

HELP FOR THE JOURNEY

Spring/Summer 2017

The Newsletter for North Carolina Baptist Aging Ministry

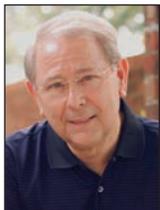
Coming Soon: AAIM Spring Roundup! A special event for leaders of aging adults on May 2!



The third annual AAIM Spring Roundup will be held May 2 at Rich Fork Baptist Church in Thomasville. The event is designed for those who minister with and to aging adults. Ministers or lay leaders will find inspiration and enjoy

a day of fellowship with others who know that God desires to live dynamically through aging adults!

In addition to great music, fellowship and food, this year's roundup will provide information and inspiration around the theme, "The Family of God." Topics will include: Caregiving support for families, intergenerational ministry within the church, Alzheimer's disease and other dementias, community resources for churches, and answers to the question, "How can churches best care for caregivers?"



Allan Blume, editor/president of the Biblical Recorder since 2011, will provide the keynote address. Blume will focus on the role of the church in supporting caregivers as well as supporting aging adults in ministry.



Beth Harris will provide the closing address as well as an "early-bird session." Harris has been a minister's wife for 27 years and has walked the caregiver's journey. When her father passed away, she became the caregiver for her mother who was diagnosed with Alzheimer's disease. Harris will focus on the special needs of the family caregiver.

Four early-bird sessions will be offered at 9:00 am. **Beth Harris** will speak on *Managing the Long Goodbye*. **Chris Schofield**, director of the Office of Prayer for Evangelization and Spiritual Awakening at the Baptist State Convention will present *Kingdom Prayer and Senior Adults*. **Carolyn Hill**, retired nursing home administrator and senior adult retreat leader, will present *Caregiver Support from the Church—when dementia is a diagnosis*. NCBAM team members will share how NCBAM can help churches provide *Help for the Journey*.

Exhibits from select vendors will be on display and a "Parade of Churches" will inspire attendees with highlights from aging adult ministry programs across the state.



AAIM

Aging Adults Innovating Ministry

► For more information about **AAIM**, or to reserve your space at the **May 2 Roundup**, call **877.506.2226** today!

Mark your calendar to also attend the 2017 Fall Regional Gathering in your area!

Eastern Area

First Baptist Church, Rocky Mount
September 25, 2017
10:00 AM – 2:00 PM

Central Area

NCBAM, Thomasville
October 17, 2017
10:00 AM – 1:00 PM

Western Area

Buncombe Baptist Assoc., Asheville
October 19, 2017
10:00 AM – 2:00 PM

AAIM-inspired group forms at Buncombe Baptist Association

by Anita Davie



The **Buncombe Baptist Association** (BBA) and North Carolina Baptist Aging Ministry (NCBAM) have partnered to provide BBA ministry leaders with tools and resources for growing aging adult ministries in their churches. The **BBA's Senior Adult Ministry Leaders Group** is an outcome of the Western Regional AAIM Gathering held last October at the Buncombe Association. (See page 1 for future Aging Adults Innovating Ministry events.)

At the group's inaugural meeting in February, lists were compiled of current ministries, areas needing expansion, and resources that would be needed to facilitate growth. Future meetings will focus on **helping seniors deal with grief**, a one-on-one **ministry for the homebound** and caregivers, ways for churches to **collaborate in their aging ministries, missions for seniors**, outreach to **seniors in the communities**, and other issues as requested by the group's members.

Norma Melton, church and community missions director, is enthusiastic about the Senior Adult Ministry Leaders Group. **"This partnership will be a blessing to the churches** in the Buncombe Association and their senior adult ministries. There is great strength in partnering together."

The Senior Adult Ministry Leaders Group meets quarterly at the BBA office. The **next meeting** is scheduled for **May 30**. It's not too late to join the group!

Anita Davie serves as far west area director for NCBAM. For more information about the BBA/NCBAM partnership, contact Anita at adavie@bchfamily.org.



Anita Davie, far west area director for NCBAM, meets with Perry Brindley, director of missions for Buncombe Baptist Association and Norma Melton, church and community ministries director for the Association.

Priority #1: Prevention

In 2015, North Carolina had 78 residential fire deaths. At least 25 of these victims were over 60. **Adults 65+ are twice as likely to die in a home fire.** Adults 85+ are four times more likely to die from a burn injury.

You can help change these statistics for aging adults in North Carolina! Through NCBAM's partnership with NC's Office of State Fire Marshal, church volunteers and other groups have access to grant-funded, 10-year battery smoke alarms—at no cost!

A video about NCBAM's smoke alarm installation program is now available online. Visit ncbam.org/resources.html#videos to view NCBAM's director, Dr. Sandy Gregory, share about the power of prevention.

Visit ncbam.org/events to sign up for a smoke alarm installation training near you in 2017!



AAIM Annual Roundup

Aging Adults Innovating Ministry

Join NCBAM for this encouraging event equipping & strengthening leaders of aging/senior adults!

Tuesday, May 2, 2017
10 am - 2 pm (early-birds at 9 am)
Rich Fork Baptist Church
3993 Old US Hwy 29, Thomasville, NC
Speakers: Allan Blume & Beth Harris

For info or to register, call NCBAM at 877.506.2226

NCBAM Welcomes Dr. Gary Chapman to NCAOA

By Carol Layton



The North Carolina Association on Aging (NCAOA) held its 2017 State Aging Conference in Winston-Salem March 16-17. The keynote address was provided by Dr. Gary Chapman—author of *The Five Love Languages*. This bestselling series has been translated into 50 languages and has sold more than 11 million copies worldwide.

In his keynote address, Chapman shared information and stories from his most recent book *Keeping Love Alive as Memories Fade*. Published in 2016 with co-authors Debbie Barr and Edward Shaw, Chapman **created an entirely new way to touch the lives** of the five million Americans who have Alzheimer's disease—as well as their 15 million caregivers. The book shows how the power of love cultivates an emotional connection amid memory loss.

NCBAM's director Dr. Sandy Gregory, who also serves as NCAOA's president, invited Dr. Chapman to address the statewide conference. Gregory also extended a special invitation to friends and supporters of NCBAM to attend the keynote address.

Following the keynote address, NCBAM's north central area director, Martha McDowell, presented a workshop she developed, *The Five Love Languages for Caregivers*. McDowell has long been a student and teacher of Chapman's works using **love language principles** extensively in her personal and professional life. McDowell's workshop was one of the most popular at the state aging conference. It was attended by more than 140 conference participants—with standing room only.

Endorsed by Dr. Chapman, McDowell's workshop guided participants to first determine their own love language and then to identify the love languages of others—even when cognitive or communication disabilities are present. Participants learned how identifying and **using the love language of others allows love and concern** to be shown most fluently. McDowell shared with the diverse group of aging service providers how using love languages improves the care and enriches the lives of aging adults in any setting and can also be used to diffuse difficult situations.

McDowell has trained fellow NCBAM regional directors in

her innovative workshop and they are each available to share this author-endorsed training. The workshop is appropriate for caregiver groups, lunch-and-learns, conferences or other gatherings.

McDowell also developed *The Five Love Languages for Aging Adults* workshop. This workshop focuses on the fact that **aging adults typically deal with grief and loss** more than other age groups. McDowell explained, "When an aging adults loses a spouse or a close friend who had spoken their love language

"It's good to learn of your work with the Five Love Languages for Caregivers. May God smile on you in all that you are doing."

– Gary Chapman

most directly, we the body of Christ, need to make a special effort to speak that person's love language—particularly on special occasions. Also, many aging adults are **providing fulltime care for their spouses**—who may not be able to return as many acts of love. The church can support these caregivers whose love-tanks may be running on empty."

Call **877.506.2226** to learn more about NCBAM's workshops or to schedule a presentation of *The Five Love Languages for Caregivers* or *The Five Love Languages for Aging Adults*.

Carol Layton serves as Director of Communications and Administration for NCBAM. She also co-teaches The Five Love Languages for Caregivers. Contact Carol at clayton@bchfamily.org.



*Dr. Gary Chapman, author of the international best-selling series, *The Five Love Languages*, meets with NCBAM's director, Dr. Sandy Gregory (r), and NCBAM's north central area director, Martha McDowell (l) at the NCAOA State Aging Conference.*

HomeMeds Pilot Program in Northeast

By Yvetta Smith



The New Year at NCBAM began with volunteers from seven churches in the northeast coming together to form a HomeMeds pilot program. **HomeMeds is an evidence-based, in-home medication review program** with the goal of increasing participant quality of life by reducing potential medication interactions. Seventeen volunteers gathered on a Saturday in January at Rocky Hock Baptist Church in Edenton to learn to implement the program. NCBAM partnered with the High Country Area Agency on Aging to provide the training. Nicole Hiegl, Aging Service Coordinator for the High Country, explained the program. It begins when a volunteer visits an aging adult and documents their medications, blood pressure and pulse. A computerized assessment is performed as well as a pharmacist review with recommendations for improvement. Primary Care Physicians are alerted to any immediate medication interactions by the

reviewing pharmacist.

While in the home, volunteers perform the NCBAM general home safety assessment. **Smoke alarms, working lightbulbs and grab bars are a few of the safety issues addressed.** Volunteers also leave an NCBAM Red Bag for storing medications together.

Volunteers return to **deliver a complete list of medications and a letter** to share with the participant's primary care physician. This gives the participant an opportunity to discuss medications and alerts with their physician.

The HomeMeds pilot program will end in May, 2017 and be evaluated for effectiveness and sustainability through NCBAM.

Our goal is to introduce HomeMeds across the state.

NCBAM is grateful to Rocky Hock Baptist Church for providing the funds from a fishing tournament to begin the HomeMeds Pilot Program.

Yvetta Smith serves as the eastern area director for NCBAM. Yvetta was recently named an Employee of the Year by Baptist Children's Homes President Michael C. Blackwell. NCBAM is proud of Yvetta! Contact her at ysmith@bchfamily.org.

Removing Small Barrier Makes a Big Difference

By Robert Leonard



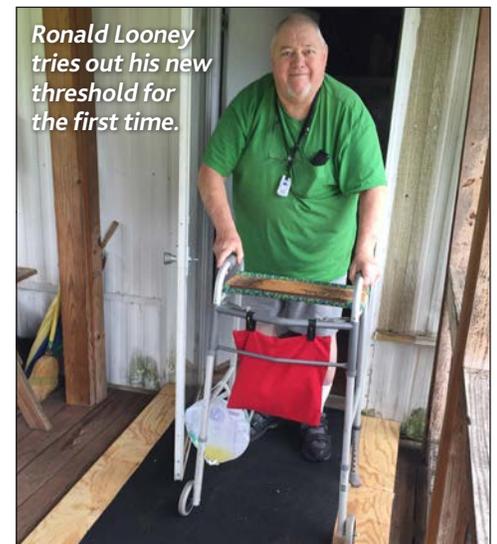
The fear of falling kept Ronald Looney inside his home most of the time. An accidental injury to his back, followed by surgery, left him unsteady and afraid to walk even with a walker. Living alone, Mr. Looney sat inside his home and watched television moving around only as necessary. His front porch was equipped with an aluminum wheelchair ramp, but **the danger was moving safely out his front door** and onto the porch. Having fallen a couple of times trying to make that transition, Mr. Looney stayed inside unless there was another person there to physically support him.

Mr. Looney's son-in-law heard of North Carolina Baptist Aging Ministry. He contacted NCBAM's Call Center and requested assistance for another ramp. As south central area director in Mr. Looney's area, I made a home visit and discovered that the ramp was not the problem. The five-inch step from his door to **his porch was the barrier** that trapped Mr. Looney inside.

Soon, a team of volunteers from Glorieta Baptist Church in

Concord visited Mr. Looney's home. They relocated the existing ramp and built a small ramp from the door to the porch. Removing this five-inch barrier allows Mr. Looney to safely move in and out of his home and

enjoy nice days on his porch. Mr. Looney will likely have to use a walker or wheelchair the rest of his life, but for now, a simple fix is allowing him to **live more safely and independently at home**—which is the mission of NCBAM.



Robert Leonard serves at south central area director for NCBAM. He is available to speak with your group and share more about the work of the ministry. Contact Robert at releonard@bchfamily.org.

Thinking about Downsizing?

By Renee Gregory



As director of **Fancy Finds**, one of my favorite parts of my job is helping clients with downsizing! As I walk with people on the journey of reducing their belongings, I have noticed a pattern. What might begin with sadness, stress or other difficult emotions invariably gives way to **clients embracing the process!** Once they start to let go of a few things, they see the world didn't end. They experience the freedom that living with less can bring. They begin to view life and aging more positively—and with more options!

I witnessed downsizing the first time 20 years ago when my parents moved from a sprawling nine-bedroom home where they raised seven kids to a more manageable three-bedroom home. They were in their early-50s and even though my mother struggled with the decision, she was soon happy spending time on things more fun than cleaning a huge house!

Emotional attachment to objects is, at first, the toughest part of downsizing. Even appliances can take on lives of their own. Twenty years ago, it was just a chafing dish. But today, it has become a symbol of dinner parties and younger, maybe happier, days. **Letting go of the dish acknowledges those days might be gone.**

Even though beginning the downsizing process can be difficult, I've seen transformations happen many times. **Practice makes perfect!** People get a taste of freedom and they like it. They even



begin to like the idea of never throwing another dinner party! They go back to that first closet or cupboard and clear out even more things.

Fancy Finds and its clients share the profits from downsizing sales. The portion Fancy Finds receives **benefits the ministries of Baptist Children's Homes of North Carolina (BCH)**. My clients like knowing that when they call on Fancy Finds for assistance, they are enriching the lives of children, families, developmentally disabled adults and frail-aging adults served by BCH. They also like knowing that their beloved items will be purchased by someone who truly wants them and will care for them.

Holding a downsizing sale allows people to better manage their number of possessions. It provides an easy way to declutter and destress. **And, downsizing also brings in cash!** There are no upfront costs and Fancy Finds handles everything about preparing for and conducting the sale. Unsold items remain the property of the client—or they can be donated to Fancy Finds upscale resale shop.

The resale shop is located on the Mills Home Campus of Baptist Children's Homes in Thomasville at **201-E Idol Street**. The shop features retro, vintage, antique and many personally repurposed items. We're open the first and third weekends of each month. **Stop by and see us!**

Renee Gregory, director of Fancy Finds, is available to discuss how downsizing can make a difference not only in your life but in the lives of others. Contact Renee at 704.909.8223 or rgregory@bchfamily.org.

Do you need help...

- Cleaning out your house?
- Emptying your garage?
- Liquidating an estate?
- Downsizing?

We can help!

 **FANCYFINDS**
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The mission of North Carolina Baptist Aging Ministry is to help aging adults maintain their independence. Sandy C. Gregory, director; Carol Layton, editor; Melanie Beeson, circulation manager; Betsy Huffine, art director. **Free subscriptions** are available by calling **877.506.2226**. NCBAM is a ministry of Baptist Children's Homes of North Carolina – Michael C. Blackwell, President/CEO and NCBAM Founder.



Letter from the DIRECTOR

"Ministry is not about me; it's about the Lord" – Otis Goins

BAM's Best Friend — Rev. Otis Goins

Through the years, I've often said that NCBAM could not ask for a better friend or ministry partner than **Otis Goins**. This statement now has the potential to be true in perpetuity. In September of 2016, the **Rev. Otis Goins NCBAM Endowment Fund** was established to provide a continuing source of ministry funds for aging adults in need.

The fund was begun by friends and supporters of Otis Goins. In addition to shepherding First Baptist Church New London, Otis is at the hub of an extensive partnership network in Stanly County where he engages business leaders, social service organizations and churches in helping to meet the needs of frail aging adults. Otis never meets a stranger and his passion for helping those in need is contagious—and hard to resist!

Proceeds from the endowment **will be used by NCBAM in ministry projects that help aging adults** maintain their independence. NCBAM is blessed to be able to call on partners and friends who



give freely of their time and talents to help aging adults. But volunteers often don't have funds for lumber or other necessary supplies. Clients can sometimes contribute funds, but they are often on very tight budgets. Having funds for supplies makes it easier for the **NCBAM Call Center** to connect with volunteers—and it helps volunteers to be able to contribute more often!

You can make a difference to aging adults in need—both now and in decades to come! Use the envelope in this newsletter to mail your donation to the Reverend Otis Goins NCBAM Endowment Fund. Contributions may also be made online at **ncbam.org/support#give**. Use the comments field to designate your gift.

Dr. Sandy Gregory serves as the director of NCBAM. He has been invited to share about NCBAM at the 7th International Conference on Aging and Spirituality in Chicago. Contact Sandy at scgregory@bchfamily.org.