



Connecting Through Dance: Dance for Parkinson's Disease Newsletter

January 2020



Hello from Ali

Happy New Year! Happy New Decade! Reflecting on this past decade, we are thankful to all of you who continue to dance, support and encourage our Dance for Parkinson's Disease Program. We have come so far since our first class at Oakland University in 2014 and have exciting things in store for 2020! In this month's issue you will find information about our weekly dance classes, special events with Take Root as well as community news and involvement. Thank you to everyone who continues to dance with us. To those who are new to our program, we welcome you! We appreciate your action in our mission to Impact Lives Through Dance! As always, I look forward to dancing with you!

Upcoming Community Events

Take Root in *Berlin and Other Obscure Dreams*



Take Root will perform at Oakland University in their March 6 -7, 2020 concert, ***Berlin and Other Obscure Dreams***. Opening the 2pm matinee performance on March 7th is our favorite performance of the year by our DPD dancers. New this year, not only will the DPD dancers open the show, but the children from Take Root's Arts Education Outreach will join in the opening performance! You don't want to miss this! All DPD dancers from any of our classes are encouraged to join!
Go to www.takerootdance.com for tickets!

DPD + OU Health Sciences!



Again this year, the DPD Program will collaborate with Oakland University's School of Health Sciences Physical Therapy Program. On February 13th, Dance for Parkinson's participants will join the Neuroscience PT Graduate Students at the Health Science Building on Oakland University's campus for a special workshop led by DPD Program founder and director, Ali Woerner. Keep an eye out for sign up and more information during regular class times and through email.

Take Root Faculty head to Toronto!



Thanks to a generous "Anonymous Grant" the DPD Program Faculty head to Toronto the second week of January to participate in the Dance for PD Advanced Training at Canada's National School of Ballet. The workshop is presented in partnership with Canada's National Ballet School, Dancing with Parkinson's Canada, and the Dance for Parkinson's Network Canada. During this two day workshop, instructors will learn new ideas for their DPD classes, connect with other teachers throughout the US and Canada and bring back new and interesting concepts to our classes!

World Health Organization report demonstrates power of arts to impact mental and physical health

We are so excited to share these findings with all of you!

"A newly-released report from the World Health Organization Regional Office for Europe finds significant evidence for the impact that arts can have on mental and physical health for a wide range of populations and conditions, and features Dance for PD as a case study for effective practice and scalability."

This report also stated, "Dance has repeatedly been found to provide clinically meaningful improvements in motor scores for people with Parkinson's disease (PD). Dance involves basal ganglia structures, activating similar neurological pathways to regular exercise, and also supports the psychological state by enhancing the concentration of serotonin. Improvements have been found in balance, gait speed and functional mobility. When directly compared with exercise interventions, dance appeared to have stronger effects on balance but not on other functional outcomes. However, dance studies involving people with PD have also typically shown high compliance rates, low dropout and continued activity beyond the study period."

For more information, click the link below!

Dance For Parkinson's Disease Classes

Oakland University, Varner Hall Rm 132

Please check website for specific class dates.
Free and open to the public.

Older Person's Commission(OPC)

Classes held every Monday from 1-2pm in the Gymnasium. Must be a member of OPC to join. \$10 drop-in rate.

St. Joseph Mercy Oakland

Classes are available every Tuesday from 10:45am - 12pm.
Registration is required. All classes are Free. For more information or to register, call 248-858-6200

One Ford Place

1 Ford Place Detroit, MI. 48202
Room 5Co8 Free Parking in 3rd street parking lot
Mondays from 2:45-3:45
Free and open to the public.

To find more information on classes or how to be a volunteer
visit www.takerootdance.com/danceforpd
Contact Ali Woerner/Dance for Parkinson's Disease Program Director for more
information at takerootdance@gmail.com

Support Take Root



Are you interested in supporting Take Root?
[Click Here](#) to learn more.

Thank you!

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and

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Thank you to those whom have donated and continue to support our mission to *Impact Lives Through Dance*. For donor information, please go to <https://www.takerootdance.com/sponsorships>

