

DECEMBER 2022 NEWSLETTER



THE HDSA CENTER OF EXCELLENCE AT UCSF IS HOSTING AN
EDUCATION EVENT ON DECEMBER 7-8TH, 2022



UCSF EDUCATION DAY

DECEMBER 7TH: 6:00 PM - 8:00 PM

DECEMBER 8TH: 6:00 PM - 7:30 PM

FREE ADMISSION

REGISTER TODAY:

WWW.SANFRANCISCO.HDSA.ORG/EDDAY



Join us this **Wednesday December 7th** and **Thursday December 8th** for our final educational events of the year. Our HDSA Centers of Excellence host these HD education sessions annually and these programs contain valuable information about Huntington's disease, its progression and clinical presentation.

Wednesday, December 7th: 6-8pm PT

Introduction: 6:00-6:15

HDSA Bay Area Affiliate updates (Therese Crutcher-Marin): 6:15-6:30

Genetic counseling talk (Jamie Fong): 6:30-6:50

PT break (Erica Pitsch): 6:50-7:10

HD medications talk (Dr. Nelson): 7:10-7:45

Closing: 7:45-8:00

Thursday, December 8th: 6-7:30 PT

Introduction: 6:00-6:10

Clinical trials update (Dr. Dietiker): 6:15-6:50

PT break (Erica Pitsch): 6:50-7:10

Closing: 7:10-7:30

Please make sure to register before the event by [CLICKING HERE](#). You will receive a link prior to the event. For any questions, please contact Therese at 530-906-8415 or email theresecrutchermarin@gmail.com

We look forward to seeing everyone there!

Give the Gift of HOPE this holiday season

Give the gift of **HOPE** this holiday season

your generous donation will help us:

CONTINUE CULTIVATING COMMUNITY

ENHANCE CARE AND SUPPORT

ADVANCE RESEARCH TO FIND A CURE

Thank you for all you do for our **HDSA Family!**

pacificwest.hdsa.org/HOPE

Thank you to all who supported HDSA on Giving Tuesday. If you missed it and still want to support our Affiliate, [click here to donate and Give the Gift of HOPE this holiday season!](#) Don't forget to select the "San Francisco Affiliate" in the dropdown. **Thank you with all our heart!**

THE HDSA AMARYLLIS SALE IS ALMOST OVER!

 **Huntington's Disease Society of America**

HELP HOPE BLOSSOM

ORDER TODAY!

HDSA.ORG/AMARYLLIS

Amaryllis kits are still in stock and available, but inventory is running low and time is running out!

The amaryllis commonly symbolizes strength and determination. The Huntington's disease community has adopted this flower to represent hope and celebrate the advancements in HD research.

Amaryllis bulbs are among the easiest bulbs to grow indoors and the most rewarding. These

premium Dutch bulbs need minimal attention but you will be rewarded with spectacular blooms to brighten up the dark winter days. Planting Amaryllis and watching them grow is a fun activity for the entire family.

[Check here to see if we still have inventory](#) and **order today!**

(And make sure to select "San Francisco Affiliate" in the location tab!)

IMPORTANT NOTE

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

NEW AND NOTEWORTHY IN THE HD COMMUNITY 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 an update from the Huntington's Study Group's 2022 Annual Meeting.

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

HDSA CENTER OF EXCELLENCE AT UCSF EDUCATION DAY

Join us on **Wednesday December 7th and Thursday December 8th** for an educational event from our HDSA Center of Excellence at UCSF. Our Centers host these HD education sessions annually and their programs contain valuable information about Huntington's disease, its progression and clinical presentation. Both nights start at 6pm, and last till 7:30 or 8. [SIGN UP NOW](#) to join this exciting series of educational talks.

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: Second 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

Researchers all over the world are seeking participants from the HD community to participate in

STAY CONNECTED

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.

JOIN OUR NEXT SF BAY AREA AFFILIATE CONFERENCE CALL:

Wednesday, January 4th, 2023 @ 7pm

HDSA VEHICLE DONATION PROGRAM
Avoid the hassles of selling or repairing your vehicle all together when you donate it! All vehicle types are accepted. [Contact Theresa Crutcher Marin for meeting information: theresacrutchermarin@gmail.com](mailto:theresacrutchermarin@gmail.com) cost to you. You will receive a donation receipt and help us in our mission. [More information can be found here.](#)

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

AMAZON SMILE. YOU SHOP. AMAZON GIVES.

Shoppers who start at <https://smile.amazon.com/> will find the same Amazon they know and love, with the added bonus that Amazon will donate 0.5% of the price of eligible purchases to the charity of your choice. Sign-up today and have your purchases benefit HDSA!

WE CAN NEVER LOSE HOPE...

VOLUNTEERS NEEDED!



The Huntington's Disease Society of America is recruiting volunteers for the San Francisco Bay Area Affiliate Team

If you have some time to give to a non-profit, please consider us! HD is a rare, fatal, genetic brain disorder with no cure. We can use your expertise, ideas, and creativity. Let us know if you'd like to step up and join a committee!
Our mailing address is:

HDSA San Francisco Bay Area Affiliate
PO Box 1599
Cupertino, CA 95015
Please reach out to:
Uma Thontakudi, Volunteer Coordinator & Affiliate Co-Chair
Email: umathont@gmail.com
Phone: (408) 772-7705

