
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.

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
New location as of Oct., 2011:
12400 Portland Avenue South, Suite 140,
Burnsville, MN 55337

www.CourageCenter.org



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3915 Golden Valley Road
Minneapolis, MN 55422

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Fall 2011

What's New at Courage Center



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Expanding our ability to serve inpatients

Courage Center's Transitional Rehabilitation Program, an inpatient skilled nursing facility, is now able to serve clients needing IV antibiotics and fluid as well as people recovering from total joint replacement surgery or multiple fractures. In September, we begin serving clients who require intermittent to 24-hour oxygen. Sixteen private rooms are now available. *For more information or to make a referral, call 763-520-0307.*

Health Care Home showcases excellent outcomes for patients

Excellent primary care can improve a person's health, reduce hospitalizations, lower health care costs, and improve the health care experience for people with disabilities and complex medical conditions. That is the finding of outcomes for Courage Center's Primary Care Clinic, a Minnesota-certified, patient-centered medical home. On average, hospitalizations decreased 76 percent after enrollment in our health care home. This lowers costs, on average, an estimated \$1,329 per person per month. The average number of days spent in the hospital each year by each client was reduced from 10 days to three days. Now serving 150 clients, Courage Center is one of Minnesota's largest health care homes.

To refer a patient with complex medical conditions to Courage Center's Primary Care Clinic, call 763-520-0453.

Courage Center Burnsville is moving Sept. 30

For 20 years, Courage Center has provided pediatric rehabilitation services to the south metro area. On Sept. 30, 2011, the clinic is relocating to 12400 Portland Ave. S., in Burnsville, about two miles north of our current location, off County Road 13 and Portland Ave. The new clinic location offers many benefits to clients and families including more parking space and a site that is closer to the heart of Burnsville. The new building has lots of natural light and green spaces – a better healing environment for clients. While we'll still focus on the rehabilitation needs of children, the new clinic space will allow us to serve more adult clients.

For more information, or to arrange an individual tour of the new clinic, contact Katie Pieper, clinic manager, 952-898-5700.

Physicians' Associates adds services, staff, east metro locations

Our team of experienced providers offers both primary care and physical medicine and rehabilitation services. They treat people with spinal cord injuries, acquired brain injuries, stroke, congenital disabilities and other complex health issues affecting physical and mental health. We specialize in spasticity management, bone density, wound care and chronic disease management. Our new health care professionals include:

- Megan Popp, M.D., physical medicine and rehabilitation, located at our clinics in Stillwater and Forest Lake, Monday-Thursday, from 8 a.m. to 4 p.m.
- Michelle Hunt, family nurse practitioner, who specializes in wound care, chronic disease management, health promotion and prevention across the lifespan.
- Korinne Novak, family nurse practitioner, who specializes in primary care and spasticity management, will practice at our Golden Valley location.

To make a referral to Courage Center's Physicians' Associates, call 763-520-0453, for all locations.

Inpatient Transitional Rehabilitation Program welcomes new director

Martha Swenson joined Courage Center as senior director, Transitional Rehabilitation Program (TRP) in July. She served in an interim capacity for two months prior to this. Swenson has 20 years experience in health care administration, including recent experience as the administrator of Transitional Services for the University of Minnesota Medical Center: Fairview, Minneapolis; and interim administrator at Mayo Medical Health Center in Lake City, Minn. She holds a master's degree in public health from the University of Minnesota and is a licensed nursing home administrator.

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. All proceeds help support Courage Center programs and services.

To place an order, go to www.couragecards.org.