

Gem State News

Pay It Forward



Volume 5, Issue 2
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Here at Gem State Developmental Center we have a monthly ritual. It is a ritual for kings, and queens, where we feast to fill our bellies and hearts alike, as we celebrate the milestone of turning another year older, and our participant's birthdays together. When a birthday is coming up we ask our individuals to pick a restaurant to celebrate their birthday. We have frequented numerous restaurants and fast food joints around the Treasure Valley over the years and it's always a great time, as we celebrate individual's birthdays together. This past month of November brought with it a special lunch outing as well as a very special moment for the Gem State participants and staff alike.

On November 15th 2017 we geared up for another birthday lunch outing, this time to City Buffet, a very popular choice for all those involved. It was a normal venture to a buffet full of mounding plates, and stuffed stomachs. It wasn't until the end of the meal however that we encountered something that has never happened over years of monthly lunch outings. When the waitress approached the table, we asked for our checks. The waitress smiled and said that our checks had been covered; a stranger had paid for all of our meals. A stranger had paid for 8 meals that cost roughly \$10.00 a piece.

This came as a huge shock but was a fantastic teachable moment for our participants and staff alike. It was a moment of pure, genuine generosity. Of course the stranger wanted to remain anonymous and the waitress would not give an inch when we pressed her to find out whom he

or she was. There wasn't someone staring intently at our table waiting to see our reactions to the news, and inevitably we never discovered who this mystery meal purchaser was. Although they remain faceless, it was a fantastic feeling that another person would treat us so well without knowing us at all.



By Chase Larson

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GSDC Will Be Closed:

- Christmas: 12/25 & 12/26
- New Years: 1/1/18

LETTERS TO SANTA

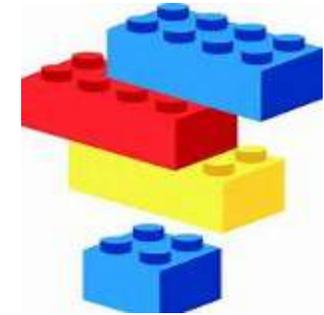
Dear Santa,
 Hello! My name is Jordan
 and I am 15 years old. I live
 in Metairie, LA 70002

I have been very good this
 year and have been thinking
 of what I would like for
 Christmas.

#1. Woody
 #2. logos
 #3. sand box

I am very excited for your
 visit and will leave out some
 snacks for you and your
 reindeer.

Love Love, Jordan

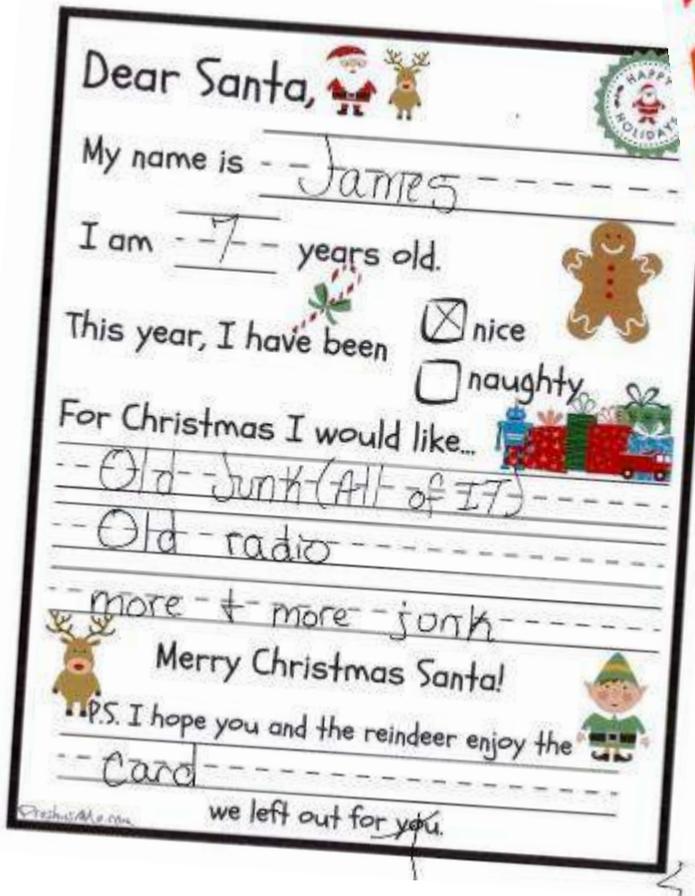
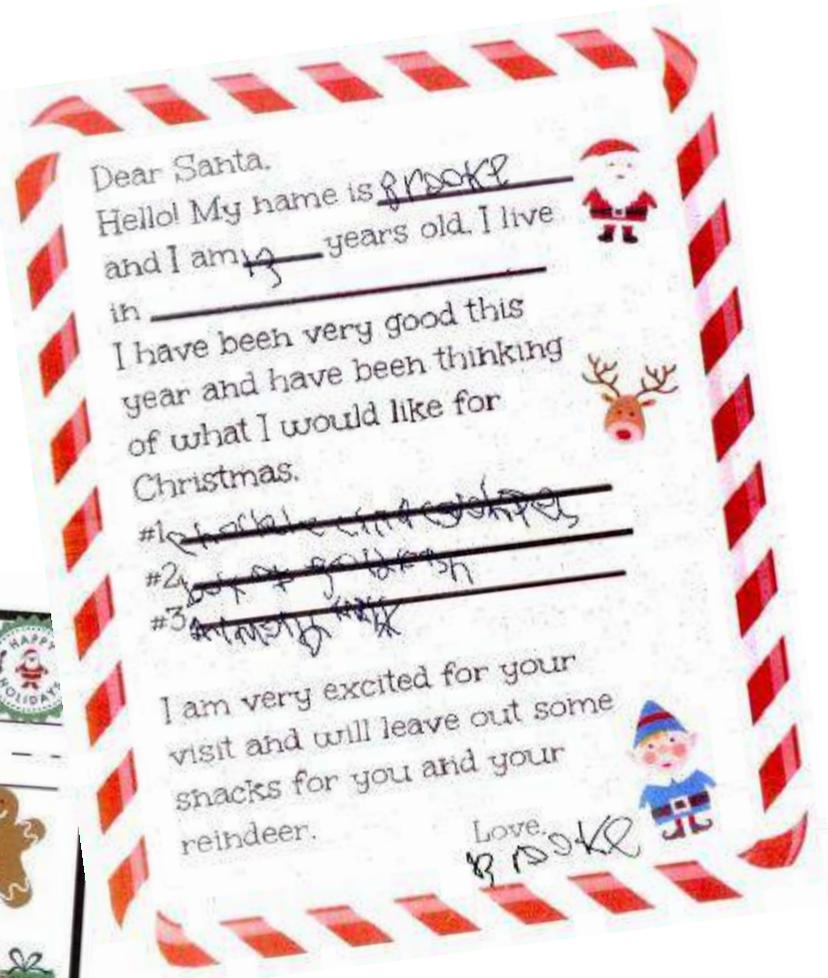
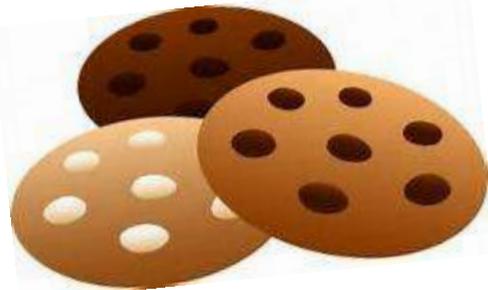


Dear Santa,
 This Christmas I am 15 years old.
 I have been... Naughty
 Nice

Something I want: stickers
 Something I need: game
 Something to wear: jeans
 Something to read: toy story

Thank You,
JACKSON

LETTERS TO SANTA



When someone mentions Christmas...

At Gem State we like to know what our participants are thinking when it comes to exciting events.

With the Holiday season beginning, we asked some of our kids

“When someone mentions Christmas, what is the first thing you think of?”



Presents—Orion



Santa, Christmas Trees—Gavyn



Food, Paper Decorations—Oden



Batman, Jingle Bells - Stuart



Naughty, Good Girl—Bekah



TOY TRUCKS, MUSIC—JAMES



Trees, Carmel—Stephanie



Santa, Rudolph Red Nose Reindeer—Zach

Mr. Grinch — Austin



Christmas, Snow—Aaron



Movies—Joisiah

Jesus Was Born, Presents—Paulina



Holiday Health and Safety Tips

Holidays are a time to celebrate, give thanks and relax with family and friends. They are also a time when it is especially important to keep a watchful eye on your health and to not cut corners. Give yourself and others the gift of good health and safe travels by following these holiday tips.

Proper Hand Hygiene –

- Washing your hands regularly is one of the most important steps in preventing illness and the spread of germs.
- If clean water and soap are not available then use an alcohol based hand sanitizer.
- Rule of thumb: Wash hands – including the back of hands, between fingers and under finger nails - with soap for 20 seconds.

Bundle Up –

- Always keep your chest covered and warm to prevent pneumonia and chest colds.
- Playing in the snow is one of the best benefits of winter, but if you plan to be outdoors for long periods in cold weather, wear layers of insulated or moisture-wicking clothing, including a hat to prevent hypothermia.

Travel Safe and Plan ahead -

- Traveling out of the country requires more risk and planning but first, start getting all of your shots and immunizations up-to-date.
- The **Centers for Disease Control and Prevention** maintain Traveler's Health website that carries news about dangerous outbreaks around the world, safety guidelines and detailed information about diseases of particular concerns to travelers.
- If you're planning for a short distance, make sure to have a First-Aid kit and plenty of blankets in case of emergency.
- Also, before holiday travel, take your car for a routine check-up to ensure everything is up-to-speed and in fine working order.

Prevent Hazards –

- Keep pets and children away from fire hazards such as candles, generators, and grills.
- Do not leave children, fireplaces, stoves or candles unattended.
- As a precautionary measure, check all fire and carbon monoxide detectors in your home.
- Although it is especially important to make sure their operating properly in the winter, they should be checked once a month and the batteries replaced twice a year.

Manage Stress –

- To avoid over exhaustion say no to a few more commitments and yes to more time at home and with family (if that is less stressful).
- Balance work, home and play as much as possible and create a spending budget.
- Most importantly, make sure to get adequate and proper sleep.

GSDC THOUGHTS

My name is Advan Ekic and I've been coming to Gem State for four years. I like coming here because there are a lot of different activities. I like going bowling, shopping, and to the library. I like going to the Western Idaho Fair and to the expo at Fit One. And I like to watch movies. I work on programs at Gem State and make new friends.

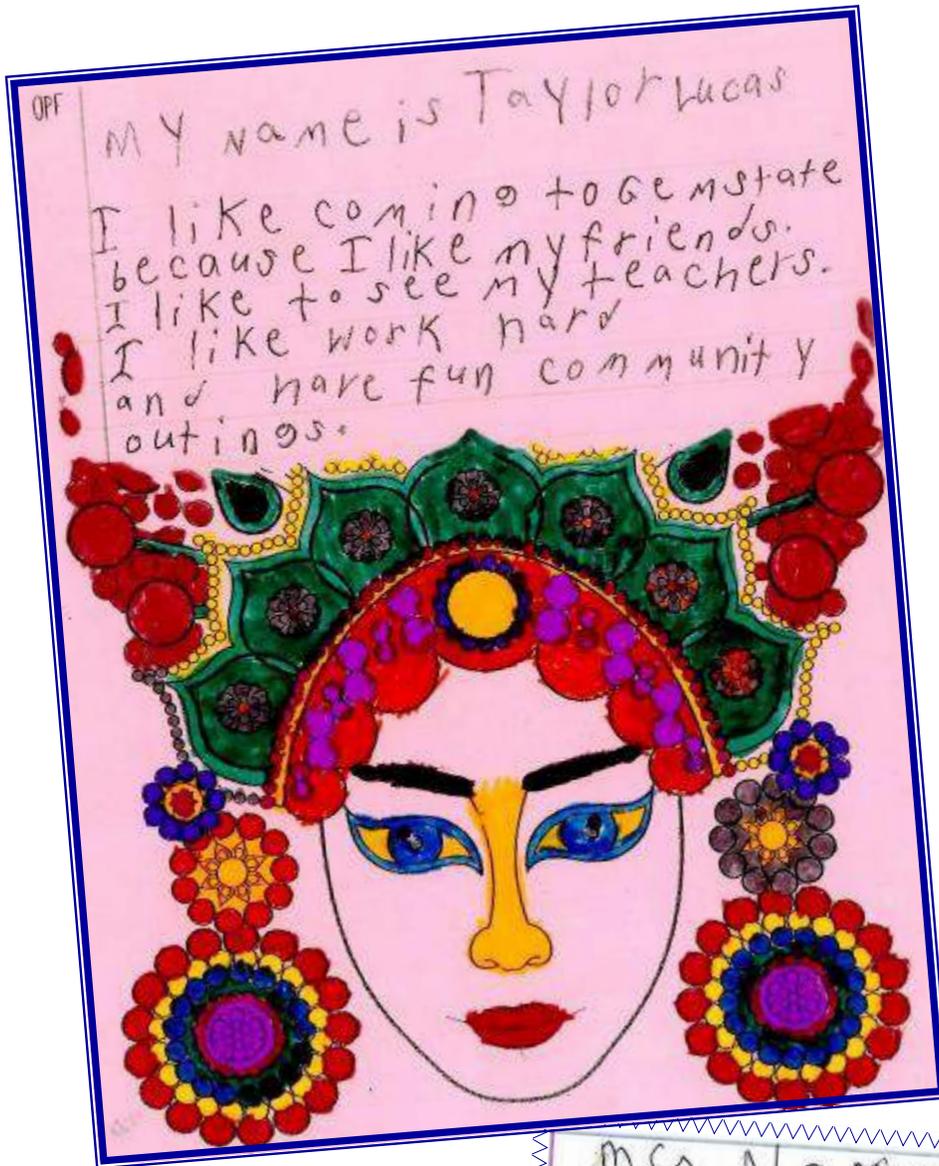
I painted a picture of flowers in a vase and then I put it in a frame. I also have made bowls and other things at pottery class.

Happy Holidays!



MY NAME IS MIA HOMEISTER AND I, have been going to Gem-State FOR 6 years. Gem-State has a lot of Fun Activities Let me tell you some of my Favorite Activities I Love y and Sales, Shopping, and Birthday Lunches and Much More. Gem-State is AWESOME! There is so much Fun stuff to do throughout the whole year. I AM Glad I Attend Gem-State!

GSDC THOUGHTS



My name is Christina Ackerson. I volunteer at animal shelter. I like to volunteer at Cherie because I like tiger who is a chihuahua pug mix and Lulu likes me to throw her the ball.
Christina Ackerson

Time Travel with Friends!

This summer in the Children’s Program the kids got to “travel” through time from the Stone Age to the 1990’s. Each week was packed full of fun crafts, cooking projects, trips into the community and other activities that helped the kids learn about that time period. At the end of each week, they drew and wrote about their favorite activities in their summer journals.



Some of their favorite activities were making caveman paintings in the Stone Age, taking part in an Amtguard demonstration in the Medieval ages, panning for gold in the mid-1800’s and cooking their own Oreos in the 1900’s.

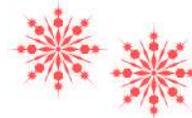


In addition to these themed activities, the children had a blast going to the movies, playing at the park, and painting with Art Without Boundaries.



In all of our summer activities children had plenty of opportunities and encouragement to work and play together. We were able to take part in so many fun group activities. We can’t wait for next summer!

By Christal Walthall



- CAKE
- CANDLES
- CAROLS
- CRACKERS
- IVY
- MINCEPIES
- PRESENTS
- REINDEER
- SANTA
- TREES
- YULELOGS

C	R	A	C	K	E	R	S	P	I
A	E	F	G	N	T	E	G	B	S
N	I	O	P	R	E	D	O	F	E
D	N	T	D	R	I	V	L	K	I
L	D	S	T	N	E	S	E	R	P
E	E	R	D	H	A	C	L	C	E
S	E	Y	E	C	T	J	U	B	C
E	R	K	V	I	N	O	Y	X	N
K	A	R	G	C	A	I	Y	V	I
C	A	R	O	L	S	R	J	H	M

GEM STATE'S *ANNUAL APPRECIATION BBQ BLAST!*

Gem State Developmental Center prides itself in being the 1st DDA facility in the state of Idaho. Its longevity of almost 35 years in business is a testament to the **G**reat **S**taff, **D**riven **C**lients who all make GSDC what it is today. A few years ago, GSDC started an annual tradition of giving back and celebrating with an appreciation BBQ for the staff, clients, family, and friends to attend and share in an afternoon of *family, friends, fun, & food*. It is GSDC's way of saying thanks for all you do and without the staff, clients, and family, GSDC wouldn't have the proud distinction of being not only the 1st DDA company, but even better, a great company.

The annual **APPRECIATION BBQ BLAST** is an afternoon event around the 4th of July for staff and clients, with their families, to socialize amongst the others who attend. With 4 centers, it's hard to manage social interactions and get together throughout the year, so a specific day for a BBQ like this is a great opportunity for everyone to catch up with one another in a fun social setting outside of the center. The food choices are ample and delicious with each center buying and/or making something for the event; and everyone comes to the park

hungry but leaves not only full in their bellies, but more importantly, full of new memories of friends and fun made that afternoon; and always looking forward to next year's event. Thank you to everyone who made this year's BBQ BLAST another

successful, fun, and memorable event for all!



By Jessica Lowry

Christmas Quiz

- 1 Which famous Christmas song begins with the lyrics, 'You better watch out, You better not cry'?
- 2 True or false: There are three towns/cities in the United States named Santa Claus?
- 3 The lyrics, 'Holidays are coming, Holidays are coming', feature in Christmas adverts for which famous drinks company?
- 4 In which country is Father Christmas known as Weihnachtsmann?
- 5 On what night does the Christmas season come to an end:
a) Fifth Night, b) Eighth Night, c) Twelfth Night?
- 6 Which popular Christmas movie is about a young boy who takes a train ride to the North Pole?
- 7 Can you unscramble the following word to reveal an ice crystal with 6 points:
SWNOLKAEF?
- 8 True or false: There are two calling birds in the 12 Days of Christmas song?
- 9 How did Mary travel to Bethlehem to give birth to baby Jesus:
a) Car, b) Donkey, c) Bicycle?
- 10 Which reindeer is said to be the most famous reindeer of all?
- 11 In which country does Christmas Day occur first:
New Zealand or Canada?
- 12 What is the name of the snowman in the Disney movie Frozen?
- 13 What Christmas product was invented by a London sweet maker named Tom Smith?
- 14 Can you unscramble the following letters to reveal a word than means Christmas: ELNO?
- 15 True or false: There are four Sundays in Advent?



GSDC - A YEAR IN REVIEW! (LEFT, RIGHT, ACROSS VERSION)

Wasn't 2017 just **RIGHT** here a few months ago? And now as we get ready to enter 2018 with just a few weeks **LEFT**, this is a great time to reflect **RIGHT** now on what's made this past year at Gem State Developmental Center out**RIGHT** full of laughs, tears, and most importantly amazing memories.

This year we had many exciting new community events for the participants to choose from, such as Meridian Senior Center volunteering; Enrichment Club at the Meridian Library with fun activities **LEFT** and **RIGHT** to choose from each month and **RIGHT** here in the heart of Meridian; Art Paintings that **LEFT** everyone grateful of participants' amazing artistic talents (and showcased at St. Alphonsus RMC and on local tv news); Amazing Amigos Social Group; Dog Show **ACROSS** the county lines of Nampa; and a special milestone for many-seeing their first Solar Eclipse ever that **LEFT** many staff and participants in awe of its spectacular natural phenomenon as it spanned **ACROSS** the sky over a 3 hour period (but making sure everyone kept their sunglasses on so no one was **LEFT** blind).

This year we have seen continued changes and growth within the company, **RIGHT** before our very eyes; with many new faces amongst staff and participants. Some of the participants **LEFT** the children's program upon turning 18yo to transition to the adult program; and sadly we've lost a few amazing participants (and staff's families) who've **LEFT** us all too soon and **LEFT** an empty space in all our hearts. Also, never a dull moment with staff scheduling (especially children's program and making sure we have the **RIGHT** staffing numbers and no children **LEFT** unaccounted for) and trying out even Saturday services for the adult program, which came **ACROSS** successful. Amongst staff, some came **RIGHT** back to work for us (after having **LEFT** for new endeavors), only to return because they realized just how great of a company GSDC was to leave in the first place; we have 2 staff who **LEFT** the world of singlehood with engagements and anticipated weddings in the near future and wish them well in this new endeavor of love.

In parting, on behalf of all the staff and participants, we take this time **RIGHT** now to thank Martin & Rosalie for their vision & passion for helping those in need at the **RIGHT** time (1983); and as we head **RIGHT** into 2018, to hallmark their amazing 35 years in business. They have touched so many lives, especially those who have **LEFT** us this year, but will always have a special place **RIGHT** in their hearts. They have also **LEFT** a great impact on hundreds (if not thousands) of people **ACROSS** the Treasure Valley and Idaho, especially **RIGHT** in the heart of Meridian & Nampa. We are all blessed to be **RIGHT** here sharing in this amazing milestone with you both.

Once again, here's to bidding 2017 goodbye that's **LEFT** GSDC with many amazing memories over the past 12 months; and welcoming 2018 with even more captured moments and treasured memories. GSDC continues to provide "Exceptional Service For Extraordinary People" **ACROSS** all 4 of its centers, and with the milestone of 35 years in business **RIGHT** around the corner, we couldn't have asked for a better place to call our 2nd home for staff and participants, **RIGHT** here, **RIGHT** now. **ALRIGHT**, this is all that is **LEFT** of our year in review reflection so you can go back to what you were doing before **RIGHT** now.

“The Seasons Of The Year”

The seasons of the year come in a different way. Each season lasts 3 months. Winter is a cold season, summer is a hot season, and spring and fall are allergy seasons. Fall is another word for autumn. The winter months are December, January and February. The spring months are March, April and May. The summer months are June, July and August. And the fall months are September, October and November. “The 4 Seasons” is the name of the play which was based on the story from “Sesame St.” There are 4 seasons in a year. Some people start with spring and some people start with winter.

There was a movie called “The 4 Seasons” and the song “If Ever I Would Leave You” is about the 4 seasons

By Gwen Roller



Christmas Quiz Answers

1. Santa Claus is coming to town, 2. True: Santa Claus in Georgia, Indiana and Arizona, 3. Coca Cola, 4. Germany,
5. c) Twelfth Night, 6. The Polar Express, 7. Snowflake, 8. False: There are four calling birds, 9. b) Donkey,
10. Rudolph, 11. New Zealand, 12. Olaf, 13. Christmas cracker, 14. Noel, 15. True

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