Conference Room 411, Honolulu, HI, 96816, or via Zoom or phone:

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

Phone: 1 (346) 248-7799 or 1 (669) 900-6833, meeting ID: 575890360#

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

[Michele.Tong@doh.hawaii.gov](mailto:Michele.Tong@doh.hawaii.gov) or call 808-733-2152.

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

#### **4. Support Group Meetings**

##### **Brain Injury Support Group Meetings**

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

Format: In-person at various locations on Hawaii island (TBA)

Dates: Third Tuesday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

Additional information: A peer support group composed of adults with various disabilities. Members meet for fellowship, connection, and mutual choice. For more information, please contact Karin Riedel at 808-333-2408.

Support group title: Aloha Independent Living Hawaii Kauai Lualaba Peer Support Group

Format: In-person on Kauai

Dates: Check with organizer

Additional information: The Lualaba Peer Support Group provides a welcoming space for individuals with disabilities to connect, share experiences, and support one another. Participants exchange emotional, social and practical assistance, helping each other grow stronger in their independent-living journeys. At times, guest speakers attend to discuss topics of interest, wellness, and community resources. Lualaba is grounded in the values of tenacity and perseverance, empowering members to build healthy, independent lives through ongoing

support and well-being activities. For times, location, and other information, contact Holly Pickens-Torres at 808-652-6092.

Support group title: Support group title: Aloha Independent Living Hawaii Maui  
HIKI NŌ Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The HIKI NŌ Peer Support Group is composed of individuals with various disabilities who come together for fellowship, social connection, and peer support. The group provides a safe space for sharing experiences, building confidence, and strengthening independent-living skills. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at

<https://www.alohailhawaii.org/contact-us/>

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer  
Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: The 'Ike Loa Peer Support Group is designed for individuals with various disabilities who seek fellowship, emotional support, and community connection. The group provides a safe space where members can share experiences, build independence, and support one another. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. To become a consumer or inquire about services, please call 808-339-7297.

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

Format: In-person on Oahu

Dates: Monthly on Saturdays

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: 1<sup>st</sup> Tuesday of the month
- Post-Concussion Caregivers: 2<sup>nd</sup> Tuesday of the month
- Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3<sup>rd</sup> Tuesday of the month
- Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4<sup>th</sup> Tuesday of the month
- Concussed Moms – 1<sup>st</sup> 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: Regular meetings are held throughout the year

Times: TBA

Location: TBA

Additional information: The Hui Malama Po'o group provides a safe, supportive environment for individuals with brain injuries and other neurocognitive conditions. The group focuses on: Using crafting as cognitive therapy, offering emotional and peer support, educating the community about neurotrauma, participating in community outreach, creating and sharing handmade crafts to help sustain the group's activities, encouraging independence, confidence, and social connection. Members also participate in the Brain Injury Association of Hawaii support group meetings at the Rehabilitation Hospital of the Pacific.

Contact Val Yamada at [huimalama01@gmail.com](mailto:huimalama01@gmail.com) or call 808-385-5462.

Support group title: Kauai BIG! (Brain Injury Group) Support Group

Format: In-person in Lihue, HI

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Hale Lihue, 4268 Rice Street, Lihue, HI

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

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. The passcode is ae3Ddq. You can also use this link:

<https://us06web.zoom.us/j/8082746477?pwd=iYLp3HDrCR2aF2hbLP0iKG5abOFuZ3.1>. 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: North Dakota Brain Injury Network Monthly Virtual Support Group

Format: Virtual

Dates: Last Monday of every month

Times: 2:00 pm CT (start time in Hawaii varies if there is or isn't Daylight Savings Time)

Additional information: All brain injury survivors, providers, and caregivers are welcome. Contact Carly Endres at 701-777-8004 or [carly.endres@UND.edu](mailto:carly.endres@UND.edu) with any questions. The Zoom link for the meeting can be found here:

<https://www.ndbin.org/services/support/monthly>

Support group title: UH Center on Disability Studies – Peer-to-Peer Support Circle Hawaii for Adults with Disabilities

Format: Virtual

Dates: Second Sunday of every month

Times: 2:00 pm – 3:30 pm HST (may be held on a different Sunday depending upon members' availability)

Additional information: The circle is guided by respect, empathy, and mutual support. For more information, email [kitami@hawaii.edu](mailto:kitami@hawaii.edu) or call 808-956-9898.

Please RSVP to join: <https://forms.gle/fAWQpC11Ze4amd6X9>

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

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

### **Brain Tumor Support Group Meetings**

Support group title: Support group title: Aloha Independent Living Hawaii Maui  
HIKI NŌ Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The HIKI NŌ Peer Support Group is composed of individuals with various disabilities who come together for fellowship, social connection, and peer support. The group provides a safe space for sharing experiences, building confidence, and strengthening independent-living skills. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at

<https://www.alohailhawaii.org/contact-us/>

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: The 'Ike Loa Peer Support Group is designed for individuals with various disabilities who seek fellowship, emotional support, and

community connection. The group provides a safe space where members can share experiences, build independence, and support one another. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. To become a consumer or inquire about services, please call 808-339-7297.

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

Format: In-person on Oahu

Dates: Monthly on Saturdays

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: 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 Ola Na Oihi Cancer Support Group

Format: In-person in Hilo, HI

Dates: The second and fourth Tuesdays of each month

Time: 5:00 pm HST

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

Support group title: Hui Malama Po'o Support Group

Format: In-person in Honolulu, HI

Dates: Regular meetings are held throughout the year

Times: TBA

Location: TBA

Additional information: The Hui Malama Po'o group provides a safe, supportive environment for individuals with brain injuries and other neurocognitive conditions. The group focuses on: Using crafting as cognitive therapy, offering emotional and peer support, educating the community about neurotrauma, participating in community outreach, creating and sharing handmade crafts to help sustain the group's activities, encouraging independence, confidence, and social connection. Members also participate in the Brain Injury Association of Hawaii support group meetings at the Rehabilitation Hospital of the Pacific. Contact Val Yamada at [huimalama01@gmail.com](mailto:huimalama01@gmail.com) or call 808-385-5462.

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

Format: Virtual

Dates and times for Patients and Survivors Group: Every Monday at 5:30 pm HST via Zoom.

Dates and times for the Caregiver Support Group: Every Tuesday at 5:30 pm HST via Zoom.

Additional information: To sign up for either group, fill out the referral form: <https://pacificcancerfoundation.org/patient-referral/>

Support group title: The Queen's Medical Center Cancer Center has multiple support group and educational classes

Format: Virtual

Dates and times: Vary by class

Additional information: <https://www.queens.org/services/cancer-care/resources/patient-support/>

Support group title: National Brain Tumor Society Brain Tumor Support Conversations

Dates: Third Sunday of every month

Times: 7:00 pm – 8:00 pm ET / 4:00 pm – 5:00 pm PT

Additional information: Register for the group at <https://braintumor.org/support-services/support-groups/brain-tumor-support-conversations/registration/>

Support group title: UH Center on Disability Studies – Peer-to-Peer Support Circle Hawaii for Adults with Disabilities

Format: Virtual

Dates: Second Sunday of every month

Times: 2:00 pm – 3:30 pm HST (may be held on a different Sunday depending upon members' availability)

Additional information: The circle is guided by respect, empathy, and mutual support. For more information, email [kitami@hawaii.edu](mailto:kitami@hawaii.edu) or call 808-956-9898.

Please RSVP to join: <https://forms.gle/fAWQpC11Ze4amd6X9>

American Brain Tumor Association

Search their website for brain tumor support groups nationwide:

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

### **Caregivers and Caregiving Support Group Meetings**

This a listing of mainly general groups (not specific to any disease or disorder) that are for caregivers only. However, many (if not all) of the other support groups listed in this newsletter also welcome caregivers along with survivors. Check with the group or groups you are interested in.

Support group title: Caregiver Support Groups

Format: In-person at various locations on Maui: Kahului, Upcountry, Lahaina, Hana, Kihei, and Wailuku.

Sponsored by: Maui Adult Day Care Centers (MADCC) and Maui County Office on Aging

Dates: Varies by location

Times: Varies by location

Location: Kahului – Kahului Maui Adult Day Center. Upcountry – Eddie Tam Park, Makawao. Hana – Hana Senior Center. Kihei – Kihei Maui Adult Day Care Center. Wailuku – Ocean View Maui Adult Day Care Center.

Additional information: Call 808-871-5804. Please call to check information on the Lahaina support group.

Support group title: Caregiver Support Group (Honolulu location)

Format: Virtual (check to see if they also offer in-person)

Sponsored by: Project Dana

Dates: Every second and third Wednesdays

Times: 9:30 am – 12:00 pm HST

Location: Honpa Hongwanji Hawaii Betsuin, 1727 Pali Highway, Honolulu, HI 96813

Additional information: For caregivers of persons age 60 or older who are living at home. Contact Maria Morales at 808-945-3726 or [cgsg@projectdana.org](mailto:cgsg@projectdana.org)

Support group title: Caregiver Support Group (Waipahu location)

Format: Virtual (check to see if they also offer in-person)

Sponsored by: Project Dana

Dates: Every second Saturday

Times: 10:00 am – 12:00 pm HST

Location: Hongwanji Buddhist Temple, 94-821 Kuhaulua Street, Waipahu, HI 96797

Additional information: For caregivers of persons age 60 or older who are living at home. Contact Maria Morales at 808-945-3726 or [cgsg@projectdana.org](mailto:cgsg@projectdana.org)

Support group title: Caregiver Support Group

Format: In-person in Kaneohe, HI

Sponsored by: The Caregiver Foundation

Dates: 4<sup>th</sup> Wednesday of each month

Times: 2:00 pm – 3:30 pm HST

Location: Pohai Nani, 45-090 Namoku Street, Kaneohe, HI 96744

Additional information: Contact Jo Cinter at 808-236-7832

Support group title: Caregiving for a Family Member Living with Paralysis Support Group

Format: Virtual

Sponsored by: Reeve Foundation Virtual Support Groups

Dates: The second and fourth Wednesdays of every month

Times: 6:00 pm EST

Additional information: Please first register at

[https://www.heypeers.com/members/sign\\_up?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation](https://www.heypeers.com/members/sign_up?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation). If you have already registered, you can

attend meetings by signing in at

[https://www.heypeers.com/users/sign\\_in?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation](https://www.heypeers.com/users/sign_in?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation).

Support group title: Concussion Legacy Foundation (CLF) Zoom Support Groups

Format: Virtual

Dates:

- Post-Concussion Patients: 1<sup>st</sup> Tuesday of the month
- Post-Concussion Caregivers: 2<sup>nd</sup> Tuesday of the month
- Suspected Chronic Traumatic Encephalopathy (CTE) Caregivers – 3<sup>rd</sup> Tuesday of the month
- Suspected Chronic Traumatic Encephalopathy (CTE) Patients – 4<sup>th</sup> Tuesday of the month
- Concussed Moms – 1<sup>st</sup> 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: Exceptional Family Member Program – Army

Sponsored by: Army MWR

Additional information: <https://efmp.army.mil/EnterpriseEfmp/>. Also check the EFMP Benefits Fact Sheet.

Support group title: Exceptional Family Member Program – Marines

Sponsored by: Marine Corps Community Services

Additional information: <https://hawaii.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program>

Support group title: “Gimme A Break” Weekly Support Sessions

Format: Virtual

Sponsored by: “Gimme A Break”

Dates: Every Tuesday evening

Times: 8:00 pm HST

Additional information: Go to <https://gab808.org/support-sessions/> to find the Zoom link to access the support sessions. For more information, visit their website at <https://gab808.org/>

Support group title: Kona Family Caregiver Support Group

Format: In-person in Kailua-Kona, HI

Sponsored by: Hawaii Community Caregiver Network

Dates: Second Saturdays of the month

Times: 11:00 am HST

Location: Regency Hualalai, 75-181 Hualalai Road, Kailua-Kona, HI

Additional information: Contact Joann D’Addio, M.Ed., at 773-294-8773 or [ioana8275@gmail.com](mailto:ioana8275@gmail.com)

Support group title: Micronesian Caregiver Support Group

Format: In-person in Honolulu, HI

Sponsored by: Kokua Kalihi Valley (KKV)

Dates: Last Thursdays of every month

Times: 9:30 am – 12:00 pm HST

Location: Kokua Kalihi Valley Gulick Elder Care Center, 1846 Gulick Avenue, Honolulu, HI 96819

Additional information: Call 808-848-0977 from Mondays – Fridays from 7:30 am – 4:30 pm. KKV also provides training for caregivers and respite workers.

Support group title: Native Hawaiian Caregiver Support Program

Sponsored by: Alu Like Inc.

Additional information: Alu Like has offices on Hawaii, Kauai, Maui, Molokai, and Oahu. For more information on the Native Hawaiian Caregiver Support Program, contact the Honolulu office at 808-535-6700.

Support group title: North Dakota Brain Injury Network Monthly Virtual Support Group

Format: Virtual

Dates: Last Monday of every month

Times: 2:00 pm CT (start time in Hawaii varies if there is or isn't Daylight Savings Time)

Additional information: All brain injury survivors, providers, and caregivers are welcome. Contact Carly Endres at 701-777-8004 or [carly.endres@UND.edu](mailto:carly.endres@UND.edu) with any questions. The Zoom link for the meeting can be found here:

<https://www.ndbin.org/services/support/monthly>

Support group title: Support Group

Format: In-person in Aiea/Pearl City, HI

Sponsored by: The Caregiver Foundation

Dates: First Mondays of the month

Times: 6:30 am – 8:30 am HST

Location: Hale Hauoli Adult Day Center

Additional information: Contact The Caregiver Foundation at 808-625-3782 or email [gary@thecaregiverfoundation.org](mailto:gary@thecaregiverfoundation.org). Private sessions are also available.

Support group title: Traumatic Brain Injury Caregivers Support Group

Format: Virtual

Sponsored by: Traumatic Brain Injury Support Group for Family Caregivers

Dates: Once a month on Wednesdays

Times: The website lists 6:30 pm via Free Conferencing, but it does not specify the time zone. Based on certain clues, I think this is based in California, but please contact them to make sure and to get the link for the meetings.

Additional information: A form to request more information on meetings and other topics is located at <https://www.tbicaregiverssupportgroup.com/> (scroll down to find it). You can also email [tbivallejo@gmail.com](mailto:tbivallejo@gmail.com).

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

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

### **Employment-Related Support**

Title: Peer-Led Employment Support Group

Format: Virtual

Dates: Second Monday of every month

Time: 4:00 pm PT / 7:00 pm ET (Would be 1:00 pm or 2:00 pm HST depending upon the time of year)

Additional information: Go to <https://app.making-space.com/opportunities/1485> to “apply” to join the group. You’ll need to create a Making Space account if you don’t already have one.

Title: Driven by Ability – Mentoring for Youth with Disabilities

Format: Virtual

Dates: Individual meeting times

Time: Individual meeting times

To join:

[https://linktr.ee/DrivenbyAbility?fbclid=PAQ0xDSwMWxHBlEHRuA2FibQIxMQABp1gkhoKEdDtug1LTIm90jKUUj9XZG\\_eLpVIHIIYviB4H1L\\_AgR3rNzQeJKD\\_aem\\_cJ2F3-L54JvNbKZ0kc6xiA](https://linktr.ee/DrivenbyAbility?fbclid=PAQ0xDSwMWxHBlEHRuA2FibQIxMQABp1gkhoKEdDtug1LTIm90jKUUj9XZG_eLpVIHIIYviB4H1L_AgR3rNzQeJKD_aem_cJ2F3-L54JvNbKZ0kc6xiA)

Additional information: For ages 13 – 22. For those 13 – 17, the focus is on preparing for high school and life after graduation. For those 18 – 22, the focus is in navigating college, career, and independent living.

Title: United Spinal Association’s Pathways to Employment Resource Group

Format: Virtual

Dates: Third Wednesday of each month

Time: 1:00 pm – 2:00 pm ET (7:00 am or 6:00 am HST, depending upon the time of year)

Registration:

[https://us02web.zoom.us/meeting/register/tZMvdeiuqz8vHdXGzEKeHih8DIKBMU0\\_0I5J#/registration](https://us02web.zoom.us/meeting/register/tZMvdeiuqz8vHdXGzEKeHih8DIKBMU0_0I5J#/registration)

Additional information: <https://unitedspinal.org/events/employment-empowerment-resource-group/>

Title: United Self-Help Computer Class

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Every Wednesday

Time: 2:00 pm – 3:00 pm HST

Location: Waikiki Health Center, 277 Ohua Avenue, Honolulu, HI 96815, Room 204H

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

### **Mental Health Support Group Meetings**

Support group title: Aloha Independent Living Hawaii Aninis Fongon Support Group (Supporting & Helping Each Other)

Format: In-person in Hilo, HI

Dates: Second Monday of each month

Time: 10:00 am – 12:00 pm

Location: Aloha Independent Living Hawaii Office, 1055 Kino'ole Street, #202

Additional information: A Chuukese peer support group focused on English learning, community connection, and engaging activities that strengthen confidence and support among participants. Contact Karmemina Nethon at 808-861-9852.

Support group title: Aloha Independent Living Hawaii Life Choices

Format: In-person in Hilo, HI

Dates: Third Wednesday of every month

Time: 10:00 am – 12:00 pm HST

Location: Currently meeting at Mohouli Park Pavilion

Additional information: A support group for women who share common life experiences as they navigate personal growth, independence, and daily challenges. For more information, contact Bea Sextimo at 808-339-7297.

Support group title: Aloha Independent Living Hawaii Diversity Group

Format: In-person in Hilo, HI

Dates: Third Friday of every month

Time: Varies or TBA

Location: Varies or TBA

Additional information: A fun and safe-peer community for individuals from the LGBTQ+ community, with the goal of creating a family-style environment where everyone can be their full, authentic selves. The group also aims to reach and uplift younger LGBTQ+ generations. Contact Joanne Pagan at 808-339-7297.

Support group title: Aloha Independent Living Hawaii Kauai Laulima Peer Support Group

Format: In-person on Kauai

Dates: Check with organizer

Additional information: The Laulima Peer Support Group provides a welcoming space for individuals with disabilities to connect, share experiences, and support one another. Participants exchange emotional, social and practical assistance, helping each other grow stronger in their independent-living journeys. At times, guest speakers attend to discuss topics of interest, wellness, and community resources. Laulima is grounded in the values of tenacity and perseverance, empowering members to build healthy, independent lives through ongoing support and well-being activities. For times, location, and other information, contact Holly Pickens-Torres at 808-652-6092.

Support group title: Aloha Independent Living Hawaii Maui HIKI NŌ Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The HIKI NŌ Peer Support Group is composed of individuals with various disabilities who come together for fellowship, social connection, and peer support. The group provides a safe space for sharing experiences, building confidence, and strengthening independent-living skills. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: The 'Ike Loa Peer Support Group is designed for individuals with various disabilities who seek fellowship, emotional support, and community connection. The group provides a safe space where members can share experiences, build independence, and support one another. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. To become a consumer or inquire about services, please call 808-339-7297.

Support group title: Creative Arts Program

Format: In-person on Oahu

Sponsored by: REHAB Hospital of the Pacific

Cost: \$15 per session

Days: Available Tuesdays and Thursdays

Time: 12:30 pm – 3:30 pm HST

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: Men's Support Group

Format: In-person in Waimea, HI

Sponsored by: Tutu's House

Cost: Free

Days: Thursdays; check with organizer

Time: 6:00 pm – 8:00 pm HST

Additional information: Learn more about how the group is conducted and confirm your participation by emailing Steve at [honu.mkp@gmail.com](mailto:honu.mkp@gmail.com).

Support group title: The Tutu's House Women's Support Group

Format: Virtual

Sponsored by: Tutu's House

Cost: Free

Days: First Friday of each month

Time: 12:00 pm – 1:30 pm HST

Registration is required. Register online at:

<https://us06web.zoom.us/meeting/register/tZYldequrTMoGNWkw3t0xbTwi2Nh8TxxYLQS#/registration>

Support group title: Men's Support Group

Format: In-person in Waimea, HI

Sponsored by: Tutu's House

Cost: Free

Days: Thursdays; check with organizer

Time: 6:00 pm – 8:00 pm HST

Additional information: Learn more about how the group is conducted and confirm your participation by emailing Steve at [honu.mkp@gmail.com](mailto:honu.mkp@gmail.com).

Support group title: Teen Support Group

Format: In-person in Waimea, HI

Sponsored by: Tutu's House

Cost: Free

Days: Sundays; check with organizer

Time: 10:30 am HST

Additional information: Contact Tutu's House to learn more: [www.tutushouse.org](http://www.tutushouse.org)

Support group title: The Tutu's House Women's Support Group

Format: Virtual

Sponsored by: Tutu's House

Cost: Free

Days: First Friday of each month

Time: 12:00 pm – 1:30 pm HST

Registration is required. Register online at:

<https://us06web.zoom.us/meeting/register/tZYldequrTMoGNWkw3t0xbTwi2Nh8TxxYLQS#/registration>

Support group title: United Self-Help Anxiety and Depression Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: Every Monday

Time: 6:00 pm – 7:30 pm HST

To join the meeting via Zoom link:

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

Additional information: 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/>

Support group title: United Self-Help 4<sup>th</sup> Friday Night

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Fourth Friday of each month

Time: 6:00 pm – 8:00 pm HST

Location: Moiliili Hongwanji Buddhist Temple, 902 University Avenue, Honolulu, HI 96826

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

Support group title: United Self-Help Recovery and Support Group

Format: In-person in Honolulu, HI

Sponsored by: United Self-Help

Dates: Every Thursday

Time: 3:00 pm – 5:00 pm HST

Location: Moiliili Hongwanji Buddhist Temple, 902 University Avenue, Honolulu, HI 96826

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

Support group title: United Self-Help Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: Every Tuesday

Time: 1:00 pm – 2:30 pm HST

To join the meeting via Zoom link:

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

Additional information: 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/>

Support group title: United Self-Help Writer's in Recovery Support Group

Format: Virtual

Sponsored by: United Self-Help

Dates: First and third Wednesday of each month

Time: 3:30 pm – 5:00 pm HST

To join via Zoom link:

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

Additional information: 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/>

### **Paralysis Support Group Meetings**

Support group title: Living with Paralysis Support Group (specifically for those living with paraplegia)

Format: Virtual

Sponsored by: Reeve Foundation Virtual Support Groups

Dates: The second and fourth Mondays of each month

Times: 7:00 pm – 8:00 pm EST

Additional information: Please first register at

[https://www.heypeers.com/members/sign\\_up?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation](https://www.heypeers.com/members/sign_up?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation). If you have already registered, you can

attend meetings by signing in at

[https://www.heypeers.com/users/sign\\_in?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation](https://www.heypeers.com/users/sign_in?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation).

Support group title: Living with Paralysis Support Group (specifically for those living with quadriplegia)

Format: Virtual

Sponsored by: Reeve Foundation Virtual Support Groups

Dates: The first and third Mondays of each month

Times: 7:00 pm – 8:00 pm EST

Additional information: Please first register at [https://www.heypeers.com/members/sign\\_up?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation](https://www.heypeers.com/members/sign_up?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation). If you have already registered, you can attend meetings by signing in at [https://www.heypeers.com/users/sign\\_in?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation](https://www.heypeers.com/users/sign_in?org=Christopher%2520%26%2520Dana%2520Reeve%2520Foundation).

### **Stroke Support Group Meetings**

Support group title: Aloha Independent Living Hawaii Kauai Laulima Peer Support Group

Format: In-person on Kauai

Dates: Check with organizer

Additional information: The Laulima Peer Support Group provides a welcoming space for individuals with disabilities to connect, share experiences, and support one another. Participants exchange emotional, social and practical assistance, helping each other grow stronger in their independent-living journeys. At times, guest speakers attend to discuss topics of interest, wellness, and community resources. Laulima is grounded in the values of tenacity and perseverance, empowering members to build healthy, independent lives through ongoing support and well-being activities. For times, location, and other information, contact Holly Pickens-Torres at 808-652-6092.

Support group title: Aloha Independent Living Hawaii Maui HIKI NŌ Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The HIKI NŌ Peer Support Group is composed of individuals with various disabilities who come together for fellowship, social connection, and peer support. The group provides a safe space for sharing experiences, building confidence, and strengthening independent-living skills. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by

calling 808-339-7297. An email form can be found at <https://www.alohailhawaii.org/contact-us/>

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

Format: In-person at various locations on Hawaii island (TBA)

Dates: Third Tuesday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

Additional information: A peer support group composed of adults with various disabilities. Members meet for fellowship, connection, and mutual choice. For more information, please contact Karin Riedel at 808-333-2408.

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: The 'Ike Loa Peer Support Group is designed for individuals with various disabilities who seek fellowship, emotional support, and community connection. The group provides a safe space where members can share experiences, build independence, and support one another. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. To become a consumer or inquire about services, please call 808-339-7297.

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

Format: In-person on Oahu

Dates: Monthly on Saturdays. Remaining date for 2024 is: 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: 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: Hilo Stroke Support Group

Format: In-person

Dates: Second Tuesday of each month

Time: 4:00 – 5:00 pm HST

Location: Hilo Benioff Medical Center, Ground Conference Room D

Additional information: Contact Rebecca Moore at [rmoore1@hpsc.org](mailto:rmoore1@hpsc.org) or call 316-871-2443.

Support group title: Hui Malama Po'o Support Group

Format: In-person in Honolulu, HI

Dates: Regular meetings are held throughout the year

Times: TBA

Location: TBA

Additional information: The Hui Malama Po’o group provides a safe, supportive environment for individuals with brain injuries and other neurocognitive conditions. The group focuses on: Using crafting as cognitive therapy, offering emotional and peer support, educating the community about neurotrauma, participating in community outreach, creating and sharing handmade crafts to help sustain the group’s activities, encouraging independence, confidence, and social connection. Members also participate in the Brain Injury Association of Hawaii support group meetings at the Rehabilitation Hospital of the Pacific. Contact Val Yamada at [huimalama01@gmail.com](mailto:huimalama01@gmail.com) or call 808-385-5462.

Support group title: Kauai BIG! (Brain Injury Group) Support Group

Format: In-person in Lihue, HI

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Hale Lihue, 4268 Rice Street, Lihue, HI

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

Support group title: Queen’s Medical Center Stroke Survivors Support Group: How to Thrive on our Islands After Stroke

Format: Meetings alternate being in-person or virtual each month

Dates: Second Wednesday of each month

Additional information: Registration is required in order to get the virtual meeting link and the in-person location address. To register online, go to [www.queens.org/events](http://www.queens.org/events). You can also call 808-691-7117, which is the referral line. An email invitation will be sent to you a few days prior to the meeting. For questions about the group (not to register), contact Danae Jones, RN, Stroke Coordinator at 808-691-1210.

Support group title: Stroke Club

Format: In-person on Oahu

Dates: First Thursday of each month

Time: 10:00 am – 11:00 am

Location: REHAB Hospital of the Pacific, 226 North Kuakini Street, Honolulu, HI 96817, Frear Cafeteria

Additional information: For more information or to RSVP, contact Melissa Mullen, Patient Experiences Manager, by email at [Melissa.mullen@rehabhospital.org](mailto:Melissa.mullen@rehabhospital.org) or by phone at 808-566-3741.

Support group title: UH Center on Disability Studies – Peer-to-Peer Support Circle Hawaii for Adults with Disabilities

Format: Virtual

Dates: Second Sunday of every month

Times: 2:00 pm – 3:30 pm HST (may be held on a different Sunday depending upon members' availability)

Additional information: The circle is guided by respect, empathy, and mutual support. For more information, email [kitami@hawaii.edu](mailto:kitami@hawaii.edu) or call 808-956-9898.

Please RSVP to join: <https://forms.gle/fAWQpC11Ze4amd6X9>

American Stroke Association Stroke Support Group Finder

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

### **Spinal Cord Injury Support Group Meetings**

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

Format: In-person at various locations on Hawaii island (TBA)

Dates: Third Tuesday of every month

Time: 10:00 am – 12:00 pm HST

Location: Varies

Additional information: A peer support group composed of adults with various disabilities. Members meet for fellowship, connection, and mutual choice. For more information, please contact Karin Riedel at 808-333-2408.

Support group title: Aloha Independent Living Hawaii Kauai Lualaba Peer Support Group

Format: In-person on Kauai

Dates: Check with organizer

Additional information: The Laulima Peer Support Group provides a welcoming space for individuals with disabilities to connect, share experiences, and support one another. Participants exchange emotional, social and practical assistance, helping each other grow stronger in their independent-living journeys. At times, guest speakers attend to discuss topics of interest, wellness, and community resources. Laulima is grounded in the values of tenacity and perseverance, empowering members to build healthy, independent lives through ongoing support and well-being activities. For times, location, and other information, contact Holly Pickens-Torres at 808-652-6092.

Support group title: Aloha Independent Living Hawaii Maui HIKI NŌ Peer Support Group

Format: In-person in Kahului, HI

Dates: First Thursday of every month

Time: 1:30 pm – 3:00 pm HST

Location: Kelea Foundation, 111 Hana Highway, Kahului, HI 96732

Additional information: The HIKI NŌ Peer Support Group is composed of individuals with various disabilities who come together for fellowship, social connection, and peer support. The group provides a safe space for sharing experiences, building confidence, and strengthening independent-living skills. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Lehua Chung at 808-866-4690. For more information about Aloha Independent Living Hawaii, contact their intake line by calling 808-339-7297. An email form can be found at

<https://www.alohailhawaii.org/contact-us/>

Support group title: Aloha Independent Living Hawaii Molokai 'Ike Loa Peer Support Group

Format: In-person in Kaunakakai, HI

Dates: Third Thursday of every month

Time: 1:00 pm – 3:00 pm HST

Location: Home Pumehana, 290 Kolapa Place, Kaunakakai, HI 96748

Additional information: The 'Ike Loa Peer Support Group is designed for individuals with various disabilities who seek fellowship, emotional support, and community connection. The group provides a safe space where members can

share experiences, build independence, and support one another. This group is open only to consumers of Aloha Independent Living Hawaii. For more information about the group, contact Tina Ho-Lindsey at 808-866-3792. To become a consumer or inquire about services, please call 808-339-7297.

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

Stay tuned for more information.

Support group title: Kauai BIG! (Brain Injury Group) Support Group

Format: In-person in Lihue, HI

Dates: Third Monday of each month

Times: 10:00 am – 12:00 pm HST

Location: Hale Lihue, 4268 Rice Street, Lihue, HI

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

Support group title: Maui Wheelers

Format: In-person on Maui

Dates: First Wednesday of each month

Times: 1:00 pm – 4:00 pm HST

Location: Contact them to find out the location

Additional information: They have a Facebook page at

<https://www.facebook.com/MauiWheelers/> and you can email them at [MauiWheelers@gmail.com](mailto:MauiWheelers@gmail.com). They are a support group and Maui resource for individual who use a wheelchair, scooter, walker, or other assistive mobility device, and for their ohana – family, friends, and caregivers.

Support group title: UH Center on Disability Studies – Peer-to-Peer Support Circle  
Hawaii for Adults with Disabilities

Format: Virtual

Dates: Second Sunday of every month

Times: 2:00 pm – 3:30 pm HST (may be held on a different Sunday depending upon members' availability)

Additional information: The circle is guided by respect, empathy, and mutual support. For more information, email [kitami@hawaii.edu](mailto:kitami@hawaii.edu) or call 808-956-9898.

Please RSVP to join: <https://forms.gle/fAWQpC11Ze4amd6X9>

United Spinal Association Chapter Network

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

Support group title: United Spinal Association Advocacy LIVE

Format: Virtual

Dates: Third Thursday of every month

Time: Alternates each month between 5 pm and 1 pm ET

Registration:

<https://us02web.zoom.us/meeting/register/tZlqfuygqz8jHdVFxsZmHRSYFRvXqRB-HrUI?fbclid=IwAR0kgxZZuWR3OazgebBzgvI8eAgm78sbxKbCYs9bH6I9urcEsnWkDw4ZELk#/registration>

Support group title: Kelly Brush Foundation / United Spinal Association Active Project Live Bi-Weekly Zoom Recreation Discussion Group

Format: Virtual

Dates: Every other Tuesday

Time: 5:30 pm ET

Additional information: Discussion group focused on adaptive sports and recreational activities. Learn more and register at

<https://unitedspinal.org/events/active-project-live/>

Support group title: United Spinal Association Empowering Parental Caregivers Support Group

Format: Virtual

Dates: Every second and fourth Tuesday of the month

Time: 7:00 pm – 8:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZEtc-ytrz0oGNGfgA8DTUyYf6vu2NRswdKT#/registration>

Additional information: For parents and guardians of children, adolescents, or young adults with SCI or mobility disabilities

Support group title: United Spinal Association Resource Center Live

Format: Virtual

Dates: Every fourth Wednesday of the month

Time: 4:00 pm ET

Registration:

<https://us02web.zoom.us/meeting/register/tZUuduCuqDliGtctu96aqMrmC87SXxW3FydB#/registration>

Support group title: United Spinal Association Rolling through Life: Aging with a Disability

Format: Virtual

Dates: Fourth Wednesday of each month

Time: 7:00 pm – 8:00 pm ET

Registration: [https://us02web.zoom.us/meeting/register/tZcofu-upz8sH93iWkBLFJps\\_ViG5RzL4TY2#/registration](https://us02web.zoom.us/meeting/register/tZcofu-upz8sH93iWkBLFJps_ViG5RzL4TY2#/registration)

Additional information: <https://unitedspinal.org/events/aging-with-a-disability/>

Support group title: United Spinal Association Rolling with Pride Support Group

Format: Virtual

Dates: First Wednesday of each month

Time: 6:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZ0rd-mrqjstHNBlhBRobjafYZrsfragrHH7#/registration>

Additional information: For LGBTQIA wheelchair users and allies

Support group title: United Spinal Association's Social Hour

Format: Virtual

Dates: Every Thursday

Time: 1:00 pm ET

Registration: <https://unitedspinal.org/events/united-spinal-social-hour/>

Support group title: United Spinal Association's TechTalks

Format: Virtual

Dates: Second Thursday of each month

Time: 5:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZArdO-gqDwpGNVsVGt4f8gPz973EVLfq3cT#/registration>

Support group title: United Spinal Association's Walking Rollers

Format: Virtual

Dates: Fourth Monday of each month

Time: 7:00 pm ET

Registration: <https://us02web.zoom.us/meeting/register/tZArdO-gqDwpGNVsVGt4f8gPz973EVLfq3cT#/registration>

Additional information: For semi-ambulatory, part-time wheelchair users.

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>

## 5. Articles on Brain Injuries

Return to School Tools

<https://returntoschool.org/tools?category=7>

Exploring Risks of Repeated Head Impacts in Youth and Strategies to Minimize Exposure: Proceedings of a Workshop 2026

<https://www.nationalacademies.org/publications/29227>

Concussion and the Emergency Department – A Critical First Line in Treating Head Injuries

[https://injury.research.chop.edu/blog/posts/concussion-and-emergency-department-critical-first-line-treating-head-injuries?utm\\_source=Concussion+Stakeholders&utm\\_campaign=ea4ede033c-EMAIL\\_CAMPAIGN\\_2018\\_11\\_28\\_08\\_50\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_61e6ff3b7d-ea4ede033c-592000242&mc\\_cid=ea4ede033c&mc\\_eid=99af31383f](https://injury.research.chop.edu/blog/posts/concussion-and-emergency-department-critical-first-line-treating-head-injuries?utm_source=Concussion+Stakeholders&utm_campaign=ea4ede033c-EMAIL_CAMPAIGN_2018_11_28_08_50_COPY_01&utm_medium=email&utm_term=0_61e6ff3b7d-ea4ede033c-592000242&mc_cid=ea4ede033c&mc_eid=99af31383f)

Examining Traumatic Brain Injury as a Chronic Condition: Proceedings of a Workshop 2026

[https://www.nationalacademies.org/publications/29230?utm\\_campaign=32232859-NASEM%20Final%20Book%20Emails&utm\\_medium=email&hsenc=p2ANqtz-29JMzlzQHDpCCTmNC03pjSBqGyvVaDch69MAhell5Ye5MJP3AgNZaGtw\\_w5\\_GISOFDNn2GZrzJP0oxTNKxMsFJj5Hrg&hsmi=400856372&utm\\_content=400856372&utm\\_source=hs\\_email](https://www.nationalacademies.org/publications/29230?utm_campaign=32232859-NASEM%20Final%20Book%20Emails&utm_medium=email&hsenc=p2ANqtz-29JMzlzQHDpCCTmNC03pjSBqGyvVaDch69MAhell5Ye5MJP3AgNZaGtw_w5_GISOFDNn2GZrzJP0oxTNKxMsFJj5Hrg&hsmi=400856372&utm_content=400856372&utm_source=hs_email)

You can download the PDF for free.

What Can a Patient's Eye Tell Us About Concussions?

[https://www.acepnow.com/article/what-can-a-patients-eyes-tell-us-about-concussions/?utm\\_source=Concussion+Stakeholders&utm\\_campaign=ea4ede033c-EMAIL\\_CAMPAIGN\\_2018\\_11\\_28\\_08\\_50\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_61e6ff3b7d-ea4ede033c-592000242&mc\\_cid=ea4ede033c&mc\\_eid=99af31383f](https://www.acepnow.com/article/what-can-a-patients-eyes-tell-us-about-concussions/?utm_source=Concussion+Stakeholders&utm_campaign=ea4ede033c-EMAIL_CAMPAIGN_2018_11_28_08_50_COPY_01&utm_medium=email&utm_term=0_61e6ff3b7d-ea4ede033c-592000242&mc_cid=ea4ede033c&mc_eid=99af31383f)

“I wasn’t prepared for that”: UK Social Worker Experiences of Training in and Knowledge of Acquired Brain Injury

<https://journals.sagepub.com/doi/10.1177/14680173251409284>

Clinician Perspectives on Cognitive Behavioral Therapy and Health Education for Sleep Disturbance and Fatigue After Acquired Brain Injury: A Qualitative Study

<https://www.tandfonline.com/doi/full/10.1080/09602011.2025.2487432?mi=79r7c4>

Evaluating the VaLiANT (Valued Living After Neurological Trauma) Group Intervention for Improving Adjustment to Life with Acquired Brain Injury: A Pilot Randomized Controlled Trial

<https://www.tandfonline.com/doi/full/10.1080/09602011.2025.2476074?mi=79r7c4#abstract>

Multicenter Evaluation of Memory Remediation in Traumatic Brain Injury with Donepezil: A Randomized Controlled Trial (abstract only)

[https://naric.com/rehab-srch-results-rec?article\\_source=rehab&record\\_id=178149&load\\_source=copied\\_search&search\\_id=600884&start\\_rec=0&user\\_name=public.user.1128945&international=0&download=0&rehab\\_blank=0&intl\\_blank=0&filter\\_id=0](https://naric.com/rehab-srch-results-rec?article_source=rehab&record_id=178149&load_source=copied_search&search_id=600884&start_rec=0&user_name=public.user.1128945&international=0&download=0&rehab_blank=0&intl_blank=0&filter_id=0)

Predictors of Depressive Symptoms in Post-Concussion Syndrome: Role of Pre- and Post-Injury Substance and Medication Use (abstract only)

<https://pubmed.ncbi.nlm.nih.gov/41564301/>

\$3 Million NIH Award Funds Ohio State Research on Concussion and Neurodegenerative Disease

<https://psychology.osu.edu/news/3-million-nih-award-funds-ohio-state-research-concussion-and-neurodegenerative-disease>

Tailoring the Recovery Ruler: A Data Visualization Tool for Disorders of Consciousness Rehabilitation Programs (overview only)

[https://www.archives-pmr.org/article/S0003-9993\(25\)01141-4/abstract](https://www.archives-pmr.org/article/S0003-9993(25)01141-4/abstract)

Spinal Cord Tau and Protein Copathologies Associated with Chronic Traumatic Encephalopathy

[https://jamanetwork.com/journals/jamaneurology/fullarticle/2844105?guestAccessKey=e98af6bd-1299-4f88-ab28-a11d23ffa5c8&utm\\_source=linkedin\\_company&utm\\_medium=social\\_jamaneur&utm\\_term=19444204084&utm\\_campaign=article\\_alert&linkId=902449532](https://jamanetwork.com/journals/jamaneurology/fullarticle/2844105?guestAccessKey=e98af6bd-1299-4f88-ab28-a11d23ffa5c8&utm_source=linkedin_company&utm_medium=social_jamaneur&utm_term=19444204084&utm_campaign=article_alert&linkId=902449532)

CTE Neuropathology Alone is Associated with Dementia and Cognitive Symptoms

<https://alz-journals.onlinelibrary.wiley.com/doi/10.1002/alz.71032>

Costs and Claims of Traumatic Brain Injury in New Zealand 2017 – 2023: A Study Based on National Insurance Data

<https://www.tandfonline.com/eprint/AYHHPBTv4RZZGNWQ795X/full?target=10.1080/02699052.2025.2606899#abstract>

A National Strategy on Brain Injury (Canada)

<https://braininjurycanada.ca/en/national-strategy/>

## **6. Articles on Brain Tumors**

Brain Cancer May Begin Years Before Doctors Can See It

<https://www.sciencedaily.com/releases/2026/01/260128075350.htm>

Taming Tumor Chaos: Researchers Uncover Key to Improving Glioblastoma Treatment

<https://medicalxpress.com/news/2026-02-tumor-chaos-uncover-key-glioblastoma.html>

UNC Researchers Show Combination Therapy Effective for Brain Cancer

<https://news.unchealthcare.org/2026/01/unc-researchers-show-combination-therapy-effective-for-brain-cancer/>

Researchers Open ‘Window to the Brain’ with Powerful Cancer Tech

<https://www.news-medical.net/news/20260202/Researchers-open-e28098window-to-the-braine28099-with-powerful-cancer-tech.aspx>

The Top Brain Cancer News of 2025

<https://www.targetedonc.com/view/the-top-brain-cancer-news-of-2025>

## **7. Articles on Spinal Cord Injuries**

Searching for Osteoporosis Solutions as a Wheelchair User

<https://newmobility.com/searching-for-osteoporosis-solutions-as-a-wheelchair-user/>

Age Does Not Stop Nerve Healing After Spinal Cord Injury

<https://www.sciencedaily.com/releases/2025/12/251228013705.htm>

Cell Transplantation Boosts Health After Spinal Cord Injury

<https://medicine.missouri.edu/news/cell-transplantation-boosts-health-after-spinal-cord-injury>

Lab-Grown Corticospinal Neurons Offer New Models for ALS and Spinal Injuries

<https://www.news-medical.net/news/20260129/Lab-grown-corticospinal-neurons-offer-new-models-for-ALS-and-spinal-injuries.aspx>

## **8. Articles on Stroke**

2026 Heart Disease and Stroke Statistics

<https://professional.heart.org/en/science-news/2026-heart-disease-and-stroke-statistics>

Scroll down to find useful supporting materials, fact sheets and translations into various languages, including Chinese Simplified, Chinese Traditional, Ilocano, Japanese, Korean, Samoan, Tagalog, and Vietnamese.

Top 10 Things to Know From the 2025 AHA / ASA Acute Ischemic Stroke Guideline

<https://www.stroke.org/en/about-stroke/types-of-stroke/ischemic-stroke-clots/ais-top-things-to-know>

Includes first pediatric stroke guidance!

Ischemic Stroke (Clots)

[https://www.stroke.org/en/about-stroke/types-of-stroke/ischemic-stroke-clots?utm\\_source=Together+To+End+Stroke+fy+25+26&utm\\_medium=email&ut](https://www.stroke.org/en/about-stroke/types-of-stroke/ischemic-stroke-clots?utm_source=Together+To+End+Stroke+fy+25+26&utm_medium=email&ut)

[m\\_campaign=CP TTES 020326&utm\\_content=Content 1+cta&sc camp=79890DEB9E704C13939C0205B45526EE](https://www.rehabhospital.org/news/why-3-hours-daily-therapy-matters-after-stroke)

Why 3 Hours of Daily Therapy Matters After a Stroke

<https://www.rehabhospital.org/news/why-3-hours-daily-therapy-matters-after-stroke>

Benefits of Physical Activity and Exercise After a Stroke

[https://www.stroke.org/-/media/Stroke-Files/Stroke-Resource-Center/Recovery/Patient-Focused/Benefits-of-Physical-Activity-and-Exercise-After-a-Stroke.pdf?utm\\_source=Together+To+End+Stroke+fy+25+26&utm\\_medium=email&utm\\_campaign=CP TTES 010626&utm\\_content=Content 1+cta&sc camp=79890DEB9E704C13939C0205B45526EE](https://www.stroke.org/-/media/Stroke-Files/Stroke-Resource-Center/Recovery/Patient-Focused/Benefits-of-Physical-Activity-and-Exercise-After-a-Stroke.pdf?utm_source=Together+To+End+Stroke+fy+25+26&utm_medium=email&utm_campaign=CP TTES 010626&utm_content=Content 1+cta&sc camp=79890DEB9E704C13939C0205B45526EE)

Workplace Support for People with Disabilities

[https://ceoroundtable.heart.org/aha-coort\\_workplacesupportforpeoplewithdisabilities/?utm\\_source=Together+To+End+Stroke+fy+25+26&utm\\_medium=email&utm\\_campaign=CP TTES 010626&utm\\_content=content3+cta&sc camp=79890DEB9E704C13939C0205B45526EE](https://ceoroundtable.heart.org/aha-coort_workplacesupportforpeoplewithdisabilities/?utm_source=Together+To+End+Stroke+fy+25+26&utm_medium=email&utm_campaign=CP TTES 010626&utm_content=content3+cta&sc camp=79890DEB9E704C13939C0205B45526EE)

I AM Determined to Prevent Another Stroke Infographic

[https://www.stroke.org/en/life-after-stroke/preventing-another-stroke/prevent-another-stroke?utm\\_source=Together+To+End+Stroke+fy+25+26&utm\\_medium=email&utm\\_campaign=CP TTES 010626&utm\\_content=content4+cta&sc camp=79890DEB9E704C13939C0205B45526EE](https://www.stroke.org/en/life-after-stroke/preventing-another-stroke/prevent-another-stroke?utm_source=Together+To+End+Stroke+fy+25+26&utm_medium=email&utm_campaign=CP TTES 010626&utm_content=content4+cta&sc camp=79890DEB9E704C13939C0205B45526EE)

Learning How the Brain Heals: Acceptance and Patience After Stroke

[https://biausa.org/public-affairs/media/acceptance-and-patience-after-stroke?utm\\_medium=email&utm\\_source=ctct](https://biausa.org/public-affairs/media/acceptance-and-patience-after-stroke?utm_medium=email&utm_source=ctct)

## **9. Information on Related Topics**

Fall Prevention Partnership to Better Support Older Adults

[https://www.unr.edu/nevada-today/news/2026/sanford-fall-prevention?utm\\_source=LinkedIn&utm\\_medium=social&utm\\_campaign=health-Medicine&utm\\_content=sanford-fall-prevention](https://www.unr.edu/nevada-today/news/2026/sanford-fall-prevention?utm_source=LinkedIn&utm_medium=social&utm_campaign=health-Medicine&utm_content=sanford-fall-prevention)

Your Rights as a Person with a Disability Under the ADA in Personal Emergency Preparedness (YouTube video of a webinar)

<https://www.youtube.com/watch?v=q7VJD65BOoE>

## **10. Presentations and Trainings**

Hidden Harms: Supporting Survivors of IPV with Brain Injuries

<https://vetoviolence.cdc.gov/apps/tbi-ipv-hidden-harms/>

Online training (25 minutes) designed for those who work with survivors of intimate partner violence.

The American Heart Association has a professional education hub with a Stroke and Brain Health Portfolio. You can find it at

<https://education.heart.org/catalog?portfolio=71&page=1>.

Understanding Spinal Cord Injury: A Course for Personal Care Assistants

The goals of this online course, which was developed by the Kessler Foundation, is to increase knowledge about spinal cord injuries (SCI), improve communication, and enhance the quality of care. And the course is free! It could be really useful for everyone to learn more about SCI, not just those who will become / are personal care assistants. As many of you may know, there is a critical need for more personal care assistants. Learn more and sign up at:

[https://www.kflearn.org/courses/understanding-spinal-cord-injury?fbclid=IwZXh0bgNhZW0CMATAAR11VM8H2TGOI4oDuVWkNCye9vR6u5IBO9v4iqqCSFnhwzCY-wfEmBI1I5c\\_aem\\_m3cAQ0Q512SMjXHtVIWhAQ](https://www.kflearn.org/courses/understanding-spinal-cord-injury?fbclid=IwZXh0bgNhZW0CMATAAR11VM8H2TGOI4oDuVWkNCye9vR6u5IBO9v4iqqCSFnhwzCY-wfEmBI1I5c_aem_m3cAQ0Q512SMjXHtVIWhAQ)

The American College of Emergency Physicians has short videos available under the title, "MicroED." They cover a variety of topics, including mild traumatic brain injury examinations, physical exam and CT signs of a hemorrhagic stroke, neuroimaging, telestroke, and more. You can find the videos at:

[https://www.acep.org/education/microed?fbclid=IwY2xjawG-uMRleHRuA2FibQIxMAABHa36t\\_BjwsU99eyGEQHfKL1u5qc0vXocDbbX30I3kxZ16](https://www.acep.org/education/microed?fbclid=IwY2xjawG-uMRleHRuA2FibQIxMAABHa36t_BjwsU99eyGEQHfKL1u5qc0vXocDbbX30I3kxZ16)

[WdCDsVO5wtgXQ\\_aem\\_Mq50vROsGwIR2MuVblbq5Q&utm\\_source=Concussion%20Stakeholders&utm\\_campaign=e06cf149f9-EMAIL\\_CAMPAIGN\\_2018\\_11\\_28\\_08\\_50\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_61e6ff3b7d-e06cf149f9-592000242&mc\\_cid=e06cf149f9&mc\\_eid=99af31383f](https://www.hawaii.edu/healthcare/WdCDsVO5wtgXQ_aem_Mq50vROsGwIR2MuVblbq5Q&utm_source=Concussion%20Stakeholders&utm_campaign=e06cf149f9-EMAIL_CAMPAIGN_2018_11_28_08_50_COPY_01&utm_medium=email&utm_term=0_61e6ff3b7d-e06cf149f9-592000242&mc_cid=e06cf149f9&mc_eid=99af31383f)

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

1. Preventing and Identifying Strokes
2. Preventing and Identifying Brain Injuries
3. Domestic Violence and Brain Injuries
4. Homelessness and Brain Injuries
5. Resources and Information for Stroke and Brain Injury Survivors and Their Supports
6. The Basics of Advocacy
7. Medical Gaslighting
8. Workplace Bullying
9. AI and Disabilities: Pros and Cons
10. Disabilities 101

The Queen's Medical Center has a presentation available: "An Ounce of Prevention, a Lifetime of Reward: Fall Prevention and Home Safety." The presentation also includes some stretching and exercises for kupuna. It is free to all interested groups. Please contact TJ Donayri, BSN, RN, CEN, TCRN, CPST, who is the Clinical Coordinator Injury Prevention/Outreach and Education, Trauma Services, by calling 808-691-7059 or by sending an email to [cdonayri@queens.org](mailto:cdonayri@queens.org).

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

The Michigan Sport-Related Concussion Training Certification course is available online via Coursera or Michigan Online. In this course, enrollees learn about the five key components of sport-related concussion. There is free access via the University of Michigan but others may need to pay for the training. Enroll at <https://online.umich.edu/courses/michigan-sport-related-concussion-training-certification/>

The Academy of Certified Brain Injury Specialists is offering the "Understanding Concussion: Symptoms, Diagnosis, and Treatment Approaches" Certificate Course to enhance your understanding of concussions and concussion treatment. It is primarily intended for medical personnel, athletic trainers, first responders, therapists, psychologists, social workers, and anyone involved in the care of individuals with concussions. The online course costs \$145.00. Visit <https://www.biausa.org/professionals/academy-of-certified-brain-injury->

[specialists/understanding-concussion-symptoms-diagnosis-and-treatment-certificate-course](#) for more information and to access registration.

The Brain Injury Association of American offers an online self-paced Brain Injury Fundamentals Certificate Program. There is also an in-person option. It is for anyone who cares for or encounters individuals with brain injuries. No prior experience or education is required. There is a \$125 fee for the program. For more information and to sign up, go to:

<https://www.biausa.org/professionals/academy-of-certified-brain-injury-specialists/acbis-fundamentals/fundamentals-self-paced-course>

### **11. Research and Participation Opportunities**

Monash Epworth Rehabilitation Researcher Centre has launched a study that hopes to help shape support resources for those living with Acquired Brain Injury (ABI). The survey takes 20 – 30 minutes to complete. They are looking for both English-speaking clinicians and researchers who work with people with ABI post-diagnoses, and those diagnosed with ABI who have experienced psychological distress, suicidality, or self-harm after their injury. You can take the survey at <https://lnkd.in/eXxijtCz> and if you have questions, send an email to [ABlcoping@monash.edu](mailto:ABlcoping@monash.edu).

The NIDILRR-funded [Technologies to Support Aging Among People with Long-Term Disabilities \(TechSAGE RERC\)](#) seeks participants for a [study to evaluate the efficacy of WheelSafe](#), a fall detection and management system specifically designed for older adults who use wheelchairs or scooters full-time. Participants will use the device for 12 weeks and will provide feedback in a focus group on its functionality, user needs, and desired features. Participants must be 18 years or older, use wheelchairs or scooters or be care partners of wheelchair or scooter users, and must live in the US. Participants will be compensated for their time. To volunteer, or for more information, contact [DPQoL-WheelSafe@illinois.edu](mailto:DPQoL-WheelSafe@illinois.edu).

Are you over 60 and have been living with a long-term (at least 10 years) vision, mobility, or hearing disability? There's a new study for you! It takes about 2 – 3 hours total and consists of questionnaires and an interview (in English) via phone, video call, or in-person, if local. Participants will be compensated \$50 in Amazon e-codes, or check. If you are interested, contact Maya Dye at 217-265-0150 (voice

call) or send an email to [access-study@illinois.edu](mailto:access-study@illinois.edu). The study is sponsored by the University of Illinois Urbana-Champaign, TechSAGErERC, and Georgia Tech.

The Minnesota Regional Spinal Cord Injury Model System Center is studying pain management for SCI. The anonymous survey takes about 15 – 20 minutes to complete, and is for participants currently involved in the clinical care of those with SCI. For more information or questions, contact Kimberly Monden at [kmonden@umn.edu](mailto:kmonden@umn.edu). The survey can be found at: <https://redcap.ahc.umn.edu/redcap/surveys/?s=TE9AWNX9WKKNTRD8>

The University of Illinois Urbana-Champaign's Disability Participation and Quality of Life (DPQOL) Research Laboratory is looking for persons who use wheelchairs for their study, "Individualized Reduction of Falls Intervention Program – Mobile Health Application." The study is currently in Phase III. You can earn up to \$180 for participating. To learn more, send an email to [dpqol-fallprev@illinois.edu](mailto:dpqol-fallprev@illinois.edu).

The TIRR–Memorial Hermann Spinal Cord Injury and Disability Research Center, in collaboration with the University of Montana and the University of Texas Health Science Center, is conducting a research study to understand the impact of difficult and/or abusive relationships on the health of people with spinal cord injury (SCI). Individuals aged 21 or older who have had a traumatic SCI for at least one year, live in the U.S., and can communicate in English may be eligible. Participation involves a brief phone screening and completing a one-time survey, either online or by mail. Participants will receive a small payment for completing the survey. This study is led by Jessica Rodriguez at TIRR–Memorial Hermann. For questions, contact [SCIPSstudy@uth.tmc.edu](mailto:SCIPSstudy@uth.tmc.edu) or 713-797-7245.

Colorado State University is looking for clinicians who treat those with brain injuries, persons with a history of severe brain injury/coma, and family or care partners for those with severe brain injuries to take part in "Tailoring a Toolkit to Promote Shared Decision-Making in Rehabilitation (SHARE-REHAB)." Take part in up to two questionnaires and up to three virtual focus groups. Email [meteorlab@colostate.edu](mailto:meteorlab@colostate.edu) for more information.

The Model Systems Knowledge Translation Center is seeking input on the informational needs of those with spinal cord injuries, traumatic brain injuries, or burn injuries. The survey takes about 10 minutes and can be found here:

<https://websurveyor2.airws.org/se/2511374533213674>. If you have any questions, contact Cindy Cai, Ph.D., at [mstkc@air.org](mailto:mstkc@air.org) or call 202-403-6929.

Post-Stroke Telehealth Study – The NIDILRR-funded project [Expanding Delivery of an Evidence-based Weight Loss Intervention to Enhance Access to Reach Underserved Groups After Stroke](#) is recruiting participants for a healthy lifestyle study for people post stroke. Participation is open to individuals between 18 and 85 who are at least 12 months post stroke, clinically overweight, and able to participate in physical activity. Volunteers will meet regularly in groups for 12 months, participate in a 22-session healthy lifestyle telehealth program, and complete assessments by phone and blood tests in a local lab. To volunteer, [complete the eligibility survey](#), email [stephanie.calhoun1@bswhealth.org](mailto:stephanie.calhoun1@bswhealth.org), or call [214/228-5181](tel:214/228-5181).

Bank CTE is looking for participants to determine if CTE can be detected through a blood test. Criteria include being aged 40 or older and may or may not have had repetitive head injuries (there are also other criteria). Participants receive a \$100 gift card upon completion. To learn more and find out if you are eligible, go to: <https://www.bankcte.org/>

The DIAGNOSE CTE-II study is recruiting for men aged 50 and older who 1) played college or professional tackle football or 2) have been diagnosed with Alzheimer's disease, never played contact or collision sports and have no history of repetitive head impacts. Learn more at <https://www.diagnosecte.org/am-i-eligible>

The I-HEAL Study is recruiting persons who experienced TBI (civilians and Veterans) and underwent inpatient rehabilitation. They are studying best practices for managing behavior changes after TBI. There will be focus groups help using Microsoft Teams that will last about 90 minutes. Participants receive a \$50 gift card. For questions, contact Natalie Gilmore (813-806-0273, [VHAIHWALteam@va.gov](mailto:VHAIHWALteam@va.gov)), or visit <https://iheal.tbindsc.org/>.

University of Michigan Transportation Research Institute wants participants to help make vehicles easier to use for everyone. You can take their 15-minute survey if you have a disability, are at least 18 years old, and drive or travel in

passenger vehicles. You can take the survey by going to [https://umich.qualtrics.com/jfe/form/SV\\_4TP9oG64U1LgaRE](https://umich.qualtrics.com/jfe/form/SV_4TP9oG64U1LgaRE). Alternately, you can send an email to [UVIDSurvey@umich.edu](mailto:UVIDSurvey@umich.edu) to set up an appointment to answer the questions by phone.

The International Brain Injury Association DoC Special Interest Group (IBIADoCSIG) is looking for healthcare professionals to participate in a survey on the information gap that caregivers of DoC patients might encounter along the pathway of care. DoC refers to “disorders of consciousness,” that is, someone who is in a vegetative or minimally conscious state. Until now, no studies have investigated the type of information available and the gaps along the pathways of care. The survey takes around 10 – 15 minutes and can be accessed here: [https://redcap.link/doc\\_sig\\_survey](https://redcap.link/doc_sig_survey).

The ICARE (Intervention to Change Affect Recognition and Empathy) study, out of Indiana University, is looking for people 18 and older who had a traumatic brain injury at least 12 months ago to take part in a teletherapy program. (There are additional qualification requirements.) The study takes place over about 9 months, and all activities are conducted virtually. To learn more, call the study team at 317-329-2380.

The Kessler Foundation has a new study. They are looking for participants for “Comparison of Two Different Group Wellness Programs for People with TBI and Their Support Persons.” The study will take about 10 months to complete. It involves a variety of tasks and activities. Individuals with TBIs can be compensated up to \$350, while support persons can be compensated up to \$300. More information can be found at <https://kesslerfoundation.org/research/studies/comparison-two-different-group-wellness-programs-people-tbi-and-their-support>. Please contact Laura Marino for more information: 973-323-3748.

The Kessler Foundation is also looking for persons with moderate-to-severe traumatic brain injuries (TBIs) to participate in a 12-week exercise program related to memory improvement. Compensation is listed as \$350. Please contact Brooke Albanese at 973-324-8384. The URL for more information is:

<https://kesslerfoundation.org/research/studies/applying-exercise-improve-memory-tbi>.

The Rehabilitation Research and Training Center on home and Community-Based Services (HCBS) are looking for people with disabilities to complete surveys about their experiences with HCBS. Questions: Contact Niveda Tenny at [hcbs-rtc@srslab.org](mailto:hcbs-rtc@srslab.org) or call 312-238-3042. The survey can be found here:

<https://redcap.nubic.northwestern.edu/redcap/surveys/?s=D39MHCDL97DTRXR3>

The University of Delaware, in cooperation with the Kessler Foundation is recruiting participants for a research study to evaluate the benefits of a web-based program to monitor and improve the emotional well-being of individuals with traumatic Spinal Cord Injury (iManage-SCI Study). To learn more, go to <https://unitedspinal.org/sci-study-well-being-for-individuals-with-spinal-cord-injury/>

Researchers at the University of Alabama at Birmingham (UAB) are looking for participants to be in a study titled, "Acceptance and Commitment Therapy Research on Psychological Health in Persons Living with Spinal Cord Injury." Prospective participants need to be an adult with an SCI. Participation includes videoconference sessions and completion of three questionnaires, with compensation of up to \$245. To sign up, go to: <https://bit.ly/4d9ADFO>. More information on the study can be found at <https://www.act-sci.org/>.

Pediatric TBI caregivers are sought, including parents, school aides, and home health workers, to take part in a focus group that can be done from home. Participants receive \$30. Contact the study coordinator, Megan Thompson, at [MICareTBI@umich.edu](mailto:MICareTBI@umich.edu) or send a text to 734-274-9517. To share your contact information and determine eligibility, go to:

<https://redcapproduction.umms.med.umich.edu/surveys/?s=NY4P3CL837RY77JC>

The Texas Model Spinal Cord Injury System is looking for participants to test a health promotion program for people aging with a traumatic SCI. It is an eight-week group intervention via videoconference. You must be at least 45 years old, 15 years post-injury, live in the US, communicate in English, and have access to a smartphone, tablet, or computer with Internet access. The flyer for the Live Longer and Stronger with SCI project is located at

<https://sites.google.com/view/scidr/current-study-recruitment/living-longer-and->

[stronger-with-sci](#). Participants receive a small payment for their time. Contact them to find out if you are eligible: 713-797-7767 or [TIRR.LLSstudy@uth.tmc.edu](mailto:TIRR.LLSstudy@uth.tmc.edu).

The Initiative to Mobilize Partnerships for Success Assistive teChnology Transfer (IMPACT) has launched a Research Registry for Technology and Disability, where individuals can help shape the future of technology for people with disabilities. Participants need to be age 18 or older, comprehend English, and be a person with a disability, a caregiver, or a professional working with people with disabilities. To join the Registry, fill out a questionnaire located at <https://www.ctsiredcap.pitt.edu/redcap/surveys/>; use the access code HMPYYXEJA) which asks about you and your technology experience.

Indiana University is looking for people 18 or older living in the U.S. with a spinal cord injury, who have not previously been part of this project. The project is about travel motivation and the travel experiences of people living with an SCI. Take a 2 – 3-minute survey ([https://iu.co1.qualtrics.com/jfe/form/SV\\_5aP9ju3OkEDBqQe](https://iu.co1.qualtrics.com/jfe/form/SV_5aP9ju3OkEDBqQe)) and, if you are selected, you will get a link to the full survey and directions online. Those who are selected and take the full survey will be offered a \$30 gift card for Amazon. For more information, send an email to [travelX@indiana.edu](mailto:travelX@indiana.edu) or call 812-855-9037.

The Model Systems Knowledge Translation Center (MSKTC) is looking for information on the needs of people with spinal cord injuries, traumatic brain injuries, or burns. They want to hear from survivors, caregivers, clinicians, and state and federal program administrators. The survey takes about 10 minutes is located at <https://websurveyor2.airws.org/se/2511374533213674>. For questions or more information contact MSKTC at [mstkc@air.org](mailto:mstkc@air.org) or call 202-403-6929.

The National Capital Spinal Cord Injury Model System Center is looking for clinical practitioners for a survey to document patterns of diagnosis of complex urinary tract infections in individuals with neurogenic lower urinary tract dysfunction due to spinal cord injury or diseases. The survey is located at: <https://www.surveymonkey.com/r/cUTIglobalguidelinesNLUTDIC>

The Rehabilitation Research Center at the Baylor Scott & White Research Institute is looking for persons who may be interested in participating in their various studies. They are looking for individuals who have had traumatic brain injuries, spinal cord injuries, strokes, and / or have had amputation. You can also specify what topic(s) of research you are interested in, e.g., weight loss, functional medical devices, and more. The form is located at:

<https://redcap.bswhealth.org/surveys/?s=FK7YWLAMY4>

The TechSAge Rehabilitation Engineering Research Center (RERC, at [www.TechSAgeRERC.org](http://www.TechSAgeRERC.org)) is looking for older adults to join a registry of individuals to take part in future research studies using a variety of methods, such as surveys, focus groups, interviews, technology evaluations, or other projects. Depending upon the study, you may be able to participate by phone, online, on campus, at your home, or in other locations. Compensation varies by study. To join the participant registry, go to

<https://redcap.healthinstitute.illinois.edu/surveys/?s=79F8WAX4LT>

Hawaii Pacific Neuroscience is holding several clinical trials. Currently, they include studies on Alzheimer's Disease (memory), Parkinson's Disease, spasticity, Epilepsy, pain/headache/migraine, and several rare neurological diseases. Some studies may pay for travel to Oahu from other islands. Please call the Clinical Research Center Hotline at 808-564-6141 for more information.

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

## **12. 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. Another possible source that may offer exercise classes is local or state hospitals.

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

Hawaii Pacific Health (HPH) has resumed offering exercise classes. Some take place in-person at Kapiolani Women's Center, some in-person at Straub Medical Center – Pearlridge Clinic, and some are available virtually. There is a modest cost associated with the classes and for some virtual classes you will need to purchase equipment needed to participate from home. Their list of all classes (exercise and other classes) is located at <https://www.hawaiipacifichealth.org/health-wellness/classes/?page=1> or you can call HPH's Health Contact Center at 808-527-2588 for more information. Note: They also do car seat checks at their various locations. These are also listed on the classes page.

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://islandofhawaiiyymca.org/programs/health-fitness/fitness-videos/>

Rock Steady Boxing is a collaboration between Pacific Island Fitness and the Hawaiian Parkinson's Association. It is a boxing program with weekly classes for Parkinson's patients in Kona, Hawaii. For more information, contact Kym Gentry-Peck via email at [kymgpeck@gmail.com](mailto:kymgpeck@gmail.com) or call 808-494-5193.

808B-fit is health and fitness for kupuna (including caregivers and care receivers). They offer a variety of pre-recorded video exercise classes that you can do anytime from Big Island (Hawaii) teachers. Visit their website at <https://808b-fit.com/> for more information and links to the videos.

Tutu's House in Waimea, Hawaii, offers various exercise classes, such as yoga basics, chair yoga, yoga stretch, tai chi, and mat Pilates. Some classes are in-person, some are via Zoom only, while others are hybrid classes. Register in advance for all classes by calling 808-885-6777 or by sending an email to

[newsletter@tutushouse.org](mailto:newsletter@tutushouse.org). Their calendar of events is located at <https://www.tutushouse.org/activities/>.

The Osher Lifelong Learning Institute, or OLLI, offers a range of classes on a variety of topics for those who are 50+, including exercise classes, to its members. Some are in-person, some are online. Classes are offered at/through the University of Hawaii at Manoa, Kapiolani Community College, Windward Community College, and Leeward Community College, all on Oahu. Please note: You must become an OLLI member, and there is a cost associated with becoming a member. You can learn more at <https://olliuhm.augusoft.net/>

The Maui Family YMCA offers a Parkinson's Fitness program (along with other fitness programs). 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 Parkinson's Disease Exercise classes at the Leeward Y, Nuuanu Y, and Windward Y. You must be a YMCA member. For more information, go to <https://www.ymcahonolulu.org/programs/health-fitness/specialty-wellness-programs/parkinsons>



### Why Safe Falling Training

- Falls are the leading cause of injuries for older Americans.
- Falls generate enormous economic and personal costs and threaten seniors' safety and independence.
- Awareness and lifestyle adjustments can reduce the number of falls and the potential for significant injury.

### What does Safe Falling mean?

- Falling to protect your head from injury.
- Falling to prevent or reduce significant injury such as broken hips, pelvis, arms or shoulder.

***Falling is not an inevitable result of aging!***

### Statistics

- 1 in 3 seniors will fall each year. 1 out of 5 falls will result in a serious injury such as broken bones or head injury.
- Every 11 seconds a senior is seen in an emergency room for a fall-related injury. Every 19 minutes a senior will die from a fall.
- More than 2.8 million fall injuries are treated in emergency rooms annually, including over 800,000 hospitalizations.
- In 2018, The National Center for Health Statistics reports 67,961 unintentional injury deaths among seniors in the US. Over 52% (or 34,097) were fall related deaths. Motor Vehicle (Traffic) deaths was second at 15% or 10,327.
- Annually, Hawaii has 900 auto accident related injuries compared to 2,600 fall related accidents.
- Each year, 90% of all hip fractures are due to falls. About 25% of hip fracture patients make a full recovery. 40% will require nursing home care. 15-25% will die within a year.

***The safest fall is the fall that never happens!***

**To reduce the risk of falling, our prevention formula is ... ABC.**

**Awareness: Be aware of your environment and what you are doing.**

- Scan for potential hazards and avoid them.
- Be aware and focus when walking.
- Lift your legs as you walk.
- Develop a different mindset by walking "heel to toe". Land on your heel, and push-off with your toes.

**Balance: Train your brain and your body to get better balance.**

- Take classes that can improve your balance such as tai chi, balance exercises, yoga, strength training, flexibility training, and core training.
- If you have a minute, practice simple balance movements while you wait.

**Control: Control your environment to ensure safely.**

- Take the safer path even if it takes longer.
- Use handrails wherever available. Add handrails in the home.
- Remove anything that can lead to tripping or falling e.g., loose rugs, things in hallways or on the floor.

### **HOW TO FALL:**

- DO NOT BRACE with your hands! Control the fall; **don't** let the fall control you.
- Hands up to protect your face.
- Lower your hips getting as close to the ground as possible.
- REACHING for the ground with one hand extended in front of the other, head tucked in or chin to your chest.
- Extend your arms and slide forward, lowering your hip and rotating.
- Contact the ground with the side of your calf, thigh, and then buttocks to the ground, and turn.



**KUPUNA AIKIDO  
HAWAII**

**More information:** Kupuna Aikido is a 501(c)(3) tax exempt nonprofit organization incorporated in the State of Hawaii. In addition to providing safe falling presentations to the community, we offer 8-week training classes. The classes progress from awareness and stretching exercises to **realistic falling methods**. Additional Information is available on our Facebook page (Kupuna Aikido) or our webpage at [www.kupunaaikido.org](http://www.kupunaaikido.org). You can also contact us directly from our website.

### ***Our Mission:***

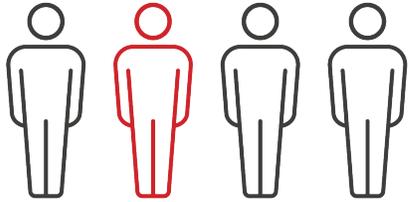
***To empower Hawaii's Kupuna with Aikido-based philosophies to preserve and protect their mobile independence.***



**American  
Stroke  
Association.**  
*A division of the  
American Heart Association.*

GETTING TO THE  
**HEART OF STROKE™**

# I AM Determined to Prevent Another Stroke



**1 IN 4**

**CLOT-RELATED STROKE SURVIVORS  
WILL HAVE ANOTHER STROKE.**

A previous ischemic stroke puts you at a **higher risk** of having a second one.



of **strokes** may be prevented by:

- **Managing blood pressure, cholesterol and diabetes**
- **Making healthy lifestyle choices**  
*such as eating a healthy diet, being physically active, not smoking and limiting alcohol*
- **Taking medications as recommended by your doctor**  
*after an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy*

**Treatment to prevent future strokes can be tailored to individual situations.**

Work with your doctor through a shared decision process to decide on the best treatment plan for you. This plan should address your wishes, goals, concerns and circumstances.

**Preventing another stroke starts with YOU.**  
Don't delay. Talk to your doctor about a prevention plan that's right for you.

Learn more at  
[stroke.org/OnelsEnough](https://stroke.org/OnelsEnough)

## ONE IS ENOUGH

Tips to help prevent another stroke:

- Work with my doctor to identify the cause of my stroke or previously unknown risk factors.
- Keep my follow-up appointments.
- Take my recommended meds and talk to my doctor before making any changes.
- Manage my risk factors with small, healthy steps for big impact.
- Connect with a group for support, information and shared experiences.
- Ask my doctor about a formal program to help me live a healthier lifestyle. It should include exercise, education and counseling.
- Call **911** if I see or have any stroke warning signs or symptoms.

**HCA Healthcare®  
FOUNDATION**

The HCA Healthcare Foundation is the national sponsor of Getting to the Heart of Stroke™.

© Copyright 2022 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. American Stroke Association is a registered trademark of the AHA. Getting to the Heart of Stroke is a trademark of the AHA. Unauthorized use prohibited. DS62018 10/22