



Idaho Concerts in Care

“Music as Medicine”



Jason and Michele Detwiler

History

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- Immigration to Boise in 2019
- How can I be of service to the community?
- Bringing the British Columbia model to Boise
- Hired a law firm to do the 501(c)(3) filing in 2021
- Initiated Donor Box campaign - raised enough funds to put on 8 concerts through to March 2022

- Received non-profit status in February 2022
- Applied for and received a 2022-23 Boise Dept of Arts & History Grant and put on 15 concerts between November 2022-June 2023
- Applied for and received a 2023-24 Boise Dept of Arts & History Grant - have completed 7 concerts (to end of January 2024)

- Treasure Valley:
- Approximately 53 residential care homes, serving about 3500 residents (2021 stat)
- List is growing esp in communities surrounding Boise
- Great potential to connect with many of these residents through our programming



- Where are we now and where do we want to go?
- Currently, we have funding to present concerts in Boise
- Through our fall fundraiser and the addition of other grants we were able to raise the \$7000 needed for a matching grant from the Harry Morrison Family Foundation
- Will allow us to put on concerts in Boise surrounding communities
- # of concerts to date: 32 in Boise

- Goals:
- With more funding, a goal for 2024-25, is to have more than one concert per month in several homes across the Treasure Valley
- Hire more professional musicians in more genres of music
- We are funded by the public and grants - goal for 2024 is to source other grant opportunities
- In 2023, we passed the 3 year tax return minimum for a number of grants in Idaho

- Our musicians are all professionals in the performing arts in the Treasure Valley
- They come from the Boise Philharmonic, The Boise Baroque Orchestra, Opera Idaho and the jazz and blues community and have private studios and teach at BSU
- Important to pay the artists well, assisting them in their pursuit of musical excellence and to continue to pursue their artistic work

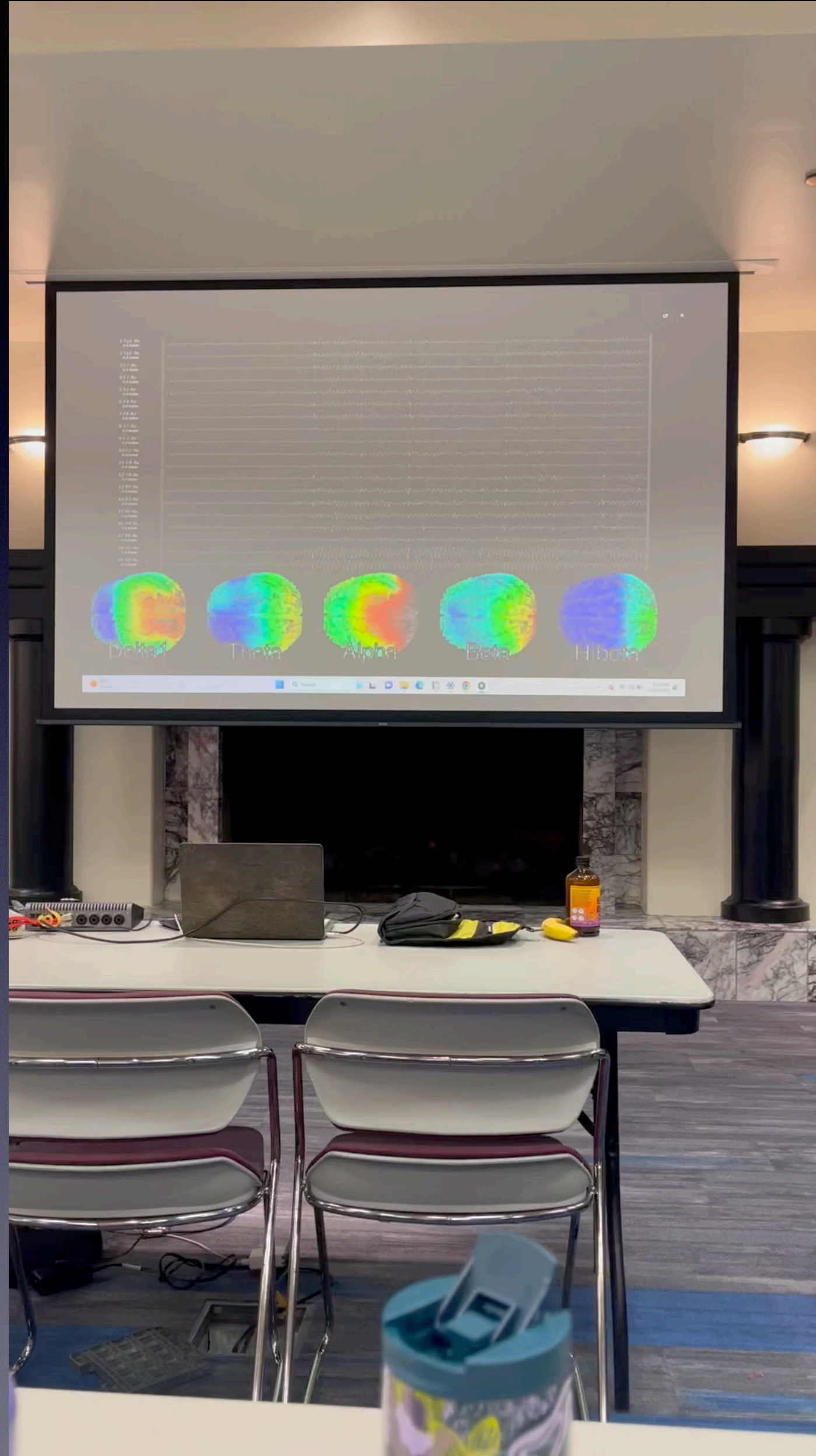


“Words can’t describe the nuances of life, but music can.
Music influences us in so many ways in a harmonious
fashion. Sounds generate emotions and when we’re all put
into a room together playing instruments, we are in harmony
and *that brings us all together.*”

~Bramwell Tovey

- Music and the Brain - Workshop with Dr. Barb Minton
- Discussed: How does music help the brain?
- Takeaways:
 - 11 parts of the brain are potentially *lit up* when a person listens to music, including cognitive function, positive and negative emotional centres
 - Different music can be used to assist the brain “use” the brain wave types we are looking for whether that be delta, theta, alpha or beta

- If you are a ruminator or have anxiety, playing music that is repetitive is helpful
- In the brain, there may be high activity but areas of the brain are not talking to each other. It's NB for there to be connectivity and energy
- Music can help with this: find music to foster connectivity in the brain. Adding visuals is effective, a guided meditation, for eg.
- For stroke victims, for eg. You want to activate a lot of parts of the brain and using *unfamiliar* music to grow neurone
- Saarikalljo + Erkkila 2011 study for mood regulation findings:
- Music created a positive mood, revival and relaxation, distraction from negative thoughts
- Increased recognition of music's power with age and diversity in genres.



- ICIC concerts:
- More socialization (including on-going discussions about the concert)
- Feeling good, sense of well-being
- Stay for the whole concerts instead of leaving
- Real recognition of the beauty of the music and skill of the performers

“Music is a world within itself, with a language we all understand. “

Stevie Wonder



*Thank-you to LEARN Idaho & Karen Keyser for
Allowing me to share what we do at
Idaho Concerts in Care!*

