

# 2009 North Carolina Conference Older Adult Event



**May 13, 2009**

**St. James United Methodist Church, Greenville, NC**

**9:00 AM – 3:30 PM**

**Worship Leader - Bishop Alfred W. Gwinn, Jr.**

Resident Bishop of the North Carolina Conference

Welcoming – Rev. Johnny Branch, Sr. Pastor, St. James UMC

Alan Gill – Music Leader

Rev. Nina Paul Vinson, Chairman Older Adult Committee

*Workshops, Lunch, Networking, Displays, Music, and more...*

## **Schedule for the Day**

**9:00 – 9:45** Registration (Fellowship Hall)

**9:45 – 10:00** Welcome & Hymn Sing (Sanctuary)

**10:15 – 10:30** Break

**10:30 – 11:45** Workshop Session #1

**11:45 – 1:15** Lunch and Display Time  
(Multipurpose Room)

**1:15 – 2:30** Workshop Session #2

**2:45 – 3:30** Worship (Sanctuary)

# Choose from these Workshops

## **1** GRAND-Parenting

Faithful guidance, meaningful involvement and fun!

Leader: Bonnie Francis, Burlington District Dir. Lay Speaking, FUMC, Elon

## **2** Nutrition and Aging

Learn nutrition tips for keeping the body healthy. Preparation of food: When, How and Where to eat.

Leader: Dr. Bernice Johnson, Ass't Vice Chancellor, NCCU

## **3** Spiritual Gifts

Embracing our gifts, an experience for a lifetime.

Leader: Rev. Judith Stephens, Deacon with the NC Camping and Retreat Ministries.

## **4** The Potter's Wheel

Watch an artist with clay and wheel and listen to how God can work wonders in you!

Leader: Pat Montgomery, Artist and inspirational speaker

## **5** The Certainty of Prayer in Uncertain Times

When the economy, world events, health and the future seem so uncertain where can we turn?

Leader: Rev. Dennis Adams, St. James United Methodist Church

## **6** Retirement Communities a Welcoming and Caring Choice

Discuss with a panel of residents and staff the issues and experiences of life in a retirement community.

Leader: Beverly S. Pierpoint, UMRH

## **7** Wills, Living Wills and Powers of Attorney

Leader: Cathy Thompson, Greenville Attorney

## **8** Final Gifts-Facing the End

When someone we love is dying...it's hard to know how to help, what to do, what to say....

Leader: Angelina Brittle, Hospice Social Worker, University Health Systems of Eastern Carolina's Inpatient Hospice.

## **9** Praying in Color

Expand your creativity as you relax and express your feelings in a prayerful way.

Leader: Rev. Linda Harris, Cokesbury/Jenkins Memorial Charge  
Conf. Connectional Ministries Staff

## **10** Biblical Storytelling

Stories of the Bible as they intertwine with our own. Bring your own favorite Bible Story.

Leader: Dr. Chuck Killian, Prof. of Storytelling and Preaching Asbury Seminary, Teaching Pastor at Garner UMC

**11 & 12** Your health management is a team effort. [2 separate workshops]

## **11** Questions You NEED to ask:

Your Pharmacist **Morning Only**  
Brian Fulcher, CVS, Greenville

## **12** Questions You NEED to ask:

Your Physician **Afternoon Only**  
Dr. Thomas Ellis, ECU Physicians

## **13** Exercise and Fitness

Good for the mind, body and soul.

Leader: Jack Saylor, Teacher of fitness, Wilson YMCA, 88 and going strong!

## **14** Being Single Again

What is the same, what has changed ... how can I thrive?

Leader: Janie Sowers, CareNet Counselor, Greenville, NC

# Registration Procedures

**NOTE: Pre-registration is required!**

- Fill out the registration form below.
- Review the list of workshops and select a first, second, and third choice for each session. Fill in your choices on the registration form.
- Make a copy of this registration form for your records.
- Mail the registration form and a check for \$15.00 made out to “Older Adult Ministry” to:  
Treasurer-NC Conference, The United Methodist Church (Raleigh Area), PO Box 60053, Charlotte, NC 28260-0053.  
**Registrations must be postmarked by April 23. Space in workshops not guaranteed after the deadline. Late registration fee is \$20.00.**
- Church groups may mail individual forms together.  
Make copies of the form as needed, but complete one form for each person.

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## Registration Form

(Please Print):

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email\* \_\_\_\_\_

Telephone \_\_\_\_\_

Church and District \_\_\_\_\_

Role or Leadership Position \_\_\_\_\_

Name of Contact Person if traveling by van or bus \_\_\_\_\_

Workshop Session **ONE** – 1<sup>st</sup> choice \_\_\_\_\_

Workshop Session **TWO** – 1<sup>st</sup> choice \_\_\_\_\_

2<sup>nd</sup> choice \_\_\_\_\_

2<sup>nd</sup> choice \_\_\_\_\_

3<sup>rd</sup> choice \_\_\_\_\_

3<sup>rd</sup> choice \_\_\_\_\_

Contact: Laura Bailey, 800.849.4433, ext. 264 or local 919.832.9560 [llbailey@nccumc.org](mailto:llbailey@nccumc.org)

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**Air conditioning may be chilly, be prepared with a sweater or light jacket.  
Fee includes breakfast snack, light lunch, speaker/workshop leader expenses & handout material**

**\*For confirmation of your registration, please include your email address**

**General Directions:** St. James UMC is nestled in a residential neighborhood just a few blocks from the ECU campus. From US-264 E merge onto Stantonsburg Rd., turn right on W. Arlington Blvd, turn left onto Dickinson Ave/EXT/US-13 continue on Dickinson Ave, turn right onto 10<sup>th</sup> Street, turn left on Forest Hills, turn right on 6<sup>th</sup> Street. Entrance for drop-off and registration will be off 6<sup>th</sup> Street. The door is just to the right of the large playground equipment structure. Look for signs and friendly guides. Ample parking is within easy walking distance. Buses and vans most welcomed and encouraged! Google map available on churches website: [www.stconnect.org](http://www.stconnect.org)

### **Need Overnight Lodging?**

Check the accommodations listed on the Greenville Convention Center website or [www.nccumc.org](http://www.nccumc.org) NC Conference, Annual Conference link.

We are planning to bring several recommended resources that will be available for purchase. A Cokesbury representative is not coming in person. We will only be able to make transactions with checks (no charges or cash). Be prepared!

