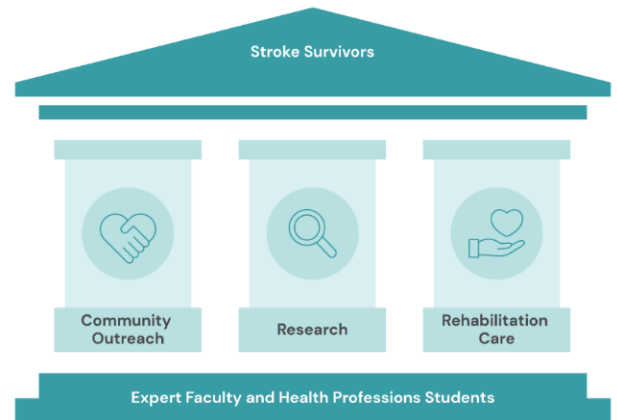


Executive Summary: The Tedy's Team Center of Excellence in Stroke Recovery has made significant strides in advancing its mission. The Center has identified innovative ways to reach underserved communities, increasing their awareness of stroke signs and symptoms and preparing them to take action. Additionally, the Center supports three teams of research fellows who are making substantial progress in collecting pilot data. Furthermore, the Center continues to offer 1:1 rehabilitation care and has created two highly appreciated therapeutic groups for stroke survivors and their caregivers.



Community Outreach

In the first half of 2024, Tedy's Team Center continued to spread awareness about the signs of stroke across the Greater Boston area, reaching those from high school-aged students to senior citizens at 7 different events, including:

- **Schools**
 - Provided educational workshop within the curriculum of La Colaborativa STEM Internship Program for high school students in Chelsea, MA – January 5, 2024; students went on to apply their knowledge by sharing information within their community at a local health fair
 - Distributed materials and provided education to families of elementary school-aged children at the Harvard Kent Wellness Fair in Charlestown, MA – March 14, 2024
- **Parks**
 - Participated in NEW Health's Viva La Bocce Health Fair in North End, Boston – May 4, 2024
- **Senior Living Apartments and Communities**
 - Provided a bilingual English/Albanian Stroke Education Workshop at South Boston Apartments – April 30, 2024
 - Provided a bilingual English/Chinese Stroke Education Workshop at Robert A. Georgine Towers in Charlestown, MA – May 23, 2024
- **Community Centers**
 - Provided a bilingual English/Spanish Stroke Education Workshop in partnership with Chelsea Community Connections in Chelsea, MA – May 14, 2024
 - Participated in the Joseph R. Betancourt Health Fair in Roxbury, MA – May 11, 2024

Tedy's Team Center of Excellence also curated [news items](#) and [social media content](#) to bring attention to stroke recovery and stroke signs and symptoms in May 2024 for Stroke Awareness Month. These efforts included a video highlighting the personal story of an IHP faculty member developed to help others identify signs of stroke and the importance of immediate activation of emergency medical services. This video was shared through IHP social media accounts and partner organizations.

Research

The [Tedy's Team Stroke Research Fellows](#) are making excellent progress on their novel research projects focused on:

- Identifying the moderating roles of psychosocial, physical activity, and communication factors on fall status after stroke using ecological momentary assessment
- Scaling up: Piloting a home-practice version of Melodic Intonation Therapy
- Activating Life Participation: Tracking outcomes after an Intensive Comprehensive Aphasia Program

The findings from these pilot studies will be leveraged to apply for external funding to support larger research studies aimed at identifying new rehabilitation interventions after stroke.

Two senior researchers, [Dr. Julie Keysor](#) and [Dr. Teresa Kimberley](#), are currently leading NIH research projects aimed at improving outcomes of stroke survivors, with funding to support PhD in Rehabilitation Science graduate students and post-doctoral fellows. These two scientists shared more about their work during the [Celebration of Tedy's Team runners on June 6, 2024](#).

Rehabilitation Care

Stroke survivors continued to access high quality rehabilitation care focused on personalized goals. Ana Aguilar, a long time client, shared her [inspiring journey](#) in May 2024 as a part of Stroke Awareness Month.

- 58 clients with stroke received services for Physical Therapy, Occupational Therapy, Speech and Language Pathology and/or Nursing.
 - At the end of the academic year, each client is asked to fill out a satisfaction survey to help us evaluate our program and ensure every client is receiving the care they need. This survey asks about every part of their visit including logistics around accessing the building, whether they felt respected, if they felt heard, and if they were provided with clear explanations to their questions. When asked about the greatest benefit of their visit, some of the responses included:
 - “Addressing my conditions and concerns with the student I was working with”
 - “Keeping me in an upward mental state after a debilitating stroke”
 - “All of the motivation I received, and how important I am made to feel”
 - “Ongoing improvement when insurance coverage is limited”
 - When asked what they liked best about their visit, some of the responses included:
 - “The program allowed me to see personal progress on a weekly basis”
 - “Provided me with purposeful, mindful, and intentional activities”
 - “The lead therapist and students went out of their way to accommodate me and explain any questions I had to keep me pushing myself”
- Two new groups were piloted in Tedy's Team Center of Excellence in Stroke Recovery. The groups were led by doctoral students and supervised by Tedy's Team Center Faculty.
 - Support Group for Caregivers of Stroke Survivors
 - This [group](#) was held virtually for 5 weeks with positive feedback from participants.
 - Rebuilding Identity after Stroke
 - This [group](#) was held in person for 5 weeks with positive feedback from participants.
- Planning is underway for another Waterfront Wellness Walk for stroke survivors in October 2024.

In conclusion, the Tedy's Team Center of Excellence in Stroke Recovery at the MGH Institute of Health Professions has made remarkable strides in Community Outreach, Research, and Rehabilitation Care.