



# Huntington's Disease Society of America

SAN FRANCISCO BAY AREA AFFILIATE

HDSA VOLUNTEER NEWSLETTER - JULY 2022



## THANK YOU SAN JOSE TEAM HOPE WALK VOLUNTEERS!

**We did it!** Our first major fundraising event of the year is in the books! On Saturday, June 18th, we gathered in Campbell Park to hold the San Jose Team Hope Timed 10K Run & 5K Walk. We had over 45 registered participants, 15 volunteers, and raised nearly **fifteen thousand dollars** to support our mission - to improve the lives of everyone affected by Huntington's disease and their families through our local support. (Actual fundraising numbers are not final yet - we're just celebrating a little early!)

Above is a photo of some of our volunteers for the day. We just want to say a big "Thank you!" to each and every one of you who helped make the event a success. Check out more pictures of the event on our [Facebook page](#), including pictures of us honoring Dr. Sharon Sha from the HDSA Center of Excellence at Stanford University.

Our next amazing IN-PERSON event will be held Saturday, October 1 at 9:00 AM at the Sports Basement: Presidio - 610 Old Mason Street in San Francisco, California. You won't want to miss this event where we will be honoring Andrea Zanko, our facilitator of the Mill Valley support group, who is stepping down after 31 years. She will always be a huge part of the HD community and she has left her stamp on the hearts of so many of our families.

[CLICK HERE TO REGISTER OR DONATE FOR THE UPCOMING SAN FRANCISCO TEAM HOPE WALK & RUN](#)

For questions, please reach out to [Christine Greve](#), especially if you'd like to volunteer!

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### IMPORTANT NOTE:

**Make sure that [mail@HDSA.org](mailto:mail@HDSA.org) is added to your email list so that you see all of the updates and events in your area!**

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## NEW AND NOTEWORTHY IN THE HD COMMUNITY

## **DID YOU EXPERIENCE OUR NATIONAL CONFERENCE?**

Whether you were there with us in Atlanta, or you zoomed in from the comfort of your own couch, we hope you had a chance to benefit from our celebrations, special moments, and opportunities to learn and grow. In case you missed anything, be sure to [visit the HDSA website](#) for sessions, including awards and honors!

## **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 about several HD research trials.

## **IMPROVING COMMUNICATIONS WITH YOUR MEDICAL TEAM**

After a successful first session in May, Dr. Kae Bendixen will be hosting another online workshop in July, focusing on fostering trusting relationships and improved communication with medical personnel. The workshop is intended for people with HD and their caregivers and support networks. Topics will include preparing for medical visits, addressing communication challenges unique to HD, giving voice to patient and caregiver needs and fostering collaborative relationships with medical personnel. Structured communication tools designed specifically to meet the needs of people with Huntington's will be provided to attendees and discussed at the workshop. The workshop will be held July 14, 2022 at 6:00 PM - [register for the free event at this link](#).

## **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**

### **SAN FRANCISCO TEAM HOPE 5K FUN RUN AND WALK**

Form your team and [sign up today](#) for our Team Hope 5K Fun Run and Walk in San Francisco on Saturday, October 1. We will be following COVID-19 safety recommendations at the event. Don't miss this amazing IN-PERSON event at at Sports Basement: Presidio - 610 Old Mason Street in San Francisco, California, **starting at 9:00am on Saturday, October 1st, 2022.**

### **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 Monday 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 Kwan](#) 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**

## 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.](#)

## 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!

## VOLUNTEERS NEEDED!



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! Please reach out to:

### **Uma Thontakudi:**

Volunteer Coordinator & Affiliate Co-Chair

Email: [eumathont@gmail.com](mailto:eumathont@gmail.com)

Phone: (408)-722-7705

## STAY CONNECTED

### **JOIN OUR NEXT SF BAY AREA AFFILIATE CONFERENCE CALL:**

**Wednesday August 3rd @ 7pm (we're taking July off!)**

Contact Therese Crutcher-Marin for meeting

information: [theresecrutchermarin@gmail.com](mailto: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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