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Huntington's Disease Society of America



SAN FRANCISCO BAY AREA AFFILIATE

HDSA VOLUNTEER NEWSLETTER NOVEMBER 2022

It's time for an
HD Education Event!

Online/Virtual sessions
December 7th and 8th at 6pm
Registration is FREE
Hosted by: UCSF

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

Join us on **Wednesday December 7th and Thursday December 8th** for this educational event. 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.

The staff at UCSF are still finalizing the content for the sessions, but they are considering presenting on the following topics:

- Clinical trials
- The basic science of HD
- Observational studies
- Physical therapy
- Social work
- Behavioral management
- Genetic counseling
- Exercise
- Medications

So [stay tuned to our Facebook page](#) to hear more information about the content and how to register for this exciting series of educational talks.

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

THE HDSA AMARYLLIS HOLIDAY SALE HAS BEGUN!

Once again, the holiday season is almost upon us and we have kicked off the HDSA Amaryllis Holiday Sale. These wonderful plants sell out every year, so [click here](#) to place your order (while supplies last). And make sure to select "San Francisco Affiliate" in the location tab!

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 a research webinar update, a press release from Huntington Study Group, and an educational nugget of This Week in HD History.

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 GIVING TUESDAY - NOVEMBER 29TH

Mark your calendars and join us on November 29th to celebrate the 10th anniversary of #GivingTuesday – the biggest celebration of generosity in the world.

If you're one of the 279 donors who donated to #HDSAGivingTuesday last year (and helped us earn \$20,000 in matching gifts), THANK YOU, and we hope you'll include HDSA in your #GivingTuesday plans again this year. If this would be your first time joining the #GivingTuesday movement, keep reading to see the impact your participation would have this year.

Your participation and support (at any level) will have an exponential impact on our ability to help and deliver hope to HD families everywhere.

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 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 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.](#)

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!

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!

Please reach out to:

Uma Thontakudi, Volunteer Coordinator & Affiliate Co-Chair

Email: umathont@gmail.com

Phone: (408) 772-7705

STAY CONNECTED

JOIN OUR NEXT SF BAY AREA AFFILIATE CONFERENCE CALL:

Wednesday, January 4th, 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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