

Dance for Parkinson's

Celebrating with Dance for People with Parkinson's

As part of Canada's National Ballet School's (NBS) commitment to the community, its artistic staff provide a dance program for people with Parkinson's disease (PD) on the school's Toronto campus. The program is called Dancing with Parkinson's (DwP@NBS) and is offered on Tuesday mornings from September to June. The class began almost two years ago with fifteen dancers and several volunteers. Since that first session in September 2013, the class has grown considerably. Now every class has more than 20 participants, as others living with Parkinson's are drawn towards experiencing the live music, movement, and social engagement the classes provide.

To develop the DwP program, NBS collaborated with leaders in the field from the Mark Morris Dance Group for PD® program in New York; established local instructor Sarah Robichaud, the founder and executive director of Dancing with Parkinson's; and researchers from York and Ryerson Universities.

NBS has developed a program that caters to, and benefits, Toronto's PD community, while also informing scientific research seeking to better understand the effects of dance in people with PD. The main objective of the project is to study how dance is able to seemingly bypass the neurodegeneration occurring in the PD brain and facilitate improvement in movement in those with PD. While several studies have already demonstrated the physical benefits dance may have for a person with PD, this unique study is trying to understand how these benefits are experienced in the brain. Participants in the class are invited to join the research study, but it's strictly voluntary and not a requirement of taking the dance class.

For the past two years, dancers from DwP@NBS have participated in a dance celebration in Yonge-Dundas Square. Presented each May by Canada's National Ballet School, Sharing Dance Day sees community participants performing a dance routine several times over the course of an afternoon. Other dance-related classes and performances are also programmed, encouraging participation by anyone interested in joining in. DwP@NBS participants performed a dance they had learned in their Tuesday classes to much acclaim, and also participated in performing the 2015 routine. Fundraising for several charity partners is another aspect of the Sharing Dance celebration—with the Parkinson Society of Canada being one of the four key charities on the roster.

For several years, Hamilton City Ballet has offered six to eight classes of Dance for Parkinson's, recurring several times a year. Live flute and violin music is provided. The company is involved in a study with McMaster University's Digital Music Lab to produce technology-based dance activities for people with Parkinson's. For details of the study and the classes, visit www.hamiltoncityballet.com.



Save the Date!



Porridge
for **PARKINSON'S**

Sunday November 8, 2015

Visit www.porridgeforparkinsons.ca for updates.

It was a Hope in FULL Bloom Tulip Campaign for 2015

We did it, again! We exceeded our campaign goal and raised more than \$142,000—selling beautiful tulips this past April across the Central & Northern Ontario region. A HUGE thank-you to our dedicated volunteers who devoted their time for the cause. Because of you, we are another step closer to help ease the burden and find a brighter future for those living with Parkinson's. The Hope in Bloom Campaign could not have happened without your amazing support! To you, our volunteers: you are simply the best!



Our 2014 Community Impact Report is now available through Chapters and Support Groups, by request at 800-565-3000 or online at www.parkinson.ca/cnoimpact. We're working hard to meet your needs and are proud to show our efforts toward our vision of a better life with a brighter future for Canadians with Parkinson's today; a world without Parkinson's tomorrow. This report details our 2014 efforts across our four pillars of support services, education, advocacy, and research.