

PCHD Senior Wellness Program

Facility Locations- Effective March 11, 2010

Ellie Towne/Flowing Wells 2 hours once per month
1660 W. Ruthrauff Rd. 3rd Monday each month
887-9786
Contact person: Sue Denter
Janet Corley RN, BSN, 243-2874

Northwest Neighborhood Center 2 hours once a month
2160 N. 6th Ave. (05) 1st Tuesday 10-12 pm
(520) 791-3249
Center Director: Gilda Edwards
PHN: Barbara Oppenheimer RN, BSN 243-2870

El Rio Neighborhood Center 3 hours twice a month
1390 W. Speedway Blvd. (05) 1st & 3rd Friday 8-11 am
(520) 624-5313
Center Director: Diane Grijalva
PHN: Deb Agriesto, RN, BSN 243-2876

Armory Park Senior Center 3 hours twice a month
220 S 5th Ave. (01) 1st & 3rd Tuesdays 9:00-12:00 am
(520) 791-4070
Center Director: Ramona Cuevas
Volunteer LPN: Lee Crosby
PHN: Carolyn Valdes, RN, BSN 298-3888
Joyce Goeller, RN, BSN 298-3888

El Pueblo Neighborhood Center 3 hours twice a month
101 W. Irvington Rd. (14) 2nd & 4th Wednesday 9-12 am
(520) 889-0928
Center Director: Elvia Romero
PHN: Estella Garcia, RN, BSN 741-4309

Quincie Douglas Center 3 hours twice a month
1575 E. 36th St. (13) 2nd & 4th Thursday 8:30-11:30 am
(520) 791-2509
Center Director: Cecilia Centeno
PHN: Mary Francis Bruckmeier, RN, BSN 741-4306

Services to be provided: Blood pressure screening, health education/ health promotion and case management (when necessary) to seniors who attend five City of Tucson congregate meal sites for senior nutrition or live in one public housing facility.

Holidays when Facilities will be closed: New Year's Day, Martin Luther King, Jr. Day, Memorial Day, Independence Day, Labor Day, Veteran's Day, Thanksgiving Day, Friday after Thanksgiving, Christmas Day, Day after Christmas.

Donna Belcher, Program Manager is in charge of the Senior Wellness program. She can be reached at 243-2866 or Donna.Belcher@pima.gov for any questions or concerns.