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VNA NURSE PROMOTES SENIOR HEALTH

Vivienne Armstrong, R.N., began working for the Visiting Nurse Association in 1976 and during her tenure has provided care as a staff nurse, patient education coordinator, team specialist, clinical nurse specialist, director of intake, director of long-term care, and health promotion coordinator, her present position.

Four days a week, Vivienne travels to select senior centers in Dallas County to offer free health screenings, consultation, education, training, and referrals for hundreds of elderly individuals who attend her clinics. The services she performs include blood pressure checks, blood sugar and cholesterol screenings, pain management education, and instruction on how to reduce cholesterol levels.

Vivienne is a strong advocate of early health care intervention, especially in areas under-served by community health resources. The population she serves is a diverse cross-section of Dallas County. "Providing health services to the elderly through county senior centers is a key part of VNA's mission to promote health in the communities we serve," Vivienne notes.

VNA's Health Promotion program is funded by the Dallas Area Agency on Aging, the Texas Department of Aging and Disability Services, and the Visiting Nurse Association. For information about VNA's Health Promotion program, call (214) 689-2230.



VNA nurse Vivienne Armstrong provides health screenings and education at select senior centers in Dallas County.

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