

## **Hilarity for Charity**

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In the past several years of writing this monthly article, I've enjoyed sharing valuable information and ideas for people living with dementia and their families. As a person living with dementia or a dementia caregiver, it can be challenging to know all of the available resources and services that might be able to help reduce the stress and burden of this disease. This year, we plan to highlight various agencies and programs to help get information and access to families who need it most.

This month, we're highlighting Hilarity for Charity (HFC). HFC is a nationwide nonprofit organization that was founded by Seth Rogen and his wife Lauren Miller Rogen. After their experience supporting Lauren's Mom living with early onset Alzheimer's disease, they founded HFC to support other families dealing with dementia, raise funds for research, and promote awareness of dementia and brain health.

**HFC provides a variety of services specific to dementia caregiving. Here are some to consider checking out!**

### **Drop-in support groups**

HFC has added many great online support groups since COVID-19 quarantine and isolation began. There are drop-in support groups that meet at various times throughout the week over Zoom calls. Support groups are great because you can share your experience as a caregiver, gain new ideas and perspective, and receive emotional support and camaraderie in this role from people in a similar experience.

### **Webinars**

Each month, they deliver webinars focused on caregiver wellness and self-care. Topics vary each month, but for an example, June's topics include storytelling, laughter, music, and food.

### **Caregiver respite grants**

HFC awards grants to caregivers needing respite. Respite essentially means 'break', and for dementia caregivers, getting a break is ESSENTIAL to focus on your own health and well-being. Getting regular respite ensures that when you are providing care or support, you feel fully able to meet the needs of the person you're supporting. HFC partners with Home Instead to deliver in-home care hours for free to qualifying families. If you are caring for a person living with Alzheimer's disease or related dementia at home and facing financial and emotional hardship, complete their online application at [www.wearehfc.org/programs/grant-program](http://www.wearehfc.org/programs/grant-program)!

### **Brain health courses**

Did you know that June is National Brain Health Month? HFC helped create simple videos and courses to talk about the importance of brain health in hopes of preventing Alzheimer's disease or other dementia. With Alzheimer's, risk factors that you can control include things like diet, exercise, and activity level. These courses help highlight good brain healthy practices and are free to access!

More information about Hilarity for Charity, and the programs mentioned above can be found on their website at [www.wearehfc.org](http://www.wearehfc.org).

*Effingham Area Alzheimer's Awareness (EAAA) is a volunteer-run, not-for-profit organization founded to provide education and support to all families, caregivers, and people with Alzheimer's disease and related dementia in Effingham County and the surrounding area. For more information about Effingham Area Alzheimer's Awareness, check out their website at [www.effinghamalz.org](http://www.effinghamalz.org). If you are a caregiver & have specific questions or situations you would like information on, please feel free to call Shannon Nosbisch at 217-663-0010 or Amy Sobrino at 618-363-8372.*