



Cordially invites you to the third in a series of seminars focusing on healthcare and insurance. Our third seminar will focus on the challenges, choices, and solutions relating the long term care and elder care epidemic.

“Healthcare Challenges, Choices, and Solutions” Part III – Long Term Care and Elder Care

*With Special Guest Speaker
Dr. Kathryn McCabe Votava
President and Founder of GOODCARE.com*

By attending this seminar, you will understand:

- ***Long term care:*** *What is it, How much do you need, How much will it cost and Where do you go to get it?*
- ***Elder care:*** *How to deal with your aging parents and cope with being a caregiver.*

When: Thursday, October 9th 2008

Hors d' oeuvres & Drinks at 6:00 pm

Presentation 7:00 to 8:30 pm

Where: The Tower Club in Tyson's Corner, VA

**Space will fill quickly for this event so please RSVP before
September 15th by contacting Tina Ruiz at
(703) 288-0500 or ruiz@themonitorgroup.com**

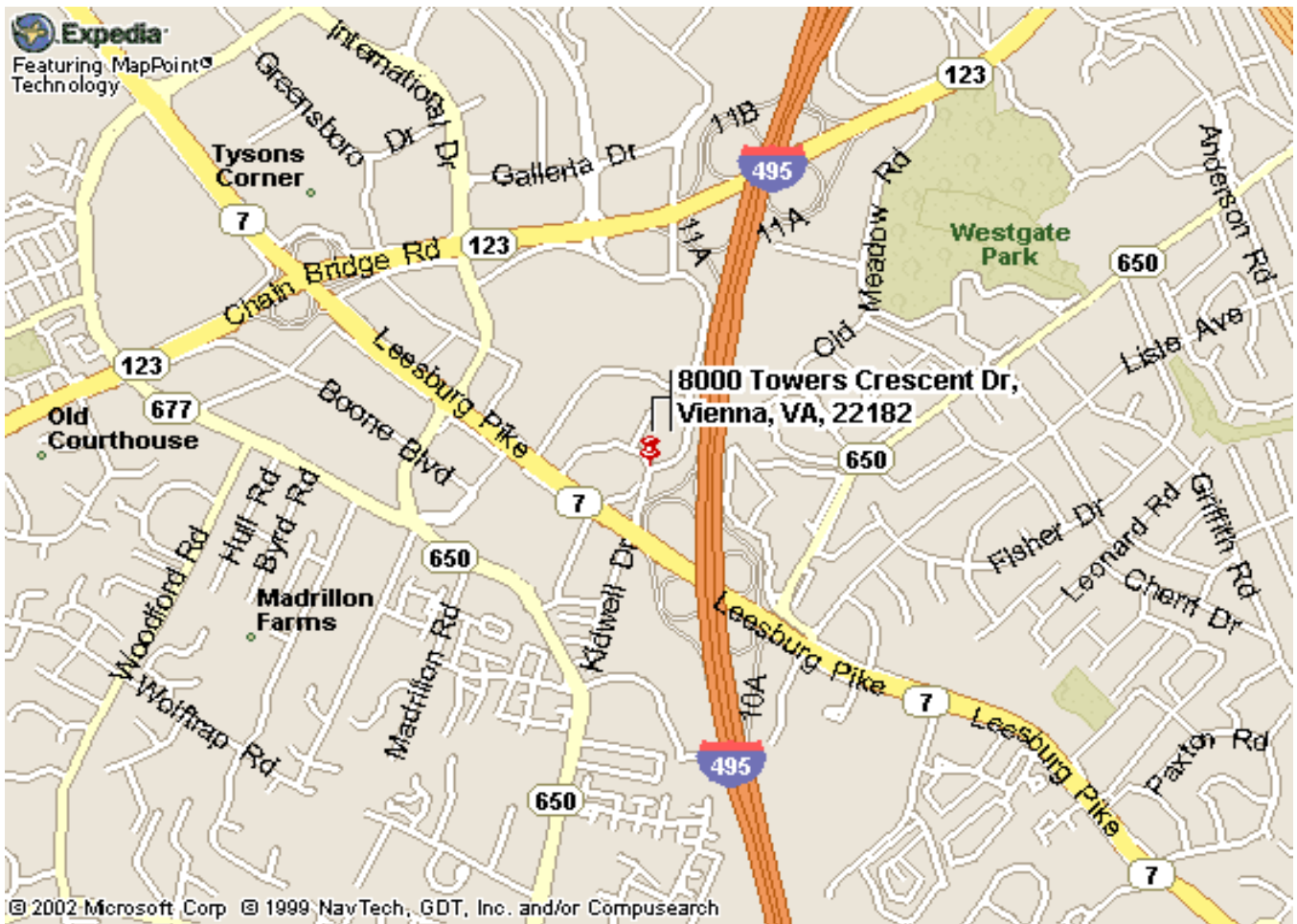


Dr. Kathryn McCabe Votava
President and founder of GOODCARE.com

Dr. Votava is a registered professional nurse and has a PhD in health economics and nursing from the University of Rochester in Rochester, New York. She completed a pre-doctoral fellowship in community and preventive medicine at the University of Rochester and a post-doctoral fellowship at Harvard Medical School. Prior to starting GOODCARE.com, Dr. Votava worked as the director of clinical specialties and education at Visiting Nurse Service of Rochester and Monroe County, Inc.

With her in-depth experience as a nurse practitioner and healthcare administrator, Dr. Votava is an expert in healthcare reimbursement and outcomes, including those related to Medicare and long-term care. A major focus of Dr. Votava's research is healthcare costs and outcomes for people during their retirement years. She has been published widely and spoken frequently on these topics.

Together with other healthcare experts in their respective fields, Dr. Votava and her staff work to develop customized solutions to clients' questions and to solving their healthcare puzzles. In 2004, Dr. Votava created GOODCARE.com, an online source for information, resources, and free tools in order to help more people get the information they need about planning and paying for healthcare.



8000 Towers Crescent Drive—17 story brick building with columns

17th Floor (you must take two elevators to reach the club)

703-761-4250. *Blue jeans, sneakers, shorts, collar less shirts, etc. are not acceptable

Via Interstate 66: (Note HOV is in effect from 3:00-6:00 p.m.)

From Washington take I66 West to exit 66B, Route 7 West. Go approximately 1 mile and you will see a Marriott and a Patio Store on the corner of Route 7 & Towers Crescent Drive. Turn right onto Towers Crescent Drive. Go 1/10th of a mile, make a left into the driveway and follow left around the building to the parking garage. *Tickets will be validated.*

Via George Washington Parkway:

From Washington take GW Parkway West to 495 South. From 495 take exit 47A to Route 7 West. Go 2/10th of a mile. Turn right onto Towers Crescent Drive. Go 1/10th of a mile, make a left into the driveway and follow left around the building to the parking garage. *Tickets will be validated.*

From Dulles Airport:

From Dulles Intl. Airport, take the toll road (Route 267). Exit to Route 7 East through Tyson's Corner. Turn left at the Bloomingdale's marquee (1st traffic light past International Drive). Follow the "mall road" to the stop sign, go through the stop and the building is on the right. Parking is at the base of the building. *Tickets will be validated.*

From McLean:

South on Route 123 Dolley Madison Blvd/Chain Bridge Road, turn Left on International Drive. Take first Left into Mall (untitled street name). Stay in the left lane & go through 4 stop signs and the building is on the right. Parking is at the base of the building. *Tickets will be validated.*