



JOIN US FOR AN EDUCATIONAL SERIES

Important Topics for Senior Adults and Their Families

PRESENTERS



Mary Paylor, MEd
Community Liaison
The Carolina Center For
Behavioral Health



Bonnie Noble Silberman,
LMSW, C-ASWCM
Aging Life Care™ Manager
Geriatric Resource Services, Inc.
Advanced Professional Member of ALCA

8:30am – Coffee/Danish
8:45am – Program Begins
(ends between 9:45 and 10:00)

Learn more & register at
Marthafranks.com or
(864) 420-2816
lmcqueen@scbma.com

Martha Franks
RETIREMENT COMMUNITY

A COMMUNITY OF
SOUTH CAROLINA BAPTIST
SCBMA
MINISTRIES OF AGING

all about
Seniors
RESOURCE & REFERRAL DIRECTORY OF THE CAROLINAS
allaboutSeniors.org 888.365.3908

1 Martha Franks Dr. Laurens, SC 29360
FOLLOW EVENT SIGNS ON CAMPUS

TUESDAY
August 27th

Bonnie Noble Silberman

**Facilitating Healthy Aging
through Coordinating care
and Assisting Older Adults
and their Families**

Want to live your best life for
as long as you can?

What does quality of life
mean to you?

THURSDAY
September 26th

Mary Paylor

**Mental Health and the
Aging Population**

Depression is NOT a normal
part of the aging process.

20% of people over the age
of 55 experience a mental
health condition.

TUESDAY
October 22nd

Bonnie Noble Silberman

**Broaching Difficult Conver-
sations with Aging Parents**

How do you broach difficult
topics and not ruin a visit
with the entire family?

We will talk about 6 tested
tips for handling difficult con-
versations with aging par-
ents.

TUESDAY
November 19th

Mary Paylor

**Grief and Its Effects on
Mental Health during the
Holidays**

The holiday season can re-
mind us of lost loved ones.

Seeking appropriate support
during this challenging period
is crucial for healing.