



Ann Taylor
2014 Walk to Cure Arthritis
Committee Chair
Indianapolis, IN

Ann Taylor used to skate through life, quite literally, until arthritis began to ravage her body. A speed skater and inline roller blader, Ann competed all over the Midwest and was undefeated until arthritis caught up with her.

"I was at a breaking point," Ann recalls. "My hips hurt so badly that I couldn't climb a flight of stairs. My hands and feet hurt and I was SO tired all of the time."

Initial blood tests indicated that Ann might have lupus, but rheumatologists instead diagnosed her with mixed connective tissue disease. Medication provided little relief. Three years later doctors would change Ann's diagnosis to rheumatoid arthritis (RA).

"RA changed almost everything about me," Ann recalls. "I had to redefine who I was. I was frustrated and struggled to feel better about myself because I had changed so much in such a short time."

An athlete at heart, it was difficult for Ann to give up her favorite pastimes like water skiing, hiking and Civil War reenactments. But she eventually discovered the healing powers of the Arthritis Foundation's Tai Chi classes.

"Tai Chi has helped keep my joints mobile and has given me a wonderful support group," Ann boasts. "Plus, it's so much fun that I'm now trained to teach it!"

Ann manages her pain with an IV infusion every six months. That, coupled with the Tai Chi, has allowed her to take up several new hobbies. Among them, hand stamping cards, photography and motorcycle riding when her arthritis permits. And if that weren't enough, she's agreed to chair the 2014 Indy Walk to Cure Arthritis.

"I am so excited about this opportunity," Ann beams. "Anyone with arthritis knows the ups and downs of the disease. Volunteering on the Walk committee means you can not only make a difference in your life, but the lives of others. Let's make 2014 the year we find a cure!"

The Arthritis Foundation is grateful for Ann's commitment to the cause, and we are honored to have her serve as the 2014 Walk to Cure Arthritis committee chair.

About the Arthritis Foundation

The Arthritis Foundation (www.arthritis.org) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.