DTP Happenings

Dancing through Parkinson's

November 2019

Invertigo Dance Theatre

Dancer Spotlight: Jack Gregory @ DTP-Venice

DTP-Venice Participant Jack Gregory

"Dancing Makes Me Feel Better" – Longtime DTP dancer Jack Gregory leads us in his chant as we circle up to end class. This sums up the joy and enthusiasm he has brought to our Electric Lodge community each week since DTP classes began in 2011. "Dance is something I like to do, and I meet other people here who all have positive attitudes. I leave with a big smile on my face and this happiness spills over into the rest of life. I hope that this can help other people."

From the start there was fierce competition between Jack and our late, dear friend, Dick Huppertz, over the startling and oh so stylish socks they chose to wear. He concedes that he lost that contest but has carried on the tradition of surprising us each week. You can watch Jack's toe-tapping-polka-dot feet at the beginning of DTP's video for The NelkenLine Project. He also took part in DTP's Crane Dance video which was screened in Kyoto at the World Parkinson's Congress. A Pasadena boy, with a psychology degree from Berkeley, Jack rowed and his crew team only lost one race: the finals of the Olympic Trials. "This training gave me the determination and positive attitude to push through exercise which is needed to reduce the problems of PD".

Parkinson's Community Los Angeles (PCLA)

Fiona Karlin, Linda Berghoff, Rachel Whiting and Heidi Buehler at PCLA

Parkinson's Community Los Angeles invited Invertigo Dance Theatre to lead a community dance at their Annual Education Conference "Beyond The Basics" on November 3, in the impressive ballroom of the Athletic Club downtown. Board members Fiona Karlin and Linda Berghoff, and Dancing Through Parkinson's teaching artists, Rachel Whiting and Heidi Buehler, exposed the hidden dancer in everyone as they took part in the dance sequences both seated, and standing. The shared experience of dancing together to entertaining and inspiring music (*Twist and Shout*, *Addams Family theme*....) reinforced the importance of the benefits dance can bring to all. Intertwined in the movement is the social connection, which helps change attitudes and identities that shape people's relationship to dance and to one another.

Staff Update

It has been an exciting fall at Invertigo Dance Theatre as we welcome Kelsey Ang, Traci Takahara and Chris Smith to the team. Kelsey joins the team as a Marketing Associate, Traci is Invertigo's new Development Manager, and Chris is our newest Invert/ED teacher at our community site, Hope Street Family Center in DTLA. Chris was a repertoire dancer for Invertigo for eight years, and he's now bringing his vast dance experience to the youth at Hope Street.

Living On One Screening

The Optimist has released the Living on One micro-documentary featuring our DTP community. We are excited to be a part of this new series and will be hosting a screening celebration in January. Stay tuned for details in the next DTP Happenings!

Thank you - this program is funded in part by:

CALIFORNIA ARTS COUNCIL
A CALIFORNIA STATE AGENCY

DCA DEPARTMENT OF CULTURAL AFFAIRS
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Los Angeles County Arts Commission

Dancer Day of Health

Report from the Field: DTP Teachers, Heidi Buehler and Haylee Nichele

We attended the Dancer Day Of Health, a Dance Resource Center forum, hosted by the Music Centre. The DRC transformed the lobby of the Dorothy Chandler Pavilion into a lively atmosphere where health practitioners and dancers spent the day mingling and learning, listening to lectures, participating in workshops, testing out health products, and receiving individual physiotherapy screenings.

We attended workshops in “Knowing Your Truth”, “Body Image”, and “Body Mastery/Joint Optimization.” In the” Body Image” workshop we discussed the mental pressures of working in the dance field and developed a greater understanding of the difference between good pain vs. bad pain and healthy thoughts vs. negative thoughts. In the joint optimization workshop we focused on finding and increasing our range of motion. We learned exercises that we can bring into our daily routine to maintain a happy and healthy body. In the “Knowing Your Truth” workshop we discussed health and balance in our mental and physical selves and how to create healthy boundaries in our lives, especially when it pertains to the negative impact of social media. We discussed self-care (what you do) vs. self- love (how you think and feel) and how to shift something you can feel gratitude for. This was a day filled with good healthy learning, fun, and most importantly- community!

DTP's Haylee Nichele and Heidi Buehler at Dancer Day of Health

Dancing Through Life Inglewood

DTP heads South! DTP has a new pilot program up and running in Inglewood at Magic Circle Adult Health Day Care. Teaching artist Haylee Nichele and Community Programs Manager K. Bradford have been working closely to create an adaptive DTP curriculum to meet the specific needs of communities at Magic Circle. Inglewood residents attend Magic Circle daily to receive specialized medical care along with some social services, including Tai Chi and now dance. Members of the community have Cerebral Palsy, Autism, Hypertension, Contracture's, Intellectual Disability and Parkinson's -- because of this we are offering our program as "Dancing Through Life" as we both broaden and hone DTP programming to serve this vulnerable circle of people. We are especially excited about this new collaborative partnership as one of our very own DTP dancers from the Culver City YMCA class initiated the new class at her care facility. Faye Williams loves DTP so much that she wants to attend dance class weekly somewhere close to her home in Inglewood rather than trek across the city. Faye's excitement to share the joys of DTP with her Magic Circle fellows was palpable in our first programming meeting, and we're grateful for her leadership in forging an amazing new community partner and opportunity for DTP/DTL!

Inverti-baby Juniper Miriam!

Artistic Director, Laura Karlin and Isak Ziegner are delighted to announce the arrival of their baby, Juniper Miriam, on November 18, 2019. Welcome to the Invertigo Family!

**** CLASSES CANCELLATIONS ****

11/25-11/29 Thanksgiving Week

12/23-1/3 Winter Holiday

12/3 No Tarzana Class

DTP CLASS SCHEDULE

Mondays, 1:30pm-2:30pm at The Electric Lodge, 1416 Electric Ave, **Venice**, 90291

Tuesdays, 11:30am-12:30pm at Wallis Annenberg Center for the Performing Arts, 9390 N Santa Monica Blvd, **Beverly Hills**, 90210

Tuesdays, 1:30pm-2:30pm at LA Star Dance Studio, 19320 Ventura Blvd, **Tarzana**, 91356

Thursdays, 1:30pm-2:30pm at Culver Palms YMCA, 4500 Sepulveda Blvd, **Culver City**, 90230