
About Courage Center

Courage Center is a nonprofit rehabilitation and resource center that advances the lives of children and adults experiencing barriers to health and independence. At Courage Center, we specialize in treating brain injury, spinal cord injury, stroke, chronic pain, autism, and disabilities experienced since birth. Founded in 1928, Minneapolis-based Courage Center offers advanced technologies and innovation provided in part through the efforts of thousands of volunteers and donors. For more information visit www.CourageCenter.org.

To learn more or make a referral, call Courage Center

Courage Center Golden Valley 763.520.0312
3915 Golden Valley Road, Minneapolis, MN 55422

Courage Center Forest Lake 651.464.5235
146 North Lake Street, Forest Lake, MN 55025

Courage Center St. Croix 651.439.8283
1460 Curve Crest Boulevard, Stillwater, MN 55082

Courage Center Burnsville 952.898.5700
100 Cobblestone Lane, Burnsville, MN 55337

www.CourageCenter.org



**COURAGE
CENTER**

3915 Golden Valley Road
Minneapolis, MN 55422

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Fall 2009

What's New at Courage Center



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New clinic focuses on people with spasticity

Courage Center's new Spasticity Clinic opens October 19 in Golden Valley. The clinic provides comprehensive, multidisciplinary evaluation and management and is designed to help improve mobility, increase independence, reduce pain and spasms, as well as improve overall quality of life. *To schedule an intake appointment, call 763- 520-0453.*

Services for Parkinson's patients available in Stillwater

Courage Center St. Croix now offers the LSVT (Lee Silverman Voice Treatment) BIG and LOUD program, one of only a few Minnesota sites to offer this evaluation and treatment for Parkinson's patients. Two speech therapists are certified in the LOUD approach, and two physical therapists are certified in the BIG approach. A support group for clients with Parkinson's also meets once a month at Courage Center St. Croix. *For more information, call 651.439.8283.*

TheraSuit Strengthens Children with Neurological Disorders

This unique and effective treatment focuses on the physiology of exercise and is especially helpful for clients with neurological disorders (cerebral palsy, traumatic brain injury or developmental delay). Intensive Therapy uses the TheraSuit method and focuses on strengthening and core stability. It is ideal for children who need to accelerate progress in developmental and functional skills. *For more information on this three-week program, contact Katie Pieper, clinic manager, Courage Center Burnsville at 952-953-5353.*

Major life improvements possible for people with brain injuries

Recent outcomes results show that clients with brain injuries consistently make major life improvements in the programs offered through Courage Center. These improvements are the direct result of dedicated and knowledgeable staff providing therapy and education of the highest caliber. *Read more about our outcomes research at www.CourageCenter.org (click on Outcomes).*

The doctor is in... in Stillwater

Courage Center's Rehabilitation Medicine Associates offers physician services once a week at Stillwater Medical Group Specialty Clinic in Stillwater. Jackie Kawiecki, MD, is available for appointments Tuesdays from 8 a.m. to 4 p.m. for both adult and pediatric clients. *For more information or to make an appointment, call 763.520.0453.*

Miron named Director of Physician Services

Dianne Miron joined Courage Center in August as director of Physician Services for Rehabilitation Medicine Associates. Miron has extensive experience in healthcare administration, most recently at Abbott Northwestern Hospital. *For more information or to make an appointment, call 763.520.0453.*

Now accepting applicants: Courage Center Youth Leadership Academy

Teens ages 13-17 with a physical disability or visual impairment are invited to apply for Courage Center's Youth Leadership Academy. This unique program guides youth with disabilities to develop leadership and employment skills, and promotes increased self-confidence and independence. To be eligible, applicants must demonstrate leadership, teamwork and problem-solving skills, as well as community service and advocacy. *To learn more contact Junior Mamea at 763-520-0558 or jr.mamea@couragecenter.org.*

Send Courage Cards this holiday season

An inexpensive way to say thank you this holiday season is to send Courage Cards. Our fine art holiday cards are created from original artwork representing acclaimed talent from around the world, most of whom are artists with disabilities. New this season: calendar cards, photo cards and all-occasion cards. All proceeds help support Courage Center programs and services. *To place an order, go to www.couragecards.org.*

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Ann and her daughter Chloe