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"My family and community involvement have helped strengthen the client relationships I have nurtured over the years."

Beth Countryman, client relations manager and a founding staff member, cares for clients all week, returning home to north Lee County where she cares for her daughter Hailey and baby cow, Coco.

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Shell Point Academy offers seminar  
on changes in Medicare, health care

The public is invited to attend a seminar on the changes in Medicare and health care sponsored by the Shell Point Academy. The seminar starts at 7:15 p.m. Tuesday, June 23, in the Village Church Auditorium, located on The Island at Shell Point. The scheduled presenter will be Ronald D. Castellanos, M.D., of the Medicare Payment Advisory Commission and founding member of Southwest Florida Urologic Associates, where he has practiced for the past 30 years.

"Medicare and health care are important topics among our residents at Shell Point, as well as members of the Southwest Florida Community," said Teri Kolath, manager of Academy and Volunteer Services. "This presentation will offer information on how changes in these areas may affect you personally and our community locally."

Join Dr. Castellanos for a discussion regarding issues that he is personally dealing with as one of 17 commissioners on the Medicare Payment Advisory Commission. MedPAC advises Congress on Medicare payments and medical care quality issues, and is also involved in delivery system reform. A question and answer session will follow his presentation.

Dr. Castellanos received his medical degree from Hahnemann Medical College



Dr. Castellanos

COURTESY PHOTO

in Philadelphia, Pa. His surgical residency was completed at Brook General Hospital in Fort Sam Houston, Texas, and his urology residency at the University of Cincinnati. Upon completion of his residencies, he extended his training through a Fellowship with the American Cancer Society. Dr. Castellanos is certified by the American Board of Urology. He has a special interest in clinical research and is a past president of the

Florida Urological Society.

The Academy at Shell Point is a life-long learning educational initiative for the residents of the retirement community. For three semesters every year, The Academy provides a curriculum of educational opportunities for senior adults. Anywhere from 70 to 90 classes take place per semester. The Academy at Shell Point was also named as one of 2008's most innovative active aging programs by the International Council on Active Aging, an association that supports professionals who develop wellness/ fitness facilities and services for age 50-plus adults.

This event is free and open to the public. For more information, call Ginny Miller-Plaza, assistant to the Academy at Shell Point, at 454-2290.

Shell Point Retirement Community is a not-for-profit continuing care retirement community in Fort Myers. ■

## Are You Paying Too Much For Health Coverage?

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- Emergency Helicopter Transport \$4,000.
- \$5,000 Heart Attack Benefit for principal member and spouse.
- \$20,000 Accidental Death Benefit and Dismemberment
- Emergency Room benefit of \$750 for accidents for fractures or dislocations.
- Receive up to \$200 ambulance reimbursement for primary member.
- Vision discount plan.
- Dental discount plan can be added for \$8 for an individual or \$12 for a family.
- Emergency road service up to \$125 per incident.
- Nurse Advice Hotline-medical information and advice from registered nurses 24 hours a day.
- Direct Labs, save up to 70% off prices on high quality low-cost lab services.

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- **A Medical Savings Program\*** for \$25 a month which gives **discounted** services with a Physicians Savings Program (20%-45%) including office visits, lab fees, diagnostic services, rehabilitation therapy, home hospice, home nursing, high risk OB visits, and dialysis. Vision, Ophthalmology Services, Chiropractic care, Alternative Medicine, Hearing Aids, Diabetic Care, Long Term Care and Wellness Care are also part of the medical Savings Program. **Using the Physician Savings program members saved an overall average of 42% in 2008.**
- **An Association Prescription RX card\*** for \$13.95 for an individual or \$23.95 for a family.
- **A Hospital Savings Card\*** for \$15 a month where members saved an average of 45% at hospitals throughout the US.

\*This is a discount program and not insurance. Discounted fees are due at time of service. Regular indemnity and PPO plans also available.

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