

GEM STATE NEWS



2021 HOLIDAY EDITION



You Look Spook-tacular!

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Every Moment Has Potential

What is our purpose as support workers?

When we define our roles, we reference our core values and their impact on our ability to encourage learning. Recently, our staff members completed an online training titled "Every Moment Has Potential" from Greystanes Disability Services. The training enabled our team to learn more about "person-centered active support."

As support workers, we assist our participants in defining and exercising their rights to choose, as they engage in experiences of daily living. These are crucial areas to consider when discussing quality of life. Regardless of the individual's level of functioning or ability to engage, we have the charge to be the support that will empower them in meaningful personal activities.

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by Lori Jo Poole, LCSW

Every Moment...Continued

The availability of choice allows them to establish and maintain meaningful relationships. In a collaborative effort, we support them through open conversations which identify their preferences as they explore opportunities for new experiences.

Inclusion and quality of life are essential to the health and well-being of us all. Engagement through social activities builds relationships, enhances personal development, and allows participants control over choices. An inclusive society is one way in which we can have active and meaningful life experiences.

Our primary goal is to create an environment that empowers people to increase self-determination and foster independence. By doing this, we provide avenues in which the individual can participate. Simple activities like being a supportive presence with an individual as they fold laundry, or the tasting of fresh herbs from a community garden or utilizing adaptive devices to turn on a vacuum or radio. These often overlooked and seemingly incidental activities are ways that individuals can be included in the activities of daily living and to be an active part of their day.

We encourage an awareness of the benefits to partnership with individuals, so they may accomplish their goals for the day. By promoting available opportunities to make choices, we place them front and center in all aspects of their care and communal activities. The ethics of this kind of thinking enhance the dignity of the individuals we work with and enhance the respectfulness of how they are included in their space. Let us move into roles of teaching self-sufficiency as much as possible. While it may be easier to do the work for them, we should instead focus on how we can include them. By doing so, we remain true to the core of our purpose.

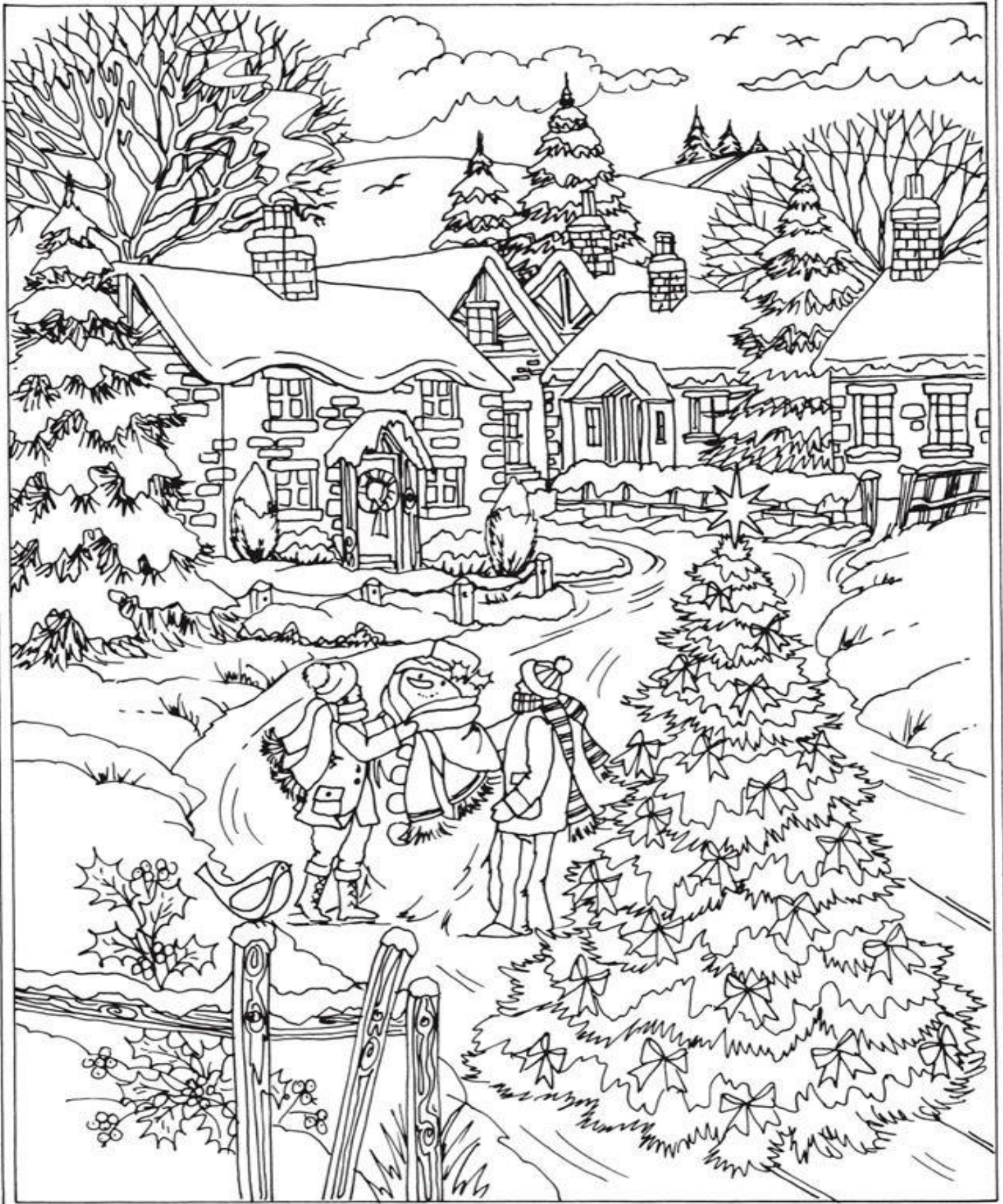
If you would like to learn more, please visit:

[EVERY MOMENT HAS POTENTIAL - About Every Moment Has Potential \(activesupportresource.net.au\)](http://activesupportresource.net.au)

*(Ctrl+ Click) to follow the link



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This is How We Roll, at the Nampa Kids Program!
by Shawna, Darcee, Christopher, & Michael W.



Tanner is hard at work, making tissue paper-stained glass art. He carefully arranged the tissue paper to make the perfect masterpiece. We love to see our participants showcase their creative side.

Great job, Tanner!



"Let's Give 'Em Pumpkin to Talk About!"

RJ, Orion, and staff Darcee enjoying some time together at Twin Oaks Farm pumpkin patch.

The wagon ride was bumpy, so RJ and Orion stayed close to Darcee so she wouldn't fall out of the wagon during the ride.

These big pumpkins are no match for these boys! RJ and Orion also played in the corn pit.

Aleera is concentrating on painting perfect pumpkins they chose at Twin Oaks Farm pumpkin patch.





Something Sweet Over at Meridian Kids Program!
Courtesy of Jamie, Margo, Janette, and Mandy

Do You Like Desserts?

Then try these specially designed Turkey cupcakes we created.

This was a fun project the entire team couldn't get enough of.

We loved how the kids took charge and read the instructions as they put the cupcakes together.

As our resident taste-testers, these delicious baked goods are "Kid & Adults-Approved."

Keep up the great work, team!





Let's Eat, Drink, & Be Merry!
 Courtesy of the Gem State Developmental Center Staff & Family

Do You Like Parties?

We also like parties; especially when they are hosted at the Idaho Pizza Company.

Let's talk about the delicious pizza and salad bar. With so many wonderful choices, everyone had full bellies.

But there is always room for dessert. We had three different cakes to choose from: with Chocolate, Tuxedo, and Cheesecake.

We surprised everyone with nicely decorated Christmas bags with plates and goodies inside. *(thank you Donna)

We held our Ugly Sweater Contest. The winners are as follows:

Sweater Grand Champion: Shawna W.

Ugliest: Tony W. *(deferred to M.W.)

Stylish Sweater: Michael W.

Most Festive Sweater: Jamie W.

We finished the night off with a fun game of gift-exchanges.

Let's do this again next year.

Happy Holidays!





Un-Boo-lievably Cool!
 Courtesy of The Meridian Adults Program
 Maria, Lilibeth, Michael, Lucy, Dallin, Angel & Heather



This is one of our favorite holidays of the year.

The participants loved to dress up and create Halloween art. To be honest, so does the staff. It was spooky-good fun for all who participated.

Here are the results of the
 GSDC 2021 Halloween Costume Contest.

- Best: Wayne (Ghostbuster)
- Colorful: Paulo (Elvis)
- Disney: Kim (Elsa) & Nicole (Mini Mouse)
- Unique: Gwen (Judge Judy)
- Cutest: Mia (Kangaroo)
- Creepiest: DJ (Scary Clown)
- Superhero: Brenda (Superhero)
- Funniest: Nick H. (Dog)
- Uniform: Nyck B. (Pilot)
- Spookiest: Jeffrey (Uncle Fester)





It's Fun O'Clock!
Courtesy of The Nampa Adults Program
By Charlotte, Robin, & Diana



Check out these cool dance moves by our friends at the Nampa Adults Program.

Music makes the heart smile. And so does a good workout routine.

We like to exercise to get the heart pumping. Move your feet to the beat and watch the stress fade away.

Afterwards, we like to slow things down over a Thanksgiving meal. Yum!

What Do You Like About Fall?

"I like to watch leaves turn different colors, not cold yet. The blood moon, and I like Gem State a lot too." – Esther

"I like the moon, stars, to see friends and staff, and the weather is cooler." – Yolanda

"I like looking at trees." – Austin

"I like to celebrate Thanksgiving with family." – Edgar

"I like watching sports on T.V." – Natalie

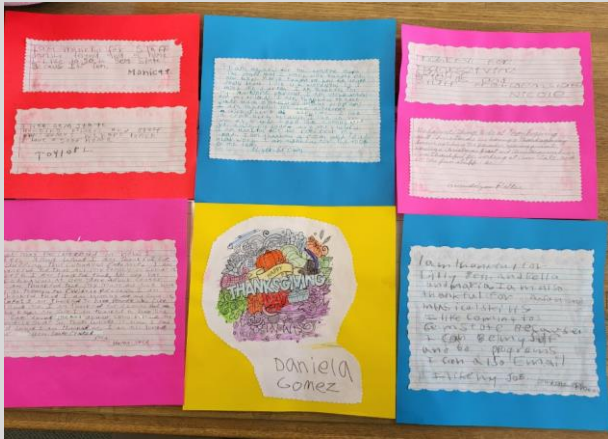
"I like watching the leaves change colors." – Josh

"I like the changing colors of the leaves." – Amalia

"I like the scent of candles and reading a good book with a fuzzy blanket. I also like crocheting a blanket while I am watching football or a romantic movie." – Charlotte (Staff)



Gem State Got Talent!
Courtesy of Meridian Adults & The Annex
Dallin, Sherman, & Angel



There is something about this time of the year that brings out the best in us.

Our participants shared some of what they are thankful for this year with these beautiful letters, and amazing holiday crafts.

We are thankful for the experiences and can't wait to see what they do next.





Holiday Movie Reviews



By Tony Washington

Spider-Man: No Way Home

It is a superhero movie with lots of super action.

The movie is about 2.5 hours long.

It is a huge movie with a huge cast of heroes and villains.

The special effects were awesome, and I was happy with how they shown the amazing powers of all the characters.

You will have a fun time watching this with family and friends.



4 Gems!

Home Alone

This is a fun Christmas movie.

A boy is accidently left behind by his family and must defend his home from burglars.

This movie is full of laughs, holiday music, and heart-warming sites.

I recommend breaking out a large tub of popcorn and watching this movie with your family and friends.

You will be glad you did.



4 Gems!