

Gem State News

Newest Member of the Idaho Medical Care Advisory Committee Corey Makizuru



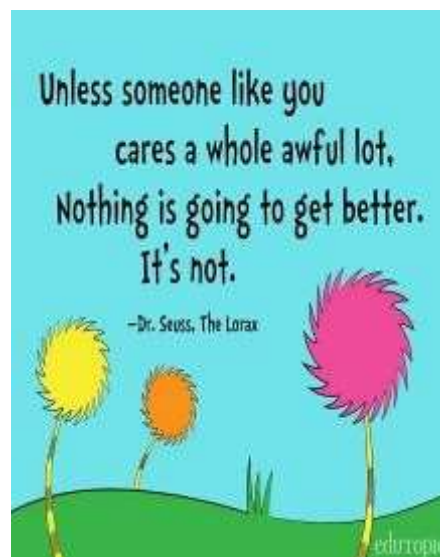
In September 2018 our Administrator, Corey Makizuru, was asked to join a select group of individuals representing Medicaid participants, consumer groups, and members of the general public who are concerned about health service delivery to the Medicaid population in Idaho.

The purpose of the MCAC is to advise Idaho Medicaid in the development and refining of the Medicaid program by providing a sounding board and, as an advisory group. The goal is that this group of highly qualified and

knowledgeable citizens is to provide feedback on current and evolving issues in Medicaid.

By bringing together advocates, service providers and public agencies who strive to work together and share their experience and knowledge, the MCAC team intends to maximize the care available to all Idaho Medicaid participants.

We wish to congratulate Corey and thank him for sharing his expertise with the Department of Health & Welfare.



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Upcoming Events:

- GSDC Holiday Closures
November 22nd and 23rd
December 24th and 25th
- GSDC Company Christmas Party—December 5th
- Christmas—December 25th
- New Years Day—January 1

Robin Simmons, Our Hero!



We have seen it lots of times: the ambulance, with lights strobing and siren wailing, slithering its way through a congested city street, apprehensively crawling under a red light at a busy intersection.

We dutifully pull over and, with a sigh of anxious pity; we always think the same thing: “I’m glad it’s not on its way to see me.”

However, this common thought underlines an important reality. The time it takes for paramedics to arrive on the scene of an unresponsive victim can make the simple difference between a life well-lived and a life cut short.

It is for this reason that it is of paramount importance for all people to have a basic understanding of CPR

Robin Simmons, a Developmental Technician II with 23 years of experience at the Gem State Developmental Center in Nampa, Idaho knows all too well the benefits of having life-saving education be the rule as opposed to the exception.

On October 1st, one of our participants collapsed while returning to the van from a community outing and benefitted greatly from the fact that all GSDC staff are required to know how to perform CPR. As she entered the van, the participant collapsed and became unresponsive. She had no pulse and was not breathing.

Robin quickly jumped into action. She first instructed a very distraught participant to go into the store and ask someone to call 911, which she did. Yeah Anna! As Robin began performing CPR to the beat of “Staying Alive” a former paramedic came to help. The paramedic took the participants pulse and checked her breathing while Robin continued CPR compressions. By the time the ambulance arrived, the participant was breathing and opening her eyes. She was saved by the quick action taken by those around her who had insight into the steps that need to be taken in the face of a life and death health crisis.

While our client was lucky to have been stricken with a health crisis in the midst of well-trained staff, many unfortunate others are not. Anyone can find themselves in a situation where their own practical knowledge could turn the tide in an emergency. Even a baseline understanding of life-saving or first aid techniques can have an impact when applied to someone whose life may depend on the swift arrival of an ambulance howling impatiently at the rear end of a tractor trailer that has yet to find a suitable spot to pull over.

CPR training, in many cases, can draw the line between hero and bystander.

GSDC would like to honor Robin for her dedication to the people whom we serve and her quick actions that saved the life of our precious participant.

Job well done, Robin!

8 Winter Workplace Safety Tips You Didn't Know

Winter Safety Tips

Working during winter feels more like survival of the fittest than an everyday challenge. The risks are even tenfold for employees who have to work and drive outdoors. Here are eight winter safety tips that should keep you safe during this trying season.

1. Bring out those hands!

Hold it! Don't remove those gloves or mittens yet. I mean, just think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on ice or snow.

2. Mittens versus gloves.

Gloves sure look fashionable but donning mittens can actually save your life. With your fingers touching each other inside mittens, they generate more body heat than when they are inside gloves.

3. Warm up before shoveling.

Before you get rid of all the snow and ice at your workplace, do some stretching exercises first. You can also march in place or walk for a couple of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

4. Forget coffee and cigarettes.

Before shoveling or doing any strenuous work, avoid caffeine and nicotine. They increase your heart rate and may cause your blood vessels to constrict.

5. Rock Salt + Kitty Litter = Safer Walkways.

Have some rock salt and kitty litter on hand. Rock salt helps melt the ice on slippery surfaces. Kitty litter can act gives temporary traction.

6. Warm up before driving off.

While it pays to do some stretching exercises before delivering goods or driving to work, you should warm up your vehicle, too. This helps reduce the moisture condensation on the inside of your car windows. Remember, though, not to warm up your vehicle in a closed garage.

7. Six inches equals danger.

Be wary of floods. Be doubly cautious of running water that is 6 inches deep or more, or you run the risk of getting swept off your feet.

8. Report those damaged lines!

And finally, after a winter storm, immediately report any downed power lines or broken gas lines in your area or workplace.

The Enrichment Club



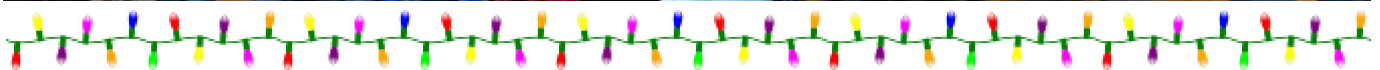
The Meridian Library has been a great resource for the individuals from GSDC to learn a wide range of skills! We have learned how to find books, CD's, music, movies, and use the computers to check our email. Then we learn how to check things out from the library either at the front desk on the automated check-out stations. Learning skills from the library even extends beyond the library doors. We learn how to keep track of the items we checked out from the library and how to keep track of how to return them on time! If we don't, then we learn how to pay the late fines or pay for the items that are lost.

Volunteering at the library helps us to learn work skills. Planning a consistent schedule and arriving on time are important skills. We love to help dust the shelves, clean the tables and organize things. Doing a good job and getting our work done are important skills too.

Enrichment Club is a group that was created by Ms. Amanda Berardinelli, at the Meridian Library in 2016. Once per month, we attend fun activities and play games or do crafts. In October, we enjoyed decorating pumpkins and in November, we played Bingo!

From volunteering, to attending the Enrichment Club and accessing the library for books, music or movies, we love going there! The library helps us be a part of our community and we learn lots of things for independence while having fun!

By Lori Jo Poole



Celebrating Our 35th Anniversary

In 2018 Gem State Developmental Center is celebrating our 35th year of providing Exceptional Service to Exceptional People in the Treasure Valley. Our employees are passionate about what they do and are very proud to help enrich the lives of so many special people. During this time of the year we are pleased to help bring holiday adventures, crafts, food and joy to so many people who might not experience it otherwise. We want to wish everyone that has a role in making this a better world for so many people a very happy holiday season.

A Superflex Summer!!!



This summer at Gem State was SUPER! The participants in our children's program transformed into Superheros using Superflex skills. Superflex teaches children strategies for self-regulation by helping them become more aware of their own thoughts and behaviors.

Children were introduced to characters such as Rock Brain, Glassman, Space Invader, One-Sided Sid, and more. The many characters, known as the Team of Unthinkables, were defeated at the center and out in the community. Program participants went on a glass blowing tour, visited the MK Nature Center and Idaho Museum of Geology and Mining, and much much, more!

We had tons of fun learning about the Team of Unthinkables and practicing what we learned throughout the summer. We are so excited for what is to come the rest of the year and we can't wait for what we have in store for next summer!



Superflex

is a
Superhero

He helps you:

Be a totally flexible thinker
which allows you to control your
brain and change how you think

Think about how to act and
behave to keep others and
yourself feeling good (rainbow
thoughts)

Be a great problem-solver
and think of many different
solutions to one problem

Notice when an UNTHINKABLE
is becoming more active in your
brain and come up with a
strategy to defeat it.

By Jamie White

10 Ways to Make the Holidays Easier for Individuals with Developmental Disabilities

The holidays can be an especially difficult time for people with developmental disabilities. And who can blame them? Changes in routine, different demands, new foods, sounds, textures — what a challenge! Below are 10 tips to make the winter holidays better:

1. Try to keep your child in his or her usual routine as much as possible.
2. Sensory over stimulation — the lights, sounds, smells, and even the relatives who want to hug your child — are the main culprits during the holidays. Eliminating or minimizing these culprits are your best bet. Plus, you may want to talk to your family about how to greet your child when they arrive.
3. Instead of limiting the holiday decorations, some families wait until Christmas Eve to put up their tree and decorate.
4. Some families let their children do all of the decorating. Children may line up or stack decorations rather than decorate in the traditional way, but so what. Let them enjoy the activity in their own way.
5. Rather than try to do the Christmas shopping with children in a crowded, noisy mall, many families shop by catalogue or online and let the child point to or circle the toys he/she wants. Websites, such as www.stars4kidz.com, offer a variety of toys. Just type “autism toys” in your search engine.
6. Tactile toys are often a better choice for your child. Toys that make sounds or involve too much stimulation or are too complex may cause an aversive reaction in the child. As mentioned above, there are websites that sell toys designed for children with disabilities. Try ordering some of these toys and then let your child select the ones to play with as they are unwrapped.
7. Talk to relatives before they come over about the best way to behave with your child. Have them read this article, “What Horses Tell Us About Autism,” which is available for free on this website, <https://mental-health-matters.com>.
8. Generally, kids with autism or other disorders do better in the morning than in the late afternoon or evening when they are tired. It may be better to schedule Christmas events at these times.
9. The parents of children with disabilities need to relax themselves. Often the child with autism picks up on the parents’ stress and that is enough to ruin Christmas.
10. And last but not least, realize that you are probably not going to have perfect food, perfect decorations and perfect gifts. Christmas with children with autism or other disorders may not be traditional, but it can still have real meaning.



In your opinion...

"In your opinion" is a new column in which we ask our clients and staff what their opinion is regarding different topics... Everyone has an opinion and we want to share a few of ours. We asked some of our children the following question and here are some of our favorite answers.

In your opinion, which holiday is better?



OR



SKELETONS PUMKIN
WITCHES PIE
BROWNIE
ORANGE
TURKEY
Jackson

Andre likes Christmas better!
I like it because of all the
presents! Cookies and Christmas trees.

Andre

I like Christmas
because of all the presents so
Santa gets chocolate chip
cookies because of
the cookie and milk.
If snows stop in Christmas
we build snowmen
we get hot cocoa
I like stockings
I see Santa in the night.
Brooke

It's Fun.
I like presents
I like snow.
I like stockings.
Carter

Great Stuff
like a new hammer. A old Gem State
lap top A old Gem State stereo
James

I like Christmas
better. I like the toys and
cars and monster trucks. I
like Christmas cookies and fun
filled stockings. I like Christmas
trees and decorating them. I also
like Christmas songs and looking at
all the lights. ZHENY
Zakery

Raspberry-Cream Cheese Candy Cane Danish



Ingredients

Coffee Cake

1 can (8 oz) Pillsbury™ refrigerated crescent dinner roll
4-oz (from 8-oz package) cream cheese, softened
2 tablespoons plus 1 teaspoon granulated sugar
¾ cup fresh raspberries
2 tablespoons raspberry preserves
1 tablespoon butter, melted

Glaze

¼ cup powdered sugar
½ to 1 teaspoon milk

Steps

Heat oven to 375°F. Line large cookie sheet with cooking parchment paper; spray generously with cooking spray. Unroll dough; separate into 8 triangles. Cut each triangle in half lengthwise. On cookie sheet, place crescent triangles lengthwise in long row, pointing same direction, with edges overlapping slightly on cookie sheet. Press overlapping edges together to help seal, but leave triangle points free.

In small bowl, beat cream cheese and 2 tablespoons of the granulated sugar with spoon until well blended. Spread cream cheese mixture in 2 1/2-inch wide strip lengthwise on widest part of dough, leaving 1/2-inch edge. In small bowl, toss raspberries and preserves; place on top of cream cheese layer.

Fold over tips of dough to enclose filling; pinch ends of dough on edge to attach. Gently picking up top end of dough, curve one end of strip to form top of cane. Brush dough with melted butter; sprinkle remaining 1 teaspoon granulated sugar over top.

Bake 16 to 20 minutes or until golden brown. Cool 5 minutes on cookie sheet. Use spatula to carefully help slide Danish from parchment to serving platter, loosening edges with spatula first, if needed. In small bowl, mix powdered sugar and 1/2 teaspoon of the milk until well blended. If too thick to drizzle, add additional drops of milk. Drizzle with fork over top. Serve warm.

Holiday Fun

Who Am I?

You will know that I am coming
From the jingle of my bell,
But exactly who I am is not an easy
thing to tell.

Children, they adore me
for they find me jolly,
but I do not see them when the halls
are decked with holly.

My job often leaves me frozen,
I am a man that all should know,
But I do not do business in times of
sleet or ice or snow.

I travel much on business,
But no reindeer haul me around,
I do all my traveling firmly on the
ground.

Riddle Me This...

1. What's so special about the Christmas alphabet?
2. When does Christmas come before Thanksgiving?
3. What's red and white and goes up and down and up and down?
4. What do you get if you cross an apple with a Christmas tree?
5. Who is never hungry on Christmas Day?
6. Which one of Santa's reindeer can be seen on Valentine's Day?
7. How did Darth Vader know what Luke Skywalker was getting for Christmas?
8. When Santa Claus sets off from the North Pole on Christmas Eve, in which direction does he travel?



Christmas Riddles



Answer Key On Back Page

We're Hiring

- Gem State Developmental Center is currently hiring full-time Developmental Specialists and part-time Developmental/Habilitative Support Technicians for our centers in Meridian and Nampa.
- See our website www.gsdcdda.com for details.
- Tell your friends, relatives and even that guy that keeps telling you he hates his job or can't find a job.

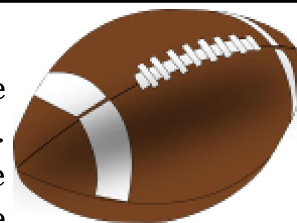
What I Like Most About Working At Gem State!



A Few Words From Our Fabulous Participants

Hi, my name is Dee James Casper,

I did flag football this year for Idaho Special Olympics and came home with the gold. I won all my games down in Twin Falls for the state games. I know that it felt great for our team to get the gold and we couldn't have done it without Justin Lamb doing all the sacks on the QB and the defense helped. I know that we did something special for our team QB Neysa for her last time playing with us because she moved to Atlanta, Georgia.



From Big Dee Casper

Halloween is very fun and you can have a great time having a celebration to dress up as your favorite costumes and go out for candy on Halloween. At Gem State we are going to have a costume party and we are going to have a great time with our friends!

Next month I know we are going to have a big celebration at Gem State

There is going to be a lot of food for Thanksgiving.

For Christmas we planned to do a project that will be a calendar of 2019 with pictures Gem State

Kim Lamb

HAPPY
HOLIDAYS



We plan to make a Christmas calendar. It will have pictures of us doing activities over the past years of us being here. I like Gem State because I have really good friends here. I've had a lot of friends run in and out of my life so I'm trying to make steady relationships that last for more than two years. I'm a very shy person so it's hard for me to ask someone out, or tell someone that I'd like to be friends with them.

Nicholas Paco Dominguez

And Even More Words From Our Participants

Here at GSDC we have many participants that want to share their thoughts about the holidays, favorite foods, games they like to play, favorite TV shows, working and attending Gem State and well just about everything else. Here are some of the things that make us happy!

What I LIKE better?

I LIKE THANKGIVING because

WE EAT lots of turkey.

AT GEM STATE WE ALL Gather together for lunch.

ALSO WE Do Projects for OUR families.



By Alex Bowman

From home to home,
and heart to heart,
from one place to another
The warmth and joy of
Christmas brings us
closer to each other

SayingImages.com



Mia's Rap

My name is Mia Homeister and this is my story about being locked up in mental institutions. This rap is called “*Survival*”



Verse 1:

Yo, I've been through a lot
Yes, I've got it rough
I had enough
I've been to Intermountain Hospital
Yeah, it sucks!
It felt like no one cares!
Restrained almost every day
You can't feel my pain
Back then I had so much rage
I sometimes locked-up, like, in a cage
Cameras on me—no privacy
I will never forget these memories.

Verse 2:

It sucks knowing that you have to face the past
Remembering everything you have done
Yea, I've been to Intermountain 29 times
I was always in trouble
When I was in Canyon View, no one had a clue
That I was about to lose control
So, they strapped me to a bed!
They left me there for 3 hours
It's crazy that this would happen
I know that I wasn't perfect adolescent
But who is?

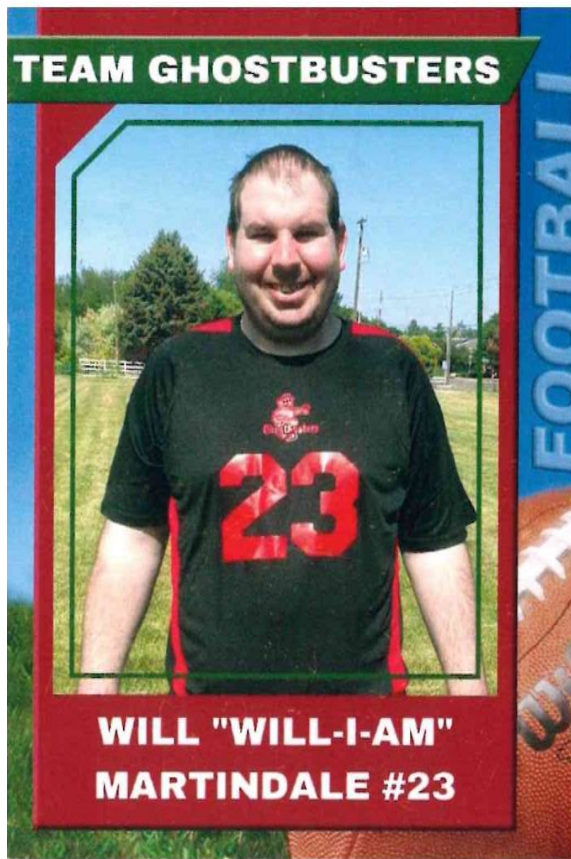
Verse 3:

This is too real
Back in State Hospital South
I got so many shots in my butt
As I got restrained
It was like all my doctors and the nurses having a
field day
Shocking that they all doped me
I was a walking zombie
All I wanted was to eat and sleep
This was so messed up
I don't understand this stuff

Verse 4:

All I want to say is that when I was locked-up
in the mental hospital ward
it felt like they were punishing me.
What's up with these institutions these days?
I've been hospital-free about 14 years
I keep it real
I want to thank you all for your time
I have come a long ways and I have succeeded.
I have become a better person for myself.
I worked very hard on this song.
I hope you enjoyed it.
Thank you, again.

WILL-I-AM MARTINDALE



THIS IS ME, WILL
I AM IN SPECIAL OLYMPICS
I DO PLAY SPORTS
I PLAY FLOOR HOCKEY AND BASKETBALL.
AND FLAG FOOT BALL
I ALSO PLAY SOFT BALL
I DO MY WORK AT GEM STATE
I LIKE TO BE NICE, HAVE NEW
FRIENDS AND DO ACTIVITIES
I APPRECIATE OUR BOWLING
AND EATING AT THE PARK BBQ
GOING TO PLACES IN THE COMMUNITY

In Case You Didn't Know...

The Ghostbusters team was formed in 1990 with 6 to 7 athletes competing in Track and Field, Swimming & Gymnastics. Since that time the team has grown to about 170 athletes participating in all the various sports offered. New athletes and their families are always welcome, the more the merrier. Friendships and memories are made here to last a lifetime. We have learned from our past, we participate in the present, and we celebrate the future yet to come. In all that we do we seek to have FUN!!



Special Olympics

We're Hiring

Gem State Developmental Center is currently hiring full-time Developmental Specialists and part-time Developmental/Habilitative Support Technicians for our centers in Meridian and Nampa. See our website www.gsdcdda.com for details.

Tell your friends, relatives and even that guy that keeps telling you he hates his job or can't find a job.

Tricky Christmas Quiz

1. Name Santa's 9 Reindeer.

2. Which ocean is Christmas Island in?

3. Name 3 things people put in a Christmas Tree.

4. What do people do under the mistletoe?

5. What does a "White Christmas" mean?

6. What is Frosty the Snowman's nose made of?

7. Name three Christmas Carols.

8. Name 3 animals that live near the North Pole.

9. Where was Saint Nicholas born?

10. How old is Saint Nicholas?

11. Which continent is the turkey from?

12. What sound do Christmas crackers make?

13. What item is checked twice?

14. What kind of tree is a Christmas tree?

15. Name a Christmas Movie.

16. Name 5 parts or items of a snowman.

17. In which season is Christmas in Australia?

18. Name 3 countries near the North Pole.

19. Name 3 typical kinds of Christmas food.

20. What are the leaves of a Christmas tree called?

Answer Key On Back Page

Answer Key

Who Am I?

The Ice Cream Man

Riddle Me This...

1. There's Noel.
2. In the dictionary.
3. Santa Claus stuck in an elevator.
4. A pine-apple.
5. The turkey, because he's always stuffed.
6. Cupid.
7. Because he felt his presents.
8. South. Everywhere is south from the North Pole.



Tricky Christmas Quiz

1. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph.
2. Indian Ocean.
3. Lights, tinsel, garland, ornaments, candy canes, popcorn strings, etc.
4. Kiss.
5. There is snow on the ground on Christmas Day.
6. A button.
7. Jingle Bells, Deck the Halls, Santa Clause is Coming to Town, Silent Night, etc.
8. Polar Bear, Arctic Fox, Ringed Seal.
9. Patara, Lycia (Present day Turkey).
10. He would be 1,747 years old.
11. The Americas
12. Mild bang or snapping sound.
13. Santa's List.
14. An evergreen conifer such as spruce, pine, or fir.
15. A Christmas Carol, Charlie Brown's Christmas, The Grinch, Miracle on 34th Street, etc.
16. Nose, eyes, hat, scarf, arms.
17. Summer.
18. Canada, Russia, Denmark, Greenland.
19. Turkey, stuffing, mashed potatoes, gravy, cranberry sauce, Christmas cookies, gingerbread cookies, etc.

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