

DTP Happenings

Dancing *through* Parkinson's

February 2020

Invertigo
Dance Theatre

Dancer Spotlight: Valentine's Edition!

Ross and Rochelle Caballero

I was diagnosed with Parkinson's in Jan 2015. That diagnosis made me depressed thinking about how my future physical deterioration will impact my wife, Rochelle, my family and me. Rochelle and I began attending Parkinson's support groups at UCLA and at St. John's to better understand what our futures were likely to be, and what we initially heard was not all that encouraging. In January 2018 at a support group meeting at St. John's, we met Laura Karlin who introduced us to DTP. Now, you have to understand my love-hate relationship with dancing: love to watch other people doing it – hate to do it myself. Beginning in 1953 with ballroom dance classes at an Arthur Murray Dance Studio at the age of 10, to dance classes taken as an adult, including classes in: folk, tap, west coast swing, country line, contra, I was terrible! I was frequently told by the dance instructors that I was doing it all wrong. The 4-wall dances provided no place to hide at the back of the class. Terrifying! My first reaction to the idea of taking up dance classes again was: probably a waste of my time – I'll never learn the moves. But Laura assured those of us in the audience that at DTP there were no wrong moves – only solos. When we left that night, Rochelle commented "Not for you, right?" But I replied, "What the hell, I'll give it a try." And that's one of the best decisions I've made. DTP is fun. The instructors are wonderful. The workouts my brain receives improve my balance, coordination, gait, and cognitive skills. Rochelle, who always was a good dancer, and who does not have Parkinson's, also attends the classes and thoroughly enjoys them.



Raechel and Barry Moskowitz

Barry and I have been married almost 44 years. Barry, diagnosed with Parkinson's 6 years ago, was a devoted folk dancer when he was in college. He could move effortlessly through fast and complicated dances. I never learned folk dance so I stood out, too frustrated to participate. Individuals with Parkinson's display a variety of symptoms. Barry has balance and postural issues, as well as voice and executive functioning difficulties, all of which affect daily life. We are fortunate to have two adorable grandchildren, and want to enjoy life and keep up as much as possible physically. We both attend Dancing Through Parkinson's at the Culver Palms YMCA, and it helps to be able to participate together. At each class we receive a welcoming greeting from Linda, Fiona, and the Invertigo Dance instructors Haylee and Heidi. Now we dance together! Spouses are warmly encouraged to join in the name game, warm ups, the brain teasers, the assortment of dance genres, often using our favorite tunes. Research has indicated that movement and exercise can assist in balance, coordination and flexibility for everyone, but especially those with Parkinson's. Our DTP teachers are well-prepared and gear the program to make it fun: a learning -- skill and body -- awareness hour for all. We thank the Culver Palms YMCA for providing a room for DTP in our community on Thursdays throughout the year. Last year, in appreciation for our many good times, Barry and I participated in Culver Palms "Y" 5K fundraiser. Did we complete the entire (approx. 3 mile) walk? No, but the race crew cheered us as we went by.



Thanks, Raechel and Barry Moskowitz

Thank you - this program is funded in part by:



Documentary Celebration Raises The Roof at the Electric Lodge

On Monday January 27th, Invertigo celebrated the release of The Optimist's micro-documentary about Dancing Through Parkinson's with a packed house at the Electric Lodge studio! The event fostered a lively cross-pollination between a number of Invertigo's collaborative partners in crime. Firstly, dancers from all of our DTP sites joined us for the special class which featured an interdisciplinary poetry project -- a collaboration between poet Francine Ringold, our DTP dancers, and the audience. Director Owen Dubeck of The Optimist returned for the screening and gave a short talk about the inspiring social change mission of the company. Clara Kluge, the curator of The Crane Project, presented the new trailer for a documentary in-progress about the ambitious global PD dance video project which Invertigo is happy to be a part of. Lastly, arts leader extraordinaire Laura Zucker brought twelve graduate students from her Masters in Arts Management course at Claremont Graduate University for a field visit with Invertigo. The students participated in DTP and had a post-event discussion with Invertigo staff about the teaching philosophies and community engagement strategies behind Dancing Through Parkinson's. The event was a classic Invertigo happening, with robust, joyful, creative verve rippling through the community. Thank you to our dancers, collaborators and The Optimist for including us in their micro-documentary series!



LA International Dance Festival invites Invertigo & DTP to The Broad Stage!

We are happy to share that Invertigo has been invited to perform in "Dance for All," a performance event curated as part of the month-long Los Angeles International Dance Festival. In turn, we invite you -- the dancers of Dancing Through Parkinson's -- to join us in the fun of co-choreographing a piece for the show! Dance for All is a performance celebration of movement and dance by and between people with and without disabilities. People at all levels of dance experience are welcome to join us with ideas or dancing as we prepare. Talk to your DTP teachers at your next DTP class for how to sign up! And to each & all: mark your calendars for April 13, 2020 at The Broad Stage!

Women with PD: Join us!

"Twitchy Woman" is a social network for women living in the Los Angeles area who have Parkinson's Disease. It is not a traditional support group, but a group that wants to learn new and different ways to best to manage PD, while meeting other like-minded women. The group was started by Sharon Krischer, after she was diagnosed in 2009, to best manage her disease and health. The group has been a wonderful resource for women to educate and empower their health regimen and create community. Dancing Through Parkinson's is delighted to present their program of dance to the group once again, and we hope you'll join us! For more info: www.twitchywoman.com.

Sunday, March 15, 2020 from 10:00 AM - 11:30 AM
The Wallis Annenberg Center for the Performing Arts

LA Fox Trot & Festival for PD Michael J. Fox Foundation

DTP will be tabling at the 4th annual Los Angeles Fox Trot 5K Run/Walk for Parkinson's research. This event features a 5K course and a finish-line festival. Every step you take moves us one step closer to a cure for Parkinson's. Runners and walkers of all experience levels, abilities and speeds are all welcome! If you want to join us at the DTP table to greet new people and cheer from the sidelines, let us know. Either way, we hope to see you there!

Sunday, March 15, 2020, 8am
Rose Bowl Stadium in Pasadena, CA

To volunteer go to or register with DTP teachers in class:
<https://foxtrot.michaeljfox.org/losangeles/Forms/52106/Volunteer>

All proceeds go to The Michael J. Fox Foundation for Parkinson's Research.

Cedars-Sinai Event with Dr Tagliati & Co.

Join us at a Cedars-Sinai for a Parkinson's Disease Patient Community Conference with Dr. Tagliati, Dr. Tan & Dr. Hogg. An amazing line-up of resources: PD health presentations, research updates, breakfast, yoga, kickboxing, and a fun-filled DTP class with our amazing DTP teachers.

Save the Date! Saturday April 4th 7:30am - 1pm
Cedars-Sinai Medical Center

**** CLASS CANCELLATIONS ****

Feb 11: Cancelled Wallis Classes

Wallis Dancers please join us at Electric Lodge/Venice on Mondays & Culver City Y on Thursdays!
 Electric Lodge class: open on President's Day

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