

Summer 2024

Greetings from the Director

It is summertime in Southern Arizona where the heat is always a topic of conversation and the quest for shade, AC and hydration is always a priority! As I sit in my air-conditioned office sipping an Arnold Palmer (see the above), I write this newsletter feeling grateful that the Stroke Resource Center of Southern Arizona can continue to serve our stroke community and in doing so, may make the lives of those touched by stroke just a little better. Below are some highlights of the last year and some information on exciting things to come. I hope you enjoy the rest of your summer and as always, we are here to help, so keep in touch!



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Looking Back

Last year we partnered with Therapeutic Riding of Tucson (T.R.O.T) to offer a new activity for our stroke community. We had an enriching afternoon with therapists, both humans *and* horses! Being able to walk or sit in wheelchairs in the enclosed yard close to/touching therapy horses was truly something special. Another session will be scheduled in the coming seasons--check back with us!

Our monthly stroke support groups are held in partnership with TMC for Seniors and continue to be very popular. Attendance can be in-person (TMC for Seniors building, adjacent to TMC in Tucson) or virtually (ZOOM). Both stroke survivors and caregivers are welcome (we often have in-person breakout sessions for caregivers). Young, older, working, retired, single, married, those with a new stroke or an older stroke, and those who live in Tucson or distant states, attend our stroke group. This year we have had a number of guest speakers, including a behavioral therapist, nutritionist, adaptive sport director, rehabilitation specialist, and a tai chi instructor. We sometimes hold support groups in different settings like local parks or cafes, just to mix it up (sorry, no Zoom in these alternate locations).

Stroke Round-Up 2024 was a tremendous success! First, a little back story. For nearly a century, Tucson has held a rodeo, a parade and community events. Today, rodeo days in February come with school closings, retail and bar rodeo specials, a reason to wear cowpoke gear everywhere and still, many community rodeo events, including our rodeo day retreat! This year, close to 90 stroke survivors, caregivers and volunteers yee-hawed and giddy-upped to Stroke Round Up and enjoyed a day of cowpoke games, support groups, live music, educational talks and good food and better company. Thanks to our generous sponsors (College of Nursing, Univ. of Arizona, Encompass Health, Feldman Disability Law) people attended at no cost. Below are pictures from the event.



At the end of 2023 the Stroke Resource Center of Southern Arizona ended a fruitful 5-year partnership with Tucson Medical Center Foundation. The partnership supported Tucson Medical Center's Stroke Transition of Care Program. The goal of the program was to gather information about and support stroke survivors and their caregivers as they transitioned from the hospital to living with stroke in their community settings. More than 400 patients a year who experienced a stroke or TIA were telephoned by a SRCSA Community Stroke Nurse after they were discharged from TMC. The SRCSA Community Stroke Nurse gathered information about such things as medication management, knowledge of stroke, follow up appointments and details about their physical and emotional health. Resources were provided when any needs were identified. Patient, family and hospital evaluations of the program were highly positive, incentivizing us to find a way to continue to reach stroke families once they are discharged (see new program described below!). Again, on behalf of all the stroke patients and families we served, we sincerely thank the TMC Foundation for supporting the stroke transition of care program.

As the last note looking back, it is with a heavy heart that we say goodbye to our dear friend and founding SRCSA member, Diane Wolsk, who passed away in July 2024. Our tribute to Diane can be found on the SRCSA website.

Looking forward



The SRCSA, TMC for Seniors and the TMC Stroke Program are currently working together to develop a novel post-discharge texting program to support stroke survivors and caregivers as they transition

from the hospital to their home. The program is slated to roll out in Fall/Winter 2024. Stay tuned for news on how this unique program is being received by TMC staff, stroke survivors and caregivers!

Several of our stroke group members are avid archers. Archery is a sport they learned after having had their stroke. In the Fall 2024, we will have an in-person activity with a local Tucson archery center that specializes in adaptive archery. Check our website for more information.

Monthly stroke support groups and a February 2025 Stroke Round Up will happen, so again, check our website for more information and for pictures of events!

Last, as we look forward to another wonderful year, we remind our readers that the Stroke Resource Center operates as a non-profit organization. Our leadership volunteers their time and we do not charge people for participating in the activities described above. However, these activities do cost money. We continue to exist because of generous donations from people like you. Thank you in advance for considering supporting us and the stroke community we serve. Please see our website for donation information.