



Huntington's Disease Society of America



SAN FRANCISCO BAY AREA CHAPTER

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HDSA Volunteer Newsletter - March 2023



It's hard to believe but we are only a few months away from our San Jose Team Hope 10K Run & 5K Walk! And to help us start building the excitement, we are proud to announce the release of **our new logo** for these crowning jewel events for our community, which is shown above.

We love the new bold look, the clean lines, and the added text of "Walk * Run * Ride" that can help us appeal to all kinds of participants. We are also planning to release our first ever 'theme' to our a Team Hope Walk this year, so you'll want to stay tuned to hear more about that. I'll just say this: we hope to see more personal expression and creativity this year than ever before!

[Registration is ALREADY AVAILABLE](#) for our 2023 Team Hope Timed Run and Walk in San Jose on Saturday June 17th, so head over there now and start putting together your team!

Make sure to register by May 15th to be guaranteed a Team Hope T-Shirt!

Walkers: \$30 | Runners: \$60

If you need more information, [check out our website](#), or reach out to a board member. And you

can visit our [Facebook page](#) to stay in touch.

Make sure that mail@hdsa.org is added to your email list so that you see all the updates and events in your area!

NEW AND NOTEWORTHY IN THE HD COMMUNITY

WE ARE A CHAPTER NOW, OFFICIALLY!

Last month, national HDSA leadership voted to assign official chapter status to our affiliate, and we couldn't be prouder! THANK YOU ALL for all your hard work and special thanks to our leaders Therese and Uma, our regional development officer Christine, and the rest of the board for their tireless efforts in pushing us to excel, to deliver great results, and to work together to reach our goal to becoming a chapter. And thank YOU for all you do to help our community every day.

WELCOME NYA TO THE SF BAY AREA CHAPTER

a few weeks ago, a small team formed to create our Bay Area's first National Youth Alliance (NYA) group! Please welcome Samantha Miller, James Miller, Rebekah Granlund, and HalleLu Granlund to our volunteer community! You can [find more about NYA here](#), and please head over to our new instagram and [follow our new Chapter account there](#) - the NYA group are running it for us!

RESEARCH NEWS ROUNDUP

Get your science on and check out the latest information from HDSA's Dr. Leora Fox on her blog: [This Week in Huntington's Disease Research](#) - including updates on the HDSA podcast, a look back on This Week in HD History, and updates on ChANGE HD, a brain imaging study led by the University of Iowa Hospitals and Clinics (with a study site in Sacramento).

HDSA ONLINE RESOURCES ARE AVAILABLE

HDSA invites you to take advantage of our world-class online support services - FOR FREE! From online support groups to telehealth, you can get the help you need from the comfort and safety of your home. [Learn more and get support here](#).

UPCOMING HD EVENTS

REGISTRATION IS OPEN FOR OUR ANNUAL CONVENTION

Join us **June 1-3, 2023** in New Orleans, Louisiana for the **38th Annual HDSA Convention!** Register today to be a part of the magic of the HDSA Convention at the beautiful Sheraton New Orleans. [More information, rates, and registration is available at \[HDSA.org/convention\]\(https://www.hdsa.org/convention\)](#) - we hope to see you there!

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**Location:** Sycamore Congregational Church - 1111 Navellier St, El Cerrito, CA 94530**Leader:** [Natasha Boissier](#) 415-476-2904**Schedule:** 4th Tuesday of each month, 7:00 pm – 8:30 pm**PALO ALTO HD SUPPORT GROUP****Location:** First Baptist Church - 305 N. California Street, Palo Alto, CA 94301**Leader:** [Andrea Hanson-Kahn](#) 650-725-6571**Schedule:** 2nd Tuesday of each month, 7:00 pm – 8:30 pm

These support groups are free, but we urge you to register in advance, as space is limited.

[Here is the list of the upcoming meetings for this month.](#) Don't see the right one for you?

Let us know!

OTHER WAYS TO HELP THE HD COMMUNITY

PARTICIPATE IN HD RESEARCH FROM YOUR HOME

Researchers all over the world are seeking participants from the HD community to participate in survey-based studies on HD. Whether you have HD, are a care partner to someone with HD, a member of an HD family, or at risk for the disease, there is a study for you! [Click here](#) to see what survey studies are available and learn more about how you can get involved.

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.** HDSA will tow your vehicle at no cost to you. You will receive a donation receipt and help us in our mission. [More information can be found here.](#)

SUPPORT HDSA WHILE YOU SHOP!

We have a partner in iGive that has been supporting HDSA and the nonprofit community for more than 20 years and we hope you'll give them a try! iGive allows you to shop at more than 2,000 stores online that provide DONATIONS to HDSA, just for doing your shopping with the iGive plug in on your browser! Over the next month, we'll reach out and give you the information needed to set up your donations to iGive. In the meantime, you can [get started here.](#)

SAVE THE DATE

SAN JOSE TEAM HOPE TIMED 10K RUN & 5K WALK

Saturday, June 17th at Campbell Park in Campbell, CA

[Click here to sign up and start your team!](#)

SAN FRANCISCO TEAM HOPE 5K WALK & FUN RUN

Saturday, October 14th at Sports Basement Presidio in San Francisco, CA

Link coming soon!

STAY CONNECTED

JOIN OUR NEXT SF BAY AREA CHAPTER CONFERENCE CALL:

April 5th, 2023 @ 7pm

Contact Therese Crutcher-Marin for meeting
information: theresecrutchermarin@gmail.com

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

WE CAN NEVER LOSE HOPE...



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