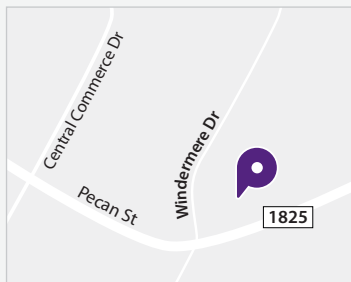


ARC Senior Care

Accepting New & Established Patients
Age 55+ with Medicare or Medicare Advantage Insurance

Services at this Clinic

- Care Coordination
- Chronic Care Management
- Chronic Care Nurse Navigators
- Cognitive Assessment
- Fall Assessment
- Frailty Assessment
- Hospital/ER Transition Services
- Medicare Insurance Advice
- Medicare Wellness Assessment
- Medication Management
- Nutrition Recommendations
- Primary Care
- Senior Care
- Transitional Care



ARC Senior Care

15803 Windermere Dr
Suite 102
Pflugerville, TX 78660

512-990-4260

Clinic Hours

Mon–Fri: 8am–5pm



Cathy Anne Castillo, MD
Family Medicine

"I enjoy caring for the geriatric population. I want to help them live productive lives and achieve what matters to them. I prefer to promote prevention. I like to address problems early on and head on so that we can avoid problems down the road. I am interested in treating diabetes. It is a very big problem in my family so I have personally seen its effects."



Gowrishankar Gnanasekaran, MD, MPH
Internal Medicine, Geriatrics

"... I chose to further specialize in Geriatrics to understand the unique needs of the aging population and better serve them ... Educating, engaging, and empowering patients with proper tools helps them become equal partners in their health. I believe in formulating patient-centric care plans that take patients' values and goals into consideration."



Mary O. Okiomah, APRN, MSN, FNP-BC
Family Medicine, Geriatrics

"I believe in educating patients and families with the goal of promoting healthy lifestyles/choices to improve overall health outcomes and disease. My extensive medical expertise and knowledge of Central Texas allows me to provide culturally-sensitive and locally-attuned care to my patients in a warm and approachable environment."



Now Open, ARC Senior Care

ARC Senior Care provides attentive, quality health care to our Medicare and Medicare Advantage patients with multiple chronic conditions in Central Texas. Available to adults 55 years and over with traditional Medicare or Medicare Advantage health insurance, our geriatric providers dedicate themselves to developing personalized care plans that address your chronic medical needs and optimize your health care.

Our Senior Care team strives to improve your health care by becoming the quarterback for your health care — partnering with you to manage your medications and your health concerns, coordinating with your family and your specialists when necessary.

Your ARC Senior Care team

Our dedicated staff is specialized in geriatric care and includes physicians, nurse practitioners, and physician assistants credentialed in family medicine, internal medicine, or geriatric medicine.

Our Senior Care team strives to provide you with personalized care by answering your medical questions, educating you about chronic health conditions, and connecting you with the appropriate healthcare resources and services you need.

Learn more at ARCseniorcare.com

