Normal Aging and The Brain: Discussing the Facts

WEDNESDAY, MARCH 30 | 7 TO 8 P.M. | *Free Zoom Webinar*

Presented by New Morning Star Baptist Church and the Sibley Senior Association

As we age, many of us find ourselves forgetting things we previously did not or having a harder time remembering what we were doing when we arrive at a destination to do it. Are you spending more time looking for your glasses or keys? How much of that is normal aging and should we be concerned? When should you seek help from a medical professional?

Jihan Starr, Sibley Senior Association's (SSA) community dementia program manager, will discuss the impact of normal aging on the brain and how and when a person should be concerned. There will be time for questions and answers.

WELCOME AND PROGRAM INTRODUCTION:

Reverend Dr. Donald K. Sadler, pastor of New Morning Star Baptist Church

SPEAKER INTRODUCTION:

Marti Brown Bailey, B.S., C.S.A., C.D.P., C.A.D.D.C.T., director of the Sibley Senior Association and Community Health, Sibley Memorial Hospital



GUEST SPEAKER:

Jihan Starr, community dementia program manager, Sibley Senior Association

At SSA, Jihan works with family caregivers who need support and guidance in caring for someone with dementia. She focuses her time and efforts on identifying caregiver needs and helps them navigate resources available to them and their loved one. In caregiver support groups, she provides a safe place for caregivers to discuss their journey with trusted peers experiencing the same family dynamics. In uncovering their needs, Jihan collaborates with professionals in the industry to broaden her ability to help as many families as possible. Jihan has practiced in the health care arena for over 20 years and has spent more than a decade serving seniors.

Register before March 28 at bit.ly/Sibley_aging_brain, by emailing jsmit470@jhmi.edu or calling 202-364-7602.

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