



Connecting Through Dance: Dance for Parkinson's Disease Newsletter

April 2021



Hello from Ali

It is definitely spring in Michigan; warm one minute and freezing the next. That hasn't stopped us from enjoying our time with all of you! In this issue, we have information about our upcoming Live/In-person concert, bits of happiness to share and things to do at home when you aren't with us. We have had new friends join us from North Carolina on our zoom classes this month! Welcome! Thank you to everyone who continues to dance with us. To those who are new to our program, we welcome you! As always, I look forward to dancing with you

Upcoming Events



Save the date!

Take Root is thrilled to finally be performing LIVE and IN-PERSON! May 7th at 7:30pm and May 8th at 2pm, *Take Root Presents: SixWord Stories* as part of Oakland University's Outside the Box performing Arts Festival. The concert is accessible to all, and all COVID protocols will be in place.



[Click Here for Tickets!](#)

LIVE and ZOOM Classes!

We are now back at OPC on Mondays 11-12pm. Please see the “Spotlight” section below for more information on OPC and all they offer for the community.

Please join us for our scheduled Zoom class May 8th from 11-12.

[Click here to RSVP!](#)

Groovy!

Take Root thrives on collaboration. Mike List of Rela Percussion is one of our favorites! He plays all kinds of percussion instruments (those of you who came to our 2019 Professional Artist Series concert at Oakland University, you will remember he played glass bowls for our sound score). We are proud to have created fun improvisational videos to accompany each score release. Check it out below!

[Click here for the Video!](#)

Let's Dance!

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 April Video!](#)

We Want to Hear From You!



Please use this google form to let us know how we are doing and how we can improve. Take Root strives to create a safe, inviting and artistically inspired atmosphere for everyone no matter if we are virtual or in person. Your feedback will help us to continue to make our classes even better. Thank you for taking the time to reach out to us and to help Impact Lives Through Dance!

[Click here for the questionnaire](#)

Tips and Tricks

One of our favorite activities in class is to create a phrase together. We pick a theme and each person offers a gesture that they think of within that theme. Some are beautiful, funny, clever, but all are creative! This month we challenge you to use the theme of Baseball and create a couple of your own gestures within that theme. Put them together one after the other. Find your favorite groovy music and try your new phrase with the music. If you have a loved one or caregiver, have them learn it with you and you can dance together! We would love to see it, so if you feel like sharing it, send it to us so we can take a peek! Above all else, have fun!



Spotlight



For over the past four years, Take Root has offered a Dance for Parkinson's Disease class at the Older Person's Commission in downtown Rochester. The Older Persons' Commission (OPC) provides something for everyone 50+ with a wide array of personal enrichment, fitness, aquatic, social and travel offerings. They also offer supportive senior services such as Meals on Wheels, Adult Day Service, Transportation and more. Residents 50+ of the City of Rochester Hills, City of Rochester and Charter Township of Oakland are automatically members of the 90,000 sq. ft. state-of-the-art facility - just come in and register. We are so thankful for the unwavering support from OPC for our Dance for Parkinson's Disease Program and look forward to being back in person this April! For more information on OPC please go to:

<https://www.opcseniorcenter.org/about>

Bits of Happiness



This past week was our first week back for our in-person Rochester class at OPC. It was incredibly refreshing to see familiar faces, touch base and salsa dance together through the auditorium. It made us realize how much we have truly been through this year as a community, and how resilient the PD community is! We are so thankful to see each and every one of you, no matter if it is in person, over zoom or through email. We are grateful for each one of you! Our class last week gave us hope that we can ALL be back in person someday soon!

Please let us know if you have any Bits of Happiness to share!

Contact
Us!

Support Take Root



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

Thank you!

A huge THANK YOU to all who donated to Take Root's Virtual Fundraiser this past week! If you couldn't make it or would still like to donate please visit the website below.

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!

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

NEW GROOVE \$100

- Discount on TR swag
- TR sticker (for iPad, Mac, etc)
- Tax deductible

SUPPORTER \$250

- *All previous incentives PLUS*
- Opportunity to get involved through planning committees for events

FRIEND \$500

- *All previous incentives PLUS*
- Opportunity to get involved in planning committees for Outreach programs

DANCER AT HEART \$750

- *All previous incentives PLUS*
- Two free tickets to TR hosted concerts

ALL ABOUT THE ARTS \$1,000

- *All previous incentives PLUS*
- Invitation to special outreach programs and opportunity for personal involvement (children/grandchildren perform, special PD classes)
- Free TR swag

INNOVATOR \$2,500

- *All previous incentives PLUS*
- Reserved seating for concerts
- "Bring a friend" Free-B ticket for certain concerts
- Recognition in programs and on web-site
- Annual Membership dinner

BENEFACTOR \$5,000+

- *All previous incentives PLUS*
- Private Breakfast with Directors
- Invitation to closed rehearsal