

HDSA VOLUNTEER NEWSLETTER - APRIL 2026



April is National Volunteer Month

The San Francisco Bay Area Chapter Board thanks all the volunteers who have helped make the Chapter a success over the past six (6) years. Because of your involvement, HD Families/Patients can access services that allow them to have the highest quality to their lives on their HD and Juvenile HD journey.



Interested in Volunteering With Us?

[Click Here](#)

Kendra Scott Foundation Fundraiser



How to Shop:

1. Click on the bag in the top right corner of your screen.
2. You'll see a bar that says "Enter Coupon Code" both in your cart and at checkout.
3. Insert your giveback code: GIVEBACK-LMFCO at one of those two places, then hit "Apply".



Mother's Day Give Back Event

Celebrate the moms and mother figures who brighten our lives while giving back.

KENDRA SCOTT
334 Santana Row, #1070, San Jose, CA 95128
Phone: 669-231-0300

Saturday, April 18th & Sunday, April 19th

Join us in person or shop **ONLINE** starting at 12:00 AM on April 18 and continuing until 11:59 PM on April 19.

A portion of the proceeds supports



Shop with purpose. Celebrate Mom. Support Hope.

CAN'T ATTEND IN PERSON? Shop online beginning at 12 AM on April 18 through 11:59 PM on April 19 at [WWW.KENDRASCONFUNDRAISER.COM](#) and enter Promo Code: **GIVEBACK-LMFCO** at checkout to support the Huntington Disease Society of America San Francisco Chapter.

ONLINE ORDERS: Free shipping for orders over \$50+. Expect 3-5 business days for delivery.

FREE GIFT BOXING: Surprise your loved ones with a special delivery, including a gift box, a personalized message, and a gift receipt.

IN-STORE PICK-UP: Order online by selecting the Santana Row store, complete your purchase, enter Promo Code: **GIVEBACK-LMFCO** at checkout, and you'll receive an email with instructions once your order is ready for pickup.

PHONE ORDERS: To place your order, call the Santana Row location at 669-231-0300. They can ship in-stock items or arrange for in-person pickup. Store purchases receive complimentary shipping.

The HDSA San Francisco Bay Area Chapter is holding a virtual **two-day** Mother's Day fundraiser on April 18th and 19th.

Online: [Kendra Scott Website](#)

In-Person: The Kendra Scott store in San Jose Santana Row Mall.

Address: 334 Santana Row #1070, San Jose, CA 95128

Phone: (669) 231-0300

[Here are a few takeaways from this fundraiser](#)

All online orders are shipped from the distribution center. Standard shipping costs \$6.95, but shipping is free for orders of \$85 or more.

There is another option: you can call the store at (669) 231-0300 and place the order over the phone to have the shipping fee waived. If the items are in stock, the store can also ship the products directly from the store.

You can also buy online and pick it up in store. This option appears at checkout only if the store has 5 or more units of that item in stock.

You may also call the store to check if an item is in stock. If it is, they can process payment over the phone and have the order ready for in-store pickup.

It takes 3-5 business days for online orders to be sent.

Family HD Education Day



2026 HD FAMILY EDUCATION DAY
HD TOGETHER:
EMPOWER. EDUCATE. EMBRACE.

Huntington's Disease Society of America
REGISTRATION COMING SOON

Save The Date Join us for the 2026 Huntington's Disease Society of America Family Education Day on **May 2, 2026**, in **Sacramento!**
*This is a **FREE** Event. Lunch will be provided. Registration is required.*

EVENT DETAILS
Saturday, May 2, 2026 | 9am to 4pm
Registration details coming soon

WHO SHOULD ATTEND
• Individuals living with HD
• Family members
• Caregivers
• Those at risk
• Healthcare professionals

LOCATION
EMBASSY SUITES by Hilton
Embassy Suites by Hilton Sacramento Riverfront Promenade
100 Capitol Mall, Sacramento, CA 95814 | Phone: 916-328-5000
Hotel room block details will be available soon — please check back for booking information and special conference rates.
For assistance with accessibility accommodations, please contact your local chapter or the hotel directly.

This event is funded by the Huntington's Disease Society of America with support from:
Genentech **teva** **NEUROCRINE**

The San Francisco Bay Area & Northern California Chapter are hosting an Education Day on May 2nd at the Embassy Suite in Sacramento.

The event is free and lunch is provided.

[Register Here](#)

A "[Dine and Donate](#)" is being held at [The Parliament Wine Lounge](#)

in Old Sacramento

Address: 1001 2nd St, Sacramento, CA 95814

Location is close to the Embassy Suite Hotel



Visit the Wine Lounge on Friday evening with Therese or after the Education Day before heading home.



TEAM HOPE TIMED 5K RUN & 5K WALK – SAN JOSE

Registration is FREE!

Join us on Saturday, May 16th, Check-In is at 9:00 AM.

Location: **E Campbell Ave & Gilman Ave, Campbell, CA – 95008**

[REGISTER HERE](#)



TEAM HOPE TIMED 5K RUN & 5K WALK – SAN FRANCISCO

Registration is FREE!

Join us on Saturday, October 3rd, Check-In at 9:00 AM

Location: 610 Old Mason St, San Francisco, CA – 94129

[REGISTER HERE](#)

TEAM HOPE
WALK • RUN • RIDE

HOW TO REGISTER FOR A TEAM HOPE WALK:

- 1 VISIT THE WEBSITE:**
Go to www.teamhopewalk.org and find the Team Hope Walk location you would like to attend.
- 2 CLICK THE “REGISTER” BUTTON**
Click the yellow “register” button found next to the location name. Clicking this button will take you to that specific location’s registration page. Once there, click the yellow “register” button again.
- 3 SPECIFY YOUR REGISTRATION TYPE:**
You will be given 3 options to choose from upon clicking “register”: register as an individual, join an existing team, or create a new team.
 - AS AN INDIVIDUAL**
You will have the option to select the amount (and type) of tickets you are reserving.
 - JOIN A TEAM**
If you are looking to join someone else’s team that has already been created, search for it using the search bar.
 - CREATE A TEAM**
If you would like to start a new team, fill in your team name and details.
- 4 FILL IN YOUR INFORMATION & CONFIRM**
Once you have filled in your information, you will receive a confirmation email from HDSA. Once you are registered, you can begin your fundraising efforts!

Questions? Email teamhope@hdsa.org or call 1-800-345-4372

IMPORTANT NOTE:

Make sure that mail@HDSA.org is added to your email list so that you can see all of

Social Worker Corner



Guilt in Huntington's Disease: You're Not Alone

Guilt is something I hear about often when working with individuals and families affected by Huntington's disease (HD). It can show up in many ways—sometimes quietly, sometimes all at once.

Caregivers may feel guilty for needing a break, for feeling frustrated, or for wondering if they're doing enough. Individuals who are gene-positive may carry guilt about the possibility of passing HD on to their children. Even family members who live farther away may feel guilty for not being more involved.

These feelings are incredibly common—and also incredibly heavy.

One of the most important things to understand is this: guilt does not mean you are doing something wrong. More often, it reflects how much you care. When the stakes are high and emotions run deep, it's natural to question yourself.

HD is complex and unpredictable. There is no perfect way to navigate it. You are making decisions in real time, often with limited energy and information. That alone deserves compassion.

It can help to gently challenge guilt when it shows up. Ask yourself: Would I say this to someone else in my position? If the answer is no, try offering yourself that same kindness.

Taking breaks, asking for help, and setting limits are not failures—they are necessary. In fact, they allow you to keep showing up in a more sustainable way.

If guilt feels overwhelming, talking about it can make a difference. Whether it's with a support group, a trusted person, or a professional, you don't have to carry it alone.

SATVE ILANGO, MSW, CHAPTER SOCIAL WORKER

Phone: 650-587-0988 | Email: silango@hdsa.org

NEW AND NOTEWORTHY IN THE HD COMMUNITY



There is still time to register for the

[Huntington's Disease Society of America 41st Annual HDSA Convention in Phoenix, AZ.](#)

VOLUNTEER SPOTLIGHT



Jay Denhart-Lillard is a 25-year marketing veteran who has designed brands, strategies, and campaigns for international clients and Fortune 500 companies.

Jay's connection to the HD community began when he discovered that a line of his husband's cousins carry the mutant Huntington gene — a revelation that sparked a deep and lasting commitment to the cause.

He has been an integral part of the local HDSA chapter since it formed as an affiliate in 2020, and has served on the board for five years - four of those as Chapter Secretary. In that role, he has diligently kept minutes of every chapter meeting for the past four years and helped organize press release distributions for walks and fundraisers, reaching out to hundreds of local news organizations.

Jay also leads the Web/Communications Committee, designing campaigns for community outreach and education. A familiar face at Team Hope Walk events, he frequently exceeds the program — and his favorite moment is always announcing the raffle and silent auction results. Jay deeply appreciates his fellow board members and volunteers and has pledged to continue his support for HDSA - holding onto hope that a cure for Huntington's Disease will one day soon be found.

The San Francisco Board is saying goodbye to Jay since he and his husband are moving to another state! Enjoy your retirement, Jay! And many thanks for being a great Board member.



SUPPORT GROUPS

SIGN UP FOR THE RIGHT SUPPORT GROUP FOR YOUR NEEDS

Local HDSA online support groups are available to help families affected with HD.

EL CERRITO SUPPORT GROUP

Schedule: 4th Tuesday each month, 7:00 pm - 8:30 pm

Location: Sycamore Congregational Church - 1111 Navellier Street, El Cerrito, CA 94530

Leader: [Natasha Boissier](#) Phone: 415-476-2904. Email: natashaboissier@berkeley.edu

PALO ALTO HD SUPPORT GROUP

Schedule: Second Tuesday of each month, 7:00 p.m. - 8:30 p.m.

Location: First Baptist Church - 305 N. California Street, Palo Alto, CA 94301

Leader: [Satve Ilango](#) Phone: 650-587-0988. Email: silango@hdsa.org

HDSA SUPPORT GROUP FOR YOUNG ADULT CAREGIVERS

Schedule: Monthly Group Meetings - 1st Monday of each month 10am PST/11am MST/12pm CST/1pm EST.

Location: Zoom Meeting

Leader: Brianne Heimbuch, LCSW, Phone: 518-557-8103. Email: bheimbuch@hdsa.org

These support groups are free, but we urge you to register in advance, as space is limited. All our chapter support groups are hosted on Hey Peers. Once you sign up, you can go in and register for any groups you are interested in. Join Hey Peers by clicking the link below and sign up for each group to get email reminders right to your inbox.

Click Here for [HEY PEERS!](#) Link

OTHER WAYS TO HELP THE HD COMMUNITY



HDSA VEHICLE DONATION PROGRAM

Avoid the hassles of selling or repairing your vehicle altogether when you donate it! All vehicle types are accepted. Call **888-HDSA-151 (888-437-2151)**. HDSA will tow your vehicle at no cost to you. You will receive a donation receipt and help us in our mission.

[More Information on Vehicle Donation Here](#)

STAY CONNECTED

JOIN OUR NEXT SF BAY AREA CHAPTER Board Meeting:

May 6th @7pm

Contact Therese Crutcher-Marin for meeting information:

theresecrutchermarin@gmail.com

If you are interested in doing more for our Chapter, please let us know!





HDSA'S PROGRAMS & SERVICES
Get the help you need from the comfort & safety of your home.
Be sure to take advantage of HDSA's world-class HD programs & services - FOR FREE! Learn more at [HDSA.org/support](https://www.hdsa.org/support).

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New HDSA Programs & Services Document

[DOWNLOAD HERE](#)

Click the links below to find support today:

Local (San Fran) HDSA Social Worker:

Satve Ilango, HDSA Social Worker
silango@hdsa.org | (650)-587-0988

Online Support Groups: [HDSA.ORG/OSG](https://www.hdsa.org/OSG)

PatientsLikeMe: [HDSA.ORG/PLM](https://www.hdsa.org/PLM)

Telehealth: [HDSA.ORG/TELEHEALTH](https://www.hdsa.org/TELEHEALTH)

HD Trialfinder: [HDTRIALFINDER.ORG](https://www.hdsa.org/HDTRIALFINDER.ORG)

HDSA's National Youth Alliance: [HDSA.ORG/NYA](https://www.hdsa.org/NYA)

Youth Mentorship Program: [HDSA.ORG/YMP](https://www.hdsa.org/YMP)

Disability Resources: [HDSA.ORG/DISABILITY](https://www.hdsa.org/DISABILITY)

Locate Resources in Your Area: [HDSA.ORG/LOCATERESOURCES](https://www.hdsa.org/LOCATERESOURCES)



We Can Never Lose Hope!



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