

NJ Speakers Bureau Presentation Topics

Presentation	Description
Building a Brighter Future, AARP's Community Impact 30 minutes	If you don't think "Real Possibilities" when you think AARP, then you don't know AARP! While you might know a lot about what AARP offers, this topic will provide information that may surprise you and help you get more from membership in AARP and how AARP NJ works on behalf of the NJ residents.
Caregiving: Caring for Your Family, Friends, and Loved Ones 60 minutes	Caring for a family member or close friend is one of the most important roles you'll ever play. Everyone's caregiving journey is unique, and regardless of where your role falls on the wide spectrum of caregiving tasks and responsibilities, we want to make it easier. Whether you anticipate future family caregiving or are currently taking care of a loved one, during this session we will help you get organized, determine your loved one's needs and resources, create your caregiving plan – including how to care for yourself - and find help. You will also have the opportunity to connect with other family caregivers to exchange support, tips and advice.
Caregiving: Making Cents of Caregiving Costs 45 minutes	Get the most out of AARP's Financial Workbook for Family Caregivers. In this informative and educational session, you will be introduced to essential information caregivers need to more easily manage some of the complexities of caregiving.
Downsizing and Decluttering: You Can't Take It with You 30 minutes	Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started!
Fraud Watch Network Series Scam Landscape 60 minutes All Other Topics 30 minutes	AARP Fraud Watch Network works to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. The Fraud Watch Network Series include: <ul style="list-style-type: none"> • <i>The Scam Landscape: Staying Safe</i> An Overview of Fraud Trends, How We React, Prevention Strategies and Resources • <i>Vigilance Against Cybercrime</i> • <i>Government Imposter Scams, and</i> • <i>Online Romance Scams.</i>
HomeFit 45 minutes	Based on the free <i>AARP HomeFit Guide</i> , this presentation can help individuals and families make their current or future residence – or that of a loved one – their "lifelong home." <i>Spanish Translation also available.</i>
Jump Start Your Job Search 60 minutes	Whether you're looking for a job or considering a career change, this workshop is designed to help you make a smooth transition. You'll learn tips and strategies to help you develop your personal brand, take inventory of your skills, grow your network, navigate the modern job search with confidence and update and age-proof your resume.
Medicare 101 60minutes	This session gives an overview of the different parts of Medicare, coverage and costs, and choices of Medicare plans. <i>Geared to those approaching Medicare age the attendees will better understand their options and the decisions they must make when starting Medicare.</i>

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<p>Public Benefits for Older Americans 60 minutes</p>	<p>Learn how you or a loved one can help supplement your income and decrease your spending by securing the essentials, eligible benefits, discounts and crucial refunds. We'll cover the Supplemental Nutrition Assistance Program, Affordable Connectivity Program, Low-Income Home Energy Assistance Program, Medicare Savings Programs and the Medicare Extra Help Plan. You'll walk away with easy access to resources that you can use to apply for these programs.</p>
<p>Retirement Planning 60 minutes</p>	<p>Retirement planning doesn't have to be daunting. Learn tips for determining if you are on track and learn practical strategies to help you achieve retirement peace of mind. It's never too late to take charge of your financial future.</p>
<p>Six Pillars of Brain Health 60 minutes</p>	<p>It's never too late to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health, and hopefully be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more</p>
<p>Social Security: Understanding Your Benefits 60 minutes</p>	<p>This session explains the facets of Social Security (retirement, survivors, and disability benefits), discusses the options for when to claim your retirement benefits, and covers implications of working while collecting benefits. Attendees will be better prepared to decide when to start taking their Social Security and what they can expect to receive. <i>This presentation is for those considering Social Security benefits, not those already receiving benefits..</i></p>
<p>Social Security: We Earned It! 45 minutes</p>	<p>Social Security has been a stable and popular program since its inception. But the program faces a long-term financial shortfall. If Congress doesn't take action in the next 10 years to protect Social Security, benefits could be cut.</p> <p>In this presentation, we'll review the most common proposals to ensure that Social Security can pay the full benefits Americans have earned.</p>
<p>Social Isolation 60 minutes</p>	<p>Social isolation has reached epidemic proportions and has a negative impact on our emotional and physical health. This program is more a workshop than a lecture that:</p> <ul style="list-style-type: none"> • Raise awareness around social isolation and loneliness. • Transform the way in which community members view social connections. • Empower older adults with tools and motivation to help build and maintain strong support networks and meaningful relationships. <p>Attendees will put pen to paper to develop a plan to maintain and expand their social connections to make their lives more full and avoid isolation.</p>
<p>Building Livable Communities 60 minutes</p>	<p>This presentation helps deepen engagement around Building Livable Communities with general audiences, policymakers, and elected officials. It features practical strategies, real-world examples from around the country, and resources like the Community Challenge Grants, Livability Index, and Walk Audits. A unique addition is the Age-Friendly Expo Guide, offering a full framework for planning community events that promote local age-friendly initiatives.</p>

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Technology Presentations

NOTE: *These technology topics need strong internet access and a large screen TV or projector for the speakers to demonstrate the technology being discussed*

Artificial Intelligence – Can be bundled as a multi-week series

AI & Disinformation

45 minutes

Disinformation refers to false information created to mislead people, and it’s nothing new. But today’s AI-powered tools and social media have made it easier and faster to create and spread disinformation. In this lecture, we’ll explore how AI is used to create convincing deepfakes and clone voices, making it challenging to distinguish between real and fake content. We’ll also review best practices for evaluating information and explore tech tools that can help identify content created with AI.

AI All Around

45 minutes

If it seems like AI is showing up everywhere, it’s not just you! From searching the web to attending a Zoom meeting, AI tools are now available to help with most online tasks. In this lecture, we’ll explore many of the digital platforms and websites generative AI is now available. We’ll discuss how the tools try to make tasks easier and go over privacy considerations to keep in mind when using them.

Everyday Uses of AI

45 minutes

Everyone is talking about AI. Come to this class to be a part of the conversation! This lecture will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We’ll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology.

Introduction to A.I.

45 minutes

Curious about A.I.? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We’ll talk about how A.I. is being used today, what its current limitations are, and how it will shape the future!

Introduction to Chatting with AI

45 minutes

Curious about using ChatGPT or Gemini but not sure where to start? In this lecture, we’ll explore tips for using generative AI chat programs so you can make them work for you. You’ll learn how to write questions, or prompts, that are specific and effective at getting helpful responses. Whether you plan to use them at work, for personal projects, or just for fun, we’ll show you how this tech can help you with all sorts of tasks. We’ll also cover best practices for privacy and security so you can be a confident user.

Getting to Know Your Smartphone

60 minutes

Don't let your smartphone's settings stump you! Learn the basics in this workshop. During this hands-on workshop, we'll explore some of the common features of smartphones. You'll learn ways to interact with the touch screen, how to access important controls, and how to search for specific settings, including securing your phone. We'll also go over useful built-in voice assistant and accessibility features. This workshop will cover both iPhones and Android phones.

Getting to know Your Smartphone Security and Privacy

60 minutes

This additional presentation best practices to keep your mobile phone usage safe and secure. It will cover password management, phishing & smishing, filtering calls and texts, online privacy basics and managing app tracking. It will cover both iPhones and Android phones

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Technology for Health, Caregiving and Aging in Place	
<p>Digital Tools for Brain Health 45 minutes</p>	<p>Stay sharp with technology! In this lecture, we'll explore digital tools to support habits that can help you stay sharp, including wearable devices, engaging websites, and informative podcasts. Discover practical resources to keep your mind active and enhance your cognitive well-being in today's digital world.</p> <p>Can be bundled with Six Pillars of Brain Health as a two-week series</p>
<p>Healthcare & Tech at a Glance 45 minutes</p>	<p>Curious how recent technological advances have changed healthcare? In this lecture, we'll explore how doctors are using cutting-edge tech, like AI and smart devices, to diagnose, monitor, and treat medical conditions. We'll also discuss how patients can use technology to manage and improve their health. We'll cover how to prepare for and what to expect from telehealth appointments, common healthcare wearables, and best practices for using AI for medical information.</p>
<p>Navigating Medicare Resources Online 45 minutes</p>	<p>Medicare is a complex topic, but there are online resources to help! In this lecture, we'll discuss ways to find information about Medicare online. We'll explore medicare.gov and an example private insurance website to learn about the tools and resources they offer. You'll learn how to navigate these websites confidently to find what you need, including using the search bar and Chat features. We'll also introduce the State Health Insurance Assistance Program, or shiphelp.org, which is a great resource for getting trusted 1:1 guidance on Medicare.</p> <p>Can be bundled with Medicare 101 as a two-week series</p>
<p>Tech Basics for Caregiving 45 minutes</p>	<p>Caregiving is challenging in different ways for both the caregivers and the recipients of care. Thankfully, there are a variety of tech tools that can make caregiving easier for both and allow people to do more on their own. In this lecture, we'll explore ways to integrate technology into your daily routine: from scheduling reminders with your phone or home assistant, to accessing self-care resources and making the most of telehealth appointments. We'll also explore options for ordering and receiving essential items like groceries and prescription drugs from the comfort of your home.</p> <p>Can be bundled with Prepare to Care and Making Cents of Caregiving Costs as a two- or three-week series</p>
<p>Technology for Aging in Place 45 minutes</p>	<p>In this lecture, you'll learn how home assistants, smart appliances, and wearables can save you time and money, help you manage health conditions, and even give you greater peace of mind. We'll also discuss best practices for maintaining your privacy and security when using this technology.</p>
<p>Wearables at a Glance 45 minutes</p>	<p>From fitness trackers to smart glasses, wearable technology is here to stay! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Come to this lecture to learn about the health, wellness, and personal safety benefits of wearable technology.</p>

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Technology for Securing Your Digital Life	
Can be bundled with the Fraud Awareness presentations for a multi-week series	
Introduction to Digital Wallets 45 minutes	What item can you not leave home without? If you said your phone, this lecture is for you! If you said your wallet, you should probably come too! The digital wallets on our smartphones allow us to go about our daily lives without ever needing to pull out our actual wallets. In this presentation, we'll review the basic features of the most popular digital wallets: Apple Wallet and Google Wallet and talk about their many uses beyond purchases. We'll also discuss features/considerations for security and privacy.
Introduction to Managing Your Privacy 45 minutes	Concerned about privacy? Unsure about accepting cookies? Come learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option.
Passwords, Passkeys, and More 45 minutes	Protecting your online accounts starts with strong password practices. In this lecture, we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure.
Tips for Being News Savvy Online 45 minutes	Sharing the news with others? In the digital age, anyone can publish anything on the internet, even if it's completely false. This lecture will explain the way technology has made it easier to create and spread misinformation. We'll discuss tools to evaluate news sources and review helpful fact-checking sites. You'll learn why it's important to read and check your sources before sharing!
Understanding Frauds and Scams 45 minutes	The ability to spot a scam is an essential digital skill. In this lecture, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll look at sample emails, texts, and deepfakes to see how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams.
Technology for Entertainment	
Streaming & Smart TVs 60 minutes	Every day, more and more people are "cutting the cord" and canceling their cable subscriptions. Instead, they're using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.
Virtual Museum Tours 60 minutes	Tour world famous museums from the comfort of your home! Did you know many of the world's leading museums have been making their collections and exhibits available to view virtually? In this lecture we'll explore some of these virtual galleries, as well as digital tools that help bring art, architecture, and history to life!

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