



NBCUSA H.O.P.E. SENIOR RECOGNITION SUNDAY TOOLKIT 2026

SUPPORTING OUR SENIORS
with Heart and Hands

An Initiative of **FIT FOR SERVICE:**
SEASONED SAINTS WELLNESS PROGRAM

Strengthening senior ministries, supporting caregivers,
and promoting healthy aging across NBCUSA congregations.



**HEALTHY
SENIORS**



**CONNECTED
SENIORS**



**SAFE
SENIORS**



**SUPPORTED
SENIORS**

SUNDAY, SEPTEMBER 13, 2026

Dr. Boise Kimber, President

Dr. Michael O. Minor, National Director

Dr. Linda Carper,
National Seasoned Saints Health / Fit for Service Coordinator

NATIONAL BAPTIST CONVENTION, USA, INCORPORATED
A Ministry of the NBCUSA H.O.P.E. Health & Human Services Partnership

Introduction: Senior Recognition Sunday 2026

Greetings National Baptist Family!

The **National Baptist Convention, USA, Incorporated**, calls congregations to honor the Seasoned Saints whose faith, service, sacrifice, prayers, and wisdom have helped shape our churches, families, and communities. **Senior Recognition Sunday** is an opportunity to celebrate their continuing contributions while renewing our commitment to support their well-being throughout the year.



This year's observance is **Sunday, September 13, 2026**, under the theme **"Supporting Our Seniors with Heart and Hands."** The observance is anchored in **Fit for Service**, NBCUSA's **Seasoned Saints Wellness Program**. Fit for Service strengthens senior ministries, supports caregivers, and promotes healthy aging across NBCUSA congregations.

Our Seasoned Saints remain vital members of the body of Christ. Yet, many older adults face chronic health conditions, fall risks, social isolation, financial pressure, caregiving transitions, transportation barriers, housing concerns, and increasingly complex healthcare decisions. The church is uniquely positioned to respond with spiritual care, trusted relationships, practical assistance, and connections to reliable community resources.

The 2026 toolkit moves from recognition to relationship and from celebration to sustained service. It equips congregations with worship resources, current health and aging information, a sermon outline, practical ministry ideas, caregiver support strategies, social media messages, and national resources.

Throughout this toolkit, congregations are encouraged to organize their work around four Fit for Service commitments: Healthy Seniors, Connected Seniors, Safe Seniors, and Supported Seniors.

Let us honor our Seasoned Saints with our words, our worship, and our work. Recognition is the celebration. Fit for Service is the commitment.

Dr. Boise Kimber, President

Dr. Michael O. Minor, National Director

Dr. Linda Carper, National Seasoned Saints Health / Fit for Service Coordinator

National Baptist Convention, USA, Incorporated

The National Baptist Center for Faith-Based Health Leadership

NBCUSA H.O.P.E. Health and Human Services Partnership

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Older adults are a growing and essential part of our congregations and communities.

Healthy aging requires attention not only to disease prevention and medical care, but also to connection, safety, purpose, financial stability, accessible environments, and support for caregivers.

DISEASE PREVENTION & MEDICAL CARE

CONNECTION & COMMUNITY

PURPOSE & MEANING

SUPPORT FOR CAREGIVERS

SAFETY & SECURITY

FINANCIAL STABILITY

ACCESSIBLE ENVIRONMENTS

PURPOSE FAITH SERVICE LEGACY

HONORING OUR PAST • SUPPORTING OUR PRESENT • SECURING OUR FUTURE

Together, we can help every Seasoned Saint live with dignity, health, and hope.

Overview and Updated Statistics

Older adults are a growing and essential part of our congregations and communities. Healthy aging requires attention not only to disease prevention and medical care, but also to connection, safety, purpose, financial stability, accessible environments, and support for caregivers.

Key Facts for 2026

- More than 90% of U.S. adults age 65 and older have at least one chronic condition. (CDC, 2026)
- Falls remain the leading cause of injury among adults age 65 and older. More than 14 million, about 1 in 4, report falling each year. (CDC, 2026)
- Among older adults, chronic loneliness and social isolation can increase the risk of developing dementia by approximately 50%. (U.S. Department of Health and Human Services)
- In 2022, 57.8 million Americans were age 65 or older, representing 17.3% of the U.S. population; the share is projected to reach 22% by 2040. (Administration for Community Living)
- About 28% of community-dwelling adults age 65 and older lived alone in 2023. (Administration for Community Living)
- In 2022, 9% of adults age 65 and older were non-Hispanic African American. (Administration for Community Living)
- Older Black Americans are about twice as likely as older White Americans to have Alzheimer's disease or another dementia. (Alzheimer's Association, 2025)
- Family caregiving is a major part of healthy aging: an estimated 63 million U.S. adults—about 1 in 4—provide ongoing care to an adult or child with a medical condition or disability. (National Alliance for Caregiving/AARP, 2025)

Why It Matters: Our Seasoned Saints are not simply recipients of ministry; they are worshipers, teachers, mentors, caregivers, leaders, witnesses, and legacy builders. Fit for Service calls congregations to honor their continuing gifts while helping remove barriers to healthy, connected, safe, and supported aging.

WHY IT MATTERS:

Our **Seasoned Saints** are not simply recipients of ministry; they are worshipers, teachers, mentors, caregivers, leaders, witnesses, and legacy builders.

Fit for Service calls congregations to honor their continuing gifts while helping remove barriers to healthy, connected, safe, and supported aging.

FIT FOR SERVICE
HONORING THEIR GIFTS.
REMOVING BARRIERS.
BUILDING LEGACY.

Icons representing roles: WORSHIPERS, TEACHERS, MENTORS, CAREGIVERS, LEADERS, WITNESSES, LEGACY BUILDERS.

CELEBRATE. • SUPPORT. • EMPOWER. • TOGETHER WE BUILD HEALTHY, HOPEFUL COMMUNITIES.

Fit for Service: Seasoned Saints Wellness Program

Fit for Service strengthens senior ministries, supports caregivers, and promotes healthy aging across NBCUSA congregations. Senior Recognition Sunday is the annual celebration; Fit for Service is the year-round ministry commitment.

Healthy Seniors

Promote preventive care, physical activity, nutrition, mental and emotional well-being, medication awareness, health literacy, and appropriate healthcare access.

Connected Seniors

Reduce loneliness and isolation through fellowship, visitation, intergenerational ministry, technology support, transportation, and meaningful opportunities to serve.

Safe Seniors

Promote fall prevention, safe and accessible homes, emergency preparedness, transportation safety, and protection from fraud, abuse, and exploitation.

Supported Seniors

Connect older adults and caregivers with trusted resources for Medicare, Social Security, caregiving, food, housing, transportation, legal assistance, respite, and community services.

FIT FOR SERVICE: SEASONED SAINTS WELLNESS PROGRAM

Fit for Service strengthens senior ministries, supports caregivers, and promotes healthy aging across NBCUSA congregations.

Senior Recognition Sunday is the annual celebration; Fit for Service is the year-round ministry commitment.

HEALTHY SENIORS	CONNECTED SENIORS	SAFE SENIORS	SUPPORTED SENIORS
Promote preventive care, physical activity, nutrition, mental and emotional well-being, medication awareness, health literacy, and appropriate healthcare access. Health Check ✓ Blood Pressure ✓ Cholesterol ✓ Vaccines ✓ Screenings	Reduce loneliness and isolation through fellowship, visitation, intergenerational ministry, technology support, transportation, and meaningful opportunities to serve.	Promote fall prevention, safe and accessible homes, emergency preparedness, transportation safety, and protection from fraud, abuse, and exploitation. SAFETY FIRST ✓ FALL PREVENTION ✓ HOME SAFETY ✓ EMERGENCY PLAN ✓ BE AWARE ✓ STAY INFORMED	Connect older adults and caregivers with trusted resources for Medicare, Social Security, caregiving, food, housing, transportation, legal assistance, respite, and community services. RESOURCES THAT HELP - Medicare - Social Security - Caregiver Support - Food Assistance - Housing - Transportation - Legal Assistance - Respite Care

HONORING THEIR LEGACY. SUPPORTING THEIR WELLNESS. STRENGTHENING OUR CHURCHES.

With Heart and Hands, we build healthier, stronger, and more connected communities.

Worship Resources




WORSHIP RESOURCES

Honor. Celebrate. Equip. Serve.

SENIOR RECOGNITION SUNDAY

— SUNDAY, SEPTEMBER 13, 2026 —

We honor our Seasoned Saints—
for their faith, their legacy,
and their continuing impact.

These worship resources will help you celebrate our elders, lift up their gifts, and call the church to support their wellness and well-being with heart and hands.



SCRIPTURE FOCUS
God's Word honors every season of life.



LITANY & AFFIRMATION
Worship elements that uplift and give thanks.



SONG SUGGESTIONS
Spirit-filled songs that reflect faith, gratitude, and heritage.



SERMON OUTLINE
A three-point message on legacy, dignity, and ministry across generations.



RESPONSIVE READING
Scripture-based reading for congregational participation.



PRAYER FOCUS
Prayers for our elders, caregivers, and the church's commitment.



COMMITMENT IN ACTION
Practical ways to support healthy, connected, safe, and supported aging year-round.



OUR COMMITMENT:
SUPPORTING OUR SENIORS WITH HEART AND HANDS

Fit for Service: Seasoned Saints Wellness Program – Strengthening senior ministries, supporting caregivers, and promoting healthy aging across NBCUSA congregations.

*"Even to your old age and gray hairs
I am He, I am He who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you."
— Isaiah 46:4 (NIV)*



Litany: Honoring Our Elders, Uplifting Our Legacy

Leader: We gather today to honor those who have walked before us—faithful, wise, and enduring.

People: We thank God for our elders, who have labored in love and led with grace.

Leader: Through trials and triumphs, they have kept the faith and passed it on.

People: We receive their legacy with reverence and joy.

Leader: When health falters and strength wanes, may we be their support and shield.

People: We will walk beside them with heart and hands, offering care and compassion.

Leader: Let us remember those who provide care for spouses, parents, relatives, neighbors, and friends.

People: We will support caregivers with prayer, encouragement, respite, and practical help.

Leader: Let us not forget their stories, their prayers, their songs, and their continuing gifts.

People: We will listen, learn, serve together, and lift their voices high.

All Together: We are one body, many generations, united in Christ. We honor our Seasoned Saints, support those who care for them, and commit to love them well.

Affirmation: Still Bearing Fruit

We affirm today that our Seasoned Saints are seen, valued, and loved.

They are still fruitful, still faithful, still full of wisdom.

Their lives are testimonies of God's sustaining grace.

We honor their journey, their prayers, their service, and their presence.

We support the caregivers who walk beside them.

We commit to healthy, connected, safe, and supported aging—

Serving with heart and hands,

As every generation continues to build God's Kingdom together.

Relevant Songs for Senior Recognition Sunday

Song	Theme
I've Had Some Good Days	Reflection, endurance, gratitude
Precious Lord, Take My Hand	Comfort, guidance, legacy
I Don't Feel No Ways Tired	Perseverance, faithfulness
Guide Me, O Thou Great Jehovah	Pilgrimage, divine strength
How I Got Over	Testimony, deliverance
His Eye Is on the Sparrow	Assurance, divine care
We've Come This Far by Faith	Collective journey, trust
Walk With Me, Lord	Companionship, spiritual support
God Is	Identity, strength, protection
Blessed Assurance	Hope, salvation, legacy of faith

These songs can be woven into worship, devotionals, fellowship gatherings, and intergenerational celebrations to evoke memory, unity, testimony, and spiritual depth.

Responsive Reading: Faithful Through the Generations

The following reading is adapted from Psalm 90:1–2, Isaiah 46:4, Psalm 71:9, and 1 Corinthians 12:12–27.

Leader: Lord, You have been our dwelling place throughout all generations.

People: From everlasting to everlasting, You are God.

Leader: Even to old age and gray hairs, You remain our sustaining God.

People: You have carried us, and You will continue to sustain us.

Leader: Do not cast us away in old age; do not forsake us when strength changes.

People: We will honor our elders and walk with them in love.

Leader: When one member needs support, the whole body responds.

All Together: We are one body, many generations, united in Christ. Amen.

FAITH THAT Endures

WISDOM THAT LEADS.
LOVE THAT SERVES.
LEGACY THAT LIVES ON.

THE NATIONAL BAPTIST CHURCH
UNITED METHODIST CHURCH

NBCUSA H.O.P.E. SENIOR MINISTRY
FIT FOR SERVICE

We walk by faith...
together,
with purpose,
for His glory.

HONORING.
SUPPORTING.
EMPOWERING.
OUR SEASONED SAINTS.

"They will still bear fruit in old age; they will stay fresh and green."
— Psalm 92:14 (NIV)

RECOGNITION IS THE CELEBRATION. FIT FOR SERVICE IS THE COMMITMENT.

Sermon Outline

Title: “Still Bearing Fruit: God’s Purpose for Every Season”

Primary Text: Psalm 92:12–15

1. Rooted in Grace

Psalm 92:12–14 reminds us that the righteous continue to flourish and bear fruit in old age.

- Seasoned Saints are not sidelined; they remain called, gifted, and fruitful.
- A healthy church creates space for older adults to serve, teach, mentor, testify, and lead.

2. Restoring Dignity

Isaiah 58:6–7 calls God’s people to practical compassion and justice.

- The church must respond to health, housing, food, transportation, safety, and financial concerns with compassion.
- Supporting caregivers is also part of honoring Seasoned Saints.
- Fit for Service moves the church from concern to coordinated action.

3. Reconnecting Generations

Joel 2:28 presents a Spirit-filled community in which older and younger generations both have a role.

- Intergenerational ministry strengthens the entire body of Christ.
- Older adults carry memory and wisdom; younger generations bring energy and emerging perspectives.
- The church flourishes when generations worship, learn, serve, and dream together.

Preaching Emphasis: Senior Recognition Sunday should not communicate that ministry to older adults is primarily about decline. It is a celebration of continuing purpose, dignity, wisdom, discipleship, and service—with appropriate support when needs arise.



NBCUSA H.O.P.E. • Fit for Service • Senior Recognition Sunday 2026

Social Media Posts and Hashtags

Post 1

This #SeniorRecognitionSunday, we honor the faith, wisdom, service, and continuing legacy of our Seasoned Saints. On September 13, let's move from recognition to relationship and from celebration to sustained service. #FitForService #NBCUSAHOPE #HonorOurElders

Post 2

Healthy. Connected. Safe. Supported. That is our Fit for Service commitment to Seasoned Saints across NBCUSA congregations. Join us Sunday, September 13, 2026, for Senior Recognition Sunday. #SeasonedSaints #HealthyAging #FitForService

Post 3

Caregivers serve with heart and hands every day. This Senior Recognition Sunday, let's recognize them too—with prayer, encouragement, respite, resources, and practical support. #CaregiverSupport #FitForService #NBCUSA

Post 4

Falls, chronic conditions, loneliness, healthcare decisions, and financial pressures affect many older adults. Churches can help by becoming trusted centers of connection, wellness, safety, and support. #SeniorRecognitionSunday #FaithInAction #FitForService

Post 5

Our Seasoned Saints have carried the Gospel through generations. Their ministry is not over. Their wisdom still matters. Their service still matters. Their presence still matters. September 13, 2026: Senior Recognition Sunday. #StillBearingFruit #NBCUSAHOPE

NATIONAL BAPTIST CENTER
FOR FAITH-BASED HEALTH LEADERSHIP




SEASONED SAINTS
FAITH • HEALTH • PURPOSE • LEGACY

CONNECT WITH US!

					
FACEBOOK @NBCUSAHOPE @NationalBaptistCenter	YOUTUBE @NBCUSAHOPE	INSTAGRAM @NBCUSAHOPE	X (TWITTER) @NBCUSAHOPE	WEBSITE www.nationalbaptistcenter.org www.hopenbc.com	EMAIL info@nationalbaptistcenter.org

National Resources for Seasoned Saints and Caregivers

Resource	How It Helps	Website
Administration for Community Living (ACL)	Independent living, elder justice, disability services, caregiver support, and aging resources.	acl.gov
Eldercare Locator	Connects older adults and caregivers with local aging services, transportation, meals, home care, and other supports.	eldercare.acl.gov
National Council on Aging (NCOA)	Benefits access, fall prevention, financial wellness, and healthy aging resources.	ncoa.org
BenefitsCheckUp (NCOA)	Helps identify benefit programs for food, medicine, utilities, housing, and more.	benefitscheckup.org
Medicare	Official information on Medicare enrollment, coverage, plans, and costs.	medicare.gov
State Health Insurance Assistance Program (SHIP)	Free, unbiased local Medicare counseling and assistance.	shiphelp.org
Senior Medicare Patrol (SMP)	Helps Medicare beneficiaries prevent, detect, and report healthcare fraud, errors, and abuse.	smpresource.org
Social Security Administration	Retirement, disability, survivor, and Supplemental Security Income information.	ssa.gov
LongTermCare.gov	Federal information to help individuals and families consider long-term care needs and planning.	longtermcare.gov
Legal Services Corporation	Helps people locate civil legal aid organizations serving low-income communities.	lsc.gov
Consumer Financial Protection Bureau	Financial education and fraud/scam resources, including materials for older adults.	consumerfinance.gov
Meals on Wheels America	Information about community-based meal programs and social connection for older adults.	mealsonwheelsamerica.org
Alzheimer's Association	Dementia education, caregiver support, local resources, and a 24/7 helpline.	alz.org

Congregations should also maintain a local resource list that includes Area Agencies on Aging, healthcare providers, transportation services, food assistance, housing organizations, home repair programs, caregiver respite services, legal aid, and emergency contacts.

Bulletin Insert: Supporting Our Seniors with Heart and Hands

SENIOR RECOGNITION SUNDAY — SEPTEMBER 13, 2026

Still Bearing Fruit in Every Season

Today we honor our Seasoned Saints, not only with words, but with action. Their faith, wisdom, prayers, leadership, and service continue to strengthen the church. Through Fit for Service, NBCUSA's Seasoned Saints Wellness Program, we commit to strengthening senior ministries, supporting caregivers, and promoting healthy aging.

Our Fit for Service commitment is simple: Healthy Seniors • Connected Seniors • Safe Seniors • Supported Seniors.

How You Can Help:

- Check regularly on an older adult or caregiver.
- Offer transportation to worship, appointments, or community activities.
- Help make homes safer and reduce fall risks.
- Include Seasoned Saints in meaningful ministry and leadership opportunities.
- Learn about Medicare, benefits, food, housing, transportation, and caregiver resources in your community.
- Create intergenerational opportunities for fellowship, storytelling, mentoring, and service.
- Pray for Seasoned Saints and the family members, friends, and neighbors who care for them.

**Recognition is the celebration.
Fit for Service is the commitment.**




Supporting Our
SENIORS 
with Heart and Hands

SENIOR RECOGNITION SUNDAY — SEPTEMBER 13, 2026
Still Bearing Fruit in Every Season

Today we honor our Seasoned Saints, not only with words, but with action. Their faith, wisdom, prayers, leadership, and service continue to strengthen the church. Through **Fit for Service, NBCUSA's Seasoned Saints Wellness Program**, we commit to strengthening senior ministries, supporting caregivers, and promoting healthy aging.



Our Fit for Service commitment is simple:

 **HEALTHY SENIORS**

 **CONNECTED SENIORS**

 **SAFE SENIORS**

 **SUPPORTED SENIORS**

HOW YOU CAN HELP:

-  Check regularly on an older adult or caregiver.
-  Offer **transportation** to worship, appointments, or community activities.
-  Help make **homes safer** and reduce fall risks.
-  Include Seasoned Saints in meaningful ministry and leadership opportunities.
-  Learn about **Medicare, benefits, food, housing, transportation, and caregiver resources** in your community.
-  Create **intergenerational opportunities** for fellowship, storytelling, mentoring, and service.
-  **Pray** for Seasoned Saints and the family members, friends, and neighbors who care for them.



 *Recognition is the celebration.* ***Fit for Service is the commitment.*** 

Q&A: Supporting Seasoned Saints and Caregivers



Health and Healthcare

Question: What are common health concerns for older adults?

Answer: Chronic conditions become more common with age. Current CDC data indicate that more than 90% of adults age 65 and older have at least one chronic condition. Churches can promote preventive care, health literacy, physical activity, nutrition, medication awareness, and connections to appropriate healthcare.

Question: Why can healthcare navigation be difficult?

Answer: Medicare choices, prescription costs, provider access, transportation, digital portals, and changing health needs can make healthcare complicated. Churches should avoid giving individualized medical or insurance advice unless qualified to do so, but they can connect members with trusted resources such as Medicare and SHIP.

Question: How can churches promote healthy aging?

Answer: Offer age-appropriate physical activity, health education, screenings with qualified partners, nutrition education, vaccination awareness, health-resource navigation, and opportunities for purpose and service.

Social and Emotional Well-Being

Question: Why is social connection important?

Answer: Loneliness and social isolation can affect physical, emotional, and cognitive health. Churches can create consistent opportunities for worship, fellowship, visitation, telephone check-ins, transportation, technology support, and meaningful service.

Question: How can churches avoid unintentionally isolating older adults?

Answer: Do not design senior ministry only around illness or limitation. Invite Seasoned Saints to teach, mentor, lead, pray, serve, share testimony, participate in technology, and help shape ministry decisions.

Safety and Independence

Question: What is one of the most significant safety concerns?

Answer: Falls are the leading cause of injury among adults age 65 and older, but many falls can be prevented. Congregations can share fall-prevention education, encourage vision and medication reviews with healthcare professionals, promote strength and balance activities, and help identify home hazards.

Question: How can churches support aging in place?

Answer: Help members identify reliable home-repair resources, accessibility improvements, transportation, meal programs, emergency plans, and local aging services. Assistance should respect each person's dignity, privacy, preferences, and independence.

Question: How can churches help protect seniors from scams?

Answer: Provide fraud-awareness education, encourage members to pause before sending money or sharing personal information, and connect suspected fraud or exploitation with appropriate trusted authorities and support resources.

Caregiver Support

Question: Why should Fit for Service include caregivers?

Answer: Healthy aging often depends on family members, friends, neighbors, and church members who provide transportation, meals, personal care, medication support, advocacy, companionship, and other assistance. Caregiving can also create physical, emotional, financial, and spiritual strain.

Question: What can churches do for caregivers?

Answer: Listen without judgment. Pray with caregivers. Organize meals, transportation, visitation, or short periods of relief. Offer caregiver support groups or educational sessions. Help caregivers locate respite, aging services, benefits, and community resources.

Question: How can the church recognize caregivers on Senior Recognition Sunday?

Answer: Include caregivers in prayer, acknowledge their ministry, provide a resource sheet, invite them to a brief support gathering, and identify ways the congregation can provide practical help after the observance.

Financial and Resource Support

Question: What financial pressures may older adults face?

Answer: Fixed or limited incomes, housing costs, prescription and healthcare expenses, food costs, transportation, caregiving needs, and fraud can create significant pressure.

Question: What is the church's role?

Answer: The church can provide benevolent assistance according to its policies, offer financial education, identify trusted community partners, and connect members with benefits and legal resources. Congregations should not present volunteers as financial, legal, or medical professionals unless they are appropriately qualified.

FAITH IN Every Season
HONORING • SUPPORTING • EMPOWERING OUR SEASONED SAINTS

TOGETHER, WE CAN...

- Promote healthy aging in body, mind, and spirit.
- Strengthen connections across generations.
- Create safer environments at home and in our churches.
- Support caregivers and reduce caregiver stress.
- Uplift purpose, dignity, and independence.

OUR COMMITMENT
HEALTHY SENIORS
CONNECTED SENIORS
SAFE SENIORS
SUPPORTED SENIORS

FIT FOR SERVICE. CALLED TO CARE.

ROOTED IN FAITH. RISING IN PURPOSE.

"They will still bear fruit in old age, they will stay fresh and green."
— Psalm 92:14 (NIV)

FAITH
We trust God in every season.

PURPOSE
We continue to serve and lead.

LEGACY
We pass on wisdom and strengthen the next generation.

IMPACT
We build stronger churches and healthier communities.

Seasoned Saints Are:
WORSHIPERS • TEACHERS • MENTORS • CAREGIVERS
LEADERS • WITNESSES • LEGACY BUILDERS

HONORING THEIR GIFTS. SUPPORTING THEIR NEEDS. CELEBRATING THEIR LIVES.
TOGETHER, WE MAKE AGING A TIME OF GRACE, GROWTH, AND GLORY.

A Fit for Service Action Plan for Congregations

Senior Recognition Sunday can become the launch point for year-round ministry. Congregations are encouraged to choose at least one action in each Fit for Service area.

Healthy Seniors

- Host a healthy-aging workshop with a qualified health partner.
- Offer regular chair fitness, walking, or balance activities appropriate for participants.
- Share preventive-care, medication-safety, nutrition, and vaccination information from trusted sources.

Connected Seniors

- Establish a telephone, visitation, or buddy ministry.
- Create intergenerational mentoring and storytelling opportunities.
- Provide basic technology assistance for members who want help using phones, video calls, patient portals, or church digital resources.

Safe Seniors

- Offer fall-prevention and home-safety education.
- Create an emergency contact and preparedness campaign.
- Host a scam and fraud-awareness session with a trusted community partner.

Supported Seniors

- Develop a local senior and caregiver resource directory.
- Identify members who need transportation assistance and develop a sustainable response.
- Create a caregiver support circle, respite ministry, or regular caregiver check-in process.

A Fit for Service Action Plan FOR CONGREGATIONS

Senior Recognition Sunday can become the launch point for year-round ministry.

HEALTHY SENIORS
Promote wellness. Prevent illness. Encourage active living.

- Healthy-aging workshops
- Chair fitness
- Walking and balance activities
- Preventive-care and medication-safety education

CONNECTED SENIORS
Build relationships. Reduce isolation. Share wisdom.

- Telephone and visitation
- Buddy ministry
- Intergenerational mentoring
- Storytelling and legacy sharing
- Technology assistance

SAFE SENIORS
Prevent risks. Prepare for emergencies. Protect our people.

- Fall prevention
- Home safety
- Emergency preparedness
- Scam and fraud awareness

SUPPORTED SENIORS
Remove barriers. Strengthen caregivers. Expand resources.

- Resource directories
- Transportation assistance
- Caregiver support circles
- Respite ministry
- Regular caregiver check-ins

Stronger Seniors. Stronger Congregations.

WELLNESS CONNECTION SAFETY CAREGIVING TRANSPORTATION EDUCATION

FIT FOR SERVICE • HEALTHIER SENIORS • STRONGER COMMUNITIES

From Recognition to Year-Round Ministry
TURNING TODAY'S CELEBRATION INTO TOMORROW'S IMPACT

1 Choose at least one action in each area.
Start with simple, meaningful steps that fit your congregation's gifts and needs.

2 Partner with trusted health and community organizations.
Build connections for greater resources, expertise, and impact.

3 Invite seniors, caregivers, families, and multiple generations.
Engage everyone in the mission and the ministry.

4 Build a sustainable rhythm of service and follow-up.
Plan, track progress, celebrate wins, and keep the momentum going.

Faith in action. Care across generations. Healthier congregations.

NBCUSA H.O.P.E. FAITH-BASED HEALTH MINISTRY TOOLKIT

Senior Recognition Sunday Promotional Copy



SENIOR RECOGNITION — SUNDAY —

Sunday, September 13, 2026

*Supporting Our Seniors
with Heart and Hands* 

FIT FOR SERVICE • Seasoned Saints Wellness Program



**HEALTHY
SENIORS**



**CONNECTED
SENIORS**



**SAFE
SENIORS**



**SUPPORTED
SENIORS**

Join National Baptist congregations across the nation as we celebrate the faith, wisdom, service, and continuing contributions of our Seasoned Saints—and renew our commitment to strengthen senior ministries, support caregivers, and promote healthy aging all year long.

*Recognition is the celebration.
Fit for Service is the commitment.*

Editorial and Resource Notes

Statistics in this 2026 revision were refreshed using current or recent information from the U.S. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, Administration for Community Living, U.S. Census Bureau, Alzheimer's Association, and the 2025 Caregiving in the U.S. study from the National Alliance for Caregiving and AARP.

Health, legal, financial, Medicare, and caregiving information in this toolkit is educational and is not a substitute for individualized professional advice. Congregations should use qualified professionals and trusted agencies when specialized assistance is needed.

AI tools were used in the creation and editing of this document. All congregations should verify time-sensitive resource information before distribution.

Stronger Together
FAITH. COMMUNITY. PURPOSE.

Our Seasoned Saints are
A BLESSING TO TODAY
and a **LEGACY FOR TOMORROW.**

HEALTHY SENIORS | **CONNECTED SENIORS** | **SAFE SENIORS** | **SUPPORTED SENIORS**

FIT FOR SERVICE. CALLED TO CARE.

CELEBRATE TODAY. COMMIT ALL YEAR.

Senior Recognition Sunday is more than a moment—it is a movement. Through the **Fit for Service: Seasoned Saints Wellness Program**, we honor the wisdom of our elders and strengthen our congregations to support their wellness, dignity, and purpose throughout every season of life.

OUR COMMITMENT:
HEALTHY SENIORS • CONNECTED SENIORS
SAFE SENIORS • SUPPORTED SENIORS



SCRIPTURE FOUNDATION

"Even to your old age and gray hairs
I am He, I am He who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you."
— Isaiah 46:4 (NIV)



HEALTHY SENIORS

Promote preventive care, nutrition, physical activity, mental well-being, medication safety, and access to quality healthcare.



CONNECTED SENIORS

Reduce isolation and build meaningful relationships through fellowship, visitation, intergenerational ministry, and technology.



SAFE SENIORS

Encourage fall prevention, safe homes, transportation safety, emergency preparedness, and protection from fraud and exploitation.



SUPPORTED SENIORS

Connect to trusted resources for Medicare, Social Security, caregiving support, housing, legal help, food, and other community services.

LEADERSHIP & CONTACT

Dr. Boise Kimber, President

Dr. Michael O. Minor, National Director

Dr. Linda Carper,
National Seasoned Saints Health /
Fit for Service Coordinator

 **Website:** www.hopenbc.com

 **Email:** info@hopenbc.com

 **Phone:** 866-800-4432

 **Facebook:** facebook.com/nbcusahope

A MESSAGE OF GRATITUDE

To our Seasoned Saints—thank you for your faith, your service, your prayers, and your enduring love. You are the foundation of our churches and the strength of our future.

We honor you.

We stand with you.

We are better because of you.



NATIONAL PARTNERSHIPS

Working together to advance health equity and whole-person wellness.

- **Federal Agencies:** HHS, NIH, CDC, CMS, HRSA, SAMHSA
- **Academic Institutions:** HBCUs, Schools of Public Health, Seminaries
- **Corporate Partner:** Eli Lilly
- **National Nonprofits:** SCDAA, AHA, ADA
- **Community & Faith Networks:** State conventions, local associations, and multi-church coalitions

COLLABORATORS

Healthy Together Mississippi • Mid-South Churches Cooperative Conference Baptist State Convention • Sickle Cell Disease Association of America (SCDAA) • Oak Hill Regional Community Development Corporation (M.O.M.S. Initiative) • and many more community and faith-based partners.

*Together, we are Building Health Leaders
for a Healthier Nation!*

JOIN THE MOVEMENT.

Visit hopenbc.com for programs, resources, training, and ways to get involved.



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RESOURCES &
TOOLKIT ONLINE



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