

Connecting Through Dance: Take Root's Fall Newsletter

October 2021



Hello from Ali: Take Root Founder and Artistic Director

Welcome to Take Root's 2021/2022 Season! For this season, our company has decided to interview and spotlight two important figures that have greatly enhanced and impacted the Take Root community. In our Fall Newsletter, you will find interviews with Take Root Assistant Director (among many other titles) Vivian Costello, and Hap Walton, the inspiration behind our Dance for Parkinson's Disease Program. Don't forget to mark your calendars from our 'Upcoming Events' section at the end of each newsletter! Thank you for your support and for helping us Impact Lives Through Dance!

What's Your Take Root Story?: Conversations With Take Root

Meet Take Root Assistant Director and Company Member:

Vivian Costello!



Vivian Costello has been an essential part of Take Root's community since 2013. Recently, we interviewed Vivian to learn about her journey and her many experiences with Take Root.

How did your story begin with Take Root?

In 2012, I first began dancing in a company led by Ali, pre-Take Root, called Shifting Sol. As a senior at Oakland University, Ali asked me to apprentice and perform with the company. After that show, Take Root was formed and I became one of the founding company members in 2013.

How has your role changed with Take Root since you initially joined the company?

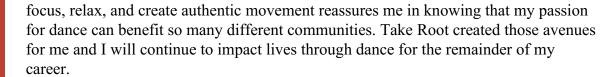
I began my professional career with Take Root, so I was young and green in 2013. Throughout the years of dancing with the company, Ali and other senior company members helped shape me into the dancer I am today. Now, as a senior company member myself, I've grown tremendously and have a wonderful career to look back on. I have progressed from being just a performer, to teaching Dance for Parkinson's Disease classes, participating in our Arts Education Outreach program, leading rehearsals as the Rehearsal Director, and filling the role of the Assistant Director of the company.

What is your favorite thing about being a member of Take Root?

You may hear this a lot, but it's worth mentioning because it's important. Take Root is a family. I am blessed to have incredible dancers (not just in talent, but in heart too) surrounding me every Friday rehearsal and during every performance. We are lucky as a company to have a leader like Ali that creates a safe, welcoming, professional yet vivacious and fun environment to excel in.

How does the work you do with Take Root matter to you?

The work we do as a company means a lot to me. Our mission statement says it all-impacting lives through dance. Dance can be so beneficial regardless of age. Seeing our Dance for Parkinson's Disease dancers smile, laugh, and have an hour of relief makes my heart fill with gratitude. Seeing the little ones in our Arts Education classes



What's your favorite memory as a member of Take Root?

This is a tough one! We've had SO MANY fun memories and experiences as a company. I'd have to say performing for the first time abroad in South Korea is my favorite memory. We danced at a venue called the Tri-bowl (Google it for some pictures!). Absolutely amazing space! However, I'm not kidding when I say it was AT LEAST 105 degrees in there! I have never sweat so much in my life. It was so hot that Sam's (Take Root's Media Director) camera actually overheated and stopped working! That whole trip was so much fun- not knowing the language, eating new foods and not knowing exactly what those foods were, exploring different cities and staying in a hotel that had pretty spectacular disco lights... in the shower!

Meet Hap Walton (Through His Wife, Kathy Walton), the Inspiration Behind Take Root's Dance for Parkinson's Disease Program!



Thanks to Kathy Walton, we had the opportunity to reflect on our special times with she and her husband Hap and the Dance for Parkinson's Disease Program. Although Hap passed away due to Parkinson's Disease this past summer, his memory and spirit continues throughout our program.

What was/is your and Hap's relationship to Take Root and the Dance for Parkinson's Disease Program?

We were introduced to Dance for PD when the Mark Morris Dance Company came to our area and gave a demonstration to our PD group. We loved it and decided to present the idea to Ali Woerner, hoping to bring this great form of exercise to Michigan. Ali was trained in New York and has grown this program so that many people can

participate in this exercise. Take Root does an amazing job of enhancing the community by bringing dance and fun to the PD community, keeping them active and moving with exercise.

Why did Hap keep coming back to class week after week, year after year?

We found that we loved the presenters' enthusiasm, the music we danced to, and the friendships we developed with others in the Dance for PD program. We developed a community of people who understood one another about a very difficult disease. Plus, it was something to go and do every week. PD starts to limit what you can do outside of your home. It is so important to connect with others, to not feel isolated, and to stay connected with people who are experiencing the same developing symptoms.

How did Take Root's Dance for Parkinson's Disease Program impact you and Hap? How do you think it helped with his PD both mentally and physically?

We found that the time in class was very fun. The opportunity to move to music and act silly with our own interpretations of dance brought us a lot of joy. It was great to see people engaged with each other before and after class. Looking forward to class was as important as actually going to class. Often, people with PD give up, stay home and stop moving. However, exercise is equally as important to the medications those with PD take. Depression and isolation often happen when the PD person doesn't get out and be a part of life. I have heard people who reluctantly come to that very first class state, "This was not what I expected!", and most importantly, they return to class the following week. This form of exercise wasn't "work", it was fun! *Good for the body and the soul*!

What was a favorite memory from your time with Take Root's Dance for Parkinson's Disease Program?

It is difficult to state one memory! If I were to pick one, it would be the day Ali stated that we- the Dance for PD class- would perform alongside Take Root's professional company members in a spring concert. We had so much fun preparing for that presentation. The practices, stepping outside of our comfort zones, looking forward to being a part of something, inviting family and friends to attend, and actually presenting our work on stage, all created a great and everlasting memory.

Upcoming Events



Get Your Tickets Today!

Take Root is thrilled to be performing LIVE and IN-PERSON! Saturday, November 6th at 7:30pm, *Take Root Presents: TAKE ROOT LIVE!* at the Andy Art Center in Detroit. Doors for the concert open at 7pm and the concert is accessible to all. Masks will be required.



Click Here for Tickets!

Save the Date!

Take Root's Virtual Fundraiser: *What's Your Take Root Story?* further explores how Take Root not only continues to Impact Lives Through Dance but how those

communities have impacted others! Join us, virtually, February 4-6, 2022!



Thank you!

As always, Take Root thanks all of those in our community for your continued support!

We hope to see all of you soon through our upcoming performance, classes, and more!

To contact us, please visit our website!

Visit our website

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!

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We'd also like to thank
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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's Mission:

Whether it is through our performances or through our influential outreach programs, Take Root prides itself in our mission to Impact Lives Through Dance, and in our commitment to the community.

We strive to impact the lives of others, to provide equal opportunities, to connect and to contribute to the intellectual and artistic life, inclusive to any individual and community we encounter through the art and movement of dance and through support of inclusiveness and diversity.

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