

PLEASE JOIN US FOR A VITAL EDUCATIONAL SERIES

Important Topics for Senior Adults and Their Families

PRESENTERS

Bonnie Noble Silberman,
LMSW, C-ASWCM

Aging Life Care™ Manager
Geriatric Resource Services, Inc.
Advanced Professional
Member of ALCA

Mary Paylor

Med Community Liaison
The Carolina Center For
Behavioral Health

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.

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

Martha Franks | 1 Martha Franks Drive Laurens, SC 29360 | FOLLOW EVENT SIGNS ON CAMPUS

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

Martha Franks
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