

Tai Chi Exercise for Stroke Survivors Newsletter

Congratulations to all of the study participants who have completed the intervention and their 24-week evaluations!

The Tai Chi Exercise for Stroke Survivors Study is officially concluded, and we have reached our goals! Thank you for your participation and support, we could not have done it without you!

✓ **REMINDER: STUDY RESULTS PRESENTATION
and LUNCHEON**

September 22, 2012, 11:30 AM-1:30 PM

Principal Investigator Dr. Ruth E. Taylor-Piliae will present the results of the Tai Chi Exercise for Stroke Survivors Study at the College of Nursing, 1305 N. Martin Ave., Tucson, AZ 85721. The event will take place on Saturday, September 22, 2012 from 11:30-1:30. There will be a light lunch provided. Please call the Tai Chi Research Office and speak with Daniella or Marilyn for more info or to RSVP by Sept. 1st.

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

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

rtaylor@nursing.arizona.edu



View Dr. Taylor-Piliae discussing her research at:

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

**Tai Chi Research Office
Contact Information**

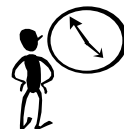
1305 N. Martin/P.O. Box 210203
Tucson, AZ 85721-0203
(520) 621-7081

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

Feel free to contact us by email:

Marilyn: mgilbert@nursing.arizona.edu

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



Exercise Helps Decrease the Risk of a Fall!

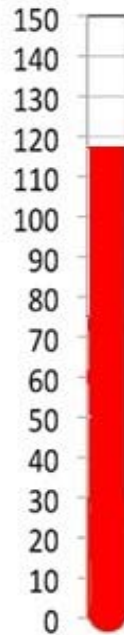
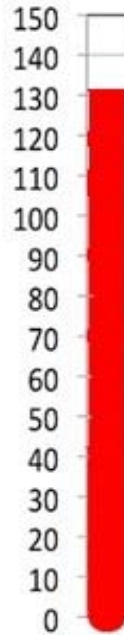
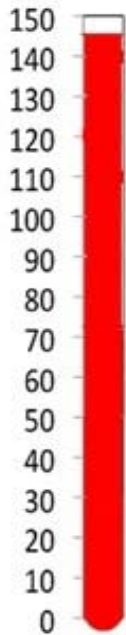
Here is an exercise for you to try at home (suitable for all stroke survivors):

Clock Stepping: Imagine that there is a clock painted onto the ground surrounding you. Directly in front of you is 12:00 (pictured below), 3:00 is to your right, 9:00 is to your left, and 6:00 is directly behind you. Stand on one leg and reach your other leg to the different hours of the clock. Only go as far as you are comfortable. Alternate legs.

<http://www.ncpad.org>



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
 Sign up for a free subscription to StrokeSmart™ magazine at
<http://www.stroke.org/site/Survey>

Total Enrolled =145

Completed 12-weeks=131

Completed 24-weeks=119

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 th 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 rd 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 rd 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 rd 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 Jbunger@shc.arizona.edu Facilitated by Dr. Leslie Ritter	2 nd Thursday of each month, 10-11 am, Zuni Room
UAMC 1501 N. Campbell Ave. Tucson, AZ 85719	Jennifer Bunger 520-626-2901 Jbunger@shc.arizona.edu Facilitated by Dr. Leslie Ritter	2 nd Monday of each month, 11:30 am, UAMC Cafeteria, Dining RoomC.