



## Additional Information

### WORKSHOP SCHEDULE

- July 14th: 1pm-3:30pm
- July 21st: 1pm-3pm
- July 28th: 1pm-3pm

Please plan to attend all three sessions.

### LOCATION

Boise Contemporary Theater  
854 W Fulton St., Boise, Idaho 83702

### PARTICIPATION DETAILS

- The workshop will be filmed. All participants will be asked to sign a release form.
- If you need special accommodations, please contact Dr. Kuntz at (208) 302-5400.

### FUNDING AND COLLABORATION

- **Funded by:** Saint Alphonsus Foundation, Saint Alphonsus Auxiliary, Idaho Commission on the Arts, National Endowment for the Arts, Idaho Department of Health and Welfare Alzheimer's Disease and Related Dementias
- **Collaborating Organizations:** Boise Contemporary Theater, Recycled Minds Comedy

## SIGN UP

To sign up or for more information, call (208) 302-5400.

We promise this workshop will be fun and meaningful!



## Improv to Improve Dementia Care Workshop



Presented by Saint Alphonsus  
Memory Center in partnership  
with local and national organizations.

**Free 3-Part Workshop**  
for Caregivers of Persons  
Living with Dementia.

Join us to enhance your  
caregiving skills!

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**Saint Alphonsus**  
A Member of Trinity Health

## Workshop Details

### ABOUT THE WORKSHOP

Saint Alphonsus Memory Center is excited to offer a free 3-part workshop, “Improv to Improve Dementia Care,” designed specifically for caregivers and care partners of individuals living with dementia. This workshop will help you take your caregiving skills to the next level through the innovative use of improv techniques.

### What is Improv?

Improv is a form of theater where much of the performance is created spontaneously, without scripts. Medical Improv, which includes techniques such as comedy, has been shown to improve empathy, teamwork, and creative problem-solving.

### Supporting Partners



## Workshop Goals and Instructors

### WORKSHOP GOALS

- 1. Presence:** Learn to be fully present with your loved one, with intention and without judgment.
- 2. Communication:** Enhance your communication skills with respect, compassion, and creativity.

Additionally, the workshop aims to foster a dementia-friendly community and includes mindfulness techniques to complement the improv training.

### INSTRUCTORS

- Sean Hancock from Recycled Minds will lead the Improv sessions.
- Dr. Abhilash Desai, Geriatric Psychiatrist, and Dr. Kara Kuntz, Medical Director of Saint Alphonsus Memory Center, will provide mindfulness training.