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HOA HIGHLIGHTS

CAMP

M.I.T.I.O.G.

HOW IT ALL BEGAN

HOW YOU CAN HELP

ARE YOU WITH GROOVABILITY?

That is the question Lorraine Cannistra, our newest dancer was asked as she got out of the car at the Heart of America Dance Competition in August. She said that she knew right then that Groovability was making an impact.

This was realized even more as Lorraine Cannistra, JoAnne Fluke, Jennifer Simmons, Tiffany Simpson and Chris Pruitt, their dance partner, received 1st Place on all of their solo routines.



But it wasn't the 1st place scores that made them realize they were making an impact, it was the judges comments. The comments weren't about how they were amazed they were dancing in a wheelchair, but that they were dancing!

UPCOMING EVENTS

- Nov 7th—Dance Demo  
Carnegie Village,  
107 Bernard Dr  
Belton 7pm
- Nov 8th—Dance Demo  
Truman Mem. Building  
416 W Maple  
Independence  
6pm lesson,  
7-10pm open dance  
Groovability starts at 8
- Group classes every Sat  
at 10:30 am

DID YOU KNOW?

The 2005 Surgeon General's Call to Action states that "having a disability does not mean you can't be healthy!" It further states "people with disabilities are twice as likely to be physically inactive as people without disabilities. As a result, they are less likely to stay heart healthy and to maintain strong muscles and bones". GROOVABILITY provides an excellent resource for disabled individuals to answer that call by providing exercise through dance!

DON'T STOP THE DANCING!



Tiffany Simpson and JoAnne Fuke spent four days teaching fourteen kids with Spina Bifida how to dance at Camp M.I.T.I.O.G. in July.

They had a blast watching the kids realize that just because they were in a wheelchair didn't mean they couldn't get their groove on!



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We're on the web!  
[www.groovability.org](http://www.groovability.org)

**GROOVE** whatever life brings, don't forget to dance!

## GROOVABILITY DANCERS ON YOU TUBE

You can see some of our dancers perform on You Tube!!!

GOOGLE SEARCH for:

Wheelchair Rumba  
Wheelchair Tango  
Wheelchair Paso Doble  
Wheelchair Cha Cha

## GROOVABILITY DANCE CLASSES

Classes are held on Saturday morning from 10:30 AM - 12:00 Noon!

We have a great group representing many disabilities participating in movement balance dexterity, synchronization, posture and chair work! We have been learning movement and "steps" that comprise the Rumba, Mambo and Swing! Our instruction is tricky in providing exercise through dance - we work hard but it's fun because we are dancing!!!!

## HOW YOU CAN HELP

### Volunteer

### Referrals

### Financial

### WE NEED YOU!!!!

We need you to join us - either as a wheelchair dancer, or an able-bodied partner! We would also like the opportunity to provide an exhibition to your school, club or organization! And of course, we welcome contributions in any amount!

## IN THE BEGINNING...

December 3, 2007 Groovability, Inc. was born! We exist to provide the art of dance to individuals with physical disabilities and their non-disabled partners. Our dancers are improving their quality of life through exercise, increasing range of motion, flexibility, physical strength, camaraderie and stimulating creative thought to feed the mind. We also work toward developing social skills designed to break the barrier between the disabled and non-disabled communities.

Much has been done to launch this adventure! On February 9 we invited a carefully selected audience to attend Dinner, Dancing and Wheelchairs at Bella Studio. It was a fund raising event to support the submission of our non-profit status application and cover start-up costs. 40 people were entertained, educated and amazed! We realized our financial goal allowing us to launch this endeavor. On June 20 we were notified by the Internal Revenue Service that our application for 501(c)3 status was approved! This allows gifts and contributions to be tax deductible to individuals and corporations who support Groovability, Inc.! We can now begin get serious about fund raising through grants, corporate donations and showcasing the benefits we offer by holding exhibitions and clinics.



JoAnne Fluke and her teacher Chris at the Kansas City Heart of America Dance Championships Aug 2008