

# Erin Drake Angelo

info@rxballroomdance.com

Submitter **Erin Drake**

Submission Date **Feb 28, 2024 9:09 PM**

Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook Rainbow**


Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**


Collaborative/Joint Application **NO**

Organization Information  
Legal Name: Rx Ballroom Dance  
DBA (if Applicable): N/A

Contact Information  
Contact Name: Erin Drake Angelo  
Title: Executive Director  
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Organization Physical Address **1636 E Mission Road  
Fallbrook, CA, 92028**

Board of Directors  
 **Rx Ballroom Dance Board of Directors Roster.pdf**  
128.77 KB

Financial Documents - Audit  
 **RxBD P&L 2022-2023.pdf**  
70.22 KB

Financial Documents - P&L and Balance Sheet



RxBD Fiscal Year P&L 22-23.pdf

42.28 KB

Financial Documents - 990



2022 Tax Return - RX Ballroom Dance Pass... .pdf

474.26 KB

Organization's Mission Statement

Rx Ballroom Dance's mission is to provide a natural remedy to a healthier mind and body through ballroom dancing.

Organization's Vision Statement

Rx Ballroom Dance's mission is to use the multiple modalities of ballroom dancing to enhance, preserve and engage neurologic function in people confronting neurodegenerative disease.

Organization History & Accomplishments

We started our program at one location in Orange County, CA, with two classes per week. Since our inception in late 2018, we have accomplished the following through 2023:

Increased number of teachers from 1 to 10

Increased number of in-person locations from 1 to 9 in three CA counties

Increased number of unique participants from 2 to 440

Created an online platform for participants worldwide to continue to serve our clients during the pandemic

Implemented a service at the beginning of 2023 for advanced students who are ready to take their dancing to a performance level

Since our inception, we have received special recognitions including the following:

California Legislative Assembly: Certificate of Recognition to Rx Ballroom Dance for our commitment to providing quality health services in Fallbrook

Program featured on ABC 7 News – SoCal Strong  
<https://abc7.com/ballroom-dance-alzheimers-parkinsons-dementia/6237651/>

United States Dancesport Championships Perpetual Trophy of Dance Excellence Award; presentation can be found here:

<https://youtu.be/SNXc6MMgf3g>

Women of the Year: Making a Difference in the Arts (Orange County Board of Supervisors)

State of California Senate: Certificate of Recognition to Tricia Bowman (instructor and training director)

The growth of our organization including during the pandemic shows our dedication and is proof that we're on the right track. The funding we've received has played a vital role in our organization's success. With your help, we can continue to grow and expand this program.

Program Name/Title

Dancing Hearts, Healthy Minds

Brief Program Description

*We provide ballroom dance therapy classes to anyone with neurodegenerative illnesses such as Parkinson's, Alzheimer's and other forms of dementia completely free of charge. We offer instructors who are trained specifically to teach people with these conditions, volunteers as partners if needed, and programs for intermediate and advanced participants.*

Is this a new initiative/service or established program within your organization?

Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

NO

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

The impact of our program has been tremendous. Our participants let us know all the time how much our classes have improved their lives, both physically and mentally. Survey results from September 2022 indicate the following rates of improvement:

Social-Emotional Objectives: 96%

- Increase Joy – 96%
- Increase Confidence in Body Awareness – 93%
- Increase Social Attention Span – 100%

Cognitive Objectives: 89%

- Increase Focus Stamina – 80%
- Increase Information Processing Speed – 100%
- Increase Visio-Spatial Function Outside of the Studio – 86%

Physical Objectives: 79%

- Improve Posture – 53%
- Improve Weight Transfer/Balance Foot to Foot – 87%
- Improve Rotation – 87%
- Improve Overall Coordination – 87%

Metrics for Q1/Q2 Impact Reports – not applicable; we have not received funding from this organization previously

Funding Amount Being Requested

14999

Program Information - Type

Ongoing

Projected number of residents that will directly benefit (participant/client) from this program.

50

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)		
Seniors (60+)	100	50
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	60
Male	40
Non-binary	
Unknown*	

\*Target Population - Gender

NA

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	
Very Low (50%) Income Limits, ceiling of \$53,500	
Low (80%) Income Limits, ceiling of \$85,600	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	100

\*Target Population - Income Level

We don't collect income level data because our program is inherently free of charge to any participants with neurodegenerative illnesses. This is a founding principle for our program. Although we do not collect income level data, census data has shown that Fallbrook has the highest poverty rate among seniors in the county, and our target population mostly consists of seniors.

What language(s) can this program accommodate:

English

What demographic group does this program predominately serve:

Older Adults

Program/Services Description -  
Social Determinants of Health

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Social Determinants of Health -  
Social and Community Context

Our ballroom dance therapy program provides an important community service that otherwise is not available. We teach ballroom therapy dance classes to people with neurodegenerative illnesses such as Parkinson's, Alzheimer's and other forms of dementia, who primarily are seniors. This program is accessible to all income levels because it is free of charge to our target population. These population groups (seniors, low-income residents and people suffering from these illnesses) are often marginalized, so we shaped our program specifically to provide a means for these populations to improve their quality of life. Our classes help improve our participants' physical, cognitive and social-emotional conditions. Furthermore, our program serves as a network for our participants to form new social connections, which is vital to a maintaining a good quality of life.

Our advanced showcase program allows our participants the opportunity to perform in a theater setting in front of a live audience. Integrating our participants with ballroom dance students who span all ages and don't suffer from neurodegenerative illnesses provides vital social cohesion and a sense of belonging.

Statement of Need/Problem

We provide a ballroom dance therapy program that offers ballroom dance classes to people with neurodegenerative illnesses such as Parkinson's, Alzheimer's and other forms of dementia. Since physicians have limited time and often don't provide any resources or health advice on how to ease and improve symptoms, we created a unique program that seeks to improve our participants' physical, mental and social well-being. Our program is 100% free to participants and their partners.

Currently there are no programs in the counties we serve that provide ballroom dance therapy classes for people with neurodegenerative illnesses, let alone free classes. Rx Ballroom Dance locations are currently in areas of higher senior populations and higher senior poverty levels than the state average. In Orange and San Diego counties, where most of our participants reside, the poverty level in areas we serve for seniors aged 65 and above is higher than the state average (15.5% vs. 10.7%). In Fallbrook, the poverty level is 15.4% (<https://datausa.io/profile/geo/fallbrook-ca>). The average cost of private dance lessons in this general area is currently \$120 per 45-minute lesson, so taking lessons twice a week would cost \$960 a month. That is an unaffordable expense for most people, especially those living below the poverty line.

We have conducted personal interviews in South Orange County and North San Diego (including Scripps Research Institute) with almost all local neurologists, and all of those interviewed agree that ballroom dancing is THE healthiest activity you can do to help offset and mitigate symptoms of Parkinson's disease and other forms of dementia. There needs to be affordable access to the instruction and consequently to the benefits that ballroom dancing provides. Rx Ballroom Dance provides these benefits and the accessibility, and we are determined to grow our program so we can reach more people and improve more lives.

Our program also benefits caregivers. Participants often partner with their caregivers during our dance classes, allowing our program to improve the lives of both the participant and the caregiver. Taking care of a loved one who suffers from Parkinson's or other neurodegenerative illnesses causes much stress and anguish for both parties as the loved one's illness progresses. Our classes provide a fun, carefree

environment for caregivers to interact with their loved ones that doesn't highlight deficiencies and isn't centered around taking care and being taken care of.

How are other organizations addressing this need in the community?

*Based on our research, there are no organizations in the community, the state or the country that provide similar services.*

This program is unique in three ways: 1) we offer the only program targeting neurodegenerative conditions in its participants with teachers who are trained specifically to teach our target population, 2) we are the only program that provides therapeutic ballroom dance classes on a continual basis throughout the entire year, and 3) we are the only program that offers these classes 100% free to its participants and their dance partners.

Program/Services Description - Program Entry & Follow Up

Participants enroll by signing up through our website link, both for our in-person and online classes. We also offer email and telephone signups for individuals not well versed in technology. We promote our program in the following ways to achieve maximum outreach and access:

**Flyers/Brochures:** We market in person by visiting local neurologist practices, psychologist and psychiatrist practices, Parkinson's support groups and other Parkinson's support related organizations, health and community fairs, and Parkinson's newly diagnosed programs.

**Social Media Marketing/Digital Marketing:** We post social media updates including examples of the program, success stories, class enrollment information, online and in-person class schedules, and how to join. We use our current Google grant to make key words about our organization more accessible and searchable to participants looking to use our program as a resource.

**Email and Phone Support:** We conduct weekly email campaigns to participants. Weekly newsletters include dance moves learned that week, music options, demonstrations, class availability and schedule.

**Community Partnerships:** We collaborate with the Parkinson's Association San Diego. We participate in its Empowerment Day education event, support Step by Step 5k as a vendor, and attend all support group meetings in San Diego County at least once a year. We also collaborate with Parkinson's Orange County, OC Tremble Clefs, Rogue in Motion, Parkinson's and Movement Disorder Alliance, and PEP4U.

**Enrollment and Recruitment:** We regularly present at local Parkinson's Support Group meetings, giving demonstrations and educating members about the benefits of ballroom dance.

**Other:** Ballroom dance competitions and local city health/community fairs are all opportunities for marketing to the local community outside of the direct Parkinson's network.

This is a continual program. Our teachers conduct feedback sessions at the end of each class. We also regularly call members who have questions, concerns or want more information about our classes.

Program/Services Description - Program Activities

Multiple studies have shown that physical exercise, in particular dance, has a significant effect on relieving the symptoms of conditions such as Parkinson's Disease. News stories are coming out more frequently about doctors prescribing ballroom dance specifically to their patients who have suffered some form of neurological trauma, such as stroke.

Our dance therapy program provides weekly ballroom dance therapy classes for participants, performance-based lessons for advanced participants, and the ability to reach/involve caregivers. We currently have 10 instructors teaching a total of 16 weekly ballroom dance classes at 10 separate locations throughout Orange, Riverside and San Diego counties as well as online.

Each lesson is designed specifically for those struggling with neurodegenerative conditions and movement disorders. Classes are 100% free to participants and their caregivers/partners to ensure that they have access to this extremely effective therapy without adding to their already extensive medical expenses.

A professional ballroom dancer guides our participants and their dance partners through a curriculum that is specifically designed to use Parkinson's Wellness and Recovery (PWR) based moves and the rhythms of the ballroom dance styles to engage both the body and mind. Rhythmic movement stimulates the brain to create new neural pathways, which has an impact on the participants' motor and non-motor functions. We measure improvement in our participants' physical, cognitive and social emotional growth. Patients who have participated in our dance classes have shown measurable improvement in these categories.

Our in-person program also provides volunteers to partner participants, if needed. During the classes, our designated volunteers or the participants' caregivers act as supportive and encouraging dance partners. Our volunteers and caregivers also report significant improvement in their own physical and social emotional growth.

The group setting provides much needed social interaction for the participants. Many of them become less and less social as their condition progresses, which can lead to anxiety and depression. Our program offers a purposeful and fun way to create and/or expand participants' social circles, lift their spirits and begin to live again.

Since the beginning of 2023, we have successfully offered a service for advanced students who are ready to take their dancing to a performance level. These students can take individual private lessons to prepare them for local shows and performance opportunities. Segmenting our classes from beginner to advanced levels will improve our retention rate and improve participants' experience in the program because they can maximize their goals.

#### Program Goal

The program goals and anticipated outcomes of our sessions are physical, mental and social/emotional improvements for our participants, which all lead to one ultimate goal: improving quality of life and giving hope to people who are dealing with neurodegenerative diseases. These goals address the need of the community since currently there are no comparable programs providing these services. Specifically, we seek perceived improvement (measured by surveys) in the following categories:

1. Physical Balance and Coordination
2. Mental Recall and Memory
3. Social and Emotional Growth

Our evaluation plan is conducted every 6 months to track participant growth in these areas.



## Program Objectives & Measurable Outcomes

Our evaluation tools consist of both physical observation and testing as well as answering survey questions. Our physical and cognitive tests were developed by Gabi Frei, physical therapist and Parkinson's and Movement Disorder specialist, as a way for participants to understand their current physical conditions in the following areas: posture and alignment, balance, rotation, weight transfer, attention span and cognitive processing speed.

Specific goals of our program curriculum are written into each lesson. Every month, our teachers focus on 3 objectives for our participants to achieve (a physical improvement, cognitive improvement and social/emotional improvement) and incorporate those objectives into the warmup, the ballroom dance section and the rhythm dance section.

Assessments are conducted every 6 months to establish benchmark data for new participants and to collect ongoing assessment data for continuing participants. We gauge the success of our curriculum and the effectiveness of our lessons by measuring participant growth using the following assessment tools:

### 1. Physical Improvement

#### a. Posture and Alignment Assessment

#### b. Rotation Assessment

#### c. Weight Transfer/Balance Assessment

### 2. Cognitive Strength

#### a. Dual-Tasking Assessment Measuring Attention Span and Focus

### 3. Social/Emotional Growth

#### a. Self-Assessment Based on the MFQ

After collecting data for an entire year, we expect to see the following in participants' measurements:

1. Physical Improvement: 70% or more reporting overall growth or non-worsening in overall physical assessment data

2. Cognitive Strength: 80% or more reporting overall growth or non-worsening in overall cognitive assessment data

3. Social/Emotional Growth: 90% or more reporting overall growth or non-worsening in overall social/emotional data

Our survey is shaped by two of our board members (see attached survey). Richard Graham, our neurologist, incorporated best practices for measuring the social and emotional impact of neurological diseases. Debra Hill, our psychiatrist, incorporated best practices for measuring happiness, basing survey questions on the Mood and Feelings Questionnaire (MFQ; by Adrian Angold and Elizabeth J. Costello). This survey clinically measures participants' perceived improvement in mood and overall perceived happiness.

Additionally, we take structured feedback at the end of each class to evaluate the success of our participants' adaptation to the curriculum.

## Organization Collaborations

As mentioned previously, we consistently *collaborate* with the Parkinson's Association of San Diego by participating in its Empowerment Day education



event, supporting Step by Step 5k as a vendor, and attending all support group meetings in San Diego County at least once a year. *This collaboration leads us to connect directly with the community and, more specifically, our target population. We provide detailed information about our program during the support group meetings. Also, potential future participants have the opportunity to ask questions, raise concerns and sign up for our program.*

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Anticipated Acknowledgment

We will display the District's name/logo as a sponsor on the home page of our website as well as in social media posts on Facebook, Instagram and Twitter (X).

Funding History

NO

Program Budget



24\_25 FRHD CHC Program Budget Form\_... .xlsx  
53.93 KB

Terms and Conditions

Accepted

Authorized Signature