

# Gem State News

## Stress Relief from Laughter?

### The Doctor Says It's No Joke

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Although a good sense of humor can't cure all ailments, data is mounting about the positive things laughter can do.

#### Short-Term Benefits

Laughter stimulates many organs. It enhances your intake of oxygen-rich air, which stimulates your heart, lungs, and others muscles. It increases the endorphins that are released by your brain and activates your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase your heart rate and blood pressure. The result, a relaxed feeling and soothed tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

#### Long-Term Effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may: Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more serious illnesses. Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers. Increase personal satisfaction. Laughter can make it easier to cope with

difficult situations. It also helps you connect with other people.



Article courtesy of the Mayo Clinic

Volume 6, Issue 1  
April 2018

#### Inside this Issue

- Partners in Policymaking — Page 2
- Superhero Summer — Page 5
- Word Search Activity — Page 6
- GSDC's Intern Spotlight — Page 8
- 2018 Miss Amazing — Page 11
- Join Our GSDC Team — Page 12

#### Upcoming Events:

- Run/Walk for Autism — Join our Team "Super Gems" - April 21th
- Start of GSDC's Summer Program—June 4th
- GSDC's Summer Company Picnic

## Partners in Policymaking

Idaho Partners in Policymaking is supported by the Idaho Council on Developmental Disabilities. They interview and choose individuals with developmental disabilities to support and train them in advocacy skills. They provide training, information, resources and other skill building to help them contact their local representatives about important issues in the community for people with disabilities. They strive to make long-term changes and become active participants in the policy-making process. Two GSDC participants were chosen to be a part of this group, Suzanne Allen of Nampa, Idaho and Mia Homeister of Boise, Idaho. We are very proud of them and congratulate them on their graduation from the program on May 19th at the Hyatt Place in downtown Boise.

Ms. Mia Homeister says, “My experience with Partners in Policymaking was amazing. I learned so much. I learned about, different disabilities and support systems. I also learned about Medicaid and social security. When I was in Partners in Policy, I made all sorts of friends.

I made friends that were like me who wanted to become self-advocates. I also made friends with parents who have children with disabilities. The most important thing we did in Partners in Policymaking was when we met with our county legislators.

I was a little bit nervous, but I did a good job talking with my legislator. It was really fun! The legislator, Representative James Holtzclaw liked me so much, that he gave me his special award he earned himself. I am so glad that I had the opportunity to meet with the legislator. I am glad that I got accepted into partners in policymaking.

This organization has had a big impact on my life. I hope next year I can come do the program again because I enjoyed it so much! In May I will be graduating from the program. I am looking forward to that event. I would like to end it all by telling you that partners in policymaking has been amazing for me and I really want to go back next time.”





## Partners in Policymaking

Partners in  
Policymaking  
at the  
Idaho State Capitol  
Thursday, February  
22nd, 2018



Ms. Suzanne Allen reports that “Partners and policy is about learning how to influence support for people with disabilities from Health and Welfare. We meet once a month on a Friday and Saturday in Boise at the Linen Building. The meetings teach you how to use your state representatives to make changes in policies about subjects such as Civil Rights, Community living and Education. Tony Brinegar is the leader of the meetings.

Why I love it is because the people are real nice and polite, we learned breathing exercises, in and out, to help me think straight, we took breaks where snacks, lunch, and dinner was provided.

One thing we did was make phone calls to our state representatives to set up appointments to meet with them. We met with them on February 22, 2018 to discuss how to get more money for programs.

If you want to attend the meeting, you need to sign up and meet the people first. After the meeting they will send you a pamphlet explaining what partners in policies is about. After you start they give you a new binder to hold your paperwork and homework.

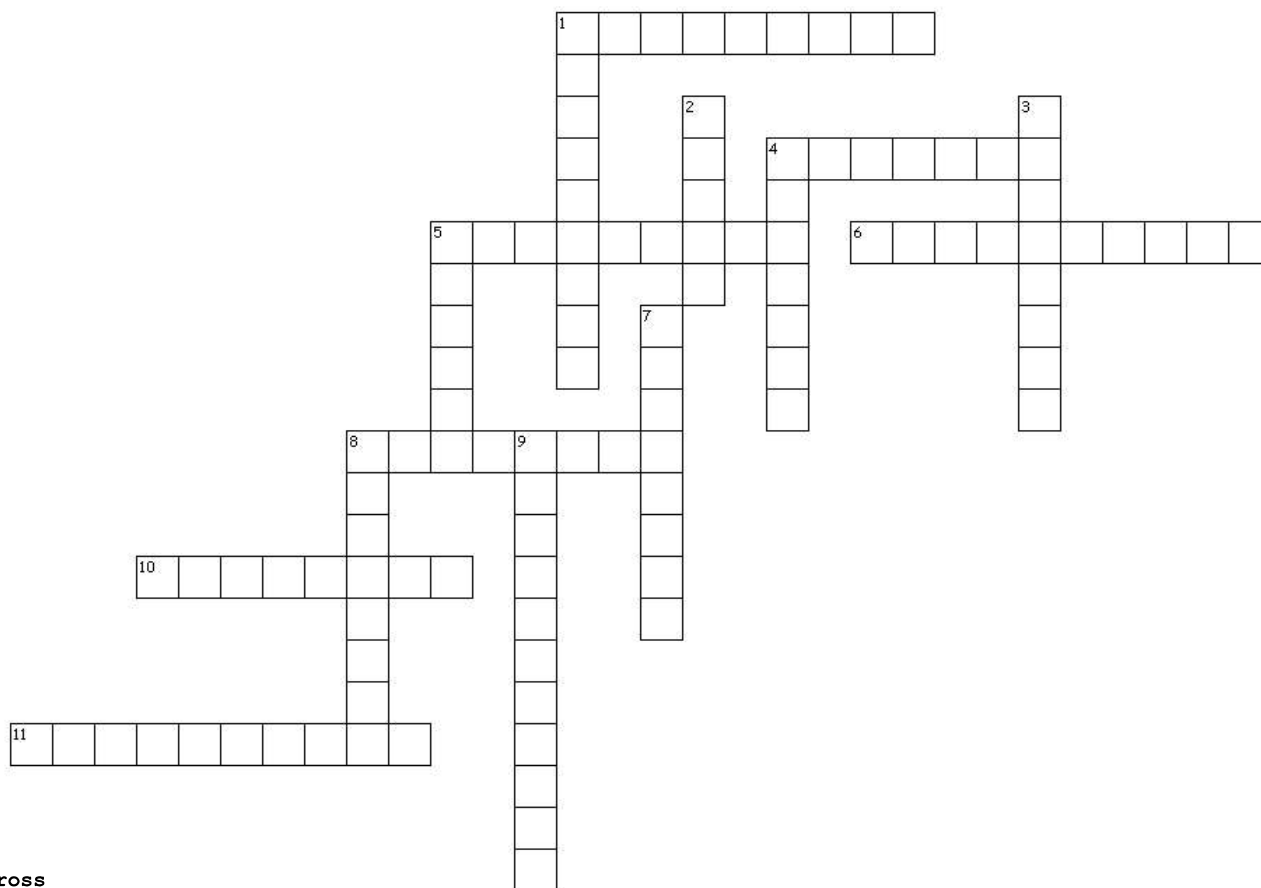
I am learning to use my voice to express my needs and working on long term changes in government. I am learning to help others express their needs too.”



By Lori Jo Poole, LCSW  
Clinical Director

Suzanne and Representative Perry

# SUPERFLEX TERMS



## Across

1. Relating to or involving conscious mental activities (e.g. thinking, understanding, learning, remembering)
4. To give power to someone.
5. A fictional character that has amazing powers.
6. The courses that are taught by a school, college, etc.
8. Very fast loss of emotional self-control.
10. The way a person or animal acts or behaves.
11. The skills of making or carrying out plans to achieve a goal.

## Down

1. A difficult task or problem: something that is hard to do.
2. The ability or right to control people or things.
3. A process by which someone is taught the skills that are needed for an art, profession, or job.
4. A strong feeling (such as love, anger, joy, hate, or fear).
5. Relating to or involving activities in which people spend time talking to each other or doing enjoyable things with each other.
7. The action of using your mind to produce ideas, decisions, memories, etc.
8. To give (someone) a reason for doing something.
9. Something that makes it difficult to think or pay attention.

By Donna Newby

## Childrens Superhero Summer Plans

**Does your brain get stuck on topics  
that you are interested in?**

**Do you like to talk about your topics most  
of the time and sometimes interrupt to do it?**

**Does your brain get you to only think and  
talk about your plan?**

**Well, if so, you may be experiencing a visit from:**

**One-Sided Sid®**



**Superflex® to the rescue!!!**

### A Superhero Summer

Grab your cape for Gem State's upcoming Children's Summer Program. We will be spending the summer practicing our flexibility and learning strategies to defeat the Unthinkable One-Sided Sid and his pals: Mean Jean, Body Snatcher, Energy Harey, Glassman and More...

Habilitative Intervention and Habilitative Support will be accessing the community in activities including a glass blowing tour, free lunch at the park, MK Nature Center, Rock Museum and many more. Skill building will be a huge focus for summer including, Fine and Gross Motor Skills, Money Skills, Sensory Integration, Personal Information Skills and Friendship Building.

Can't wait to see you there!



By Anna Crane  
Clinical Director

## Building Better Communication and Listening Skills

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

ACTIVE

PLAY

ANXIETY

READ

BODY

SING

BRAIN

SKILLS

CONNECTED

THINKING

EMOTIONAL

TUNED-IN

FOCUS

LISTEN

HEART



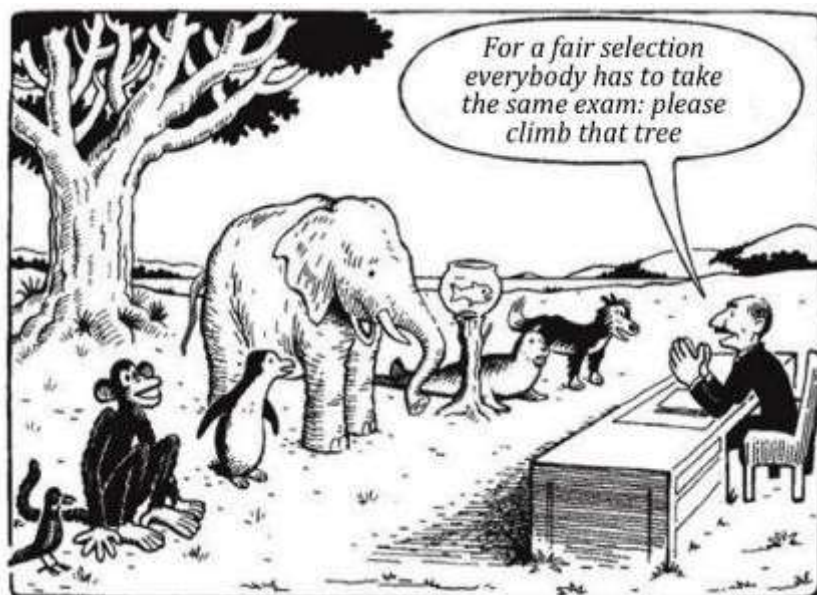
### SuperFlex Crossword puzzle answers

Across: 1. Cognitive; 4. Empower; 5. Superhero; 6. Curriculum; 8. Meltdown; 10. Behavior; 11. Strategies

Down: 1. Challenge; 2. Power; 3. Training; 4. Emotion; 5. Social; 7. Thinking; 8. Motivate; 9. Distraction



## Miscellaneous Fun



*"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."*

*- Albert Einstein*

Try our new QR Code!



Use: QR Code Reader by ScanMobile or  
QR Reader for iPhone by TapMedia  
They work great, and are free to download.



Will on this Day,  
I will say I like and enjoy  
so much here, we paint and make cookies,  
and a lot of things too, we have the nice's  
lady's here, and there is more, we  
go for walk's, we just love it everything,

By William "Will"  
Martindale

## INTERN SPOTLIGHT

Another year has passed and yet again, we see another group of amazing interns graduating. GSDC has been very lucky over the past several years of having the pleasure to work with the future of the field of social work. We are grateful to have the pleasure of working with these fine students from Northwest Nazarene University and Boise State University.

They will be missed and we wish them luck in their future endeavors!

**Ashley Trees**  
**Boise State University**  
**Intern, Bachelors of Social Work**



**Describe yourself in three words...**

SASSY, STUBBORN AND CARING

**Name a hobby that you love that others may not know about.**

LEATHER WORK AND JEWELRY MAKING

**What's your favorite joke?**

SHEEP!

**Your 15 minutes of Fame would be for...**

FOR TELLING A JOKE THAT IS ACTUALLY FUNNY.

**If you had a theme song, what would it be?**

A TORNADO WARNING BY TURNPIKE TROUBADORS

**Describe yourself in three words...**

KIND, AGREEABLE AND FUN

**Name a hobby that you love that others may not know about.**

NETFLIX

**What's your favorite joke?**

KNOCK, KNOCK. WHO'S THERE?

INTERRUPTING DOG. INTERRUPTING DOG WHO? WOOF!

**Your 15 minutes of Fame would be for...**

DOING AN INTERVIEW WITH FOOD STUCK IN MY TEETH

**If you had a theme song, what would it be?**

WORKING 9-5 BY DOLLY PARTON

**Kennedy Woods**  
**Boise State University**  
**Intern, Masters of Social Work**





## INTERN SPOTLIGHT

**Describe yourself in three words...**

COMPASSIONATE, DRIVEN AND MOTIVATED

**Name a hobby that you love that others may not know about.**

I LOVE LISTENING TO MUSIC ON MY FREE TIME OR GOING TO WORK

**What's your favorite joke?**

WHY AREN'T KOALAS ACTUAL BEARS?  
THEY DON'T MEET THE KOALAFICATIONS!

**Your 15 minutes of Fame would be for...**

FOR GETTING THE MOST OUT OF MY DAYS. NO MATTER WHAT ER-RAND I HAVE ON MY LIST THEY ALWAYS GET DONE, SOMEHOW. I GUESS FINDING EXTRA HOURS IN THE DAY COULD BE CONSIDERED A SUPER POWER!

**If you had a theme song, what would it be?**

RADIOACTIVE BY IMAGINE DRAGONS

**Laura Palacio**

**Boise State University**

**Intern, Bachelors of Social Work**



**Natalie Reitan**

**Northwest Nazarene University**

**Intern, Bachelors of Social Work**



**Describe yourself in three words...**

SURVIVOR, CARING AND BIG-HEARTED

**Name a hobby that you love that others may not know about.**

I LOVE TO READ AND I AM AN AVID POKEMON GO PLAYER  
"GOTTA CATCH EM ALL"

**What's your favorite joke?**

WHY WAS SIX SCARED OF SEVEN?  
BECAUSE SEVEN ATE NINE!

**Your 15 minutes of Fame would be for...**

I WAS IN A TV COMMERCIAL FOR SKATE WORLD BOISE!

**If you had a theme song, what would it be?**

STRONGER BY KELLY CLARKSON

## INTERN SPOTLIGHT

**Issa Ntakirutimana**  
**Boise State University**  
**Intern, Bachelors of Social Work**



**Describe yourself in three words...**

HUMBLE, AMBITIOUS, COMPASSIONATE

**Name a hobby that you love that others may not know about.**

DRAWING

**What's your favorite joke?**

HOW MANY INTROVERTS DOES IT TAKE TO CHANGE A LIGHT BULB??

WHY DOES IT HAVE TO BE A GROUP ACTIVITY??

**Your 15 minutes of Fame would be for...**

TO MAKE SURE THERE IS FOOD ON THE TABLE FOR EACH PERSON ON THE PLANET AT LEAST FOR ONE NIGHT.

**If you had a theme song, what would it be?**

LOSING MY RELIGION BY R.E.M.

**Describe yourself in three words...**

HONEST, LOVING AND HAPPY

**Name a hobby that you love that others may not know about.**

NEEDLEPOINT

**What's your favorite joke?**

WHAT'S THE DIFFERENCE BETWEEN PEAS AND BOOGERS?  
KIDS WON'T EAT PEAS!

**Your 15 minutes of Fame would be for...**

WINNING THE LOTTERY AND OPENING A WOMEN'S AND CHILDREN'S INPATIENT TREATMENT PROGRAM WHERE THE FAMILY CAN BE TOGETHER

**If you had a theme song, what would it be?**

STRONGER BY KELLY CLARKSON

**Jamie McInville**  
**Northwest Nazarene University**  
**Intern, Bachelors of Social Work**



## 2018 Idaho Miss Amazing Pageant

The 2018 Idaho Miss Amazing Pageant, going into its 6th year, continues to be the platform for young girls and women with disabilities (but truly more about their ABILITIES) to showcase their inner and outer beauty and talents. But more importantly their amazing confidence and building lifelong friendships. I can truly attest to this firsthand, serving as a buddy volunteer and a pageant judge in previous years.

The popularity of the Idaho Miss Amazing Pageant continues to grow each year, this year with over 100 contestants (from 30 its first year), and presented over 2 nights/3 shows. Gem State Developmental Center continues to represent the Pageant with 2 female participants as contestants, Stephanie Perez and Brenda Ward; and 2 male participants as Right Hand Men, DJ Casper and William Martindale. They have all participated in past years so they are accustomed to being in the spotlight and this year was no different with participating in the talent show and the evening showcase.

It was a special event for all of them where they were in the spotlight and got their 15 minutes of fame, so to speak, and stood on stage with the biggest smiles and hearts proclaiming to the audience \*This Is Me\*. This was their night of glory and it was an AMAZING event with new memories made, and no doubt they will continue to participate in for years to come.



By Jessica Lowry



## Be Part Of Our GSDC Team



### Developmental Technician & Habilitative Support

**GSDC is looking for fun, energetic, patient and kind individuals to be a part of our team. We provide high quality, exceptional services to extraordinary people. We work with individuals on daily living skills in the community and center based work sites.**

**WAGE: \$10.00 per hour for positions listed above.**

**SHIFT: Part-Time, Full-Time & Seasonal positions available  
Various hours Monday through Saturday between 8am-6pm  
Positions in **NAMPA** and **MERIDIAN****

**Apply in person or online at [www.gsdcdda.com](http://www.gsdcdda.com)**

Gem State Developmental Center  
818 NW 15th St.  
Meridian, ID 83642  
(phone) 888-5566 \* (fax) 888-5578  
[www.gsdcdda.com](http://www.gsdcdda.com)

