

**FOR IMMEDIATE RELEASE**

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***Fantastic Local Women Volunteers Her Time to Huntington Society of Canada***

(Kitchener, ON) April 4, 2014 – Volunteers are at the heart of the Huntington Society of Canada (HSC) community. Our volunteers tell a powerful story of caring people who pull together to improve the quality of life for Canadians impacted by Huntington disease (HD). To celebrate National Volunteer Week the Huntington Society of Canada is honouring Janet Trims volunteer work in her community of Scarborough, Ontario and the impact she has across Canada.

Janet was determined to honour her Aunt Shirley’s memory by helping others affected by HD. She made her first donation to the Huntington Society of Canada at her aunt’s funeral, kick-starting her decades-long involvement with the organization. Janet then began selling and delivering Amaryllis with her husband, Bill. At their 25th wedding anniversary, they asked for donations to the Society in lieu of gifts. Janet dedicated her time by serving as the secretary of HSC’s Toronto Chapter for several years. She also laced up her shoes for many HSC walkathons over the years.

Volunteering with the Society has given her the opportunity to meet a lot of people in the HD community. Seeing their bravery and determination inspires her and fuels her passion for the Huntington disease cause. Janet knows that breakthroughs in HD research will benefit patients with other neurological diseases as well. “If we can do something to help somebody else, then we do what we can,” Janet says.

"HSC's volunteers are the heart and soul of this organization. It is our volunteer core that makes real differences in the lives of individuals and families affected by Huntington disease. Actively raising awareness in their communities, advocating for the rights of those affected by HD, and raising funds that contribute to groundbreaking research triumphs, are just some of the inspiration that our volunteers provide us to continue to aspire toward a reliable treatment for HD." says Devin Bonner, National Chapter Development Manager of the Huntington Society of Canada.

The Huntington Society of Canada would like to thank each and every one of the volunteers across the country. The hard work and dedication of the many HSC volunteers is deeply appreciated by the Society.

Help celebrate National Volunteer Week in Canada, now in its 72<sup>nd</sup> year. This week is all about recognizing the hard-working volunteers that make a difference in Canada. National Volunteer Week originated to thank the women for the contribution they made to the war effort on the home front. It has now grown to be the largest celebration of civic participation in Canada.

Huntington disease is a debilitating brain disorder that is fatal and incurable. About one in every 7,000 Canadians has HD and approximately one in every 5,500 are at-risk of developing the disease. Many more are touched by HD whether as a caregiver, a family member, or a friend. Huntington disease is devastating for both the body and the mind. The symptoms, which may include uncontrollable jerking movements and relentless cognitive and emotional impairment,

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usually present between the ages of 30 and 45, and gradually worsen over the 10-25 year course of the disease. Eventually they lead to total incapacitation and death.

The Huntington Society of Canada is a respected leader in the worldwide effort to end Huntington disease. HSC is the only national health charity dedicated to providing help and hope for families dealing with Huntington disease across Canada.

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