### SCHEDULED SESSIONS

**OPEN GROUP CHAT WITH CAREGIVING EXPERT AMY GOYER**
- **Time:** 12:00pm – 4:00pm EST
- **Location:** Mix & Mingle Lounge
- **Speaker:** Amy Goyer
  - Drop in anytime between noon and 4 pm EST to chat live with Amy Goyer, AARP caregiving expert, blogger, and author of Juggling Life, Work, and Caregiving. Ask any caregiving questions and share your experiences with Amy and other family caregivers.

**PREPARE TO CARE**
- **Time:** 12:15pm – 12:45pm EST
- **Location:** Auditorium
- **Speaker:** Lisa Yagoda, MSW
  - This session will provide caregivers with 5 simple steps to help navigate the caregiving journey. This is a great session for you regardless of where you are in your family caregiving journey.

**CHEF MARTIN YAN COOKS WITH CAREGIVERS**
- **Time:** 12:45pm – 1:00pm EST
- **Location:** Auditorium
- **Speaker:** Master Chef Martin Yan
  - Enjoy fun cooking demonstrations with Master Chef Martin Yan of Yan Can Cook! He’ll walk you through a few quick and easy steps to make healthy and delicious plates like Asian Chicken Lettuce Wraps and Golden Fried Rice—perfect for busy caregivers and their families.

**FINDING LOCAL RESOURCES FOR OLDER ADULTS & CAREGIVERS**
- **Time:** 1:00pm – 1:45pm EST
- **Location:** Auditorium
- **Speaker:** Sherri Clark, Program Specialist, U.S. Administration on Aging
  - Need information about services for older adults? This session will describe how the Eldercare Locator is your one stop connection to trusted resources in any U.S. community.

**GETTING AND GIVING EMOTIONAL SUPPORT**
- **Time:** 1:15pm – 1:45pm EST
- **Location:** Mix & Mingle Lounge
- **Speaker:** Barry J. Jacobs
  - Join Dr. Barry J. Jacobs, clinical psychologist, family therapist and author of The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent, in a live chat on the emotional side of providing care. Get tips on building your support team and getting and giving emotional support.

**CAREGIVING – THERE’S AN APP FOR THAT!**
- **Time:** 1:45pm – 2:00pm EST
- **Location:** Auditorium
  - Check out AARP’s Caregiving app, a perfect solution to help you care for a loved one with less stress on you. Organize and privately share information about appointments and tasks with family and other caregivers. Use the powerful medications feature to stay on top of prescription and over-the-counter medications. This session will highlight the key features of the app that will help you stay organized, coordinated, in touch, and informed!

**FINANCIAL MATTERS FOR CAREGIVERS**
- **Time:** 2:00pm – 2:15pm EST
- **Location:** Auditorium
- **Speaker:** Marguerita Cheng, CFP
  - Taking care of a loved one can have a financial impact on the caregiver. Learn about your own long-term care planning, the average costs of senior services, health insurance coverage, and other benefits and resources.

**FINANCIAL MATTERS LIVE Q&A**
- **Time:** 2:15pm – 2:45pm EST
- **Location:** Mix & Mingle Lounge
- **Speaker:** Lee Baker, CFP
  - Session description: Join Lee Baker, a Certified Financial Planner, for a live Q&A on how to manage your finances and those of the loved one(s) you’re caring for.

**CAREGIVERS: DON’T FORGET ABOUT YOUR OWN FUTURE**
- **Time:** 2:30pm – 3:00pm EST
- **Location:** Auditorium
- **Speaker:** Angela Heath
  - While you are caring for your loved one on a daily basis, remember it is also important to plan for your own future. Although it may seem like you don’t have time for planning, this session provides practical tips on how you can while you put plans in place for your older loved one. Angela will show you how to incorporate planning into your daily schedule.

**MEDICARE FOR FAMILY CAREGIVERS**
- **Time:** 3:15pm – 3:45pm EST
- **Location:** Auditorium
- **Speaker:** Lisa Yagoda, MSW
  - If you are caring for family or friends with Medicare, it is important to know about this health insurance program. Getting to know how Medicare works, and how to find information when you need it, can help you and those you care for make better informed health coverage decisions.

**CARING FOR HOLLY: CHRIS GARDNER ON CAREGIVING**
- **Time:** 3:45pm – 4:00pm EST
- **Location:** Auditorium
- **Speaker:** Chris Gardner, author of The Pursuit of Happyness
  - Chris Gardner, AARP Ambassador and author of The Pursuit of Happyness, shares his personal story about providing care for his partner during her battle with brain cancer.