

# caregiving "lunch and learn"

*A series of free talks on aging,  
family caregiving, and  
resources for care.*

## maximizing your senior veterans benefits

monday, november 10, 2014 - 12:00 PM

Location: Superior Restaurant  
102 State Road & Main Street  
Emmaus PA 18049  
[www.SuperiorRestaurantPA.com](http://www.SuperiorRestaurantPA.com)

RSVP: RSVP by November 7th --Seating is limited!  
[Nurse@SarahCareLV.com](mailto:Nurse@SarahCareLV.com)  
(610) 391-1576

This informative presentation will include an update of benefits available to senior veterans in the Lehigh Valley. Topics covered will include pension and aid & attendance benefits. A Q&A session will follow the presentation.

This presentation and 3-course lunch is FREE for military veterans. Family members and non-veterans will receive a \$5 discount off the price of their lunch. Please bring proof of military service (Veterans Affairs card or discharge papers).

## About Tom Applebach

Tom was born and raised near Lake Nockamixon in Bucks County and is a graduate of the University of Nebraska at Omaha. He served a total of 21 years in the military, 12 years on active duty as a weather forecaster in the United States Air Force. Upon leaving the air force, he returned to Bucks County and settled into civilian life. Tom joined the Army National Guard, then moved to the United States Army Reserve, eventually deploying to Iraq from 2004 to 2005. Since April, Tom has been the Director of Veterans' Affairs for Lehigh County.

## Other Presentations

### peacemaker 101: managing holiday stress

tuesday, november 18, 2014 - 5:30 PM  
location: SarahCare of the Lehigh Valley

This program reviews how families collectively can better manage holiday stress, respond to caregiving stressors, and how to establish a unified family plan. This will be achieved through evaluating general family dynamics and developing responses to challenges that can emerge during a time of stress.

Speaker: Marlene O'Donnell, LPN, Certified Dementia Practitioner (CDP)

**SarahCare®**  
ADULT DAY CARE CENTERS



## Tom Applebach

**Director of Veterans  
Affairs, Lehigh County**

- Accredited Service Officer
- Army Combat Veteran
- Life member of VFW

"Tom was selected for this role because he will make the County's Veteran Affairs more visible and outreaching and I am very comfortable that Tom will meet my expectations."

*Tom Muller, Lehigh County Executive*

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