



## Senior Nuggets - October 2016

### 10 - Must Do Health Screenings

- ~ **Get a flu shot (high dosage includes pneumonia protection) - Free to all over 65 years of age**
- ~ **Schedule an exam and cleaning with your dentist**
- ~ **Make a hearing test appointment**
- ~ **Get your vision checked (include glaucoma test)**
- ~ **Check if it's time for a tetanus booster (7-10 years)**
- ~ **Get a shingles vaccination, if not already done**
- ~ **Get wellness check up with primary doctor**  
**Request a bone density test, a full metabolic blood test to include, thyroid, cholesterol, etc.**
- ~ **REQUEST YOUR BLOOD TYPE if not known**
- ~ **Check blood pressure numbers / keep number list**



## **Your Will Is NOT Enough !**

**Leaving one folder filled with the following information will make your loved ones' lives so much easier when you are gone.**

- ~ List of banks, credit cards and investment accounts, Insurance policy information and account numbers**
- ~ List of all properties and large assets along with any loan information**
- ~ Current bills you pay, with account names/numbers**
- ~ Safe deposit access information**
- ~ Partnership or corporate agreements**
- ~ Health care forms, such as Health PoA, DNR and Organ donation (card for donating your body)**
- ~ Burial instructions (include military discharge paper Spouses are eligible for burial in Veterans Cemetery**
- ~ Specific bequests of personal items**
- ~ List of computer accounts (Facebook etc.) user name and passwords**