

Tai Chi Exercise for Stroke Survivors Newsletter

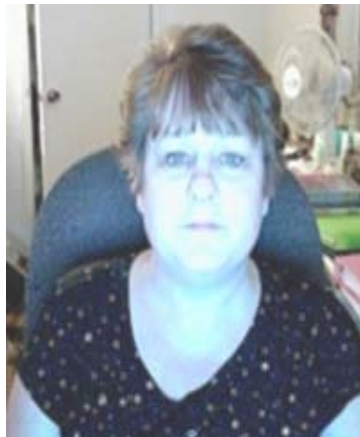
**Welcome to all the new study participants!
Congratulations to all of the study participants who have
completed the intervention, the 12 and/or 24-week follow-up
evaluations!**

Exercise Helps Decrease the Risk of a Fall!

Here is an exercise for you to try at home (suitable for all stroke survivors):

Sit to Stand: Begin by sitting in a chair. Stand up while trying to not use your arms to push yourself up. Slowly lower yourself back down, again not using arms for support. If you are unable to do this exercise without support, you may start off doing a mini-squat while holding on to the back of a chair or counter top. Be careful that when squatting, your knees stay directly over your ankles and do not extend beyond them.

<http://www.ncpad.org>



Welcome to Our New Research Team Member, Melinda Zeimantz!

Melinda is currently a first year FNP/DNP student. She has been a Registered Nurse for sixteen years and a Geriatric Nurse Practitioner for five years. She is currently working in a Doctor's office in Green Valley. Melinda became interested in Tai Chi during her Master's program, where she completed her thesis on Tai Chi and the prevention of falls in the elderly population. She has a beautiful daughter who is twenty years old and will be attending the U of A next year. She loves learning and traveling. Melinda says,

"I am excited about joining this study and look forward to working with everyone!"

Tai Chi Study in the NEWS!

Dr. Ruth Taylor-Piliae spoke with **KVOA** on September 8, 2010 about the physical, cognitive, and social benefits of using Tai Chi exercise for Stroke Survivors. View Tai Chi movements and participant's story at:

<http://www.kvoa.com/news/tai-chi-making-a-difference-for-stroke-victims/>

Aerobic Exercise May Improve Memory in Seniors

"Scientists have discovered that in certain areas of the aging brain, new cells are born and grow throughout life. It is exercise that seems to have the most efficacy in maintaining memory as our brains age." Neuroscientist Peter Snyder, Brown University, Alpert Medical School.

<http://www.npr.org/2011/02/21/133777018/aerobic-exercise-may-improve-memory-in-seniors?ps=cprs>

Dr. Ruth Taylor-Piliae, Principal Investigator

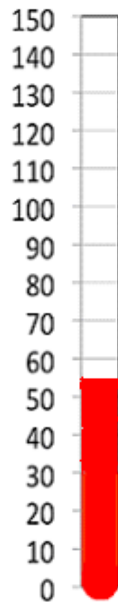
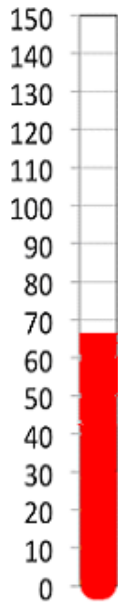
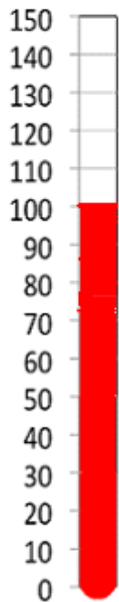
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View Dr. Taylor-Piliae discussing her research at:

<http://www.nursing.arizona.edu/scripts/FacEDU.asp>

Taking Our Temperature: Progress Report
 Our goal = 150 study participants by 2012 !!
 Keep up the good work—Tell your friends!



Total Enrolled=100

Completed 12-weeks=67

Completed 24-weeks=54

“Quotable Quotes”

“I come away at the end of each class a little more optimistic.” (study participant)

“Never Say You Can’t.” (study participant)

Study Locations Based on Group Assigned Starting January 2011

Study participants are randomized and assigned specific groups and locations for the interventions. See below for details:

Northwest Locations:

HealthSouth, NWH
 1921 W. Hospital Drive
 Tucson, AZ 85704
 520-544-5292

or

Profitness and Health
 1290 W. Prince Road
 Tucson, AZ 85705
 520-495-4987

Central/East Locations:

HealthSouth RIT
 2650 N. Wyatt Drive
 Tucson AZ 85712
 520-325-1300

or

Fit Center
 5555 E. 5th Street
 Tucson, AZ 85711
 520-571-7000 ext 101

Transportation Problems?

Did you know that the Americans with Disabilities Act enables you to have free transportation? With a serious and limiting disability, such as a stroke, you may apply for transportation with the ADA and receive a registration card for options such as Handi-car within 1 to 3 weeks.

Places to call:

ADA - Transportation
 Department: (520) 791-5409

 Handi-car: (520) 881-3391

 Vantran: (520) 791-4371

National Stroke Association

“National Stroke Association’s mission is to reduce the incidence and impact of stroke by developing compelling education and programs focused on prevention, treatment, rehabilitation and support for all impacted by stroke.”
 For more information, please visit:
<http://www.stroke.org/site/PageNavigator/HOME>
 1-800-STROKES info@stroke.org

Sign up for a free subscription to StrokeSmart™ magazine at
http://www.stroke.org/site/Survey?SURVEY_ID=4080&ACTION_REQUIRED=URI_ACTION_USER_REQUESTS

Tai Chi Research Office Contact Information

1305 N. Martin/P.O. Box 210203
Tucson, AZ 85721-0203
(520) 621-7081

Best times to call: 9am-3pm M-F

Feel free to contact us by email:

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Christine: chansen@nursing.arizona.edu

Study URL: <http://taichi.nursing.arizona.edu>