

GEM STATE NEWS



SUMMER 2023 EDITION <https://gsdcdada.com>

SPECIAL EVENT ANNOUNCEMENT! OCTOBER 11th, 2023

Ribbon Cutting at 12-Noon.
Legacy Awards Ceremony to immediately follow
Gem State Developmental Center, Meridian, ID



WE HAVE REACHED A MILESTONE; 40 AMAZING YEARS!

PLEASE JOIN US FOR A CELEBRATION TO MARK THIS HISTORIC OCCASION.

THIS IS AN OPEN HOUSE, TO HONOR OUR PAST, PRESENT, AND FUTURE!

WEDNESDAY, OCTOBER 11TH, 2023 (NOON - 2.30 PM)

818 NW 15TH STREET, MERIDIAN, IDAHO 83642

REFRESHMENTS PROVIDED

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A Day at the Park.

A really nice day for participants to enjoy the park. Time outdoors increases interaction amongst peers and promotes a healthy lifestyle by engaging sensory, metabolic, and mental stimulation. We love it when our participants can enjoy all the fun activities the Treasure Valley has to offer.



Photo by Dan Tuykavin on Unsplash



SCAVENGER HUNT



Deer

Rabbit

Tent

Fish

Hawk

Robot



Staff Appreciation Paint Party (The Angry Easel)

Photo by [Courtney Hedger](#) on [Unsplash](#)

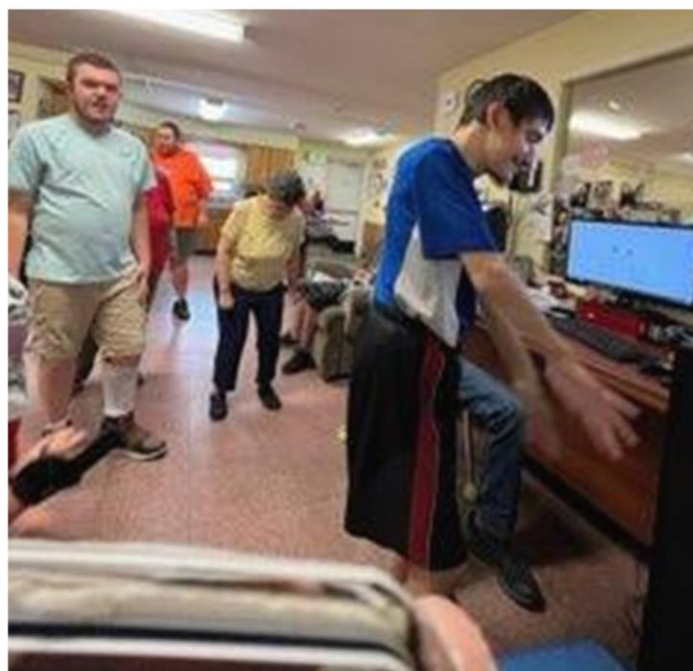


We are grateful for all the incredible work our staff does. We celebrated their contributions with a night out. Paint parties are a great way to express your creative side and a fun excuse for us to see each other outside of the office.



We Can Really Dance!

Dance is a great low impact exercise. It improves cardio health, improves balance and strength, and boosts cognitive performance. Plus, it is just so much fun to showcase your moves. Our participants from the Adults Programs show us how it's done.



Let's Be Dinosaurs

Participants from the Meridian Kids Program got into the July 4th holiday spirit. Check out their "Star Spangled Dinosaur" pose for the camera.

photo by [Fausto García-Menéndez](#) on [Unsplash](#)



Let's Go Walking!

Participants from the Meridian Adult Program
enjoyed the morning with beverages and time at the park!



Walking the Labyrinth is healthy for the mind, body, and soul.

Photo by [Shaley Cohen](#) on [Unsplash](#)



Lori's Corner



Informed Perspective

Often, we may hear that “they’re just being bad,” or “they’re doing it for attention.” Firstly, it is almost always that they are NOT doing it “just to be bad,” because:

1. ALL BEHAVIOR IS COMMUNICATION.
2. ALL BEHAVIOR HAS A FUNCTION.
(e.g., escape/avoid or get/obtain)

“Encourage Shared Involvement”

Model cooperation and working together with shared experiences, from joining the activity with the individual, providing a couple of choices to encourage their own decision-making, critical-thinking, and learning how to plan for something.

“Acknowledge Effort”

· Even if there is a complete failure, or a total meltdown, acknowledging effort, or expressing empathy can be helpful for the individual. These acknowledgments help to show the individual that “not all is lost” or “it was all for nothing.”

You Have a Friend in Me

August was Kim's and Justun's (*not pictured*) last month at Gem State. They will be missed, but always welcome to visit us anytime.

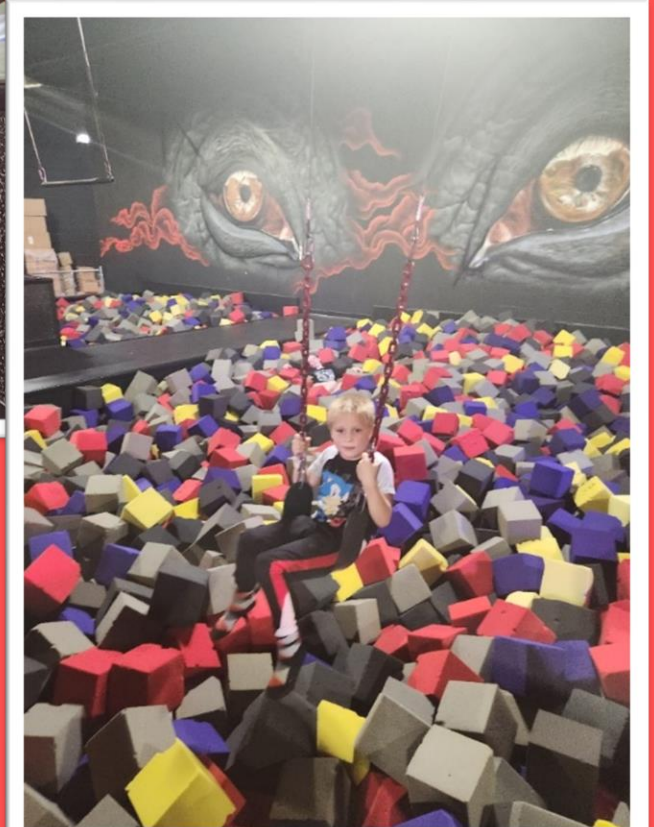
(Below) Lots of fun this summer at Splash Pads. And since it was National donut day, we grabbed some treats from Duck Donuts.



Jump, Jump, Jump Around!

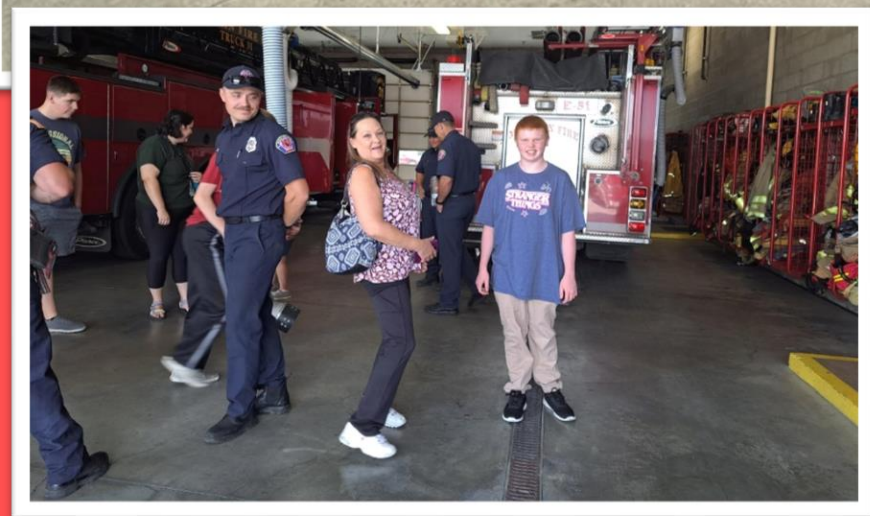
A trip to DEFY is always a good time. Just ask the Nampa Kids Program. Going to DEFY builds hand-eye coordination, improves balance, and increases cardio health.

link: [DEFY Boise | Idaho | DEFY Trampoline Parks](#)



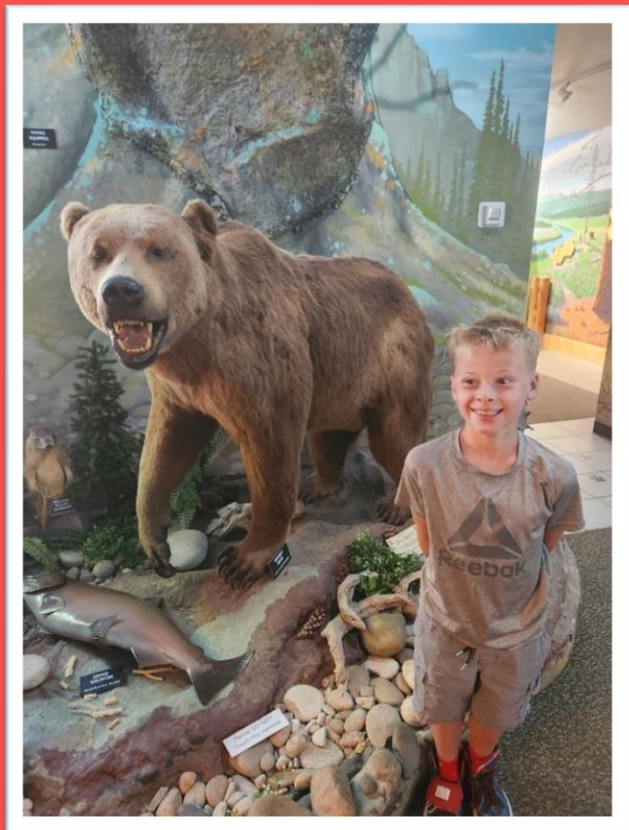
Let's Go on An Adventure - Part 1

We like visiting the centers of our local heroes. Here are a few pictures of our recent visit to the fire station. You should plan a visit for your friends and family.



Let's Go on An Adventure! - Part 2

Our participants went to the local park and zoo to explore their surroundings. These small adventures give them lots of open room to explore and enjoy nature.



Who's Ready for a Party?

We all love a good party, especially with our friends. These events are a great way to build social skills, plan activities, and express ourselves through games.



Such A Beautiful Day!

Spending at least 1-hour a day outside is good for lowering stress, better breathing, improved sleep, and a boosted immune function. Enjoy your time outside.



Also, Worth Mentioning!

We're lucky to have Jamie save us, by taming the dangerous dinosaur.

Photo by [Hill Country Camera](#) on [Unsplash](#)



Presented To:
Gem State Developmental Center

Thank You For All
Of Your Support To
Challenger Little League
Rockies
2023

We are proud supporters of the
Treasure Valley Challenger Baseball League.
Congratulations to the Rockies team!

This was another great season!

