

Strength & Knowledge

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Strength & Knowledge

Every other month, the Huntington Society of Canada publishes *Strength & Knowledge*, a practical guide for helpful information and assistance for those who are managing HD; highlighting the Family Services department recommended care, where to find help, who to connect with, and what advocacy efforts are currently underway.

News

Canada Cares: A Celebration of Caregiving

Canada Cares mandate is to say "thank you," and to elevate the role of family and professional caregivers. As a member of the HSC community we think that you may be able to help nominate some outstanding caregivers for this year's award. Caregivers who go above and beyond the call of duty to care for their loved ones deserve recognition, and that's where you come in. Deadline for nominations is September 18, 2015. To nominate a caregiver and to learn more about this program, click here.

How at-home genetic testing could compromise privacy

The Inside Agenda Blog, June 18, 2015

In June, Alison Turnbull of Toronto spit into a tube, sealed it into an envelope and dropped the package in the mail. In a month, after the scientists had spun her spittle and combed through the strands of DNA, she would receive an email telling her more about herself than she knew before. For the full article, click here.

YOUTH MENTORSHIP PROGRAM

What's the Mentorship Program?

Family Services and Young People Affected by Huntington Disease (YPAHD) have worked together as a part of the Huntington Society of Canada (HSC) to develop a mentorship program for youth. The goal of the program is to offer young people the opportunity to connect with a mentor who will be able to provide them with valuable support at critical points in their lives. Depending on where the mentors and mentees reside, they will be able to communicate in person or by phone, text, email, FaceTime or Skype.

The mentorship program strives to:

- Help break down the sense of isolation many youth affected by HD experience
- Assist youth in making informed decisions about their life
- Encourage and help prepare youth for the challenges they face
- Provide youth with positive role models and support
- Connect youth to YPAHD and the HD community

Who are the Mentees?

Youth who chose to be involved in the Mentorship Program are individuals who have been impacted by Huntington disease. Whether they have a parent, grandparent, aunt, cousin or another family member who has HD, or are at-risk themselves, the program is designed to provide support and a forum to share their concerns. They will have someone, with similar experiences, that they can connect with.

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Physician's Guide

HSC has published the 3rd edition of A Physician's Guide to the Management of Huntington Disease, with the assistance of HDSA.

For a copy please contact us at info@huntingtonsociety.ca or 1-800-998-7398.

Enroll-HD
www.enroll-hd.org



The Huntington Society of
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Mentees are:

- Between the ages of 12 and mid to late 20s
- A member of a family affected by Huntington disease
- Interested in the guidance and support of a mentor who shares similar life experiences

Potential mentees (and their parents, if they are under the age of 18) will be required to submit an application form. The Youth Mentorship Coordinator will use the background information to create an appropriate match with a mentor.

Who are Mentors?

The young adult volunteers, involved in the mentoring program, are individuals who come from families affected by HD. Sharing this common experience will assist them in better understanding and connecting to the youth mentees.

All potential mentors go through a selection and training process which includes:

- Submitting an application form
- Participating in an interview
- Providing references
- A criminal records check
- Participating in the Mentorship Training Program
- Ongoing training and support

Mentors will be asked to commit to a minimum of one year with the program

Mentorship Team

Youth Mentorship Coordinator

- Offers ongoing support and guidance
- Participates in a monthly check in
- Provides mentors with the necessary skills to support the youth
- Facilitates the ongoing training of the mentors

YPHAD Liaison

- The link to the Young People Affected by Huntington Disease (YPAHD) virtual chapter

More Information:

For more information about the program and how to become a mentor or mentee please contact your local Family Services Worker at www.huntingtonsociety.ca/family-services-team or the Youth Mentorship Coordinator at 1.855.253.0215 or mentorship@huntingtonsociety.ca.



Mentorship Training 2013