



Maria Keita, APRN, CNP



I believe outcomes are improved when patients are empowered to make their own health decisions. This means putting patients and their families at the center of our care model and helping them through their health journey. In my years of experience, my patients and their families have consistently expressed gratitude for my thorough approach and willingness to listen to my patients. I strive to make my patients feel valued by making them and their goals the focus of my visit.

- Board Certifications / Re-certifications: Geriatric Nurse Practitioner, Adult Health Certified Clinical Nurse specialist
- Professional Interests: Geriatric patient centered care: Polypharmacy, Diabetes Management
- Education: University of Minnesota: Member of the Adult Gerontology Nurse Practitioner Advisory Council, School of Nursing, University of Minnesota

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