

Getting Curious with Jonathan Van Ness, Lauren Miller Rogen, & Seth Rogen

JVN I. Hey, curious people. I'm Jonathan Van Ness, and welcome to Getting Curious. Obviously, Seth Rogen has been on our radar, but then I'm minding my own business and I discover Lauren Rogen, and I'm like, "Who's this queen?" Turns out that and Lauren Rogen are married, and they have this incredible organization called Hilarity for Charity. It works to raise awareness on Alzheimer's. We know that Alzheimer's is a devastating disease, not only for the person who has been diagnosed, but also for their caretakers. And I want to know what options people have, what signs they can look out for? And really just like what - what is the state of Alzheimer's care in the United States right now? And also, I want- I want to know, like, how Alzheimer's impacted Lauren and Seth's life. And if you stick around to the end of the episode, we'll reflect on what we've learned and if we answered our question. But first, let's get into our guest bios. Seth Rogen is not only hot, he's an award winning actor, writer, producer, director, entrepreneur, and philanthropist. He's known for his recent work in Hulu's Emmy Award winning series "Pam and Tommy." The Academy Award nominated film "The Fabelmans," and he currently stars in and produces the Apple TV+ "Untitled Comedy Series." Come on, interesting title! Beyond the camera, Rogen became a New York Times best selling author for his first book, "Yearbook." He also is the co-founder of Houseplant, a Canadian cannabis company that creates products like ashtrays and rolling trays that are beautiful works of art. You know we love weed. Lauren Miller Rogen is a screenwriter, director, producer, and philanthropist. She starred in, co-wrote and produced "For A Good Time Call" and directed the film "Like Father." Lauren has served as the Alzheimer's patient advocate on the board of California's Institute of Regenerative Medicine. She also sits on the California Alzheimer's Task Force and the steering committee of the Millikin Institutes Alliance to Improve Dementia Care. Wow, she is busy. In 2012, Lauren and Seth co-founded Hilarity for Charity, a national nonprofit organization on a mission to care for families impacted by Alzheimer's disease, activate the next generation of Alzheimer's advocates and be a leader and brain health education. Oh my God, you guys, do you see, like, why they are the best people to have on to talk about this? Let's get to our convo. Seth, Lauren, welcome to Getting Curious, how are you guys?

SETH ROGEN Good, good.

LAUREN MILLER ROGEN So excited to chat with you.

JVN Are you guys, like, in your neighborhood? Like, are you guys, like, the most just from, like, being someone who, like, a casual observer? I just like you guys. Like, are you guys, like, the most fun couple? Like, is everyone I come over for, like, the dinner parties and everyone's, like, obsessed. Are you more just like, "don't come to our fucking house, like, we'd rather just kind of like, just like, just be over here without all the people here?"

SETH ROGEN I it's very flattering that that is what you project on to us.

LAUREN MILLER ROGEN Very.

SETH ROGEN And I thank you for that. We, I don't know, I mean, we-we were pretty low key, I would say on the grand scale.

LAUREN MILLER ROGEN Pretty low key and also surrounded by pretty awesome friends. So I don't feel like we're, you know - but that's so lovely to hear you say all that.

JVN I feel like you're like the I just said like you would be, like, really fun to be friends with. And, I but I also, I'm, like, picky about who I have over for dinner. There's like, seven people like that I really want to have, so I, so I like that. Okay, let's let's dive into the real things. Now, I just had to say that I just, I just feel like it's not every day that, like, there is a heterosexual, a couple who I'm like- Yes! Sign me up. And I just you guys are on that list for me. And thanks for coming. Okay, so tell me about Hilarity for Charity.

LAUREN MILLER ROGEN Well. Oh, seriously, though, thank you for saying that. You really made me feel so flattered. So thank you.

JVN Girl. I can't help but be honest.

LAUREN MILLER ROGEN Yeah, thanks for having us to talk about it. Yeah. We, started HFC, 12 years ago, after my life had unfortunately been touched by Alzheimer's a lot. My grandfather on my mom's side had it, and then my grandmother also had dementia. My mom's mother, and then, in my early 20s, my mom was diagnosed with, Alzheimer's, early onset Alzheimer's. And, you know, of course, that was a whole, you know, journey full of lots of sadness and depression and fear and anxiety and, and, you know, I was lucky to have Seth at that time. We met early on, in my early 20s. But, you know, eventually we got to a place where, you know, I had felt alone for a long time, and we kind of wanted to do something. And so we threw an event, we threw a variety show, and in that process of course, realized that I was so far from alone. And unfortunately, this disease had touched a number of young people and that everyone had a need and a desire to kind of form a community, if you will. And so we, you know, decided to create this organization, at first to give young people a voice. But of course, it's evolved over the years. And, you know, and now we really focus on, caring for caregivers, and providing respite care for people who are. Caring for their loved ones in their homes. We care for brains by, you know, we created a whole brain health program, and we can get into that. And of course, we are trying to drive awareness as much as we can with, you know, of course, social media. But of course, you know, our, our events that we have, and to just sort of inspire change, in a space that, you know, has touched so many people and is needed, to have a bit of levity infused in it because it is a pretty dark disease, but that doesn't mean you can't bring humor and light to something. So, we always try to have that as an undercurrent through all those things that I just mentioned.

JVN And then your mom got early onset Alzheimer's when you were in your 20s?

LAUREN MILLER ROGEN Yeah, I was at my college graduation. I was 22, and she repeated herself in a way that I was just like, and, you know, it was crazy and scary, and I didn't even say it out loud to anyone for, you know, at that point, I guess was a year and a half later, eventually, I and I started dating staff, and my parents came out a few months after that, and that was the first time after that visit. Where I felt. I saw a number of things.

Changes in my mom, you know, and that she was different. And so that was the first time I'd said something out loud to someone was to Seth where I just said, you know, this is. I think this is happening to my mom. And, yeah, we were 23.

JVN Oh my God. And so Seth so then what did what did you do?

SETH ROGEN The first, like, serious relationship I'd ever really been in. So I didn't I think probably in a good way have any preconceived notions of what I should or shouldn't do. I kind of just, you know, I implored her to go to therapy. That was something I could tell that I was, at 23, just very-also like, I could, like, support her, but I couldn't, like, help her, you know what I mean? And I could, like, listen and love her, but I had no tools or methodology to, to help actually, like, get her through it, you know? And so that was, that was probably the best thing I did was, acknowledge that I was not equipped to -

LAUREN MILLER ROGEN Seth comes from a family of social workers that -

SETH ROGEN Yeah, exactly.

LAUREN MILLER ROGEN So, like he has a, sort of innate ability, I think, to sort of listen and, and, and of course, he wasn't trained in that he wasn't going to be able to be like, "I can fix this problem." But, but he was so, you know, there and present for it and not scared of it.

JVN We love a supportive partner and especially one that doesn't, like, stigmatize, like an already scary situation. So from the time that your mom got diag-, I wrote down when you were saying that "transmute" because I just I'm always moved by when people take, like, one of their, like, pains or traumas and, like, transmute it into like a healing, awareness, joy which you've done that in all three of these cases here. Like you've spread awareness, healing and joy, like Hilarity for Charity. Come on. So how long was that like, from when you found out about your mom to when, like until 2012? Like, what was that gap?

LAUREN MILLER ROGEN Well, I was so at my college graduation, I was 22, and I was 30 when we threw the first Hilarity for Charity event. So that was a it was a long time of, as I said, fear and major depression and anxiety about what was going to happen, what was happening. And just feeling really powerless, honestly, you know, just feeling like this train has left the station and I can do nothing about it.

JVN So if people aren't familiar, what is Alzheimer's disease, actually, because I feel like you got, you know, about this Hilarity for Charity. You've done so much work researching, talking to people you have because Hilarity for Charity, you have like doctors. You have like all the people that are like in your org. So, I mean, you've learned a lot like you're qualified to tell us about that.

SETH ROGEN I heard a doctor say to Lauren on the phone the other day that she's one of the most, like, knowledgeable people speaking about Alzheimer's and dementia.

LAUREN MILLER ROGEN But I don't I really don't know if that's true and don't come at me if I say the wrong thing.

JVN No our community's really cool.

LAUREN MILLER ROGEN So dementia is sort of an umbrella term, of when someone is sort of losing control of their ability to, be a self functioning person. Alzheimer's is a type of dementia. So is frontotemporal dementia. People can have, dementia related to Parkinson's. There are a number of types of dementia. So Alzheimer's is a type of dementia. It is the most common form of dementia. Which is why you hear about it the most. And how, you know, when someone starts having, symptoms, they'll jump to is it Alzheimer's? It may not be Alzheimer's, but that is that is the that is the explanation between the difference between dementia and Alzheimer's.

JVN Is there differences between like early onset Alzheimer's and like.

LAUREN MILLER ROGEN Yeah.

JVN Like more normal onset like later in life onset Alzheimer's. Like what is like that research shown and like what are the differences?

LAUREN MILLER ROGEN Yes. It's a great question. And and it's why I when I said my mom was diagnosed with early onset of, I sort of hesitated because. So there's a certain gene, psen-1 gene not to put on my science hat, but I will and please anyone that is a scientist listening: Please bear with me, I'm a screenwriter who has just learned the stuff. This is not my native language, but, but basically that is a gene that I want to say less than 1% of cases, people have that. And if you do carry that gene, your chances of getting Alzheimer's in your late 30s and 40s is pretty high. I don't know if it's a certain thing that you would get it, but pretty close.

JVN Is there any other like early symptoms that in your research and how you guys have learned that, like, anyone could be on the lookout for or like aware of, or is that like icky or is that like, okay, like, what should we be aware of?

LAUREN MILLER ROGEN Yeah, I mean, I think that, you know, Alzheimer's is certainly a scary disease. And everyone, you know, I think there's been studies. It's the thing people are most scared of. And so people are like, "oh my God, I don't - I forgot where I parked at the mall, like, I'm, I'm developing dementia or Alzheimer's." And, and one thing I learned a long time ago, which I thought was really smart was everyone forgets where they parked at the mall. Someone with an issue forgot that they drove to the mall in the first place. And, you know, it's, you know, we as humans, as we age, you get bigger, you first, you get distracted. You're thinking about a kajillion things at one time, but also as your brain ages, of course, you forget little things here and there, but it doesn't necessarily mean that Alzheimer's is in your future. People walk into rooms and forget what they walked into the room for, because they were thinking about ten things between when they went from that room to that room. Lisa Genova, who wrote the book "Still Alice," actually wrote a great book, and I'm forgetting the title of it, but that is very much about that, about normalizing, what is normal memory loss as we age versus I should go see a neurologist and get tested.

JVN What about, for young people? Is there any prevention for, like, young people as opposed to like, older people, or Is prevention prevention no matter where you are in life?

LAUREN MILLER ROGEN You're never too young to start caring for your brain. And the truth is dementia. They say that Alzheimer's starts in the brain 20, 30 years before you see a symptom. So people in their 20s and 30s and 40s should certainly be living a brain healthy lifestyle. And, you know, and and which you don't want to wait until once you see a symptom, that train has left the station. And what you want is to delay any symptoms as long as you possibly can. And you can do that by sleeping well, eating well, exercising, you know, keeping your emotions, balanced as much as one can in the world. Like this. And-

SETH ROGEN Stress is bad, which is the hardest thing because all this stuff is stressful. So it's it's.

JVN Yeah, I'm very activated and very anxious.

SETH ROGEN The real conundrum. Yeah.

LAUREN MILLER ROGEN But you know, but things like meditation, which can help your anxiety. It's also really good for your brain.

JVN I've been doing it for eight, eight minutes every morning for a week now, like I'm back to my meditate cut interview, Kimberly Snyder, and I am on that hot lemon water train. I am on that like no coffee for 40 minutes, train in, meditating for eight minutes. It's really helping. I feel a lot better. It's like really helping. So I wrote earlier when you were talking, I wrote a question about like government involvement. And I think one thing I found, like a lot of times where people have someone who is dependent on them, where someone is full time caretaking for someone like. Is there any support for caretakers like and we obviously want to keep. Like what what happens like is there like trust? Is there like places that are like okay or like if you don't have super much money, like, can you- what happens for the caretakers?

SETH ROGEN It's tough. Yeah. I mean, that is like one of the reasons that we kind of started our charity, you know, like we just saw Lauren's father, like, just get buried by, you know, being a caretaker. And if you think of it, I mean, exactly the thought you're having or true is like, if you all of a sudden have to take care of someone, someone with Alzheimer's or a lot of types of dementia essentially needs like 24 hours a day, seven day a week supervision, you know, and so you can't really work, you can't really have a job. And so you have no income. And so, that goes out the window when you have to work all day on just watching someone, you know, and, and. Yeah. And there's currently, like, no systems in America that make this, like, remotely manageable for people at all. Like, essentially, you know, the way it is now is like just the natural process of aging is like a financially debilitating situation for most people, you know? And so we found, unfortunately, that it was like one of these things where like the fact that we had money just made our lives much easier in this situation. And that was one of, you know, the major motivations for making it that one of the, you know, the major, the main things that HFC does with its resources is provide these like, in-home grants, these grants for in-home care for people. So if you are a caregiver, we will send, you know, a, nurse to your home for certain amounts of time a week, certain number of hours a week. Because, yeah, there's no infrastructure or way to make the lives of caretakers any easier currently, you know.

JVN I often like to joke about, addiction, which is hard sometimes. I would imagine it would be hard to bring levity to Alzheimer's. But why do you think it's so important to do that?

SETH ROGEN I mean, for us, it was kind of the only it was like our organic tool, you know, and, you know, we were both comedy writers and our friends were comedians. And so when we I think we're looking for something to, to do, when we were first, you know, trying to especially, you know, Lauren was like, how do I do something and not just feel like I have no control over this? Yeah- like a comedy variety type show. Just was very organic and and was the world we live in and and and and but honestly, at first it wasn't like we were making light of Alzheimer's. We were afraid to even talk about Alzheimer's at first. And we actually did. We ourselves like, really struggled to kind of understand the connection that we could make between being or like how to balance, like kind of irreverent humor in this very like, you know, serious, sad, sad, sad subject, you know. And over the years, we got much better at it and, and much more comfortable doing it, but it for sure was something that we were. Yeah, we were not incredibly comfortable at first.

JVN So because you've been at this with HFC for like going on 12 years, like 2012, it's 2024. That's like 12 years. That's gorgeous. You've learned so much along the way. So is there any other things that has really surprised you in your research.

LAUREN MILLER ROGEN Yeah I mean, you know, I think that like we we dove in with the, you know, the sort of belief that like, people want to find some positivity in all this darkness and that brain health is that positivity. And, you know, and we, just started by learning about it, you know, ourselves and, and sort of learning that there are these, you know, very specific areas that, you know, people can take some active steps toward doing it. And then we, you know, well, I'm getting to you, Seth, the the study we did. So basically we put together some brain health course work and, and we have new stuff, coursework that we're going to release in the spring. But, we first did it, and I think one of the sort of funny findings was, we scientifically tested this coursework taught by Seth and taught by an actual doctor and prove that people wanted to learn from a celebrity about science more than from a from an actual doctor.

SETH ROGEN Yeah. And they actually retain the information better, it seemed like.

JVN How did you guys find that out?

SETH ROGEN We did a study, it was like a published study where they showed the same coursework to different groups of people and found that the one I taught was better digested and processed than the one that a doctor taught.

JVN Did you have to, like, dress up in a professor outfit, or did you just like, wear like he was.

SETH ROGEN I was wearing a lab coat.

JVN You were?

SETH ROGEN So we don't know how much the lab coat has to do, but, yeah, they knew I was there.

JVN So you guys are just, like, having dinner one night, and then, like, Lauren was just like. Like, you know what we should do? Like, I think we should go do a study, like, at. Like, who on your team did you get to go do a study, or did you meet someone from HFC that was like, oh, I know how to do that. Like, how did that happen? That's really interesting.

LAUREN MILLER ROGEN I had been introduced to a doctor, who was at Weill Cornell. Now he has his own practice, but his name is Doctor Richard Isaacson. And he ran the Alzheimer's Prevention Clinic in New York at Weill Cornell. And I was introduced to him. He cared for my uncle, when he was sick, before he passed away. And, and, he was the one that really opened our eyes to there are things one can do to keep their brain healthy and potentially delay or even prevent an onset of this illness. And so he - through him, he had sort of work to develop this coursework. And we just over the years just clearly aligned on this desire to spread this information and thought, "hey, let's make this, you know, let's, let's film, you know, Seth teaching it." And then he was the one that was like, "let's really do the study." And then once it was so positive, we thought, "well, let's really put this together in a way where we can, you know, bring more people in, more celebrity professors, and really create, you know, a really good lesson for anyone of any age to learn about keeping their brain healthy" in a, in, of course, a fun way like we do it at HFC..

JVN What had been the most like interesting celebrity combos of like celebrity teaching acts like was there any like really like just a random combos that you wouldn't have, like, but like that wasn't on my bingo card. But like, yes, we did have Helen Mirren come in and or like just like some really random like.

LAUREN MILLER ROGEN I think we're not I think we're not announcing who it is.

JVN Oh my God, I don't even mean to. I didn't mean to. I wasn't even trying. I wasn't even trying to I wasn't even try it. No that's fun. That's great. Okay.

LAUREN MILLER ROGEN You because it's so cool and it's so great and and you.

JVN Know I love mystery. Keep it, keep it, keep it keep. I love it. Keep it and we will have.

LAUREN MILLER ROGEN A big event coming up in the spring. And so we're going to, launch this in, you know, in conjunction with the event, and.

JVN Come on, hard launch! Hilarity for Charity. There's so much work around education and prevention. And you mentioned earlier, like healthy brain things. And I was like, what's brain not healthy things like we cleared weed, we could, but like, what's like, is it omega fish oils or something like not getting wasted? Definitely no meth.

SETH ROGEN I don't know the stats on meth personally, but I can imagine it's good.

LAUREN MILLER ROGEN Yeah. Again, unfortunately, the funding is just not.

JVN What makes you not sleep. And then when you don't sleep, that's not. It's like sleep is really important. I would imagine.

SETH ROGEN Sleeps very important. So it's huge. So yeah, if you can't sleep on meth and then don't.

JVN Is weed health - like I know this person with long curly hair. Yeah.

SETH ROGEN But

JVN But but but weed, I mean, so if it is weed okay for me brain, it is right. It's perfect.

SETH ROGEN It's fine, it's fine. No one's told us to stop smoking. Yeah, we have a lot of doctors and neurologists that we work with very closely with. And while I think it puts them in an odd position to ask them to condone smoking weed on a public scale, they've never told us to stop. They've never, you know, as we have strived to live the most brain healthy lifestyles that we can. No one has said that smoking weed all day is, is, is getting in the way of that, you know.

LAUREN MILLER ROGEN And and I'll add that to, to to put in a plug for the federal legalization of weed.

SETH ROGEN Yeah.

LAUREN MILLER ROGEN Part of part of the sort of lack of information is due to the fact that it is federally legal, which minimizes their ability to study it.

JVN Do you deschedule now, not schedule three, Honey, deschedule that shit now! You know? We got to do an episode about, like, The Science of Sleep two, and I know that, like, I mean, because it's like, if you missed the sleep, like, you're never getting it back. Like it's you can't have, like, three hours one night, be like, oh, I'll just get like 12 tomorrow. Like, once your brain misses out on, like, the cycles of cleaning, like those little REM cycles, like, clean out your shit. It's like it's over. So what? So. So what are the important things for brain health?

LAUREN MILLER ROGEN Yeah. I mean, we focus on five, five, brain health, areas which are sleep, of course, as you just said, nutrition so important, physical fitness, emotional well-being and cognitive fitness. So learning new things, having hobbies, etc.. You know, and like you touched on, sleep is so important. And it's something I think that like, you know, we as a society have not focused on and like for so long there was that like, I'll sleep when I'm dead slogan, you know, and like, that's not good. And we need to rest and take care of ourselves and, you know, and so, so sleep and nutrition, you said like, you know, what's what's not good, what's good. You know, obviously things like sugar -not good.

SETH ROGEN Sugar is bad. Sorry.

LAUREN MILLER ROGEN You don't have to cut it out completely. It's, you know, there are healthier versions of sugar out there. And you can, you know, but the truth is, I think it's more

important to do things more often than not. So being healthy more often not. But yes, but, you know, they say that like the Mediterranean diet you mentioned like fish oil. So you know, you know, high fatty fish, olive oil, etc. they always say is, you know, good for the brain. Blueberries. You know, there are a number of brain healthy foods. If you follow us on HFC, we often share recipes and, and, you know, tidbits about what is healthy to eat, alcohol- bad.

JVN Sugar. It's the goddamn sugar. It just all turns into fucking sugar.

SETH ROGEN And it affects your sleep. Also alcohol, you know, negatively.

JVN It always makes you wake up at, like, if I drink during the day, like I always like on Sunday or whatever. I always wake up at like 11:30 or midnight. Like, it totally fucks up my sleep. Like, just like makes you wake up in the middle of night. You know what I was writing down when you were talking about sugar? My brain, it's so annoying. My brain was like: sticky toffee pudding, like.

LAUREN MILLER ROGEN Delicious.

JVN Obsessed with sticky toffee pudding. Like, if we just sprinkle some, like, omega three fish oil on there.

SETH ROGEN Counterbalance it. Yeah.

LAUREN MILLER ROGEN We just have it every once in a while. Habit.

JVN Sometimes. Yeah. Just sometimes it's great.

SETH ROGEN Yeah.

JVN So I did this. To go to do that too is it's like addicting and kills us. It's so rude I hate that.

LAUREN MILLER ROGEN So unfair. I think about it all the time. Like why have we set up that? Like dining with friends and having a great meal is the best and also-

SETH ROGEN The worst.

LAUREN MILLER ROGEN You know, maybe not.

JVN Maybe there could be a Hilarity for Charity, like good Brain Health restaurant.

LAUREN MILLER ROGEN That's fun.

SETH ROGEN We've done dinners. We've done like brain healthy dinners and stuff in the past, and they're great. And we've had amazing chefs do them. And you see that, like, you know, you have some of the best chefs in the world. It's really easy to eat brain healthy food.

JVN Okay. Also, just because the ADHD is like really riling today I have to send you my air dried cream set. Not because your hair needs it, but you're just like, it's like selfish of you just

have like such gorgeous curls and just such an air dry cream In there. The definition, the shine, the. It just would really just like just like a little touch on like wet hair. Let it air dry like, oh my God, you it just would really be pretty. And also Lauren, it'd be good for you if you ever want to do like I like just like add in your hair like now like for like center parts like back or when you want to wear it down. Just like easy one stop shop. It can give you slick or curly. It does everything.

LAUREN MILLER ROGEN Please. I'm excited.

JVN It's like it's like high velocity vers. I mean, I got to send you some JVN Hair stuff. Okay, so then you mentioned earlier with Hilarity for Charity that part of the work that you're doing is to like, give grants to people who are trying to figure out a way to keep their loved ones at home. So I'm guessing that if someone wants, like, donate to Hilarity for Charity, they could.

SETH ROGEN Very much so.

LAUREN MILLER ROGEN Oh, definitely. Sure. Sorry, I'm just seeing a note here from Diana that says that I can say the names.

JVN Oh, okay. Tell me the names. Oh my God.

LAUREN MILLER ROGEN So the celebrity professors, we have an amazing, amazing group. And so it's Kristen Bell and Quinta Brunson and Krishnan and Chloe Kim and this, this guy right here and me.

SETH ROGEN And I got myself in there.

LAUREN MILLER ROGEN And so, you know, so each of them have have a specific brain area of brain health. So nutrition sleep exercise etc.. and yeah and they work along with a, you know, a brain, and, and hopefully teach people how to, how to stay healthy. It's really exciting. And I, you know, I think it's of well, we've had a lot of programs that I'm really excited about, but I, I think that like like I said, it's given me so much power over fear. And I'm excited to share that with people.

JVN What advice would you share with someone who's recently become a caregiver?

LAUREN MILLER ROGEN You know, I think there are few things as daunting as, you know, with the first, few days, weeks, months as a caregiver. I mean, the whole time is really difficult. But, you know, we actually just, just launched, something that I also am really so excited about that I, I wish I had early on, but we made a caregiver guide, for caregivers. And it's written out kind of like a road trip. We, you know, again, tried to not make it so dark and heavy and to bring some of, you know, the HFC spirit to it. And, and it really is sort of a practical guide. And, I don't wanna say it's a step by step, but it's, you know, it's a really, I think, useful tool, to you know, guide someone as they step through because you need a lot of support. So I think that, you know, I would say to anyone who is, you know, at the beginning of this journey, check out our caregiver guide. But you know, from that, you know, if you can build, build your army, whoever it is, however big or small it is, who can you go to just to cry? Who can you go do to ask a favor? You know, if you can go through it with

friends, family, loved ones, it makes it easier and to not be afraid to ask for help. It does not have to be done alone. Like, there are so many resources, whether it's our organization or the many other wonderful organizations that are out there. There are resources to help support. Well, will it cure your loved one? No, but it'll make this journey easier.

JVN Any advice on either joining with HFC or, like, what if they're in a city or a location that doesn't have, like integration with HFC? Like, could they do like a little HFC chapter, like where they are or like what it's like, no girl, you just gotta like start your own thing. Any tips on starting your own thing or just like getting resources, like for people that are going through an experience with Alzheimer's or caregiving for people with Alzheimer's?

LAUREN MILLER ROGEN Yeah. I mean, there's there's, you know, a lot of things you can do. We've certainly partnered with a handful of people who wanted to throw an event in their own city and donate their proceeds to us and have, you know, given them support in different ways, of course. And, you know, and have opportunities, young people, we have a partnership. We started working with an organization called the Youth Movement Against Alzheimer's, who became part of HFC in the past year, and that's for high school and college students. And that's an official program. But, but you can go to our website and there are a number of ways, to sort of reach out and connect and just sort of, you know, say I want to get involved and, you know, there's not always something immediately to be done, but at some point, you know, but there's also this there's always sharing and spreading the message, sharing what we're doing on socials, telling someone about HFC or even just telling someone your own story as it might be related to dementia. There's so much stigma that surrounds Alzheimer's and dementia, and part of that is because people don't want to tell other people that they're going through it. And so simply by sharing your story, you're helping the cause by bringing it from the darkness and hopefully in some way bringing energy that will lead to treatments, cures, care, etc..

JVN I feel really good on that part. I just would be remiss if we didn't talk a little bit before we leave about the pottery, Seth.

SETH ROGEN Lauren does pottery too? Lauren's really better than I am at pottery, I should say.

JVN Do you guys do pottery together? As like a cute couple?

LAUREN MILLER ROGEN Yeah. Yea we do.

JVN You just, like, go in your studio and sculpt together?

SETH ROGEN We have wheels. Yeah, we have, like, several pottery wheels. And we go in there and do pottery. Yeah.

JVN Have you guys ever role played as Ghost.

SETH ROGEN Sort of Ghost at each other a little bit?

LAUREN MILLER ROGEN But honestly, I feel like I Ghost other people when they come over because we have a lot of friends that come over and we, you know, teach them and, and, and in that process you kind of have to, you know, put an arm around and get your faces real close together. And, so I feel like more than each other, you know, maybe that makes it fun, I don't know.

JVN What was, like, your sculpting pottery? Life. Like you were just like, oh, my God, I need an outlet from this, like, crazy industry. Like what? How did you become an artist?

SETH ROGEN I mean, we've I've always had hobbies. You know, we I've always looked for, like, creative outlets - I've done. I did photography for a while. I tried painting, and Lauren was actually was always like, do try pottery, like, I think you would like it. And she would take classes every now and then. If we were in some weird city sometimes making a movie and. Yeah and then she kind of implored me. Yeah, I finally tried it, and we, I really loved it and took to it. And the same time I was launching like, Houseplant, which was like a home goods company, kind of like rooted in, in, in my love of weed. And, and some of the first products we were releasing were ashtrays and, you know, table lighters, things like that. But, yeah, like I started making ashtrays at, at the pottery studio and, and. Yeah, and they kind of had a design that was unique and people really seem to respond to it. And so like, yeah, some of the ashtrays we sell are based on, the ones that I made. Yeah.

JVN As someone who's just been married for going on five. An- advice how do we stay so caring and like obsessed with each other and like, supportive of each other?

LAUREN MILLER ROGEN I want to hear Seth's answer.

SETH ROGEN I think I mean, I think in general we like each other. Like I think it's our instinct to be very nice to each other and we don't seem to take out, you know, our weird shit on each other and look for ways to make the other person feel bad. So I think that that's only a couple seem to do sometimes, and we don't do that stuff. So that's probably a big, a big help. And yeah, it's definitely our instincts to make the other one feel better. Not, you know, and and try to help the other one.

LAUREN MILLER ROGEN You know that's a good answer, right?

JVN That was like beyond.

LAUREN MILLER ROGEN I think we got lucky in finding each other. We have a lot of things in common, and we like to do a lot of the same things and enjoy spending our time in similar ways. And so, you know, we've done that, you know, we grow together kind of, you know, thing. And it's, you know, I think we just sort of - like Seth said, we we yes, we're very in love with each other. Certainly. But we also just really like each other. And, you know, I think that's a lucky thing to find.

JVN I'm obsessed with you guys. Lauren and Seth Rogen, thank you so much for coming on. Getting Curious. We love you guys so much. Make sure you're following, and but you said on Instagram and TT, it's just like HFC.

LAUREN MILLER ROGEN It's. @weareHFC on everything.

JVN @weareHFC on everything. I love that for us. Are you guys the most active on IG?

SETH ROGEN I think so.

LAUREN MILLER ROGEN Yeah we are we also are yeah a few other you know, but I think it yeah Instagram would be the, the spot I guess. Yeah.

JVN Like a gorgeous newsletter?

LAUREN MILLER ROGEN We also have a newsletter you can sign up. And we have different different newsletters for different groups. And yeah, we have, we're constantly communicating and, you know, trying to share everything with anyone who wants to hear it.

JVN My filter is on in such a way that normally my instinct would tell me if I should ask you this or not, but it's just not there. So I'm just going to do it anyway. And again, we might just edit this right on out. But Lauren, who who do people tell you that you physically remind them of like do do do people ever tell you that you look like somebody?

LAUREN MILLER ROGEN Yeah, I get I get Michelle Trachtenberg or - or Jessica Biel.

JVN That's what I was thinking of! All the time, but like, there's a certain face you make every once right where I'm like, God damn. It's like, not identical twins. That y'all could have been fraternal twins or like, sisters, like, closer than first cousins.

LAUREN MILLER ROGEN Only in the neck up. But yeah. But yeah.

JVN Lauren. So much so, though I literally I was almost going to mute this and Google like is Lauren Rogen and Jessica Biel related - like picture making right now like that? No, seriously, it's like your smile. Like when you smile, it is like. And I just think she's like, stunning, like. And I think you're stunning gorgeous. It's like, wow. Like you look it is like uncanny. And that face you're making right now with your little like, sorry, I'm just like, I'm so just like a stunning, like woman who just, like, makes like, cares and makes stunning. It's princess. I'm sorry, Princess Rogen.

LAUREN MILLER ROGEN My God, you're flattering me so much. I feel like I'm bright red.

JVN Lauren, I'm. I'm in here. I'm in your DMs too much already. You're going to be like. Get away from me. I am so excited.

LAUREN MILLER ROGEN Please don't- I'm so excited. This was so fun. We love you so much too. And it's really the set.

JVN And, Lauren, I hope you have a gorgeous Friday. Thanks for coming on. Getting curious. We love you guys so much. Thanks for doing your work and I just love you guys so much.

SETH ROGEN Thank you so much.

LAUREN MILLER ROGEN Thank you so much for having us.

JVN What a gorgeous couple and what a gorgeous conversation. So did we learn a thing, which is how did Alzheimer's affect Lauren and Seth's life? I think we yes, absolutely learned definitely learned that. And I think my biggest takeaway there is I always think that when people can take their pain, their grief, their sorrow, and transmute it into something that brings healing, connection, joy into the world is really what life is about, so just hats off to them. I love them so much for that. Also, we know that humor can be so essential, and that is absolutely a tool that they use that they have used to navigate what is otherwise a really difficult subject. How they supported each other through that- I thought that was really palpable and beautiful.

But I took away some very interesting things from this conversation, especially like the ways that Lauren had learned about, like, the genes and the DNA, like the- that just was fascinating. Also like how, like, you know, everyone forgets things, but it's like, if you like, yes, you might forget your car at the mall, but like, if you forgot what you drove to the mall in the first place. But that did make me curious, is the frequency of like, oh, losing your car? Like, does does that have any sort of correlation together? Like, what is that, 20 years? Because she said dementia begins, you know, years before the symptoms. So it's never too late to work on your brain health prevention. But once you see the symptoms, you're kind of on the ride already. So I just thought that was really fascinating. And it really, makes me very curious about, like, the chromosomes, the genetics and like what actually happens to the brain when we get Alzheimer's. Like, what does the brain look like? What's really happening, like, in those neurons? And, like, why do we even know? I also am curious now about, like, is it still true that you can't really be diagnosed with Alzheimer's until you're already passed away? Like, is that true? I'm also curious about like from an infrastructure perspective, what can we do as a country to create a community of caretaking for people who are if what would be best for their family is a nursing home or like more assistance that they just can't afford it at all? How do we do that? And also like the safety of nursing homes was coming up for me a lot. Like just trusting someone to care for someone that you love like that is really scary. And I can imagine that it could like go wrong. So I just I'm also really curious how like. Nursing homes and like, out of that, nursing homes like, you know. And what do people do? Like what is the state of like the Family Medical Leave Act like, what can we do to to kind of come together for people? And also I was also really going back up to the most interesting things. I love that they literally like got a real study like, did a study like that's just fucking cool. So this was amazing. I love this episode. I want to learn more about it. Thanks for- Thanks for coming back to Getting Curious. We loves Seth and Lauren, make sure you're following Hilarity for Charity. Make sure you're following us and we'll see you next time.

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