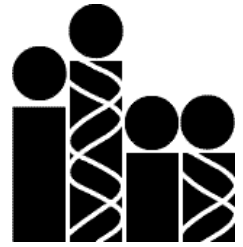


# Northwest HUNTINGTON'S News

HUNTINGTON'S DISEASE SOCIETY OF AMERICA • NORTHWEST CHAPTER



## HDSA 1999 National Convention

This past June I was able to attend my very first HDSA National Convention held in Arlington, VA. One of the things I noticed right off was how friendly everyone was. I truly felt like this was one big family. I also found the National staff, as well as many of the key speakers, very accessible.



The 15<sup>th</sup> Annual HDSA Convention will be held June 9-11 2000 at the Clarion Plaza Hotel in Orlando, Fl.

To receive more information about the convention call the HDSA National Office at 1-800-345-HDSA

those involved in researching a Huntington's cure (as well as a way to slow the onset and progression of the disease).

One of the nice things about the conference was it had something for everyone. There were the latest updates on the research front. There were classes for those at risk, for caregivers, for those who have tested positive or negative, and so much more. I strongly recommend attending the HDSA 2000 National Convention in Orlando. It will be well worth your time and investment.

— Julie Sando

Information packets will be mailed out in the coming months.

## President's Message: **CHANGE** *Fear + Preparation + Teamwork = Success!*

We all recently witnessed the validation of the above equation with the arrival of the dreaded Y2K. Although there were predictions of widespread chaos, economic collapse, and the virtual destruction of society as we know it, New Year's Day this year came and went for most of us pretty much as it has in the past.

The festivities consisted of a few noisemakers, a couple of toasts and some well-intended resolutions (most of which may already be broken!). There were (thankfully) no riots in the streets, nuclear disasters, food shortages or financial catastrophes.

Although this uneventful transition came as a surprise to some and a relief to many, it did not just *happen* all by itself—it came about because we applied the equation *fear + preparation + teamwork = success*. We recognized our fears, made appropriate preparations and worked as a team to ensure that the new millennium began just as successfully as the previous one had ended.

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**Our chapter web site has moved to**  
**<http://www.geocities.com/nwhdsa>**

The web site provides current information about upcoming meetings and events for the Northwest Chapter. The web page also provides many links to information about HD. Check it out!

## WINTER 2000

Serving  
Alaska  
Washington  
Oregon  
Montana  
and  
Idaho

Inside

New  
Social  
Worker

•  
Energy  
Work  
Practitioner  
Available

•  
HDSA  
Northwest  
Chapter  
Contacts

Chapter Address  
P.O. BOX 33345  
Seattle, WA 98133

**HELPLINE**  
**(206) 464-9598**  
**(888) 264-HDSA**



## President's Message: **CHANGE**

(Continued from front page)

This is also how we at HDSA need to face times of change and growth. We need to identify our fears and challenges and then work hard as a TEAM to do whatever it takes to overcome those fears. We never would have overcome our Y2K obstacles unless we had banded together—nation helping nation, companies helping other companies, individuals helping each other. It is by the hands and power of many that mountains are moved.

And, we who are involved with HDSA and the fight against Huntington's Disease have a mountain or two to move in this new millennium. I wish we could have left all of our struggles with this disease behind us in the Twentieth Century, but unfortunately we all know this was not to be. Nevertheless, on a local level the Northwest Chapter did have several small triumphs over the past year. We hired a part-time social worker at the University of Washington, conducted a one-day educational symposium for families and caregivers and held an honoree dinner/silent auction to recognize those who have given so much to help fight this disease.

Moving ahead, what is important now is not what we accomplished last year, but what changes, opportunities and challenges we face this year. One major change is that the HDSA Northwest Chapter now has a new President of its Executive Board of Directors. I resigned my positions on the Board last July after six years of service to begin a new phase in my life with the birth of my first child. Steve Weil has graciously stepped up to assume the presidential duties of the Chapter.

This is an extremely positive change for the Northwest Chapter, providing a huge opportunity for its growth and development. Steve has been involved with the Northwest Chapter Board for several years and has been a wonderful asset. He was responsible for setting up our HDSA Northwest Chapter Web Site and was also

instrumental in arranging the donation of a computer and software for use by our Social Worker at the University of Washington. Steve's great knowledge and foresight will serve the Chapter well as we enter the next millennium.

As for me, I will be doing what I have been asking you to do all along—**staying involved with the Northwest Chapter**. For although I no longer hold a Board position, I have no intention of abandoning the cause. As I have said so often before, I firmly believe in the important work and accomplishments of this chapter and in the families we serve. I really do believe that everyone's active involvement is essential to success in the fight against Huntington's Disease. We need to address our fears and challenges, harness the power of **TEAMWORK** and join together to provide the support, funding and knowledge necessary for success.

In closing, I would like to express my sincere gratitude to those I have worked with as President of the Executive Board of Directors for the HDSA Northwest Chapter. It has been a very rewarding and challenging experience, and I thank all of you who have shared your guidance, support and wisdom with the Chapter and me. The trust and opportunities you have afforded me are greatly appreciated—thank you.

### **Thanks for your donations and membership dues!**

To those who have sent in their membership dues, thank you for your support and commitment.

To those who have sent in donations and memorials, your generosity is greatly appreciated.

Through  
your generosity and  
caring you are helping to  
make a difference

*Thank you!*

If you have not yet sent in their membership dues, it's not too late. Please use the form at right to update your information and send in your contribution today.

— Debbie Korevaar

## Our New Social Worker

The chapter is excited to introduce Catherine Kendall, MSW, our Family Service Coordinator. She is on the Medical Genetics Team at the University of Washington Medical Center. Catherine is available to meet with individuals and families to discuss Huntington's Disease testing, provide consultation about the progression of Huntington's Disease and make referrals for medical care. She can be reached at 206-221-5390 or at [ckendall@u.washington.edu](mailto:ckendall@u.washington.edu).

Catherine is able to meet with Huntington's Disease patients who are admitted as inpatients to the University of Washington Medical Center. Catherine also answers the Chapter Helpline (1-888-264-HDSA). Catherine is able to refer individuals on for medical genetic testing, counsel individuals and family members and field questions from professionals about HD. She also offers in-services to adult-family homes and skilled nursing care facilities.

Catherine is working on initiating additional groups where people affected by HD can receive emotional and educational support, and is also creating a database of resources for the HD community.

Catherine earned her Masters Degree from the University of Connecticut where she focused on group work. She has had recent experience with inpatient psychiatry, oncology and transplant services. From 1989 through 1999, she worked at Virginia Mason Medical Center as the Social Work Coordinator for a dedicated facility that has an adult day health program and a residential care program for people with AIDS.

Catherine brings to us an expertise in chronic illness, grief and loss, and death and dying. In

addition to her work with HD, she maintains a private practice in her office on the Eastside. Her experiences cut across age groups, socioeconomic groups and cultures. She is an avid student and teacher who believes learning new things is one of the aspects of a life well lived.

This year marks 19 years in social work for Catherine and for those of us in the Huntington's Disease community, a wonderful addition to our organization and HD family. Welcome Catherine!

## Energy Work Practitioner Now Available

Karuna Rose, MSW, is a social worker who also does healing touch with clients, friends and families. Healing touch involves gently laying hands on people and sending love and light into their bodies. She sees herself as being a conduit of energy and light. The touch is quite gentle and yet goes very deep. Most people leave a healing touch session feeling very relaxed and with a feeling of deep connectedness with their bodies. Healing touch has been used in hospitals by nurses since the late 1970s and by a variety of social service organizations.

Karuna has provided healing touch to persons with AIDS and multiple sclerosis. She studied polarity wellness in New York City and earned her MSW at Columbia University. She has been a social worker for 19 years.

Karuna is available to provide healing touch to persons in the Huntington's Disease community. Sessions are 45 minutes and are provided at no cost. She is willing to travel up to 1 hour for a session. To set up an appointment, please call Karuna at 206-706-7913



**CLIP THIS FORM NOW AND SEND IT IN RIGHT AWAY!**

**YES! I want to help.**

Enclosed is my donation

\$100 Benefactor  \$15 Individual  \$25 Family

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Send to: Huntington's Disease Society of America  
Northwest Chapter, PO Box 33345, Seattle, WA 98133

### Northwest Chapter Services Provided

- Public Education
- Nursing Home Staff Education & Consultation
- HELPLINE (206) 464-9598 – Information and Support
- Individual & Family Counseling
- Newsletter
- Funds for Research
- Area Support Groups
- HD Information & Consultation for Medical Specialists

The HDSA is a non-profit agency. All donations are tax-deductible.

**VOLUNTEERS MAKE IT HAPPEN!**

The N.W. Chapter is always available to help you. And, if **YOU** would like to be involved, the Chapter could always use your help! Here are ways you can volunteer a few hours of your time to the N.W. Chapter. Please let us know your area of interest or expertise.

### AREAS OF INTEREST/COMMITTEES:

- |                                       |   |  |                                      |
|---------------------------------------|---|--|--------------------------------------|
| <input type="checkbox"/> Board Member | <input type="checkbox"/> Nominating               | <input type="checkbox"/> Speakers Bureau | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Finance      | <input type="checkbox"/> Volunteer Development    | <input type="checkbox"/> Advocacy        | _____                                |
| <input type="checkbox"/> Fund-raising | <input type="checkbox"/> Family Services          | <input type="checkbox"/> Newsletter      | _____                                |
| <input type="checkbox"/> Publicity    | <input type="checkbox"/> Advisory__Legal__Medical | <input type="checkbox"/> Computer Skills | _____                                |