



Free Alzheimer's Care Partner Support Group

**Sponsored by the New Morning Star Baptist Church
and the Sibley Senior Association**

First and third Wednesday every month at 1 p.m., Starting on Wednesday, April 20

Hosted virtually by Jihan Starr, Community Dementia Program Manager and Certified Dementia Practitioner

This support group is for individuals caring for someone who needs assistance due to the challenges of aging or chronic illness, such as Alzheimer's or other forms of dementia. You are also welcome to join us if your loved one is long distance or in a care community.



As a community dementia program manager, Jihan Starr works directly with family caregivers who need support and guidance as they care for someone living with dementia. She focuses on identifying the needs of caregivers and helping them to navigate resources that may be available to them and their loved one. She facilitates caregiver support groups that provide a safe place for family caregivers to discuss their journey with trusted peers who may also be experiencing similar family dynamics. In uncovering the needs of family caregivers, she also collaborates with other professionals in the industry, to broaden her ability to assist as many families as possible. Jihan has practiced in the health care arena over 20 years and has spent 15 years serving seniors.

**Please register before Monday, April 18, at
smh.memberclicks.net/new-morning-star-care-partner-support-group,
email jsmit470@jhmi.edu or call 202-364-7602.**



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