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22

ANNUAL REPORT  
CHAMPIONS FOR HD

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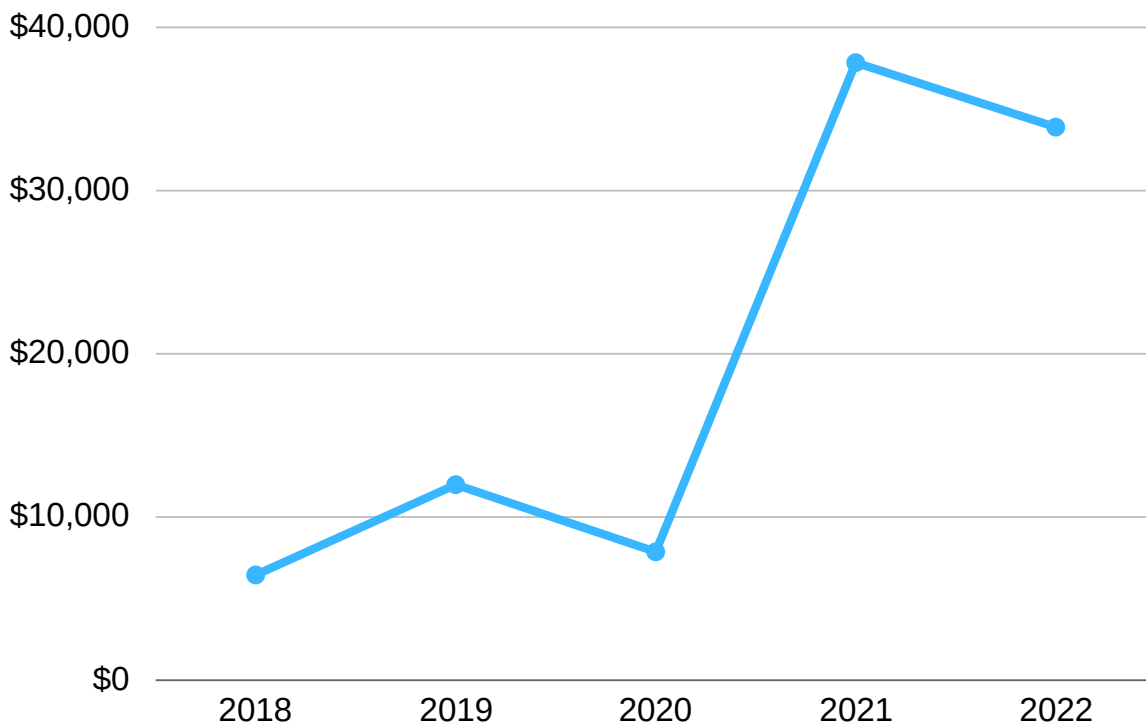
# Financial Review

## \$ 33,889

We raised a total of nearly 44 thousand dollars in the year 2022.

## -11.00%

This is an 11 percent decrease from last year's donation income.



# Donations



In 2022, we made 6 donations.

Ashley Beard, a teenager with JHD In Minnesota, was surprised with a brand new wheelchair after her family was denied by Insurance (read more on pg 7)

This year, a new HD book was being cerated as a resource with personal anecdotes. Champions donated to this cause (more on pg 10)

We made donations for transportation to a father who Is disabled with HD and had no resources to see his son play soccer.

We lost the Incredible Chris Holifield to HD. His family was kind enough to ask for donations to be sent to Champions. We sent the Holifield's our condolences and a beautiful floral bouquet.



**\$ 9,351.06**

**TO SIX FAMILIES**



**\$ 1,000**

**TO HD HEROES BOOK**

**(coming February 2023)**  
**learn more on pg. 11**

# Events

We hosted a total of five events held throughout they year.

May - HD Awareness Month: \$175

## NEW EVENT

September -Headlocks for Huntington's \$200

## NEW EVENT

September - Vineyard 2121 Wine & Food Tasting: \$421

November - Benefit Concert: over \$16,000

December - Miracle at SoHa Brewpub: \$644

Our **Champion for HD 2022 is Brandon Khoury.**

Our first ever **Champion for HD Caregiver Award recipient is Amy Abbott.**



# 03

THANK YOU TO OUR 2022 BENEFIT  
CONCERT SPONSORS

**SILVER**



**GOLD**

**HONOR**  
CREDIT UNION



**BRONZE**

**JW**  
Accounting, LLC  
numbers made easy.

All Star Family   
CHIROPRACTIC

**Harding's**  
FRIENDLY MARKETS



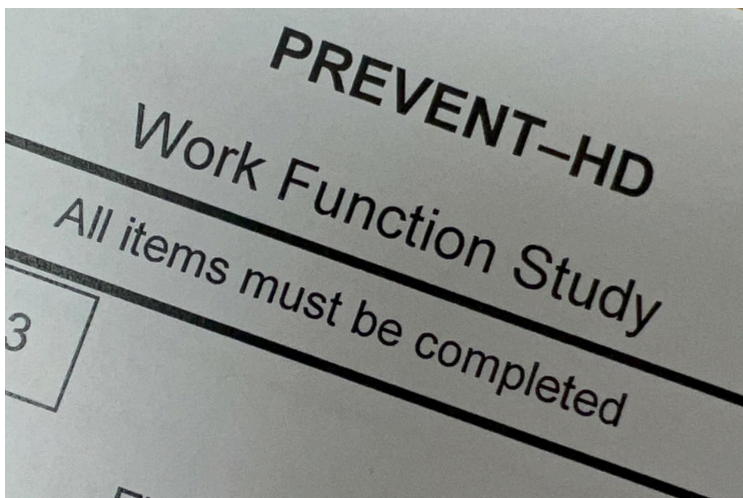
# Prevent HD Study

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In August, Champions for HD President, Shelby Lentz, traveled to Madison, Wisconsin to participate in Prevent-HD. This is a voluntary study that aims to provide HD research data to pull from those who are both gene positive or gene negative.

The study included MRIs, cognitive tests, physical tests, a spinal tap, and blood draws.

To learn more or get involved, visit:  
<https://neurology.wisc.edu/prevent-hd/>



# 12 Months 12 Marathons: Gail Shurlow



Gail Shurlow has dedicated the next year to raising money for Champions for HD through running a marathon every month. Gail's goal is to earn pledges and donations throughout her marathon series to help further Champions for HD's mission.

Gail lost her husband, Don, to Huntington's Disease, and has at-risk and gene-positive children. In their honor, she continues to advocate and champion the cause through her incredibly athletic ability and dedication to her marathons.

The Initial announcement was made In November 2022 at the Benefit Concert. She ran her first of 12 Marathons that month, and will conclude her marathon series In October of 2023 with the goal of raising \$10,000.

We are so grateful for Gail and her passion for HD and JHD.



## 12 MONTH 12 MONTHS, 12 MARATHONS MARATHON

**PLEDGE  
NOW**

CHAMPIONSFORHD.  
ORG/DONATE



**NOVEMBER 6TH, 2022 - OCTOBER 8, 2023**

GAIL SHURLOW  
IN HONOR OF HER LATE HUSBAND, DON

DONATIONS WILL BENEFIT CHAMPIONS FOR HD

# Podcasts

06

In May of 2020 during Huntington's Disease Awareness Month and the pandemic, we launched the official Champions for HD Podcast.

In 2022, we had 1,791 new downloads of the podcast and 5 new episodes aired.

Total lifetime downloads of the podcast is 5,175.



**A HUNTINGTON'S DISEASE PODCAST  
WITH SHELBY LENTZ**

**5,175**  
**total lifetime  
downloads**



# JHD Community: Ashley's Surprise Wheelchair Donation

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In April of 2022, Champions for HD President, Shelby Lentz, traveled to Minnesota to give a surprise to a JHD family in need.

Ashley Beard has Juvenile HD and her family had been denied receiving a new wheelchair for her condition from their Insurance.

With the help of Champions for HD and Ashley's community, we were able to fundraise over \$6,000 to surprise her and her family with a brand new wheelchair to fit her ever changing needs.

This made the local news, and left such an Impact on the Beard family.





# Brave Breanna

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In July of 2021, Champions for HD President, Shelby Lentz, released her children's book: "Brave Breanna: How One Girl Smiled Her Way through Juvenile Huntington's Disease." Shelby wrote this In honor of her late sister, Breanna. The book has sold over 200 copies worldwide.

The royalties from this book will go back to JHD families.

Brave Breanna Is available In Dutch and German now as well!

2022 sales: 56 Amazon Orders  
Total 2022 Royalties: \$131

We are so appreciative for your support! We are happy Breanna's legacy will continue on and her story will continue to inspire.





# Public Speaking

# 09

During October, Shelby traveled to Nashville, TN to attend and speak at the annual Help4HD conference. She and her sister, Delaney, were able to talk about living life with a sibling who has JHD.

In December, Shelby gave a motivational speech on Championing Life and Overcoming Adversity with the focus on mental health for Plainwell High School's "UMatter" week.

She shared about the detriment HD and JHD have had on her and her family, and the darkest points that came with it, but how she has turned them into the purpose and passion her mission.

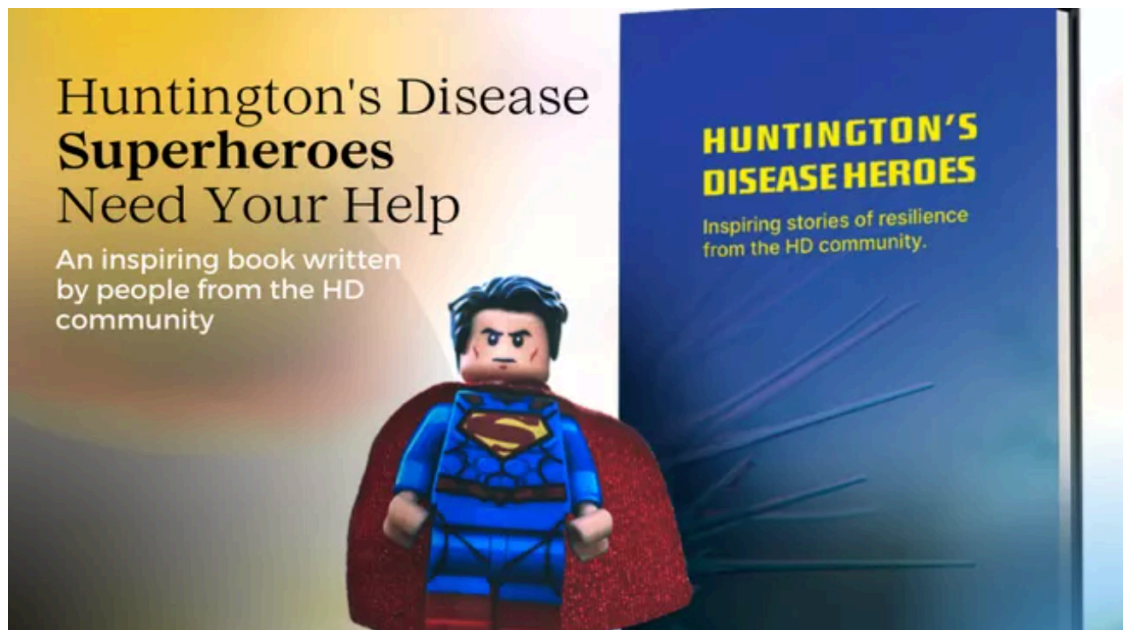


# HD Heroes Book

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In 2022, Erin Patterson of Lemonade Publishing began a mission to have a book created as a resource to HD and JHD families. The book was designed to be a resource to anyone dealing with HD. She has compiled over 20 stories from HD Heroes worldwide who were each able to share their story in a chapter of the book.

Champions for HD President, Shelby Lentz, was honored with the ability to contribute her own story.



After almost a year of rough drafts, editing, and fundraising, the book is set to be released in February of 2023. In addition to Shelby writing her own chapter, Champions for HD dedicated their 2022 Benefit Concert funds from the "Miracle Minute" challenge directly to the book fund.

# JHD Play

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The Ghostlight Theatre put on the two part play, Lewiston/Clarkston in July. In the second play, Clarkston, the main character discovers he has a neurological disease: Juvenile Huntington's Disease.

They were kind enough to Invite members of the HDSA Michigan Board, and other HD advocates, to do a Q&A following the show.

Thank you, Paul Mow and the Ghostlight Theatre, for Inviting us to share our stories with you.



# **A Milestone \$100,000!**



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We began In 2018 with the mission to give hope and resources to others who are fighting Huntington's Disease and Juvenile Huntington's Disease. Champions for HD Is embedded with the Inspiration of Rocky Balboa. It Isn't about how hard you can hit, but how hard you can get hit and keep getting up.

Realizing the gravity of both her and her family's diagnoses, Shelby wanted to use her story to help other families fighting to discover their Inner champion even through adversity.

We are so proud that In the five years of being an official nonprofit, we have reached the milestone of reaching over \$100,000 In donations. And with that, we have been able to do serve over 70 families.

We cannot thank you enough for your support In our mission. Every donation to a family In need is made possible from every single one of you.

# 2023 Goals

Thank you to everyone for your continued support. We are excited to continue to grow and thrive in our mission.



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## 2023 GOALS

- **Expand Board**
  - We are actively looking to expand our board with committees
  - Add at least **3 new** committee volunteers
- **Champions for HD Podcast**
  - Upload **one Interview**/shows **a month**
  - *Interested in sharing your story? Contact us!*
- **Champions for HD Blog**
  - Convert our podcasts into blog posts on our website
- **YouTube**
  - Upload video versions of our Interviews to the Champions for HD YouTube Channel.
- **Subscribe **10 people** to our monthly donations by the end of the year**
- **Scout out and apply for at least **2 grants****

Contact: [shelby@championsforhd.org](mailto:shelby@championsforhd.org)