



NEBRASKA CULTURAL ENDOWMENT

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Endless

CREATIVE MOVEMENT

Dance for Parkinson's Brings Joy and Healing



Building Community & Stability Through Creative Movement

Nine years ago, in a revelatory moment, Ruth Davidson Hahn, saw a local highway billboard that caught her attention. It read, “Nebraska has the highest rate of Parkinson’s disease per capita in the world.” Ruth knew from her many years of the dance life — professional training starting at age nine in New York City followed by a long career as a dancer having shared the stage with Mikhail Baryshnikov and Yo Yo Ma — that her art could help those who could no longer move easily. A year later, Hahn introduced Dance for Parkinson’s to Lincoln — a program that utilizes the power of dance, music, and creativity to improve the lives of people with Parkinson’s Disease.

Parkinson’s disease (PD), a central nervous system disorder, affects movement and may present with tremors, stiffness, and loss of balance. Dance for Parkinson’s program teaches individuals with PD to explore movement and music in creative and mentally stimulating ways. Through the artistic expression of dance, Dance for Parkinson’s participants experience personal growth, community, inner joy, and physical benefits.

“Members of the PD community often arrive with a shuffling gait, contracted movements,

poor balance and difficulty rising from a chair,” said participant Judy Johnson. “At the end of each session, we leave with a better stride, more flowing movements, better balance and the ability to rise.”

During the COVID shutdown, Hahn offered Zoom dance sessions free of charge and recorded video sessions to reach rural communities. The program is offered to people with PD for all levels of mobility and experience, as well as their caregivers and spouses. Whether in-person or virtual, these classes are truly transformative.

“I am grateful for the Arts Learning Grants we received from the Nebraska Arts Council,” said Hahn. “These funds helped pay the teacher, marketing, and other expenses to help keep the program accessible to all, regardless of ability to pay.”

Your support to Nebraska Cultural Endowment makes these and other transformational programs available to Nebraskans. ■

Dance for Parkinson’s is the *intellectual property* of Ruth Davidson Hahn & Company.



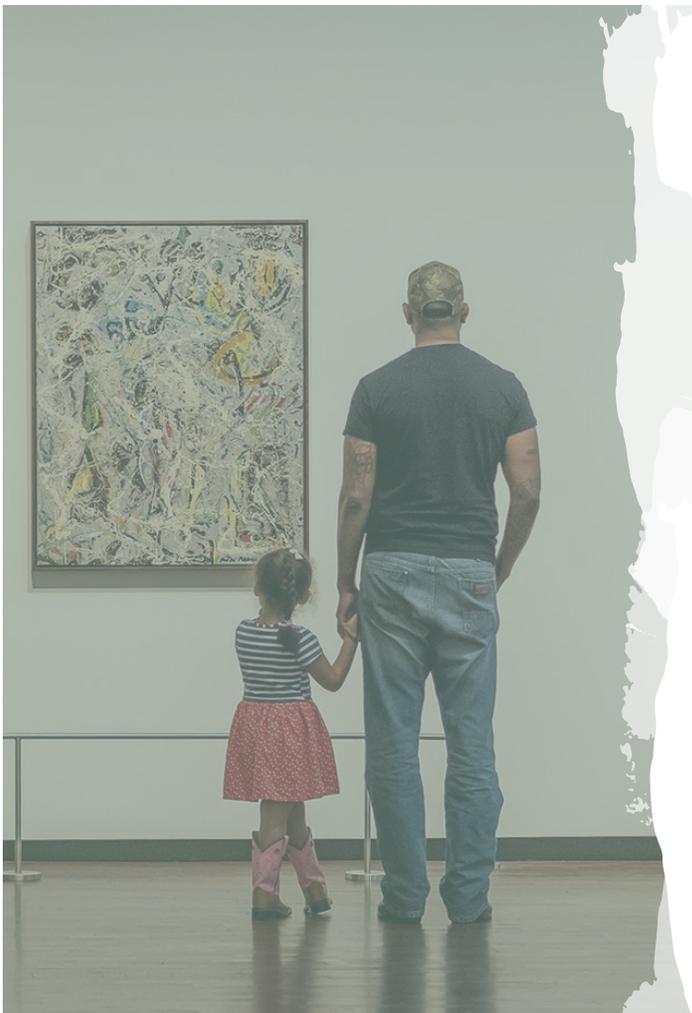
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Nebraska Cultural Endowment doubles your donations with public support to enhance the programs and grants of the Nebraska Arts Council and Humanities Nebraska.