



Natalie Cowell, APRN, CNP



I have been a Nurse Practitioner for 6 six years and a Registered nurse for over 14. I love caring for patients as if they are my family, deserving of compassion, honesty, patience, knowledge, and a little bit of humor. I provide patient-centered care, aiming to maintain quality of life by listening to each person's unique goals and implementing plans to reach them.

I love spending my free time with family, reading, and working in my gardens. I look forward to continuing my career at Genevive and building relationships with my patients and their families.

- Board Certifications / Re-certifications: American Nurses Credentialing Center/Adult Gerontological Primary Care Nurse Practitioner
- Professional Interests: Wound Care, Palliative Care, Chronic Disease Management, Mental Health
- Education: Master of Science, Nursing, St Catherine University, St. Paul, MN, Bachelor of Science, Nursing, Metropolitan State University, St. Paul, MN, Bachelor of Arts, History, University of Minnesota, Minneapolis, MN

Robert Helgren, MD



I am an Internal Medicine physician who values providing compassionate quality care to my patients. The last 25 years as an Internist has prepared me for my true niche - which is to partner with my senior patients and their families, to care for them with dignity and respect.

- Board Certifications / Re-certifications: Diplomate, American Board of Internal Medicine
- Professional Interests: Care planning for patients with complex diagnoses, Patient home visits, Listening to patients
- Education: Internal Medicine Residency, University of Minnesota, Doctor of Medicine, Wayne State University School of Medicine, Bachelor of Science, University of Michigan, Ann Arbor