

## CHAPTER INFORMATION

### **Belleville Area**

Representative: Judy Harding  
judyharding@cogeco.ca

### **Durham Chapter**

President: Bunny Clark  
durhamregionhd@gmail.com

### **Essex Chapter**

President: Paul Bateman  
pjb8man@hotmail.com

### **Grand River Chapter**

President: Garry Kinzie  
hdgrandriver@gmail.com

### **London Chapter**

President: Susan Van Aarsen  
hd.londonchapter@gmail.com

### **Niagara Chapter**

President: John Stainsby  
stainsbyjohn@gmail.com

### **Barrie/Muskoka Area**

Representative: Steven Beatty  
stevenmbeatty@gmail.com

### **Ottawa Chapter**

President: Sharon Haig  
sharon.haig@sympatico.ca

### **Peterborough Chapter**

President: Heath Sterling  
ptbohd@gmail.com

### **Sudbury Chapter**

President: Vacant  
hd.sudbury@live.ca

### **Toronto Chapter**

Co-Presidents:  
Natalie Marnica and Brynne Stainsby  
info@hdtoronto.org

### **Timmins Area**

Representative: Lynn Walker  
lynn.walker@timmins.ca

### **HSC National Office**

151 Frederick Street, Suite 400  
Kitchener, ON N2H 2M2  
1-800-998-7398  
info@huntingtonsociety.ca

## ONTARIO NEWS

### Province-Wide Events

**RaceHD:** RaceHD is our national running group that runs, walks or rolls in races across the country to raise money for HD. If you would like more information about the races and to register, visit [www.hscevents.ca/racehd](http://www.hscevents.ca/racehd). If you have found a race near you that is not listed, contact us at [events@huntingtonsociety.ca](mailto:events@huntingtonsociety.ca).

### Toronto Chapter

#### COMMUNITY NEWS

We are always looking for new volunteers and event ideas. Contact us to learn how you can help! Email us at [info@hdtoronto.org](mailto:info@hdtoronto.org) or visit our Facebook page ([hstortorontochapter](https://www.facebook.com/hstortorontochapter)) for regular updates and event listings.

#### UPCOMING EVENTS

##### MISSISSAUGA COMMUNITY EDUCATION FORUM

This will be held from 1:30 p.m. to 4:30 p.m. on Saturday, June 8, 2019 at the Alzheimer Society of Peel, 60 Briarwood Ave., Mississauga. There will be presentations about research and caregiving. Visit [www.huntingtonsociety.ca/cef](http://www.huntingtonsociety.ca/cef) for more details.

#### CHAPTER MEETINGS

Chapter meetings will be held via conference call. For more info or to get our newsletters please email Ellen at [info@hdtoronto.org](mailto:info@hdtoronto.org).

For Toronto Area Support Groups please contact Rozi Andrejas, RCD, at [randrejas@huntingtonsociety.ca](mailto:randrejas@huntingtonsociety.ca).

For Halton/Peel Area Support Groups please contact Ekta Hattangady, RCD, at [ehattangady@huntingtonsociety.ca](mailto:ehattangady@huntingtonsociety.ca).

### London Chapter and Area

#### COMMUNITY NEWS

We are always looking for new fundraising ideas. Please send an email to Susan Van Aarsen at [hd.londonchapter@gmail.com](mailto:hd.londonchapter@gmail.com). Thank you in advance.

#### UPCOMING EVENTS

##### LONDON JAYS RAFFLE

Tickets for this year will be on sale in July 2019. For more information, or for tickets, please contact Susan Van Aarsen at [sj.vanaarsen@rogers.com](mailto:sj.vanaarsen@rogers.com).

#### CHAPTER MEETINGS

London Chapter Meetings are held on the third Wednesday of each month at Parkwood Hospital, 801 Commissioners Rd. East, London. The meetings start at 7:00 p.m. Contact Susan Van Aarsen at [sj.vanaarsen@rogers.com](mailto:sj.vanaarsen@rogers.com) or 519-858-0464 for more information.

### Windsor/Essex Chapter

#### COMMUNITY NEWS

We are always looking for volunteers and new ideas to strengthen our Chapter! If you would like to get involved contact [events@huntingtonsociety.ca](mailto:events@huntingtonsociety.ca).

## HSC RESOURCE CENTRES

### The Family Services Program Available at HSC Resource Centres Includes:

- Information on HD and strategies for care
- Connecting families with community services/resources through referral and advocacy
- Educational sessions to community groups and healthcare professionals

#### East Central Ontario

Ms. Marilyn Mitchell BSW RSW  
Resource Centre Director  
Toll Free: 1-855-426-4333  
(905) 426-4333  
mmitchell@huntingtonsociety.ca

#### Eastern Ontario

Mr. Paul Klodniski, M.Ed., RP  
Resource Centre Director  
Toll free: 1-866-536-4934  
613-233-5838  
pklodniski@huntingtonsociety.ca

#### Kingston/Belleville Area

Ms. Sherrie McKegney, MSW, RSW  
Family Services Worker  
613-548-7153  
smckegney@huntingtonsociety.ca

#### Northern Ontario

##### (inclusive of Barrie/Orillia Area)

Ms. Sarah Gauthier, RP  
Resource Centre Director  
Toll Free: 1-855-522-5319  
705-522-5319  
sgauthier@huntingtonsociety.ca

#### Southwestern Ontario

Ms. Natasha Kukolj, BSW, MSW  
Resource Centre Director  
Toll free: 1-855-660-0670  
519-660-0670  
nkukolj@huntingtonsociety.ca

continued on next page...

## ONTARIO NEWS

### Windsor/Essex Chapter Cont.

#### MEETINGS

Windsor/Essex Chapter Meetings are held monthly except in July and August. Meetings start at 7:00 p.m. For more information please contact Paul Bateman at pjb8man@hotmail.com.

### Peterborough Chapter

#### COMMUNITY NEWS

If you wish to learn more about the Chapter or get involved, contact us at ptbohd@gmail.com or follow us on Facebook at www.facebook.com/hdptbo.

#### UPCOMING EVENTS

##### WALK TO CURE HD

This year's Walk to Cure HD is on Saturday, May 25 at Hamilton Park on Bonaccord St. Come out for a 1 km walk or 5 km run, followed by fun family activities including a barbecue, auction, live music, children's fun castle and more! Register at www.hscevents.ca/ptbowalk.

#### CHAPTER MEETINGS

The Chapter meets the second Thursday of the month. See our Facebook page for more information (www.facebook.com/hdptbo) or contact ptbohd@gmail.com to get on the email distribution list.

Support Group meetings take place in Peterborough on the third Wednesday of the month starting at 6:30 p.m. If you are interested in attending, please contact Marilyn Mitchell for more information and location at 1-855-426-4333 or mmitchell@huntingtonsociety.ca.

### Durham Chapter

#### COMMUNITY NEWS

The Durham Chapter has various events and activities during the year. If you would like to know more about us or become part of the Chapter please contact durhamregionhd@gmail.com.

#### UPCOMING EVENTS

##### 6th ANNUAL WALK AND FUN FAIR TO CURE HD

On Sunday, May 26 we will be back at Bow Memorial Park Liberty St. S. in Bowmanville. Enjoy an afternoon of fun with a barbecue, silent auction, local vendors selling their wares, live entertainment and lots of fun and games for the young and young at heart. Last year was a blast, weather was great and we raised over \$20,000 again! You can register online at www.hscevents.ca/durhamwalk.

#### SUPPORT MEETINGS

Support group meetings take place in Whitby on the fourth Wednesday of the month starting at 7:00 p.m. If you are interested in attending, please contact Marilyn Mitchell for more information at 1-855-426-4333 or mmitchell@huntingtonsociety.ca.

## HSC RESOURCE CENTRES

### Toronto & Area

Ms Rozalia (Rozi) Andrejas, MSW, RSW  
Resource Centre Director  
Toll free: 1-877-573-7011  
905-787-1645  
randrejas@huntingtonsociety.ca

### Halton/Peel Area

Ms. Ekta Hattangady, MSW, RSW  
Resource Centre Director  
Toll free: 1-833-584-3472  
289-521-2090  
ehattangady@huntingtonsociety.ca

### West Central Ontario

Ms. Maike Zinabou, MSW, RSW  
Resource Centre Director  
Toll Free: 1-866-796-8016 • 519-576-6102  
mzinabou@huntingtonsociety.ca

### Windsor Area

Ms. Gioia Levesque MSW RSW  
Family Services Worker  
519-979-3211  
glevesque@huntingtonsociety.ca

## HD RESOURCES

### Clinical Trials

Participating in a clinical trial is a personal choice. Clinical trials can help advance medical research.

The Society encourages those interested to connect with their HSC Resource Centre Director to discuss possible impacts of participating.

For locations and contact person, visit:  
[huntingtonsociety.ca/clinical-trial-locations](http://huntingtonsociety.ca/clinical-trial-locations)

### HDBuzz.net

HD research news. In plain language. Written by scientists for the global HD community. Stay up to date with the latest research news about HD from around the world!

## ONTARIO NEWS

### Durham Chapter Continued

#### CHAPTER MEETINGS

Our monthly chapter meetings are now held on the third Wednesday of each month. Any new prospective members are welcome. Our door is always open for volunteers looking to help make a difference in the community and for new ideas for fundraising.

Next meeting dates are May 15 and June 19 from 7-9 p.m. Contact Bunny at [durhamregionhd@gmail.com](mailto:durhamregionhd@gmail.com) for location.

### Ottawa Chapter

#### COMMUNITY NEWS

The Ottawa Chapter had another very successful Amaryllis campaign to close out 2018, with about 1200 amaryllis bulbs brightening the homes of our supporters with holiday blossoms.

We hosted a social educational event in November 2018 with Dr. Tiago Mestre, (a neurologist from The Ottawa Hospital Civic Campus) presenting on upcoming clinical trials to help find a cure for Huntington disease.

We are always seeking volunteers to help plan and execute fun and interesting events. Find us on Facebook to see how you can get involved at [www.facebook.com/hscottawa](http://www.facebook.com/hscottawa).

#### UPCOMING EVENTS

##### TAMARACK OTTAWA RACE WEEKEND

Lace up your running and walking shoes. Join us May 26-27 and come out to run, walk, or cheer on RaceHD at the Tamarack Ottawa Race Weekend. Find out how to register now as an individual or team, or sponsor a participant at [www.hscevents.ca/racehd](http://www.hscevents.ca/racehd). This year the Ottawa Chapter is registered as an official charity for the Scotiabank Charity Challenge. With several prizes up for grabs, your generous support and gift of time and kilometers could increase our fundraising even further!

##### 8th ANNUAL OTTAWA RACE FOR A CURE

Join us on Thursday, June 27 at 5:30 p.m. at the Rideau Carleton Entertainment Centre. The only racing you will have to do is to the fantastic buffet dinner, to bid on our amazing silent auction items, and to buy 50/50 draw tickets. Get your tickets now at [www.hscevents.ca/ottawarace](http://www.hscevents.ca/ottawarace). Single tickets are \$60, with a \$28 donation receipt issued. Looking to promote your business while fundraising for HSC? Consider sponsoring our event or donating items to the Race for a Cure Silent Auction. Email event chair Sharon Haig for more information at [sharon.haig@sympatico.ca](mailto:sharon.haig@sympatico.ca).

#### SUPPORT MEETINGS

Support Group Meetings: There are two groups available; a group for people in early to early-middle stage HD, and a Caregiver Support Group. Contact Paul Klodniski at 613-233-5838 for schedule and location.

## GET INVOLVED

### TeamHD

Join the team of people that are involved in planning and participating in HSC events across the country.

Follow us on Facebook at [facebook.com/hschappenings](https://facebook.com/hschappenings)

For more information on how to get involved in events, go to [www.teamhd.ca](http://www.teamhd.ca) or contact our Community Events Coordinator at 1-800-998-7398, ext. 136 or [events@huntingtonsociety.ca](mailto:events@huntingtonsociety.ca).

### Volunteer

Our strongest asset is our dedicated volunteers. To learn more about how you can get involved and to fill out an application, visit [www.huntingtonsociety.ca/volunteer](http://www.huntingtonsociety.ca/volunteer).

## CALLING ALL YOUTH

### Young People Affected by HD

YPAHHD helps youth think about and discuss things like genetic testing, family life, and dating with HD, and supports them in their struggles of being affected by the disease.

Visit [www.ypahd.ca](http://www.ypahd.ca) for more information or follow them on social media...

Facebook: /ypahd

Instagram: @ypahdfeed

Twitter: @ypaby\_hd

### Youth Mentorship Program

The HSC Mentorship Program is designed to support young people across Canada facing the everyday challenges of growing up in a family affected by Huntington disease.

Visit [www.huntingtonsociety.ca/learn-about-hd/youth-mentorship-program](http://www.huntingtonsociety.ca/learn-about-hd/youth-mentorship-program) for more information.

## ONTARIO NEWS

### Simcoe/Muskoka Area

#### COMMUNITY NEWS

If you wish to learn more about the Chapter or get involved, contact us at [stevenmbeatty@gmail.com](mailto:stevenmbeatty@gmail.com).

#### UPCOMING EVENTS

##### SPRING WILDFLOWER WALK AND FOREST TEA

This year's 2nd annual walk will take place on Wednesday, May 22 from 6:30 to 8:30 p.m. at The Gables, 250 Tollendale Mill Rd. in Barrie, ON. Tickets are \$20 per person and limited to 30. Join us for a guided wildflower walk at the Gables (a 40-acre park in Barrie). Come see the "greatest show on earth": beautiful spring flowers in bloom! On our walk, you'll see Trout Lilies, Jack-the-Pulpit, Blue Cohosh, May Apple, Hepatica, Downy Yellow Violet, Merrybells, Wild Ginger, Dutchman's Breeches, carpets of Trilliums and Canada Anemone, and more! Half way through the walk, we'll enjoy a "Forest Tea" beside the shores of beautiful Lake Simcoe.

If you have questions, or would like to register, contact Joanne at [joanne@awalkinthewoods.ca](mailto:joanne@awalkinthewoods.ca) or visit [www.hscevents.ca/wildflowerwalk](http://www.hscevents.ca/wildflowerwalk).

#### FLAG RAISING

A flag raising will be happening this Spring at Barrie City Hall. Contact Steven Beatty for more information at [stevenmbeatty@gmail.com](mailto:stevenmbeatty@gmail.com)

### Northern Ontario

We successfully hosted a Northern Ontario Education Tour with Jim Pollard in April. Sessions were conducted in Huntsville, Sudbury, Timmins and Thunder Bay.

We are always in need of volunteers to participate in Chapter activities and events. For the Timmins area, please contact Lynn Walker via Facebook @lynn.walker or by text at 705-274-1491 and for the Sudbury area, please contact Sarah at 1-855-522-5319 or [hd.sudbury@live.ca](mailto:hd.sudbury@live.ca).

#### UPCOMING EVENTS

##### TIMMINS BOWL FOR A CURE

Come bowl your way to a cure on Saturday, May 11 at Midtown Bowl in Timmins. Tickets cost \$25 and include shoes, bowling, auction and door prizes. Email [lynnwaynewalker@me.com](mailto:lynnwaynewalker@me.com) for details.

The Sudbury Chapter will be hosting a Paint Nite fundraiser on June 5. Contact Sarah at 1-855-522-5319 or [hd.sudbury@live.ca](mailto:hd.sudbury@live.ca) for more information.

#### FLAG RAISING/PROCLAMATIONS

A City of Greater Sudbury proclamation for May awareness month and flag raising will be taking place at Tom Davies Square on May 1 at 11:00 a.m.

Timmins proclamation for May awareness month and flag raising will be taking place on May 3rd, 2019 at 10:30AM. Lighting of the Headframe will take place May 13th.

## STAY CONNECTED

### Sign Up for Our Newsletters

Are you interested in finding out about the latest research news from around the world, what is happening in your local HD community or tips for caring for a person with HD?

The Huntington Society of Canada is committed to providing you with the most up-to-date information on your topics of interest.

For more information on our three newsletters and to sign up to receive them directly to your inbox, visit [www.huntingtonsociety.ca/newsletters](http://www.huntingtonsociety.ca/newsletters).

## ONTARIO NEWS

### Northern Ontario Cont.

#### SUPPORT MEETINGS

Contact Sarah at the NORC for schedule and location 1-855-522-5319.

### Grand River Chapter

#### COMMUNITY NEWS

The Chapter continues to work on activities in Kitchener, Guelph and Cambridge. If you're interested in helping with fundraising, or awareness activities in our region, contact [hdgrandriver@gmail.com](mailto:hdgrandriver@gmail.com).

#### UPCOMING EVENTS

##### GRAND RIVER PINS AND PIZZA

Join us on Saturday, May 11 at Victoria Bowl in Kitchener. This will be an excellent evening of bowling and family fun, including a silent auction. Tickets are \$25 each and include shoe rental, two hours of bowling and pizza. Register at [www.hscevents.ca/grbowl](http://www.hscevents.ca/grbowl).

##### GRAND RIVER FOUNDERS WALK TO CURE HD

Saturday, September 7 at Riverside Park in Cambridge. Help us celebrate the Founders of HSC, Ralph and Ariel Walker, residents of Cambridge, with our annual **Founders Walk to Cure**. Lots of fun for the whole family! Email us at [hdgrandriver@gmail.com](mailto:hdgrandriver@gmail.com) for more information.

#### MEETINGS

Second Wednesday of the month, Hespeler Arena. We alternate between chapter meetings (where we work on events) and support groups. For more information, please contact chapter president Garry Kinzie at 519-740-6221 or [hdgrandriver@gmail.com](mailto:hdgrandriver@gmail.com) or social worker Maike Zinabou at 519-576-6102 or [mzinabou@huntingtonsociety.ca](mailto:mzinabou@huntingtonsociety.ca).

### Niagara Chapter

#### COMMUNITY NEWS

Hi! It's the Niagara Chapter here and we would like you to know what fundraising events we have planned for 2019. Our 3rd Annual Eli and The Straw Man Concert on March 2nd and our Annual Volleyball tournament in Port Colborne March 30-31 were both great successes.

We are a small but very hard working group and always have lots of fun at our events. If you are interested in learning more about our fundraising efforts or just about our Niagara Chapter, please contact Gail at [gaildekoning@gmail.com](mailto:gaildekoning@gmail.com) or our President John at [stainsbyjohn@gmail.com](mailto:stainsbyjohn@gmail.com). We would love to meet you and have you join us, even if you only want to talk.

#### UPCOMING EVENTS

##### BOOK SALE

Our book sale at Fairview Mall will be from April 30 to May 4. Books, puzzles or jewelry are always a welcome donation. Contact Gail or Neil DeKoning at 905-892-6024 or [gaildekoning@gmail.com](mailto:gaildekoning@gmail.com).

## STAY CONNECTED

### Social Media

You can find us on...

Facebook: /huntingtonsc

Twitter: @huntingtonsc

Instagram: @huntingtonsocietycanada

Youtube: /huntsoccanada

### HD Fact Sheets

Fact sheets on a variety of topics relating to HD including communication, clinical trials and behaviour are available on our website at [www.hdfactsheets.ca](http://www.hdfactsheets.ca).

## ONTARIO NEWS

### Niagara Chapter Continued

#### GOLFAPALOOZA

Our Golfapalooza HD Classic will be held at the Niagara Falls Golf Club on June 2. Golfers and non-golfers are welcome for this fun take on a day of golf! For more information contact Barb Eade-Stainsby at [beadestainsby@gmail.com](mailto:beadestainsby@gmail.com) or visit [www.hscevents.ca/Golfapalooza](http://www.hscevents.ca/Golfapalooza).

#### NIAGARA CHAPTER FAMILY WALK

Join us on Saturday, June 15 as we walk along Niagara Boulevard in Niagara-on-the-Lake. Wheelchair/stroller/bike accessible. Contact John for more information at [stainsbyjohn@gmail.com](mailto:stainsbyjohn@gmail.com).

#### CHAPTER MEETINGS

Mark your calendar for May 8 for our Annual Regional Meeting at St. Catharines Collegiate School in St. Catharines. We are very proud to be chosen to host the 2020 Conference so we will discuss this at the meeting and will also talk about starting a Niagara Chapter YPAHD group. For more information, contact Gail DeKoning at [gaildekoning@gmail.com](mailto:gaildekoning@gmail.com).

#### SUPPORT MEETINGS

We are very glad to have Maïke Zinabou back with us! Upcoming Support Group dates are: Monday, April 15 and Monday, May 27 . For future dates, or for more information, contact Maïke at 1-866-796-8016 or [mzinabou@huntingtonsociety.ca](mailto:mzinabou@huntingtonsociety.ca).

### Kingston/Belleville Area

#### SUPPORT MEETINGS

Held on the fourth Wednesday of every month - alternating between the Caregiver Support group, and the Drop-in Support group for anyone in the early stages of HD: family, friends or community caregivers. Contact Sherrie McKegney for details at 613-548-7153 or [smckegney@huntingtonsociety.ca](mailto:smckegney@huntingtonsociety.ca).

### Young People Affected by HD (YPAHD) Chapter

YPAHD helps youth think about and discuss issues such as genetic testing, family life, and dating with HD, and supports them in their struggles of being affected by the disease. This group gives young people someone with whom they can relate, talk to, and lean on. This support system can be incredibly important during this stage in life and beyond.

#### CHAPTER MEETINGS

YPAHD is a virtual chapter that meets monthly via telephone. YPAHD conference calls are typically scheduled during the evening of the second Sunday of each month but this schedule is subject to change.

#### UPCOMING EVENTS

For upcoming events and more information on how to get involved with YPAHD, visit [www.ypahd.ca](http://www.ypahd.ca).