

an NCBAM short-term volunteer opportunity



March the Blues Away!

You 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

A ministry of Baptist Children's Homes of North Carolina