



GET  
**HELP FOR THE JOURNEY**  
WITH  
***ENRICHMENT  
WORKSHOPS***  
FROM NORTH CAROLINA  
BAPTIST AGING MINISTRY

“Let the wise hear and increase  
in learning, and the one who  
understands obtain guidance.”

– *Proverbs 1:5*

## AGING & SPIRITUALITY

- My Prayer Life for All My Life
- The Spiritual Practice of Simplicity
- Living Forward: New Horizons in Life

## NCBAM'S CAREABLE™ CURRICULUM

- FACES—Seeing the Aging in Your Community
- The NCBAM Care Team Model of Ministry
- Servant Volunteers in Action

## CAREGIVING

- SOS for Caregivers
- Care Needs for Aging Adults
- Caring for the Caregiver
- The Heart of the Caregiver
- The Five Love Languages for Caregivers
- Dementia and the Faith Community

## HEALTHY AGING

- Aging and Health (medication management)
- Benefits of Volunteerism in Aging Adults
- What Can We Expect with Aging?
- Happy New You!
- Better Sleep BINGO!
- Grandparents Raising Grandchildren
- Laughter Is the Best Medicine
- The Five Love Languages for Aging Adults
- Reducing Stress in the Golden Years
- Down, But Not Out! (addressing depression in aging adults)
- Shake, Rattle and Roll (recreational ministry)
- Soul Stretch Chair Exercise
- A Taste of Tai Chi

## INTERGENERATIONAL MINISTRY

- Two Peas in a Pod: Similarities between Aging Adults and Teenagers
- Generation to Generation (generational mindsets)

## THE MINISTRY OF NCBAM

- NCBAM Brief Overview
- Social Isolation and Loneliness
- In Good Faith: Co-Laborers For Aging Adults (NCBAM's community partnerships)
- Together We Serve (meeting needs of the aging)
- The Nuts and Bolts of Senior Adult Ministry
- Up, Up, But Not Away! (combating ministry fatigue)
- The ABCs of Compassion Fatigue
- "Fancy That" DIY Classes
- Fancy Finds Roadshow

## PLANNING AHEAD

- Living with Less (downsizing)
- Make Retirement Years Your "Bonus Years"
- Skirting a Train Wreck (preparing to care for aging parents)
- Navigating TV Provider Options
- Stretching Your Dollar

## PRIORITY #1 PREVENTION

- Fire and/or Fall Prevention Strategies
- Building Better Balance (screening process)
- Not Living in Neverland: Removing Barriers in Your Home
- Beware: Scams and Frauds

- Disaster Preparedness for Aging Adults
- Still Cruisin'
- Home Invasion Prevention

## EXTENDED EVIDENCE-BASED CLASSES

- Living Healthy with a Chronic Condition
- Living Healthy with Diabetes
- Matter of Balance (fall prevention)
- Powerful Tools for Caregivers
- Tai Chi for Arthritis / Fall Prevention
- Arthritis Foundation Exercise Program
- Arthritis Foundation Aquatic Program



From basic classes to advanced evidence-based programs, NCBAM offers dozens of workshops addressing issues relevant to aging adults.

For complete class descriptions visit [www.ncbam.org/classes](http://www.ncbam.org/classes).

Call today to schedule an NCBAM speaker!

**877.506.2226**



**NCBAM fulfills its mission to help aging adults maintain their independence and enjoy quality of life through:**

- Evidence-based education
- Connecting aging adults or their caregivers to existing resources or volunteers
- Spiritual encouragement

**NCBAM's free classes are great for:**

- Lunch 'n' learns
- Retreats
- Mission groups
- Congregant meal sites
- Conference break-outs
- Senior adult rallies
- Senior adult fellowships

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**North Carolina Baptist Aging Ministry**

P.O. Box 338, Thomasville, NC 27361 [www.ncbam.org](http://www.ncbam.org)

A ministry of Baptist Children's Homes of North Carolina