

Gem State News

2020 Winter Edition



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Welcome to Level 2021!

by Lori Jo Poole, Owner/CEO

Congratulations! You have achieved advancement from level 2020!

This year has been quite difficult for everyone. We made it through a global pandemic, earthquakes, murder hornets, toilet paper shortages, lines at the grocery store at 5am, and wildfires! The loss that many people have experienced this year will take time for acceptance and healing and our love and support are offered and extended to everyone. While this year has certainly been one for the history books, there has been a lot of good things that have happened this year as well. The sudden push for telehealth services has been a wonderful addition to the services that we can offer. This also addressed the technology gap that many people with developmental disabilities have had as an additional barrier to being a part of their community.

This year has opened new opportunities and ways to communicate, socialize and be with our friends and family. Over this past Thanksgiving holiday, our family held a virtual Thanksgiving dessert hour. We got to see and visit with more family and friends that we typically would have had the opportunity to do so.

Even with great distances between all of us, we were able to see each other, visit, eat dessert together and also had great fun with the "filters" during our video chat.

There were times when the world seemed to halt and stop. This was a shock to my way of life with a fast-paced career, social life, travel and hobbies that suddenly were not safe to engage in. However, I learned that taking the time to enjoy simple moments was something that I had been neglecting with the rush of day-to-day activities. I started to notice the beauty in the soap bubbles while I did dishes. The exotic dance of a leaf as it fell from great height of the maple tree, all the way down to the soft bed of green grass. The lovely and comforting purr of our cat. My appreciation for all these simple things grew over this year.

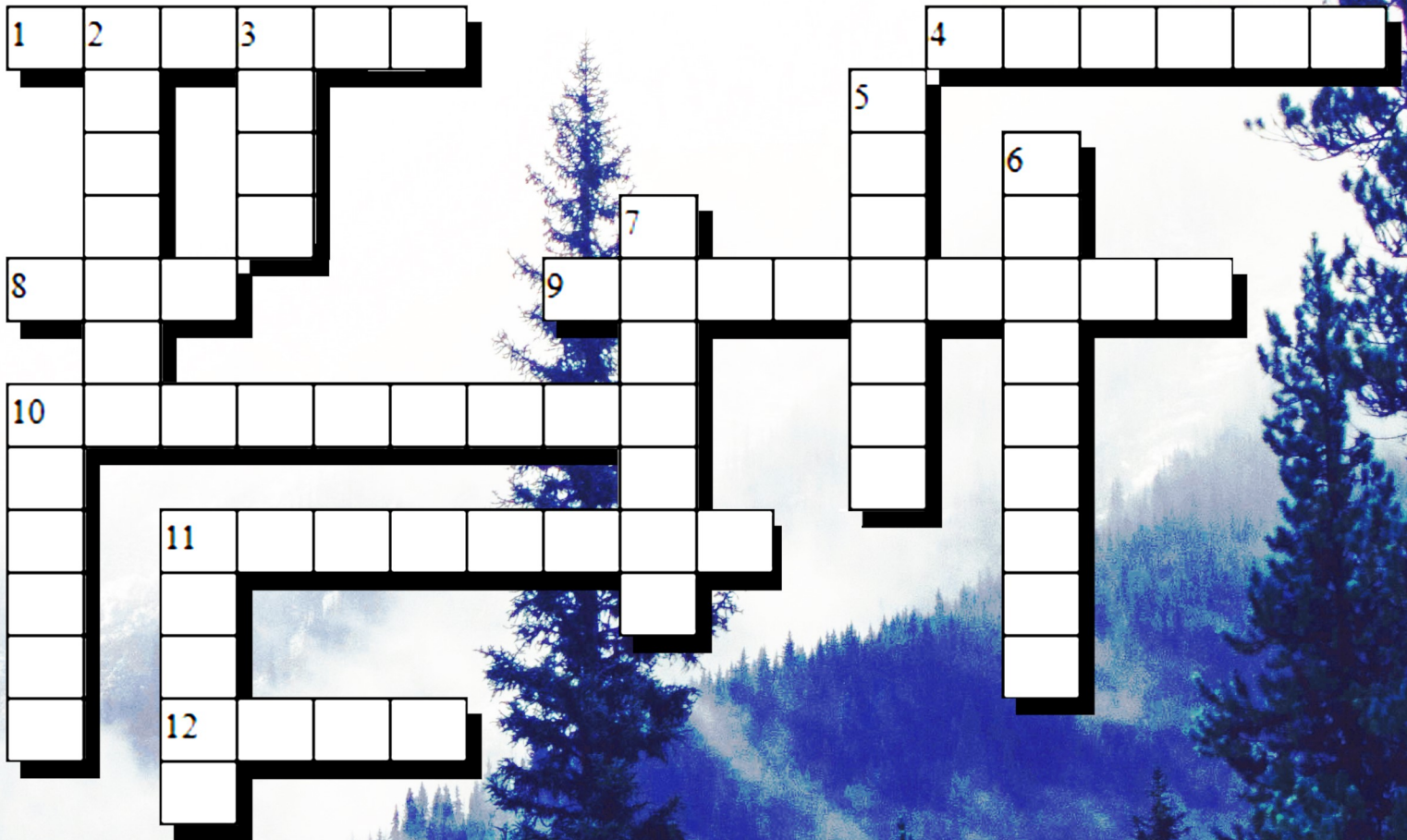
My wish for 2021 is that we can all take a moment to recognize the "silver lining" of our struggles and our achievements, even if it is just that we made it past 2020 and on to 2021.

May peace, love and joy be brought to you and your family in this new year!

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Winter Crossword

submitted by Donna Newby



02

Across:

1. Famous snowman
4. What Santa travels in
8. Makes toys for Santa
9. Used to decorate a Christmas tree
10. December 25th
11. Hung by the chimney with care
12. What presents are left under

Down:

2. Reindeer with shiny red nose
3. Covers the ground on a white Christmas
5. Santa comes down this
6. Red and white hook-shaped candy
7. Left under the tree Christmas morning
10. Left out for Santa
11. Jolly toy maker

Stronger Together during COVID-19 and Thriving Beyond

by Corey Makizuru

The upheaval caused by COVID-19 is all around us. And we know many are anxious, worried, and weary. This is natural; however, we are in awe of how so many people, at every level continue to persevere and care for those that need supports and services despite tremendous challenges and uncertainty. We are, simply, honored and inspired by people, like you, who continue to stay focus, remain dedicated, and quietly work behind the



scenes who help make the delivery of care possible to the most vulnerable.

Meanwhile, the virus spreads, danger grows, and our health systems, economies and day-to-day lives continue to be severely tested, we wish pause to humbly thank you for your incredible support and assistance that helped us do what we do. Your fearlessness, unwavering commitment to care, and hard work are proof that we are a stronger together. We are extremely optimistic about the future. **Thank you!**

Winter Coloring Fun!



Participants drew our staff members!




Safe Activities and Outings for Children and Families

by Shawna Weeks, MSW

Are the kids bored at home? Are you? We're all having to adjust and readjust our schedules and family activities due to the never-ending strange events 2020 keeps throwing at us. Keeping the children entertained while spending so much time at home can be a challenge. Here are a few ideas for safe and socially-distant activities to help keep boredom away (for the kids **and** the adults).



- 
- Many museums throughout the world are offering **free virtual tours**. After touring a museum this way, try to copy the art with items you have at home.
 - Take your child with you through the car wash. Talk about what they **see, hear, or smell**. Have them help you with vacuuming out the car after the car wash.
 - When you're driving, you can play **I Spy** with your child. Look for letters on signage, in alphabetical order. Everyone works together to find A, then B, etc. or look for objects that begin with letters, alphabetically.
 - Stream a movie at home and make popcorn together.

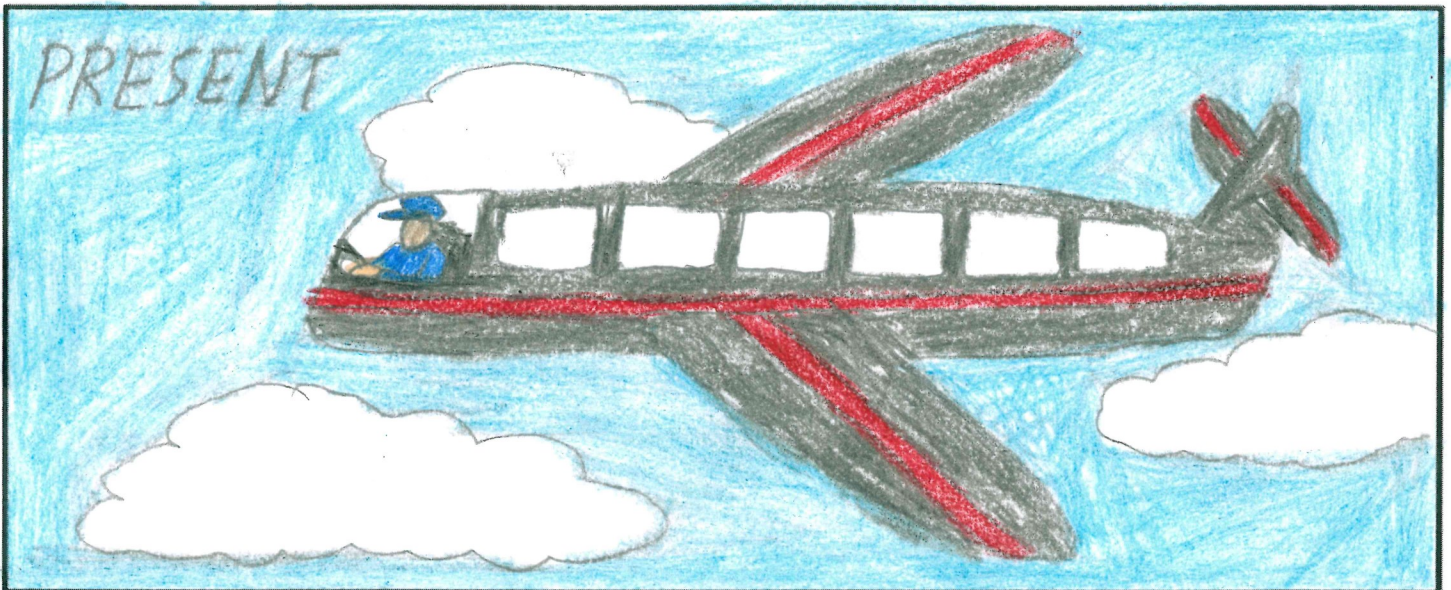
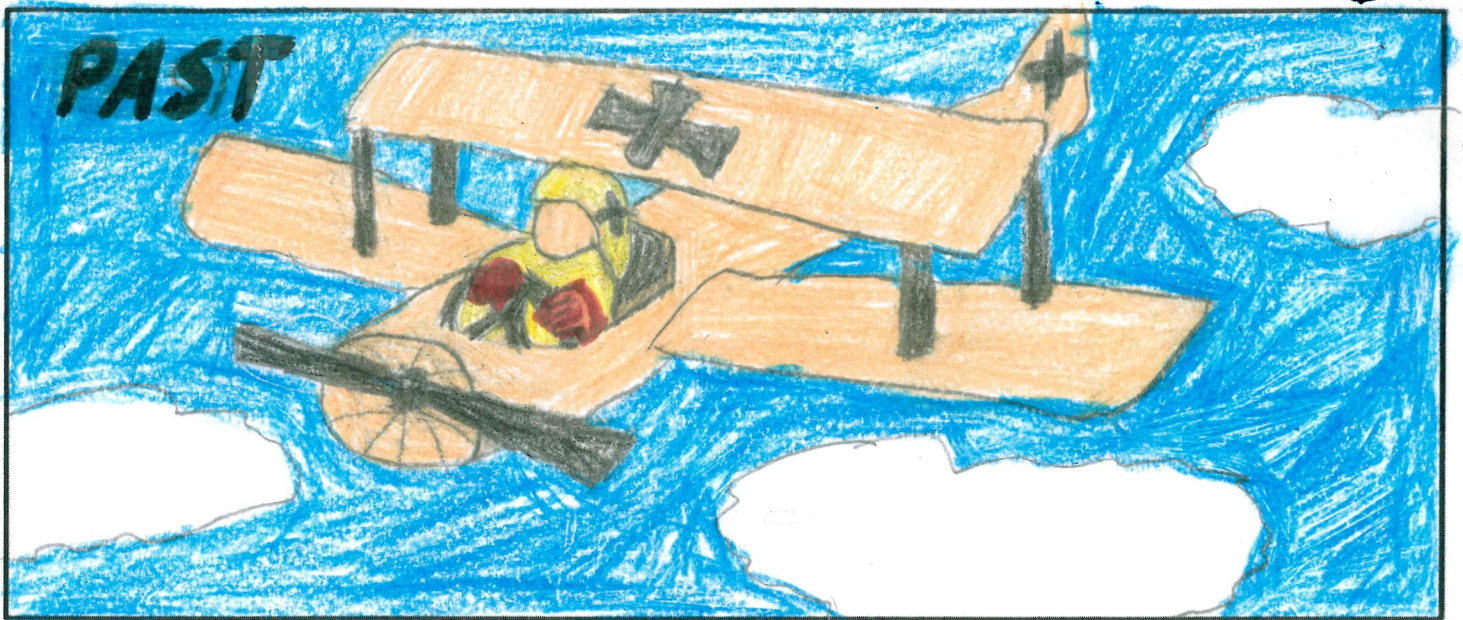
Get to know our newest intern!



I am Dallin. I am working on my Social Work degree from BSU. Some of the things I like to do include archery (shooting for fun, not any competitions or sport) and video games (it all started when i played Dungeons and Dragons with my brother). I love to watch movies - I collect them and have 350 so far in my collection - and I like to go camping, definitely near lakes or some sort of water to go swimming, but any time in the outdoors is awesome.

I have been married for 3 1/2 years and am the youngest of 4 in my family. I have visited many different states and went to Russia for a couple of years. Traveling is something I love to do, which has made this year a little difficult. I also like to BBQ and cook; those are definitely some of my favorite pastimes. I have lived in Idaho most of my life and I think that is where my love for the outdoors comes from. It's nice to meet you all.

Parts of the Time Machine Era



Pascal's Puzzle Tree.

submitted by Dylan Evans

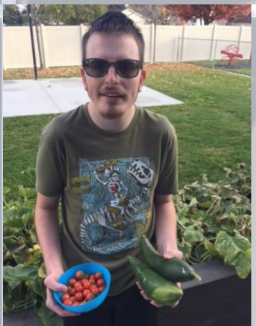
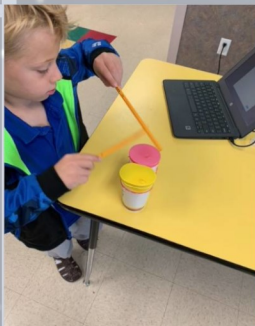


Help the elf complete this tree in time for the holidays!

Each number
is the **sum**
of all numbers
directly **touching**
it from the
row above.

Participant Highlights

by Katie Perry



- Andrew finished two models he constructed and then painted.
- Jackson helped pick the vegetables from our harvest this year - tomatoes and cucumbers!
- Jordan worked on his cooking skills this month.
- Max had a school assignment where he had to use an everyday item and make-shift it into an instrument. He took cups, balloons and pencils to make drums.
- Zakery celebrated his 18th birthday! We really enjoyed your dance party!



Happy Holidays!
from all of us at

Gem State Developmental Center
gsdcdda.com



Shawna Weeks

Donna York
Imela Bannen

Jessica Botmar Charlotte
Marie C. Galliffe

Dangle

face toward

lamin white

Pr. No. 1.

Mr. L. Corey J. Jaffee
Jeremy Richards

The happiest of the
Holidays to you & yours
Rene & Jo