

an NCBAM short-term volunteer opportunity



# March the Blues Away!

**Y**ou have a heart for helping others, but you just aren't sure how much time you can devote as a volunteer. Now, you can take a deep breath, step forward and help "march the blues away" in the life of a frail-aging adult. Volunteering can be as easy as **1, 2, 3, 4!**

# 4 STEPS

to march the blues away!

**1** aging adult in need

With a **2**-person volunteer team

And an easy **3**-month commitment

With only **4** contacts  
per month

Contact **NCBAM** to learn more about being part of a two-person volunteer team to conduct friendly visits or help a frail-aging person with light household chores. The commitment is only for three months - **act now!**



North Carolina Baptist Aging Ministry

877.506.2226 [www.ncbam.org](http://www.ncbam.org)

A ministry of Baptist Children's Homes of North Carolina