

# Gem State News

## St. Alphonsus **September 2017** Artist of the Month Exhibit

GSDC has partnered with Mary Jussel, from “Art Without Boundaries” to use MnemeTherapy® to paint beautiful art work. Our participants thoroughly enjoy themselves and everyone is impressed with the stunning pictures they create.

This year, GSDC was chosen to display our participants art work at “Saint Alphonsus Artist of the Month Wall Exhibit”!

The art will be displayed in the South Tower hallway of St. Alphonsus Hospital on Curtis Road during the entire month of **September 2017**. Please make sure to mark your calendars and share the date with friends and family so everyone has a chance to stop by Saint Alphonsus and see what wonderful artists attend our program.

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### Upcoming Events:

- Start of GSDC’s Summer Program—May 31st
- Run/Walk for Autism — Join our Team “Super PIECES” - April 29th
- GSDC’s Company Picnic— July 1st



## “Amazing” Talent

The 5th Annual Idaho Miss Amazing Pageant was held the weekend of February 10th-11th, at the Nampa Civic Center and Gem State Developmental Center proudly showcased 5 participants as pageant contestants: Suzanne, Stefanie C., Brooke, Stephanie P., and Brenda. What started 5 years ago with less than 40 contestants held at a local high school has become a popular annual event where young girls and women WANT to be a part of this pageant and spans over 2 days and 3 shows. This is a strong testament to the impact the Idaho Miss Amazing Pageant has made to so many young girls and women who have found a platform to display their unique, beautiful, and amazing personality and ambition to others. It is an experience that has inspired all of them to empower themselves and to dream big and reach their full potential.



Brooke said "I got a tiara and won a trophy, I got to go on stage, it was fun, and I felt pretty."

The Talent Show on Friday provided an opportunity for Stephanie P., Stefanie C., and Brenda to display their creative talents with their singing and dancing. It was a fun-filled night of them doing what they love best, surrounded by the support of their family and friends. The Formal Evening Wear Show on Saturday provided a platform for the girls to display their beauty and confident skills at being themselves, in the presence of over 85 girls and women who aren't defined by their disabilities, but more importantly are defined by their ABILITIES. It was a special night of building and exuding great confidence and self-esteem, making many fun memories, renewing friendships from last year, establishing new friends this year, and being reminded that they are beautiful and amazing in their own ways.



Stephanie said "I had a good time at Miss Amazing. I made friends, I loved my dress and I

loved singing. It was fun. I looked beautiful and would like to do it



Brenda said "It was awesome. I liked the judges, they asked me questions. Everybody was happy to see me with my dress and make up on. It was fun. I was dancing."



Stefanie commented "It's good to get to know people in the Miss Amazing Pageant and see girls from last year. It's fun to have fun with staff volunteers and judges. The crowd enjoyed all the shows. I liked my partner. They showed me how to go in line in the show. I had a good time."



Suzanne said "I enjoyed all of it, especially picking out dresses, and I am going to do it again."



## “Amazing” Right-Hand Men



What makes this event even more \*amazing\* is that over the past 5 years, GSDC has had the wonderful privilege of having many of its female participants be contestants, as well as male participants be right hand men. Overall, we’ve had 15 participants contribute a part of themselves in some capacity. 1 contestant, Brenda Ward, has been a contestant every year since its pageant inception. GSDC staff have also volunteered their time as a \*buddy\* for the day and Jessica Lowry was a pageant judge the 2nd year of the event. GSDC also was a proud sponsor of the pageant for 3 years, and sponsored Cinderella’s Closet, a local consignment outlet, which provided beautiful evening gowns for our participants to wear for the event. GSDC will continue to be a part of this annual event, and hopes with its continued popularity that more participants will want to partake each year.

A big shoutout to DJ and Will for being right-hand men! They accompanied the beautiful ladies onto the stage during the Formal Evening Wear Showcase. It was also their night to feel special and to be able to help these women feel the spotlight on them. Thank you DJ and Will for making it a night to remember for everyone.



DJ commented “It was awesome. We got to meet a lot of new people and talk to the other escorts. We get to meet a lot of girls that do it, as well as get a chance to be on the news.”



Will also added “It was fun; it was fun and I want to do it again.”



Paulo, having been a right hand man previously, stated “I had fun walking with girls. It was fun to get dressed up. It was fun hanging out with the girls on stage.”

The popularity of this annual pageant is a testament that many more young girls and women are seeing this event as a great platform to showcase their truly amazing abilities and create memories of a lifetime. The world is a much better place when the talents and ambitions of all people are celebrated and valued and this special weekend couldn’t have been a better outlet to showcase that. Congratulations on all the contestants and here’s to looking forward to next year’s event and even more Gem State participants being a part of the event, both as contestants and as right hand men!

By Jessica Lowry

GEM STATE FUN...activities we do

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

Bowling

Exercise

Movies

Talentshow

Coffeehouse

Fairs

Painting

Tours

Cooking

Games

Picnics

Volunteering

Crafts

Library

Reading

Writing

Dances

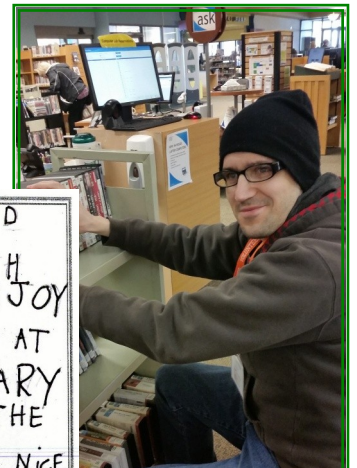
Lunches

Shopping

Yardsales

## “VOLUNTEERING IN MERIDIAN”

Meridian Adults have kept busy lately with a variety of volunteer projects throughout the community. The first Friday of every month we frequent the Idaho Food Bank in Boise. The participants really enjoy doing a variety of projects for them ranging from labeling food items, packaging apples, placing ingredient stickers on fruit cups, and stacking soup in boxes for those individuals in our community that need it. We have recently been attending the Meridian Canine Rescue to hang out with our furry friends and go on walks. The participants have relished the opportunity to play with the dogs and provide a positive outlook for a furry companion that may need a little “pick-me-up” in their day. The participants have also been spending a good deal of time every week volunteering at our local Meridian Library. The library has been a great opportunity for the guys to learn some organizational skills, as well as some more fine-tuned cleaning habits. Every Tuesday the group goes to the library to organize and reshelf books, and dust off shelves. Some of our participants alphabetize movies or provide some interesting conversational topics for library staff. The participants love giving back to an establishment that provides them joy through books, magazines, computers use, and movie and music rentals. We’re always looking for more volunteer opportunities here at Gem State, and it’s great to see the participants schedules fill up with volunteer experiences that allow them to give back to their communities as well as allow them the opportunity to learn new skills in the process!



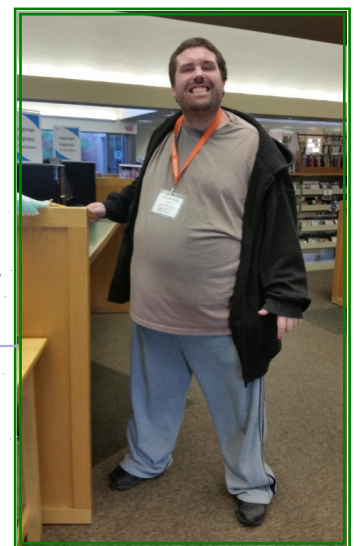
WE STARTED  
TWO MONTH  
AGO. I ENJOY  
WORKING AT  
THE LIBRARY  
BECAUSE THE  
STAFF IS NICE  
AND FRIENDLY.  
I RENT MOVIES,  
BOOKS, CDS  
EVERY WEEK.

ADVAN EKIC 3-1-2017



I LIKE MY JOB.  
I LIKE CLEANING.  
I LIKE TO CLEAN TABLES  
I MEET NEW PEOPLE  
THEY HAVE BOOKS AND MOVIE  
MUSIC.  
ONE DAY WILL HAVE A JOB.  
MONICA MARIE PAYNE

I LIKE TO  
DUST THE  
SHELVES.  
I ALSO LIKE  
TO CLEAN  
TABLES.



By Rodica Ghimbasanu and Chase Larson



## "FREE CELL PHONE SERVICE?!"

Lifeline Medicaid benefit program was introduced in the 1980's to ensure that low-income individuals and families and other assistance programs had access to communication. Today, for individuals with disabilities, especially a developmental disability, the technology gap is extensive. The common use of fax machines, email, the internet and smart phones has left many people with disabilities behind because of their specific abilities, extra training needed for use, the lack of employment opportunities that would commonly use these items and largely due to the financial barrier on a limited income.

Many people in Idaho that we serve have difficulty using a telephone, knowing important phone numbers or how to access them in an emergency situation. A literature review of current research from St. Catherine University has shown that combining technology, education and training for use has an enormous positive impact on the quality of life and independence levels for people that have intellectual and developmental disabilities. Not only do they have a greater ability to be safe and access help when needed, but the socialization access is also increased and thus, increases the quality of life and diminishes isolation from friends and the community.

There are many programs that offer the free Medicaid cell phones with 250 minutes per month, up to 1000 minutes per month for calls and text messages. Individuals that utilize benefit programs such as, Medicaid, food assistance, SSI or SSDI are qualified, as well as other qualifying programs too.

The Medicaid cell phone program only features calling and texting. There is no access to the internet, unless you pay extra for those features.

If you are interested in these programs and how GSDC can assist with training on the proper use of cell phones for our program participants, please feel free to contact us! We are happy to help!



I LIKE MY FREE PHONE BECAUSE  
I LIKE TO CALL MY FAMILIYS AND  
FRIENDS.

### Reference:

Muer, Scott, "Mobile Technology Use and Developmental/Intellectual Disabilities" (2015).  
Master of Social Work Clinical Research Papers. Paper 493. [http://sophia.stkate.edu/msw\\_papers/493](http://sophia.stkate.edu/msw_papers/493)

By Lori Jo Poole, LCSW  
Clinical Director

## Experience the Difference!

**Room available!**

**Openings Available!  
Meridian & Nampa**

**No Wait List!**

We have openings available in Meridian & Nampa Adult & Children's programs.

We also offer an **18-21 year old** After-School program during the school year and continued services during the summer to keep the progress going!

**CHECK OUT THE AWESOME ACTIVITY CALENDAR  
@WWW.GSDCDDA.COM**

**Engage!**

## Meridian & Nampa

Adult & Children's Programs

After-School & Summer Programs (Age 3-21)

**Grow!**

**Contact Us!**  
**(208) 888-5566**



**Visit Us!**  
**www.gsdccda.com**

## WHAT MAKES GEM STATE DIFFERENT?

### Professional

Professional & paraprofessional staff work together with participants every day

### Long-Term & Consistent

First private DDA in Idaho  
Established in 1983

### Innovative & Active

More knowledge  
More experience  
More expertise

**Experience the difference!**

## Childrens Summer Plans

What was that? I hear something. Can you hear it?  
I hear summer creeping around the corner.

Last year we “traveled the world” and it was a very fun summer as we celebrated the different countries. Each week, the kids learned about a different country through crafts, holidays, cooking, and games. They enjoyed it so much, we decided to do some more “traveling” this summer. But, we’re going to do something a little different, We are going to “travel through time”. It’s is going to be a Blast!

We are starting with the cavemen and ending with the present day. We will explore time through music, famous people, recipes, fashion, games and crafts. Some of the activities that the kids will participate in are: caveman drawings, learning to write with a Quill, battling in the medieval games, enjoying some Shakespeare, walking the Oregon Trail, digging for gold, taking a pottery class, living in the 20’s and rocking through the 80’s.

The kids will make their own time journals, documenting interesting things from each era and ultimately picking their favorite period.

It’s going to be a Blast from the Past!!



By Jamie White

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