



AGING & SPIRITUALITY

- My Prayer Life for All My Life
- The Spiritual Practice of Simplicity
- Bearing Fruit as we Age
- Communication Is Key
- Living Forward: New Horizons in Life
- Life Lessons from the Lilies (trusting in God)
- Finding Joy in Your Circumstances
- The Sacred Journey



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
- Caring for the Caregiver
- The Five Love Languages for Caregivers



HEALTHY AGING

- Better Sleep
- Benefits of Volunteerism in Aging Adults
- Reducing Stress in the Golden Years
- Down, But Not Out! (depression in aging adults)
- Soul Stretch Chair Exercise
- A Taste of Tai Chi
- Five Love Languages for Aging Adults



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
- Let's Stop the Hurting: Elder Abuse Awareness and Prevention
- 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, and Away (combating ministry fatigue)
- The ABCs of Compassion Fatigue
- NCBAM's 14 Outreaches
- Care Villages for Churches



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
- Balance Matters (screening process)
- Not Living in Neverland: Removing Barriers in Your Home
- Beware Scams and Frauds
- Disaster Preparedness for Aging Adults
- Home Invasion Prevention

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

SCAN HERE
for complete
class descriptions



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

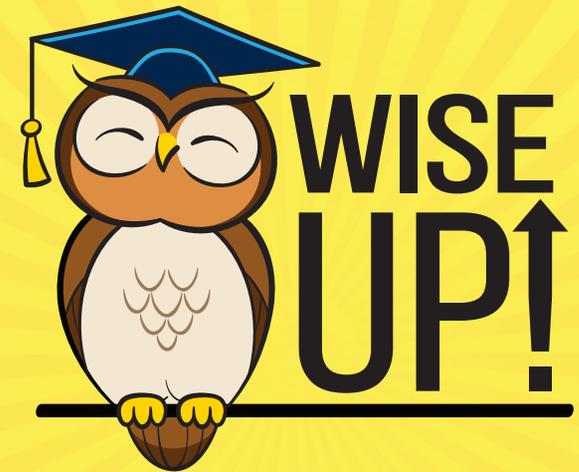
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North Carolina Baptist Aging Ministry

P.O. Box 338, Thomasville, NC 27361 | www.ncbam.org
A ministry of Baptist Children's Homes of North Carolina



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