

# Pueblo Manor Newsletter — please read!!!

**Memorial Day — Monday, May 29<sup>th</sup>** — please join us at 8:30 am for coffee/donuts — and recognize those loved ones who have passed away this past year then

**At 5:00** — please join us at the club house for pizza & salad — everything provided including table service....but if you would like to share a dessert — that would be great. **Please sign up by Saturday the 27<sup>th</sup>**

**NOW — for some really exciting news: - July 31<sup>st</sup> and August 1<sup>st</sup> —**

There will be mobile units set up at the clubhouse. I was contacted by a wellness comprehensive assessment company about their services. This service is amazing...and as long as you are on Medicare and/or have insurance....there is absolutely NO COST to anyone to have this health assessment screening done. What really impressed me is the number of services that they provide...such as allergy testing, hearing, body composition, diabetes screening, heart health study, lab service, pulmonary function, vision screening, imaging and ultrasound screening.

Preventative care focuses on evaluating the patient's current health status — it allows them to obtain early diagnosis and treatment to help avoid more serious health problems. Through a preventative exam and routine health screenings, WELLSRING can determine current health status and detect early warning signs of more serious problems. Once your exam is completed — they will provide you with your results, so you can share any concerns with you physician.

We feel this is a wonderful opportunity for you all...a signup sheet will be in the club house — please sign up before July 1<sup>st</sup> .... so I can get the list to them in time for them to call you and set up your appointment. **This service will be available again in fall.**

If you have any questions at all, please feel free to call me at **740 503 0074.**

Denice Rock, Secretary, Pueblo Manor Recreation Association