

# HDSA Minnesota Chapter Highlights

SPRING 2017

## New Leadership Letter



Treasurer Michael Wallen & President Brianna Wallen Lindell

He lived more vibrantly in his last ten years with Huntington's than most people do in their entire lives. He was our ultimate inspiration because he lived his life with HD with one word—bravery. He took the risk of trying to live as fully as a human can even when he needed someone to get him dressed and brush his teeth in the morning. He smiled and said hi to everyone he saw, laughing at every joke told, and saying "that's awesome" to anything that brought a positive connotation to our lives.

To everyone in the HD community, we are very excited to join the executive board for the HDSA MN Chapter. Brianna will be taking over as the acting president and I will be taking over as the Treasurer. For years, the two of us have always wanted to make a difference in finding a cure for HD, and we feel being a part of the board will allow us to achieve this. We will work diligently to make sure the positive steps our predecessors Ronnie and Arlene took, remain in place.

Both of us have a resilient passion for helping the HD community. Like many of you, HD is in our family. Our Father Wade Wallen passed away from HD in the summer of 2015. He was diagnosed in 2004 and it changed our lives forever. From the day he was diagnosed to the last day he was alive, my dad fought HD with incredible enthusiasm, dignity, and strength. Not a day went by where he complained about anything. He made HD his life.

He started a golf tournament shortly after his diagnosis to help raise money and awareness for HD. It became his passion. It has been held every year since then, in June, at Crystal Lake Golf Course in Lakeville. After he passed away, there was thought by many of the attendees that the tournament would stop. Brianna and I never contemplated that idea. There was no way we could give up working and doing whatever it takes to extinguish this disease. He's inspired us forever with his diligent and brave fight and we are very proud to be following in his footsteps and hope we can help inspire many of you.

Sincerely,  
Michael Wallen  
*HDSA Minnesota Chapter Treasurer*

Brianna Wallen Lindell  
*HDSA Minnesota Chapter President*

*Help for Today.  
Hope for Tomorrow.*



HDSA is a national, voluntary health organization dedicated to improving the lives of people with Huntington's disease and their families.

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## Vice President's Letter



I am very excited to take on the role of Vice President with HDSA Minnesota Chapter! Huntington's Disease was first introduced to me years ago when a gentleman that I was seeing told me that his birth father had died from Huntington's Disease. I immediately researched what exactly that meant. What I found out was quite frightening, however, it did not scare me away. As time passed it became apparent that our relationship just wasn't in the cards, not because of the possibility that he too could have HD but because we just were not compatible. Little did I know back then (a few decades ago) that I would face HD once again only this time with someone that IS in my cards. September 2016 is when we found out that my boyfriend has HD. When we found out I made sure that it was understood that I am in this for the long haul. A few short months later one of his four children tested positive for HD. Quite the foreshadow, I truly believe that a purpose in my life is to dive into the world of Huntington's, not only to help and support my loved ones but to do everything I can do for others with HD and for their caregivers.

I always have dived in with both feet and I am looking forward to what lies ahead. Not only to raise awareness of HD to the world but to learn even more myself. Whatever I can do to make life easier for those affected by HD is a mission to be accomplished by believing in oneself and daring to be remarkable.

Best Wishes,  
Tarole Rettke

*HDSA Minnesota Chapter Vice President*

*A warm welcome to new  
HDSA MN Chapter board of  
director members Darcy Smith  
and Wendy Jarosh!*

## Upcoming Events

Visit [www.minnesota.hdsa.org](http://www.minnesota.hdsa.org) or [www.facebook.com/hdsamnchapter](http://www.facebook.com/hdsamnchapter) for event updates

### It's My Party

Mexican-themed dinner, auction, & entertainment. Friday, May 5, 5:30pm, Knights of Columbus, 1114 American Blvd. W., Bloomington

### Wade Wallen Memorial Golf Tournament

Wednesday, June 7, 12:45pm tee time, 5:30pm dinner & awards. Crystal Lake Golf Club, 16725 Innsbrook Dr., Lakeville

### Celebration of Hope: Be the Hope Gala

Thursday, Oct. 5, Time TBD. PAIKKA, 550 Vandalia St. #165, St. Paul

### HD U Seminar

Saturday, Oct. 7, 1-4pm Calvary Lutheran Church, Golden Valley. HD Social Hour to follow (Location TBD)

### Duluth Team Hope Walk

Saturday, Aug. 12, 8:30am, Endion Station Public House

### Twin Cities Team Hope Walk

Saturday, Aug. 19, 8:30am, Purgatory Creek, Eden Prairie

## Support Groups

Support group meetings are for people who are at risk for HD, persons with HD, and families of people with HD. For more information, including how to start a support group in your area, contact Jessica Marsolek, LGSW, at (612) 371-0904 or [jmarsolek@hdsa.org](mailto:jmarsolek@hdsa.org).

### Richfield, MN

Oak Grove Lutheran Church, 7045 Lyndale Ave. S.

Every third Saturday, 10:30 a.m.-12 p.m. | Facilitators: Jessica Marsolek, Nina Ross

### Rochester, MN

Bethany United Methodist, 1835 19th Ave. NW

Every third Saturday, 3 p.m. | Facilitator: Jessica Marsolek

RSVP required to Jessica at (612) 371-0904 or [jmarsolek@hdsa.org](mailto:jmarsolek@hdsa.org)

### Grand Forks, ND

Altru Hospital, Meeting rooms F and G,  
1200 S. Columbia Road

Every second Saturday, 10 a.m.-12 p.m.

[tlfore@gra.midco.net](mailto:tlfore@gra.midco.net)

### Fargo, ND

Holiday Inn, 3803 13th Ave. S.

Every third Saturday, 9:30 a.m.

[cdfurnbergpl@msn.com](mailto:cdfurnbergpl@msn.com)

## In Memoriam

Richard "Rick" Barlow

Patti Goodchild

Charlie Jennings

Marilee Lockwood

Wade Wallen

Richard (Rich) Wiechman

