

ABB Reportages

VIRTUAL OR ON WHEELS... TANGO REINVENTS ITSELF AMONG SENIORS

#20

This month's appointment

Tuesday 4th May Debriefing Training in Therapeutic Tango

Training is acting!

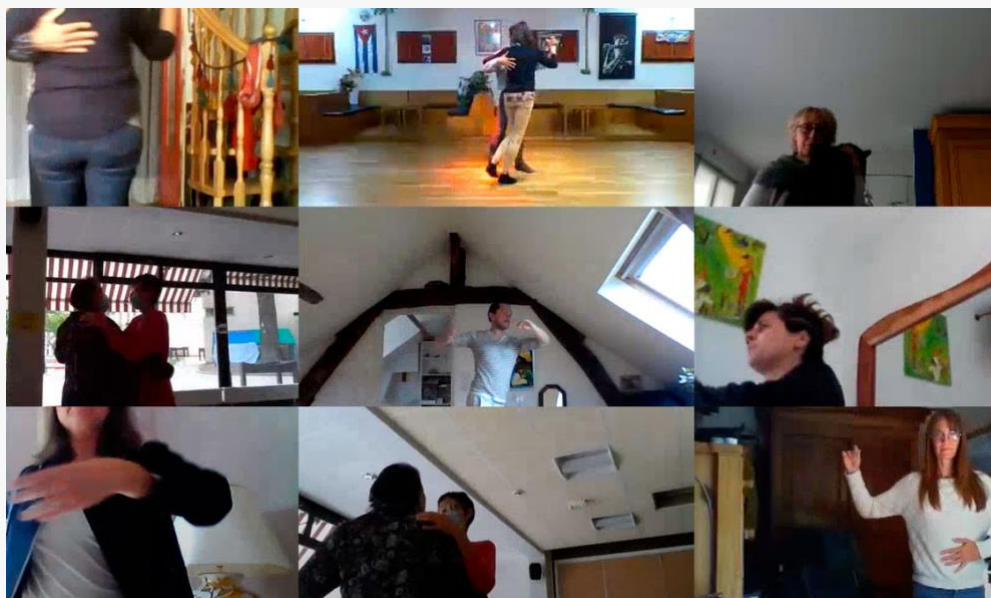
On May 4th, a Zoom meeting led from the Marey Institute in Dijon, took place for the debriefing of the last therapeutic Tango Training, that had taken place on the 15th, 16th and 17th March 2021.

The trainees were present for this day of exchange that will be remembered, in the records of the therapeutic Tango training, as a beautiful moment of sharing of words and steps, but also of reciprocal listening, because the attention has been paid, in priority, to the experiences carried out by everyone in the field.

Ideas came from all sides, from the idea of a red carnation proposed as a rallying sign to the project, to a medical prescription that would make Tango become a refundable treatment, as a therapy to be really taken into account!

It all ended with a team attentive to Thomas Poucet's recommendations, through an unforgettable virtual Tango that these images keep in memory...

Even Sylviane's cat got into it!



Click on the picture to watch the video.

The next training sessions will take place on:

**The 18th, 19th and 20th of October and the 16th of December 2021 [FULLY BOOKED]
The 15th, 16th and 17th of November and 16th December 2021
The 14th, 15th and 16th of March and 14th of April 2022**

[To download the leaflet, click here](#)

To find out more and to register for the next training sessions,
[let's meet on the SEFCA website.](#)

Tuesday 25th May at 2:30 pm

Muriel Ickowicz's workshops opens...

A second virtual edition of
"Chantons à tout âge"

After attending our online workshops, Muriel Ickowicz imagined and set up with her retirement home residents of Saint Dominique in Arcachon a festive workshop; and this is how, next Tuesday, they will open the second edition of "Chantons à tout Âge" ("Let's sing at all Age") offered by Culture et Hôpital.



Click on the picture to join the event.

Furthermore, not backing down from anything, they expend the invitation to residents from other establishments to learn the choreography, and to send their videos!

Let's go for an INTEREHPAD TANGUERO!



Click on the picture to watch the video.

Winners of the month

Congratulations to Soraya and Florence at the Hôpital de la Croix Rousse in Lyon, who have convinced a resident with one leg amputated, for whom Dancing was life, to dance a Tango !

During the first workshop, she did not want to come.

The second time, she watched and the third, she danced!

Tango on wheels, between a carer and a resident, someone just had to think of it!



Click on the picture to watch the video

Congratulations also to the seniors of “Manoir du Ménil” in Brasmenil, Belgium, who have well received their chocolate bars !

A little video is even underway...



They said...

Fancy dancing?

This month, Dr Good gives you 10 good reasons to take up Tango...

Leaned on the experience of « TANGO FOR THE ELDERLY »
Strengthened by Dr Marc Cohen's and Pr France Mourey's explanations
The article drives you directly into the arms of Abrazo and Ocho ...



10 RAISONS
de se mettre à la
danse de salon

Tango, salsa, paso doble, valse, java, bachata, flamenco, rumba ou cha-cha-cha... les danses de salon (parfois dites "de société") ont le vent en poupe: plus de 3 millions de Français enchaînent ainsi leurs pas de deux, pour le plus grand plaisir du cœur et du corps!
PAR ISABELLE DELALEU

1 Retarder le vieillissement cérébral
• **En développant les capacités cognitivo-motrices** (d'autant qu'il faut anticiper les mouvements de l'autre, apprendre les pas, garder l'équilibre, acquiescer rapidement et rapidement), on stimule notre processus naturel de compensation cérébrale. Or, c'est celui-ci, physiologique et inné, qui permet de contrebalancer les pertes naturelles de masse musculaire, de vitesse de réaction ou même de mémoire immédiate liées au vieillissement normal", explique France Mourey, chercheuse Inserm. Idéal pour garder intactes ses capacités au fil de l'âge!

2 Entretenir son corps et protéger son cœur
• **Danser est une véritable activité physique!** Jambes, fessiers, bras, épaules, cils, abdominaux... tous les muscles sont sollicités, ce qui permet de rester tonique et de dépenser des calories (de 200 à 500/heure, selon l'intensité), tout en échappant au "no pain, no gain" (pas de souffrance, pas de progrès). D'ailleurs, virevolter sur la piste relève de l'endurance, sur le plan cardio-vasculaire: le cœur travaille intensément pour apporter plus de sang et d'oxygène aux muscles. Il se développe et devient plus efficace au fil des séances, les fonctions respiratoires s'améliorent.

3 Améliorer sa coordination
• **Danser à deux n'est ni simple ni inné**: cela exige de coordonner bras et jambes, mais aussi de caler son pas et son rythme sur ceux de son partenaire. Une grande concentration est requise au début, surtout si on ne se sent pas à l'aise sur le plan corporel. Mais au fil des répétitions, l'aisance s'installe: les mouvements deviennent naturels, on se déplace mieux dans l'espace... et on peut alors se laisser aller et profiter.

So let's go?

[Click here to read the entire article \(in French\).](#)

"Thanks a million! Your effort is going to, for sure, turn the EHPAD upside down!!! Whether they are standing up or in a wheelchair, they are transformed by the singing or the dancing! I maybe have a record: my last Tanguera that got out of her wheelchair is 101 years old! Who can top that?!", Yves Gabriel

With the support from the GÉrontopôle Pierre Pfitzenmeyer and of the Fonds Transmission et Fraternité

ABB Reportages

7 rue Hernoux - 21000 DIJON

anne.bramardblagny@gmail.com

www.abbreportages.fr