



Connecting Through Dance: Take Root's Winter Newsletter

January 2022



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 Winter Newsletter, you will find interviews with Take Root Dance for Parkinson's Disease Intern, Katie Kirkum, and Sevanna Sevanthinathan, a member of our Arts Education Impact 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 One of Take Root's Dance for Parkinson's Disease

Interns: Katie Kirkum!



Katie Kirkum has been an intern with Take Root's Dance for Parkinson's Disease program since September of 2020. When initially entering this experience, Katie was an undergraduate student at Oakland University, earning degrees in both Dance and Physical Therapy. Today, Katie continues to be an essential member of Take Root's Dance for Parkinson's Disease Program, alongside being a graduate student in Oakland University's Physical Therapy program. Recently, we interviewed Katie to take a deeper look into her involvement with Take Root's Dance for Parkinson's Disease program.

Why did you initially choose to intern with Take Root?

When becoming an intern with Take Root, I was quickly developing an interest in physical therapy and the different forms of rehabilitation alongside my love for dance. I was very intrigued with Take Root in how they combined these two passions of mine with their Dance for Parkinson's Disease program, and I was eager for the opportunity to get involved with this program so that I could learn more about it and aid in its development.

What is something unique about the Dance for Parkinson's Disease Program that is different from other physical therapy options?

There are many benefits that Dance for Parkinson's Disease offers that are not found within general physical therapy options. The biggest thing that is unique to these classes is that they provide participants with the opportunity for creativity by encouraging them to create their own movements and to move along to the beat of the music. Additionally, Dance for Parkinson's Disease is a place where participants can find a sense of community with others affected by this disease, and this assists greatly in the cognitive and mental side of rehabilitation.

What stands out to you from your experience with the Dance for Parkinson's Disease Program? Do you have a favorite moment?

My favorite moment from this experience was the first time I participated in a Dance for Parkinson's Disease class. I was so excited and amazed to see how helpful the classes were to the participants and how much fun everyone was having. I learned a lot in that one class about the benefits of the program, both from the instructors and from the dancers themselves, and that grew my interest in the program even more. Also, I loved that we were able to adapt to virtual classes when we couldn't participate in-person, as it was so great to provide a chance to be social and active when it was so difficult to have that in the world around us.

Why do you stay involved in Take Root's Dance for Parkinson's Disease program?

I stay involved in Take Root's Dance for Parkinson's Disease program because I am committed and driven to improve the quality of life for the members of my community. I am excited to learn how to effectively offer different modes of rehabilitation, but I am a dancer at heart, so this program is a wonderful way to encompass all of my passions into one.

How do you plan to use your degrees in Dance and Physical Therapy in the future?

Once I am a licensed physical therapist, it is my goal to offer specialized therapy for dancers. A dancer's body has a lot more flexibility and requires atypical muscle strength when compared to the general population and I have identified a need for dancers to receive therapy specific to these conditions. With this in mind, I want to use my combined knowledge of dance and physical therapy to not only treat and recover injured dancers, but also to educate dance instructors on how to safely train dancers to minimize the risk of injuries to young bodies.

What have you gained from your experience interning with Take Root's Dance for Parkinson's Disease program?

My experience interning for Take Root and our Dance for Parkinson's Disease program has taught me that dance does not have to be just a performing art, but can also be a form of physical activity, engagement, cognitive growth, and community. I hope to continue to spread this new way of looking at dance to the community to encourage more involvement and appreciation for this art form that is loved by so many of us.

Meet A Member of Take Root's Arts Education Impact Program: Sevanna Sevanthinathan!



Sevanna's story with Take Root began when she was in first grade and participated in an assembly hosted by Take Root at Harlan Elementary School, located in Bloomfield Hills, MI. Since her first experience with Take Root's Arts Education Impact Program, Sevanna has continued to participate in the classes our program offers and has even performed in a Take Root Concert! Sevanna is now 10 years old and continues to be an essential part of our Arts Education Impact community. Recently, we interviewed Sevanna to learn more about her experience with the program and how our program continues to impact her today.

Do you remember the first time you participated with Take Root and the Arts Education Impact Program? How old were you and what do you remember about it?

The first time I participated with Take Root was a long time ago when I went to a Take Root concert with my mom and other moms from our community. I was around six or seven years old. At the concert, I remember I got to see the company dance and it was really exciting! I got to see a video of someone dancing under water and perform really cool dancing.

Of all the experiences you have had with Take Root's Arts Education Impact Program, can you tell us one of your favorites and why?

My favorite memory with Take Root's Arts Education Impact program was when we got to do an activity with the company members. We got to create a dance move based on our dreams. It made me feel happy because I was really excited!

What do you like about making up your own movements?

I enjoy making up my own movements because you get to make something of your own and it can be different than anyone else's choices. I like that my movements don't have to be perfect.

Jon plays a lot of crazy cool music when the kids dance with him. Can you tell us something that stands out to you about his music?

Jon's music sounds very strong and it makes me feel excited and calm at the same time.

How does moving with the Arts Education Impact program make you feel?

It makes me feel happy and helps me to get a lot of my energy out.

How is performing with Take Root on stage different from any other activities you have done?

It's different because you're dancing and I don't usually dance a lot. And I like it because my dance moves don't have to be done perfectly and I feel like myself.

Upcoming Events

Save the Date!

Want to learn more about Take Root's community? 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! Purchase your tickets below!

“WHAT’S YOUR TAKE ROOT STORY?”

FEBRUARY 4 - 6, 2022

TAKE ROOT’S VIRTUAL FUNDRAISER

See dance performances and Take Root’s newest documentary with Grammy winner Regina Carter!

Meet the Director and the Company!

Learn about Take Root’s Outreach programs through Dance For Parkinson’s Disease and Arts Education Impact!

Interviews From community members whom have been impacted by Take Root!

AND MORE!

WITH YOUR RSVP/\$15 YOU WILL RECEIVE:

**The event link that will work for February 4-6 starting at 7pm February 4th

**The Q & A link for immediately following the 7pm February 4th opening.

JOIN US IN IMPACTING LIVES THROUGH DANCE

WWW.TAKEROOTDANCE.COM



Interested in attending this event? Click the link below to purchase tickets!

[Purchase Your Tickets Here!](#)

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:

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Walmart Local Community Grant

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.

Visit our
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