THE WORLD BREAKS EVERYONE
AND AFTERWARD
MANY ARE STRONG AT THE
BROKEN PLACES

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FELL IN LOVE WITH A GUY BORN HERE
Marjorie’s metaphor...
Marjorie set out to “do something about HD.”

- Find other families!!!
- Partner with physicians and researchers
Rochester ripples!
....the power of clinical trials...
Marjorie set out to...
“Strength in numbers…”

“When it comes to studying a disease that progresses slowly, like HD, there is **strength in numbers**. Studying many patients repeatedly over several years can give us powerful insights that can’t be gained through other research techniques.”

Jeff Carroll
Western Washington University
HDBuzz.net
Well-being is about engagement
Resilient individuals not only “bounce back” after challenges but also bend and grow stronger in the process.
Becoming Resilient
The HD molecule

Be a study "coach"
Drug trial
Observational Trial

Get other family members to join

Share your Research Experiences

Be a driver To visits

Be a study partner

Family extended

spouse
at-risk
Phd
WE NEED YOU!!!
#KEEP RIPPLING
Happy People...

- live minimally, tell the truth,
- never make excuses, take time to listen,
- don’t hold grudges,
- speak well of others, choose friends wisely,
- establish personal control,
- dream big,
- see problems as challenges,
- nurture social relationships, avoid social comparisons
- treat everyone with kindness,
- exercise,
- don’t sweat the small stuff,
- accept what can not be changed,
- meditate,
- avoid seeking approval from others,
- express gratitude for what they already have,
- eat well,
- wake up at the same time every morning, and get absorbed in the “Now”.