



North Carolina
Baptist Aging Ministry

www.ncbam.org

Providing aging adults *help for the journey* since 2009

New Virtual Workshops for seniors and senior-adult ministers and leaders!

Spiritual encouragement, ministry opportunities, stress relief, and more!



**Thursday, February
11
10:00 - 11:00 am**

Discerning the primary love language of another and communicating that language allows love and concern to be shown most fluently. In this author-endorsed interactive workshop based on principles from "**The Five Love Languages**" by **Dr. Gary Chapman**, participants will learn their own love languages. Participants will also learn ways that the principles from this book can be utilized to improve communication in any setting with a special emphasis on distanced expressions of love.

Hosted by Samantha Allred, North Central Regional Director for NCBAM





**Tuesday, March 2
10:00 - 11:00 am**

Medical science has proven the importance of laughter and its **benefits to emotional and physical health**. This workshop helps us to choose laughter and intentionally increase happiness in life.

Hosted by Yvetta Smith, Northeast Regional Director for NCBAM



**Tuesday, March 9
10:00 - 11:15 am**

This workshop is for volunteers who are able and willing to install smoke alarms and carbon monoxide alarms in the homes of older adults (65+). The training provides resources and information needed to **install alarms provided by NCBAM and the FEMA Prevention Safety Grant**.

Attendees must be willing to install alarms in their church community for adults 65+ who do not have properly working smoke alarms

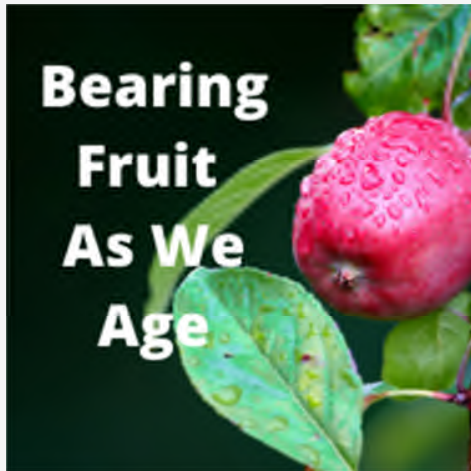
Install alarms if the NCBAM Call Center receives a request in their community

Install alarms according to guidelines

Follow all recommended COVID precautions when entering homes

Hosted by Angie Gregg, West Regional Director for NCBAM





**Thursday, April 1
10:00 - 11:30 am**

Very often, the world says we are too old, but the Bible teaches us that we are to bear fruit all of our lives. We will examine **Galatians 5:22-23** that teaches about the fruit of the Spirit.

Hosted by Robert Leonard, South Central Regional Director for NCBAM



**Thursday, April 15
10:00 - 11:00 am**

The **Still Cruisin'** workshop shares information about the new ID requirements in North Carolina. This workshop will also cover the advantages of a driver's assessment, when to seek a driver's assessment, assistive equipment available for drivers and passengers, and practice questions to prepare for driving tests. The history and purposes of the **new REAL ID and how to obtain the gold star on your license** will also be covered.

Hosted by Samantha Allred, North Central Regional Director for NCBAM





**Tuesday, May 11
10:00 - 11:00 am**

This workshop will give you greater peace of mind as you learn how to **implement and maintain a plan to prevent a home invasion**. Attendees will also become aware of who is most vulnerable to home invasions, safety and prevention tips, and what to do in the event of a home invasion.

Hosted by Angie Gregg, West Regional Director for NCBAM



[Register today for one or all of the FREE virtual workshops!](#)

North Carolina Baptist Aging Ministry

P.O. Box 338, Thomasville, NC 27361

A ministry of Baptist Children's Homes -- Michael C. Blackwell, President/CEO & NCBAM Founder

877.506.2226

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This message was sent to Jeanie.Schepisi@ncdoi.gov from ncbam@bchfamily.org

NCBAM

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