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## Meet your Associate Medical Director

# Sarah Johnson

Sarah will tell you her grandparents were her most powerful inspiration. She had the privilege of spending time with Ruby in her later years of life. It was in those moments Sarah realized how broken our health care system really is as Ruby's advocate, translator of medical records, and navigator within the fragmented, confusing system. Even as a healthcare professional, Sarah found herself frustrated by what she experienced. This led to a newfound calling within her nursing career – she was determined to impact and create change for the senior population so that others like Grandma Ruby could experience something better. Sarah's grandfather "Lee" was a great source of wisdom and support. He truly believed that Sarah and Nurse Practitioners like her are "the answer to our healthcare crisis."

Her approach, as it was with her grandmother, is to put the focus on the client, helping them be where they want to be, doing what they want to do, and becoming as healthy and happy as possible. Her goal is to leave a footprint in the healthcare industry and serve seniors in a way that has them not just getting older but aging magnificently.

Aside from her fond memories of her grandparents, her biggest sparks come from her family especially Brent and their two children, Logan and Olivia. For Sarah, family is her greatest joy – ask her about them, she'll be happy to share her stories and learn from yours.

### Sarah's Professional Experience:

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*Lifesprk Health, Associate Medical Director*

*Lifesprk Health, APPN CNP / Manager of Health Services*

*North Memorial Total Care for Seniors, 2013-2019*

*Department Supervisor, APPN CNP*

*Allina Senior Care Transitions, APPN CNP, 2009-2013*

*Trauma Unit Charge and Staff Nurse, RN 2003-2009*

*Associate RN Faculty, North Hennepin Community College*



### PERSONAL INTERESTS

Family – husband, two children, parents, siblings and spending time at the lake, fishing, camping and running.

### CONTACT INFO

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# Meet your Nurse Practitioner

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*Lifesprk Health Associate Medical Director*



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