



Connecting Through Dance: Dance for Parkinson's Disease Newsletter

March 2021



Hello from Ali

Spring is in the air! Which also means it is time to put a little “spring in our step!” We have news to share about upcoming in person classes and zoom classes. We can’t wait to share about the Oakland University Health Science Neuroscience Course we dropped in on for our annual visit, Spotlights, some new tricks to try at home and more!!! 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



LIVE and ZOOM Classes!

GUESS WHO'S BACK!

For those of you who are members at the Older Person's Commission, we will start back in person Monday, April 12th from 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 classes coming up on April 10th from 11-12pm and 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). He recently compiled "Grooves and Sounds," and will release one track a week starting March 24th. We are proud to have created fun improvisational videos to accompany each score release. Check it out at

[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 March 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

During our zoom class this past February, we found spoons or other types of drumming sticks that we used during a rhythm section of class. Look around your house and find some other safe, yet uncharacteristic items you could use as props. For example, you may find shoes you could pat on your chair with or salt and pepper shakers you could make percussive sounds. Now, find a good song. Aretha Franklin is always a solid choice! Try to keep constant with the beat in different ways; patting the shoes or shaking the salt and pepper. We can't wait to hear about your findings!



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



Every Winter semester our Director, Ali Woerner, drops in on Oakland University's Health Science Graduate Physical Therapy students during their Neuroscience Intervention course. This semester she changed it up! For a three hour session, Ali danced with the PT students, offered a lab on the importance of working within the community of those living with Parkinson's and added a zoom interview portion with a couple of our very own Dance for Parkinson's Disease participants. Laurie even zoomed on all the way from California to talk with the students! We are grateful for our consistent collaboration with OU's Health Science Department and the chance to continue our efforts to inform, inspire and Impact Lives Through Dance!

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