

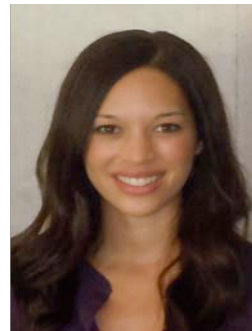
## Tai Chi Exercise for Stroke Survivors Newsletter

**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!**

**Welcome Two New Members to the Research Team!**



**Tiffany Hoke** is a Certified Neuroscience Registered Nurse (CNRN) and has a passion for neuroscience nursing and personal commitment to serving the neurological patient population. She has spent the past seven years specializing in neuroscience nursing at various facilities, including Johns Hopkins Bayview Medical Center in Baltimore, Maryland. She relocated to Tucson in 2008 to assist in the opening of The Carondelet Neurological Institute. After relocating, she obtained a Bachelors of Nursing and became a Critical Care CNRN. She is currently pursuing Doctor of Nursing Practice (DNP) and Acute Care Nurse Practitioner (ACNP) at the University of Arizona. She has a keen interest in alternative therapies and is both excited and grateful for the opportunity to join you throughout the next 12 weeks! She will be attending the Tai Chi and SilverSneakers classes.



**Daniella Boros** is a Tucson native and graduated from the University of Arizona with Bachelor's degrees in Molecular and Cellular Biology and Business Management. After working at a biotech company for two years, Daniella returned to the U of A where she worked at the Human Subjects Protection Program. She is currently pursuing a Master's degree in Physiological Sciences. She will be working on data entry for the study, and doing the 12-week and 24-week study assessments.

**Dr. Ruth Taylor-Piliae,  
Principal Investigator**

College of Nursing  
University of Arizona  
(520) 626-4881

[rtaylor@nursing.arizona.edu](mailto:rtaylor@nursing.arizona.edu)



View Dr. Taylor-Piliae discussing her research at:  
<http://www.nursing.arizona.edu/scripts/FacEDU.asp>



### 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.nepad.org>

#### Tai Chi Research Office Contact Information

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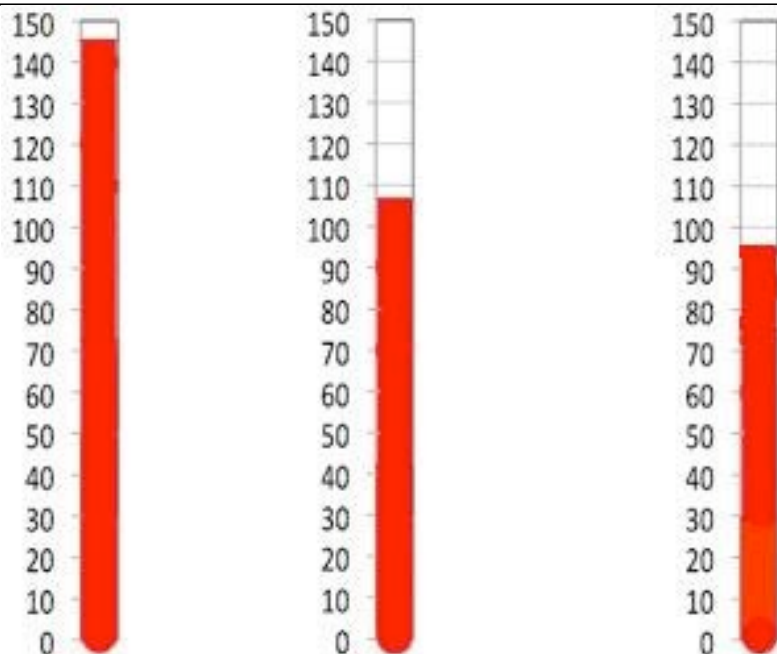
Best times to call: 9am-3pm M-F  
Feel free to contact us by email:

Marilyn: [mgilbert@nursing.arizona.edu](mailto:mgilbert@nursing.arizona.edu)  
Study URL: <http://taichi.nursing.arizona.edu>

Taking Our Temperature: Progress Report-  
We Have Reached 145 Participants! Way to  
Go!

**National Stroke Association**  
The 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](mailto:info@stroke.org)  
Sign up for a free subscription to  
StrokeSmart™ magazine at  
<http://www.stroke.org/site/Survey>



Total Enrolled=145

Completed 12-weeks=106

Completed 24-weeks=93

### Stroke Support Groups in Tucson

Support Group Location	Contact person/#	Days
HS-RH 1921 W. Hospital Dr. Tucson, AZ 85704	Susan Schuster 520-544-5420 susan.schuster@healthsouth.com	4 <sup>th</sup> Wednesday of each month, 10 am-11:30 am, Cafeteria
HS-RIT 2650 N. Wyatt Tucson, AZ 85712	Jenny Dissent, PT 520-322-4422	3 <sup>rd</sup> Thursday of each month, 4-6 pm, Room A/B
Tanque Verde Lutheran Church 8625 E. Tanque Verde Rd. Tucson, AZ 85749	Nan Smith 520-749-1606 (ext. 106) 520-885-3887	3 <sup>rd</sup> Wednesday of each month, 12:30-2:00pm, Linder Hall
TMC Seniors Classroom El Dorado Health Campus 1400 N. Wilmont Rd. Tucson, AZ 85712	Bob and Wanda Stauffacher 324-1960 www.tmc.az.com	3 <sup>rd</sup> Monday of each month, 10:30-12:00 pm
Green Valley Support Group La Posada 350 E. Morningside Rd. Tucson, AZ 85614	Jennifer Bunger 520-626-2901 <a href="mailto:Jbunger@shc.arizona.edu">Jbunger@shc.arizona.edu</a> Facilitated by Dr. Leslie Ritter	2 <sup>nd</sup> Thursday of each month, 10-11 am, Zuni Room
UAMC 1125 N. Vine Tucson, AZ 85719	Jennifer Bunger 520-626-2901 <a href="mailto:Jbunger@shc.arizona.edu">Jbunger@shc.arizona.edu</a> Facilitated by Dr. Leslie Ritter	2 <sup>nd</sup> Monday of each month, 11:30 am, Vine building