



# Huntington's Disease Society of America



## Central Ohio CHAPTER

# OUR VOICE

SPRING 2022

### President's Letter

Dear Family and Friends,

We at the Central Ohio chapter of HDSA hope that this letter finds you well!

My name is Zach Vaughan and I am the newest chapter President. At a young age, I was inspired by how HDSA serves our families and community. My parents, Wendy and Roger Vaughan, served as role models for me as they tirelessly volunteered for the organization at the local and national level. They showed me that with hard work and love, we can make a difference in this world. After 10 years as a leader in my professional career, I started getting involved in the Central Ohio chapter myself and realized my talents and skills could make a difference in our fight to cure HD.

As chapter president, my primary focus this year is on strengthening our community. We plan to host all of our events this year IN PERSON so we can see your smiles and share a comforting hug once again. We will be hosting informal social events throughout the year to give more opportunities for our community to converge and enjoy each other's company (more details will be sent via email and on our Facebook soon). And as always, we are looking to strengthen our volunteer base and Board. If you have any interest in supporting our community and volunteering, please give me a call at 614-352-5009. Speaking of our Board, I would like to congratulate Wendy Vaughan and Kellie Gerdert for their new executive roles as Vice President and Secretary, respectively!

I would also like to take this opportunity to thank our wonderful outgoing President Daphne Hess for her several years of service. She accomplished the incredible task of keeping our chapter moving forward through some especially challenging times. Thank you, Daphne, for all you have done for the families of Central Ohio. I would also like to thank our very generous donors and sponsors listed in this newsletter for continuing to support us in our fight against HD.

Our first event this year is the Hoop-a-thon on April 23<sup>rd</sup> and we can't wait to see you there!

Be well,  
Zach Vaughan  
President, HDSA Central Ohio Chapter

Our Voice, a newsletter of the Huntington's Disease Society of America, Central Ohio Chapter, is published twice a year to provide information and to relay items of interest to individuals with HD and their families, health care professionals, friends, and supporters.

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## FIVE TIPS FOR CAREGIVERS by Erica Wright

**Learn how to communicate effectively with your medical team.** Become a team with your loved one's medical provider. If there are things you would like to address, but aren't comfortable bringing up in front of your loved one, reach out in advance of the appointment by phone or mychart to make sure any important issues are addressed.

**Get legal documents in order.** Setting up durable power of attorney for health and finances can be invaluable should the situation

arise that you need to assist your loved one in managing their care. It is helpful to have these documents in place as early as possible, and you can review them annually to make updates if needed.

**Accept Help.** It's good to come up with a list of things that would be helpful to you, that way when someone offers to help, you aren't on the spot trying to come up with something which may lead you to quickly decline the offer or push off the offer to another time. [continue on page 8](#)

### HDSA CENTER OF EXCELLENCE

Martha Morehouse Pavilion

Neurology Suite,  
3rd floor

2050 Kenny Rd.  
Columbus, Ohio  
43221

614-293-4969

Director: Sandra K.  
Kostyk, MD, PhD

Clinic Coordinator  
Kate Ambroggi, RN  
614-688-6685

Social Worker:  
Erica Wright  
614-685-9042

## HDSA CENTER OF EXCELLENCE IS HERE FOR YOU!



**THE OHIO STATE  
UNIVERSITY**

WEXNER MEDICAL CENTER

Ohio State's Huntington's Disease Clinic is designated a HDSA Center of Excellence by the Huntington's Disease Society of America, one of only 54 centers in the country to achieve this distinction.

To learn more, click [here](#) or go to...

<https://wexnermedical.osu.edu/brain-spine-neuro/movement-disorders/huntingtons>

## 2022 HOOP-A-THON IS BACK IN PERSON!



**Saturday, April 23, 2022**

**10am—3pm**

**at St. John's Lutheran**

**3220 Columbus St.**

**Grove City, Oh 43123**

**Support HD Research, education & advocacy efforts!**

It's easy! Get friends and family to sponsor you per basket or for a specified donation. See how many free throws you can make in 5 minutes. We know you'll be a star as you raise funds for research and education!

Food, Music, Raffles, Fellowship, and Fun INCLUDED!

Shooters, Helpers, and Spectators are welcome!

**For more information visit:**

**[WWW.CENTRALOHIO.HDSA.ORG/HOOPATHON](http://WWW.CENTRALOHIO.HDSA.ORG/HOOPATHON)**

**Question? Contact Zach Vaughan:**

**614-352-5009**

**[vaughanz017@outlook.com](mailto:vaughanz017@outlook.com)**

### OFFICERS AND BOARD

President:

Zach Vaughan  
[vaughanz017@outlook.com](mailto:vaughanz017@outlook.com)

Vice President:

Wendy Vaughan  
[wvaughan101@gmail.com](mailto:wvaughan101@gmail.com)

Treasurer:

Jaclyn Hindel  
[jmhindel1213@gmail.com](mailto:jmhindel1213@gmail.com)

Secretary:

Kellie Gerdert  
[kelliegerdert@gmail.com](mailto:kelliegerdert@gmail.com)

Office Administrator

Debbie Ioia  
[daioia.1054@gmail.com](mailto:daioia.1054@gmail.com)

Board Members:

Norm C. Baldwin  
Heidi Crowl  
Lenae Hott  
Dr. Sandra Kostyk

WEB Site Manager:

Hal Hixson  
[halhixson@gmail.com](mailto:halhixson@gmail.com)

CENTRAL OHIO HDSA  
WEBSITE

<http://centralohio.hdsa.org/>

HD Helpline  
614-292-9960

CENTRAL OHIO  
CHAPTER

HDSA  
Central Ohio Chapter  
P.O. Box 2213  
Columbus, Ohio 43216

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

Website:  
[http://  
centralohio.hdsa.org/](http://centralohio.hdsa.org/)

## CENTRAL OHIO TEAM HOPE WALK



Join us October 1, 2022!

At [Blacklick Woods Park](#)  
Buttonbush Shelter  
6975 E. Livingston Ave.  
Reynoldsburg, Ohio  
43068

Contact: Paula Lintz  
Phone: 614-207-9708  
Email: [Lintzpj@gmail.com](mailto:Lintzpj@gmail.com)

For updates, see this page:

[https://centralohio.hdsa.org/events/  
central-ohio-team-hope-walk](https://centralohio.hdsa.org/events/central-ohio-team-hope-walk)



## HDSA CONVENTION IS IN-PERSON AND VIRTUAL!



### JUNE 9-11, 2022 37th Annual HDSA Convention

Join us June 9-11, 2022 for the 37th Annual HDSA Convention at the Marriott Marquis in Atlanta, Georgia! Following COVID-19 safety recommendations, we will be capping the number of In-person attendees and providing mandatory safety protocols.

For more information or to register for in-person or virtual attendance, visit

<https://hdsa.org/about-hdsa/annual-convention/>.

To see what last year's virtual convention was like, click [here](#).

"The Huntington's Disease Society of America (HDSA) is the premier nonprofit organization dedicated to improving the lives of everyone affected by Huntington's disease. From community service and education to advocacy and research, HDSA is the world's leader in providing help for today, hope for tomorrow for people with Huntington's disease and their families. In the battle against Huntington's disease no one fights alone. **At HDSA—family is everything!**"

#### NATIONAL HDSA

<http://hdsa.org/>

#### NATIONAL YOUTH ALLIANCE:

Melissa Ryant  
[mryant@hdsanya.org](mailto:mryant@hdsanya.org)

"Dedicated to making ours the last generation with Huntington's disease."



## MEMORIALS AND HONOREES

### March 2021—February 2022

#### *In Memory of...*

##### **David Meyer**

Anonymous  
Loren & Patsy Wachtman  
Jim & Doretta Daman  
Norbert & Marie Rohrs  
Cheryl A. Helberg  
Lucas & Sarah Surham  
Larry Adams  
Tom & Pat Hurst  
Bernadine Higbea  
Ben & Judy Michaelis  
Ronald & Donna Meyers  
Dave & Jane Helberg  
Bob & Phyllis Verhoff  
Linda & Tim Russt  
Heidi Ahleman  
Brenda Aschemeier  
Ted Penny  
Ken & Marsha Drewes  
Dani Miller  
Gene & Diane Wendt  
Karen Schroeder  
Ron & Debbie Kempf  
Gwen & Mike Haller  
Helene Meyer  
Virgil Meyer  
Art & Connie Roehrig  
Kenny & Cindy Drewes  
Bill & Sue Garmyn  
Ken & Kay Gerken

##### **David Meyer**

Henry & Pat Godeke  
Carl & Pam Hurst  
Dan & Janel Witte  
Deb Peter  
Bill & Judy Haase  
Paul & Dorothy Bockelman  
Norm & Kathleen Wiemken  
Rod & Jeri Bostelman  
Linda & Steve Fisher/Dan Meyer & Andrea Scott  
Gary & Laurie Pecuch  
Tim & Molly Wiemken  
Bill & Charlotte Wachtman  
Bob & Pam Brown  
Walt & Mary Hallet  
Marv & Shirley Gebers  
Carol Sonnenberg  
Becky Hurst  
Dean & Michelle Helberg  
June Woltmann  
Kathy Lieb  
Craig Drewes  
Denny & Kay Helberg  
Jeff & Patricia Wiemken  
Norm & Kathleen Wiemken  
Norm & Marlene Sonnenberg  
Howard & Ruth Romaker  
Marilyn Hershberger

##### **David Meyer**

Burdette & Donna Rathge  
Walter L. & Rebecca M. Hardy  
Todd A. & Christine D. Behnfeldt  
David R. & Pamela J. Kahle  
James E. & Betty L. Kerr  
Illa Fry  
Thomas J. & Linda K. Behnfeldt  
Jack & Sheryl Boyd  
William E. & Krysann K. Dunbar  
Jean Plassman  
David & Wylodene M. Durham  
Marietta Damman  
Jerry & Donna Drewes  
Edwin J. & Karen S. Gerken  
Robert J. or Susanne H. Tilse  
Cheryl A. & David G. Boose  
Eldor E. & Jane R. Gerken



## MEMORIALS AND HONOREES

### March 2021—February 2022

#### *In Memory of...*

##### **David Meyer**

Kenneth & Barbara  
Honemann  
K. Q. & Mary Thompson, Jr.  
Gary & Dawn Gerken  
M. Angela Norden  
Morris A. & Melody L.  
Wiemken  
Kathleen L. & Mark A.  
Meyer  
Dan & Linda Helberg  
Gary L. & Jamie L.  
Bostelman  
Kenneth J. & Arlene D.  
Freytag  
Norm Baldwin  
Mark J. & Susan E. Baringer  
Ruth A. Warncke  
Linda C. Sines  
E. A. or J. A. Anderson  
James L. & Patricia J. Smith  
Michele L. & Brett R. Meyer  
Donna M. McGhee  
Joseph M. & Jane Meyer  
Ann L. Desposito  
Terry E. & Deborah J.  
Behnfeldt  
Betty S. Marihugh  
Frank R. & Lisa M. Brady  
Michael L. & Christie C.  
Meyer

##### **David Meyer**

Ruth Relue  
Patty Ann Michaelis  
Rodney F. & Norine K.  
Rethmel  
Gary L. & Barbara J. Amos  
James or Phyllis Knappe

##### **Paul Baldwin**

Rita J. & Michael W.  
Kaufman  
Marguerite Rubel  
Joyce L. Bennett, Trustee  
Harold Johnston  
Barb A. Brockshus  
Norm Baldwin  
Cheryl & Bruce A. Boldon

##### **Bonnie Baldwin**

##### **David Meyer**

##### **Russell & Elaine Meyer**

##### **Lawrence & Verna**

##### **Meyer**

Michael L. & Christie C.  
Meyer

##### **2021 FBI GOLF OUTING:**

##### **Special Agent John**

##### **Karnemaat**

Tony Christy Memorial Golf  
Tournament Committee

##### **2021 CELEBRATION OF HOPE**

##### **Bonnie Baldwin**

Norm Baldwin

#### *In Honor of...*

##### **Norm Baldwin**

##### **Betty Meyer**

##### **Mark & Kathy Meyer**

Michael L. & Christie C.  
Meyer



## FIVE TIPS FOR CAREGIVERS by Erica Wright (continued from page 2)

(continued from page 2)

...Having a list of tasks that someone could assist with ready in the moment you ask for help, or are being offered help, increases the likelihood that an offer can turn into real help. For example, a friend or family member asks how they can help, suggest them taking your loved one with HD out for a meal or activity to provide you with some respite and your loved one with engagement they will enjoy as well.

**Take Time for Self Care.** Your physical and emotional well-being are key in your loved ones' ability to live well in the community. Make sure you are not neglecting your own health and see your doctor for all routine care. Additionally, take time for respite for yourself to do

the things that bring you joy: yoga, read a book, play a computer game, walk the dog, get a massage, anything that will bring you some joy and peace to help you center yourself each day.

**Seek Support!** Consider joining our local support group, or check out a virtual support group offered by HDSA.

Contact Erica Wright at 614-685-9042 or [Erica.wright@osumc.edu](mailto:Erica.wright@osumc.edu) for information on the Central Ohio HD Support Group, or check out [www.HDSA.org/supportgroups](http://www.HDSA.org/supportgroups) for online options

Click [here](#) to get back to page 2.

## There are two ways you can donate to HDSA and it costs you nothing!



With the Kroger Community Rewards program, Kroger donates money each year to charities that their customers designate. To have Kroger donate to HDSA, visit <https://www.kroger.com/communityrewards> and follow the prompts. Re-register every year after May 1<sup>st</sup> to continue to support HDSA

When you shop online at AmazonSmile, Amazon will donate .5% of every sale to a charity of your choice. Visit <https://smile.amazon.com/> to shop and donate to HDSA today!

