



## Connecting Through Dance: Dance for Parkinson's Disease Newsletter

**December 2020**



### Hello from Ali

It's the holiday season! That means waking up to snow, drinking hot chocolate and maybe having a good virtual snowball fight or two with us! In this issue of our Dance for Parkinson's Disease newsletter, you will find more fun activities you can do at home, ways you can reach out to us to stay connected. I appreciate each one of you and hope you are keeping yourselves safe, active and engaged. Our Take Root interns have done another lovely job of compiling this newsletter again this month. Thank you to everyone who continues to dance with us and support our important impactful program! As always, I look forward to virtually dancing with you!

## Let's Dance!

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Below is the link to our Dance for Parkinson's Disease class for this month. We hope you enjoy dancing with us as much as we have loved creating the classes for you!



[Click here for the December Video!](#)

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## We Want to Hear From You!

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As the weather has started to get colder, we hope you can stay warm by dancing with us! In the meantime, if you have any song or activity requests, please let

us know. We would love to hear your suggestions! These videos are for you, and we want to make them as enjoyable as possible.

[Click here for the questionnaire](#)

## Tips and Tricks

Although our monthly video series are a great way for us to continue to connect and move together during these precarious times, you can also utilize things around your home to keep your creativity and body moving in the comfort of your own home!

Grab two kitchen utensils, such as wooden spoons or spatulas, possibly even sticks from outside and turn on an up-beat song. For example, *Break My Stride* by Matthew Wilder has a groovy beat in which you can follow along. With your utensils, tap them together with the beat in the music. You can also clap your hands or pat the tops of your thighs! If you have someone who is able to dance with you, make sure they also have a prop! You can switch between tapping your own to sitting across from one another and tapping each other's instruments together!



[Here is a link to the song suggested above](#)

## Spotlight

Hello Everyone, my name is Katie Kirkum. Growing up in a family who always made community outreach a priority, I have been drawn to Take Root from the moment I learned about all that the company stands for. Not only do I admire the way the company works with one another in rehearsal and on stage, but I also love that they have made it a mission to use dance to reach populations in need of creativity and movement. I have specifically been

interested in their Dance for Parkinson's Disease outreach because I am also working towards my doctorate in physical therapy and want to devote my life to improving the way people live their lives. Being an intern for Take Root's Dance for PD program has allowed me to combine my two passions of dance and therapy and has been a blessed opportunity for me.



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## Bits of Happiness

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Bits of happiness is a segment where we ask our participants to share with us the things you've enjoyed most about our classes. During these trying times it is important to stay positive and find the things that make you happy. If there's something that stood out to you or a moment from class that made you smile please use the link below to tell us about it! We hope you all stay safe and well. -Keep a song in your heart, and a dance in your feet!-

<https://www.takerootdance.com/contact>

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## Support Take Root



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

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# Thank you!

## Special thanks to:

Oakland Together Cultural Institution COVID-19 Support Grant

The Community Foundation of Greater Rochester's Cupp Family and Friend's Youth Endowed Fund, and an "Anonymous Grant" for help in continuing our outreach and performance work!

Oakland University's URC Faculty Fellowship Grant, The WDF Employee Matching Gifts Philanthropic Fund and Amazon Smile

We'd also like to thank

Oakland University's College of Arts and Science Dean's Office

and

Oakland University's Research Department!

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>



### TAKE ROOT DONOR LEVELS

<b>NEW GROOVE \$100</b> <ul style="list-style-type: none"><li>- Discount on TR swag</li><li>- TR sticker (for iPad, Mac, etc)</li><li>- Tax deductible</li></ul>	<b>ALL ABOUT THE ARTS \$1,000</b> <ul style="list-style-type: none"><li>*All previous incentives PLUS</li><li>- Invitation to special outreach programs and opportunity for personal involvement (children/grandchildren perform, special PD classes)</li><li>- Free TR swag</li></ul>
<b>SUPPORTER \$250</b> <ul style="list-style-type: none"><li>*All previous incentives PLUS</li><li>- Opportunity to get involved through planning committees for events</li></ul>	<b>INNOVATOR \$2,500</b> <ul style="list-style-type: none"><li>*All previous incentives PLUS</li><li>- Reserved seating for concerts</li><li>- "Bring a friend" Free-B ticket for certain concerts</li><li>- Recognition in programs and on web-site</li><li>- Annual Membership dinner</li></ul>
<b>FRIEND \$500</b> <ul style="list-style-type: none"><li>*All previous incentives PLUS</li><li>- Opportunity to get involved in planning committees for Outreach programs</li></ul>	<b>BENEFACTOR \$5,000+</b> <ul style="list-style-type: none"><li>*All previous incentives PLUS</li><li>- Private Breakfast with Directors</li><li>- Invitation to closed rehearsal</li></ul>
<b>DANCER AT HEART \$750</b> <ul style="list-style-type: none"><li>*All previous incentives PLUS</li><li>- Two free tickets to TR hosted concerts</li></ul>	