



# Frequently Asked Questions for Youth

## What is YMAA Powered by HFC?

Hilarity for Charity (HFC) is a national non-profit on a mission to care for families impacted by Alzheimer's disease, activate the next generation of Alzheimer's advocates, and be a leader in brain health research and education.

The Youth Movement Against Alzheimer's (YMAA) empowers and activates high school and college students across the U.S. to change the trajectory of Alzheimer's disease through stigma reduction, brain health education, and collective action.

YMAA also recognizes the growing community of students who are providing care to someone living with Alzheimer's and aims to support caregiving youth with a range of programs and resources.

## Who can create a chapter?

Any high school, undergraduate, or medical school group in the United States. Students can also join At-Large Chapters if they are unable to start a chapter at school or on campus.

## What are the chapter expectations?

- Participate in YMAA huddles, workshops, and meetings hosted by HFC throughout the school year.
- Host your general chapter meetings at least once a month throughout the school year.
- Participate in YMAA's national fall event "What's Your Y?" to raise awareness about Alzheimer's disease and amplify YMAA chapters across the U.S.
- Participate in YMAA's national spring event Brain Awareness Week in March for five days of activations to raise awareness and inspire change.
- Visit HFCUniverse, set up an account, and complete the Alzheimer's 101, 201, 301 videos to learn how to care for your brain and prevent Alzheimer's (all chapter members should set up accounts and complete the coursework).

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## How often do you expect us to host chapter meetings, and what activities do you suggest we do during them?

- Depending on the chapter and its leadership, some exec board members meet at least once a week to plan and strategize and then host a general board meeting 1-3 x a month.
- Some chapters host a general board meeting with all members bi-weekly (2x a month) or 1x a month with the exception of December and January given that it's finals and holiday vacation.

## What is the time commitment required for an advisor?

- Some schools may require chapters to have a faculty advisor.
- No more than 1-2 hours per month depending on the chapter's status. Newer chapters may require additional support as they establish their chapter charter and ensure proper recognition by the school's student club administrators.

## What role would the advisor play?

- Be the point of contact for chapter administration with YMAA staff.
- Support chapter leaders to track requirements and provide guidance as needed.

## What is the meeting and activities schedule?

- Click [here](#) to view the 2024-2025 YMAA Syllabus of activities.

## Is there any paperwork I have to submit to you before the school year like a list of members?

- YES! As President, you are the only one with access to the **chapter tracking sheet**. Use your "President's Email" to access your chapter's roster. Add all leaders and members' contact information.
- This sheet allows HFC to keep a head count of members and to send emails like our monthly YMAA Newsletter to all our dedicated members.

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### What virtual platform is used?

- We use Zoom for most meetings and virtual events.
- We use Google Meet for 1:1 or smaller group meetings.
- We also use **Discord** for students to connect in real-time.

### Is there a monthly newsletter or way to stay connected to HFC + YMAA?

- Receive our monthly YMAA newsletter. Ensure your contact information is on the chapter roster.
- Follow us on Instagram and Tik Tok @hfcuniverse.
- Keep up to date on **Discord**.

### Who is the point of contact for questions or more information?

- You can reach us anytime via email at [ymaa@wearehfc.org](mailto:ymaa@wearehfc.org) or on Discord.

### For more information?

- Website: [www.wearehfc.org/ymaa](http://www.wearehfc.org/ymaa)
- Giovanna Manson-Hing, Engagement Manager: [giovanna@wearehfc.org](mailto:giovanna@wearehfc.org)



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