



Samantha Giffrow, APRN, CNP



I am passionate about providing individualized patient care while maintaining dignity, comfort, and quality of life all based off the patient's goals of care. I enjoy working as part of a collaborative team to ensure the best outcomes for the patients and families we serve.

- Board Certifications / Re-certifications: American Association of Nurse Practitioners.
- Professional Interests: End of life care, Dementia and Alzheimer's disease, Advanced care planning.
- Education: Master of Science in nursing, Purdue University Global, Bachelor of Science in Nursing, Bemidji State University

Cynthia Carlson, MD



I worked in acute care family medicine for 31 years. Over time, I became aware of the complexity of caring for seniors and their special needs, which could not be met with the hectic pace and difficult patient experience of acute care. Geriatric medicine in a nursing home setting allows me to meet these special needs with empathy and compassion. I am a good listener and nursing home medicine gives me time to get to know my patients and their families.

- Board Certifications: American Board of Family Medicine, Member of American Academy of Family Physicians.
- Professional Interests: I have professional interests in health and wellness promotion, geriatric medicine, chronic disease management and preventive care. I have an interest in communication and the art of medicine.
- Education: Family Medicine Residency, North Memorial, University of Minnesota Doctor of Medicine, University of Minnesota, Twin Cities Bachelor of Arts, Bryn Mawr College - Philosophy