

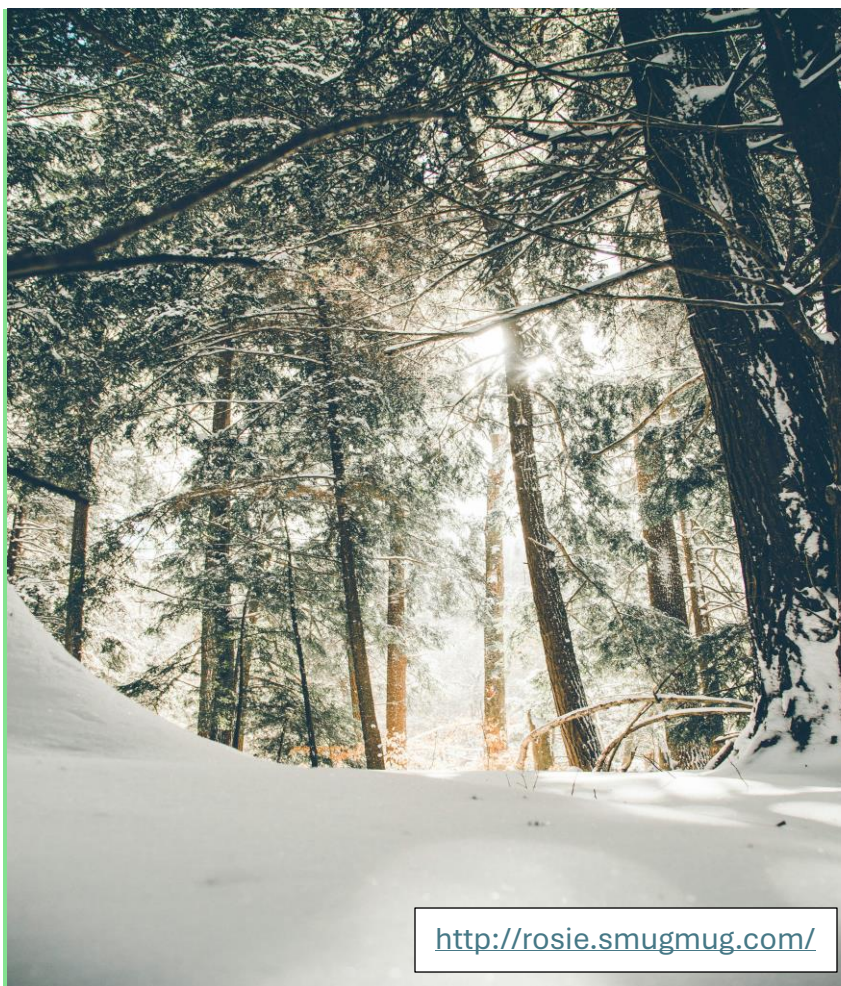
GEM STATE NEWS



HOLIDAY 2024 EDITION (September - December) <https://gsdcdda.com>

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<http://rosie.smugmug.com/>

Great Places to Volunteer

[Corpus Christi House is now Corpus Commons - Corpus Commons - Boise, Idaho](#)

[Team Interfaith Sanctuary – Interfaith Sanctuary](#)

[Home Page | Boise Rescue Mission Ministries](#)

[Boise Corps](#) (Salvation Army)

[Home Page - WCA](#)



LORI'S ADVICE CORNER

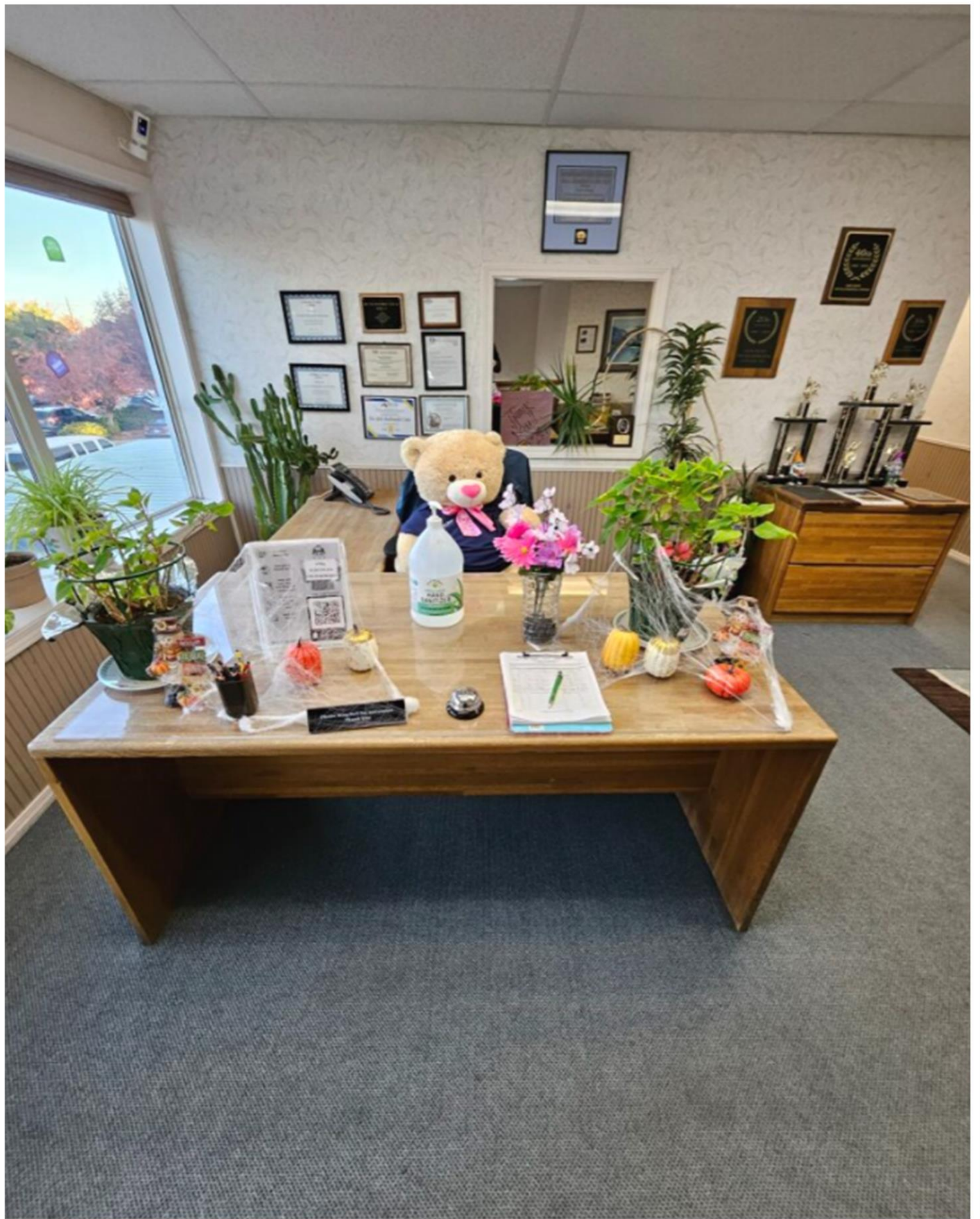


Tips to Help Make You a DSP Rockstar!

The key to career longevity is simple – be mindful of your approach to caregiving. In addition, be sure to get enough sleep, proper nutrition, seek medical care (physical and mental health) when needed; these are all critical to help you live your best life.

1. **Energy matters.** Get in the constant practice of being aware of your paralanguage (voice tone, body language) This has a huge impact on your quality of life.
2. **Words matter.** How you phrase communication is vital. A clear message to the receiver goes a long way toward building rapport and trust.
Ex. Instead of - “do it because I said so...”, try this - “I think by working together, we can accomplish this goal.”
3. **Ask questions!** Ask questions to uncover information and to provide directions.
Ex. What could we do to help you have a great day? We can try ABC, let’s give it a try and see.
4. **Seek learning and apply it.** Be a life-long learner. The more you know, the more you grow; and the easier it becomes to manage challenges with providing care.

Learning shouldn’t end with getting your degree or finishing Orientation. Take the steps to learn on your own; why Autism is different than Down Syndrome, and what impacts having Traumatic Brain Injury can have on a person. Your knowledge doesn’t have a “punch-clock.” Be greater than self-imposed, superficial limits.





Winter Word Search

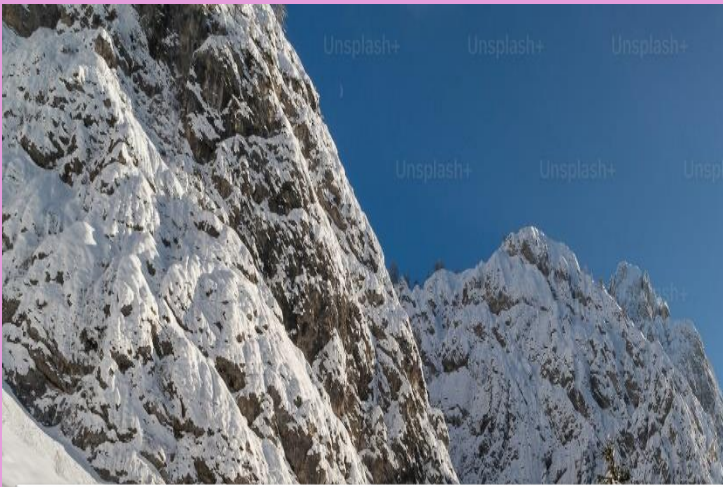


WINTER
SNOW
BLIZZARD
COLD
HOT COCOA
DECEMBER
CHRISTMAS
COAT
GLOVES
BOOTS
EARMUFFS
ICE
SKI
SLED
SNOWBOARD

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

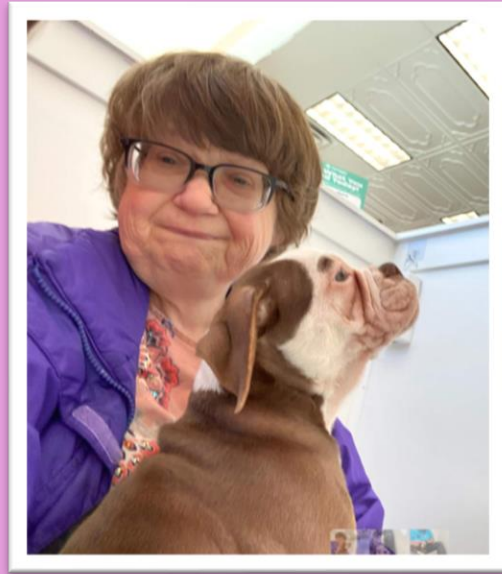
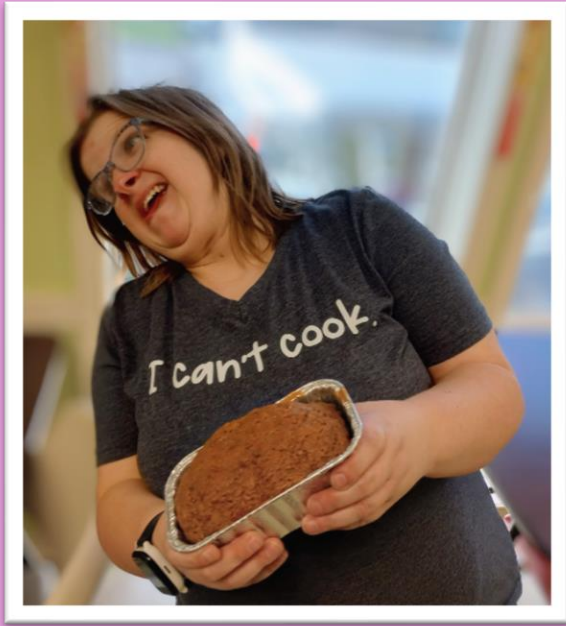
A Visit to Scheels

Photo by Ales Krivec on Unsplash.com



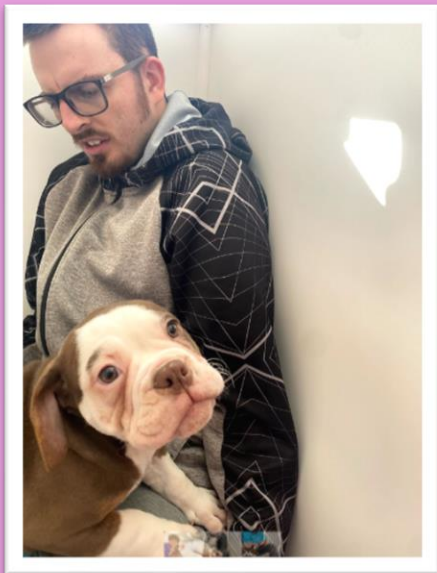
Happenings Around the Centers

From making Zucchini bread to hanging out with friends and animals, our participants make the most of each day. Sharing provides positive experiences.



Here is Jackson, spending some quality time with a new friend during a recent community outing. Pets relax us and provide a sense of nurturing.

Jason and DJ recently celebrated a milestone in their goals. We are so very proud of them. Personal accomplishments really boost our self-esteem.



Happenings...Cont'd

Do you like flowers? So do we. Here are some of our participants making these beautiful arrangements for the holidays. Arts and Crafts boost self-esteem and allow an outlet for creativity.



Pre-vocational training at GSDC can turn into a job opportunity for some. Just ask one of our participants (Ace!) he sells beautiful flower bouquets @ Sweet Zola Candy Shop – check it out ([Sweet Zola's Candy – Candy for Inclusion](#)).

Happenings...Cont'd

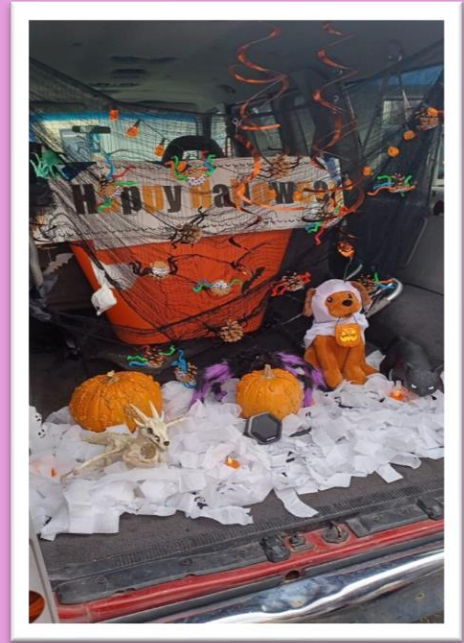
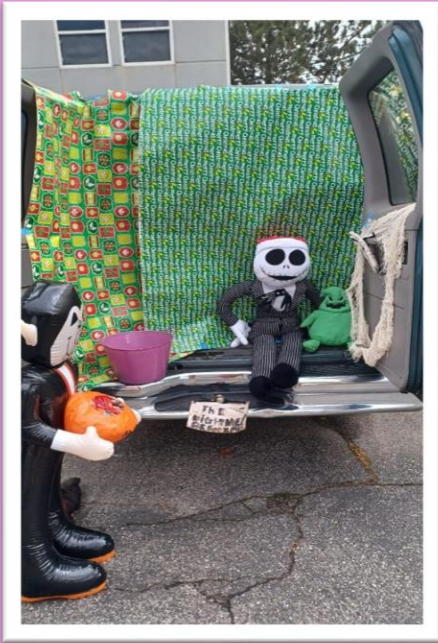
The Library Enrichment Club gives us a chance to try new and exciting things.

When the weather is nice, it's time to explore. Let's go on an adventure.



Halloween 2024

Halloween this year was really awesome. Below are some decorations from our staff team. We ate candy, showed off our costumes and told our best spooky stories.



Halloween, Cont'd



Halloween...Cont'd



Halloween, Cont'd



Halloween, Cont'd

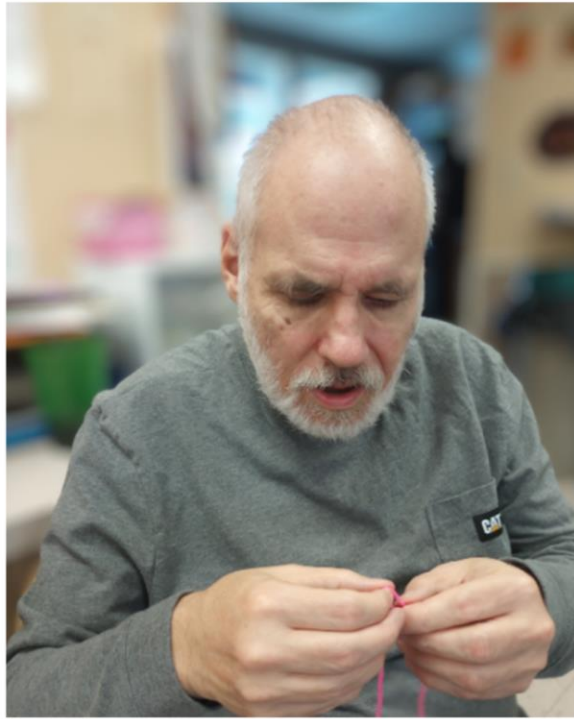


Creative Expressions

We all love to try new things. If we keep practicing, then one day we will get very good at it. Here we are trying our hands at crocheting. It builds our self-esteem and hand-to-eye coordination.



Creative Expressions, Cont'd

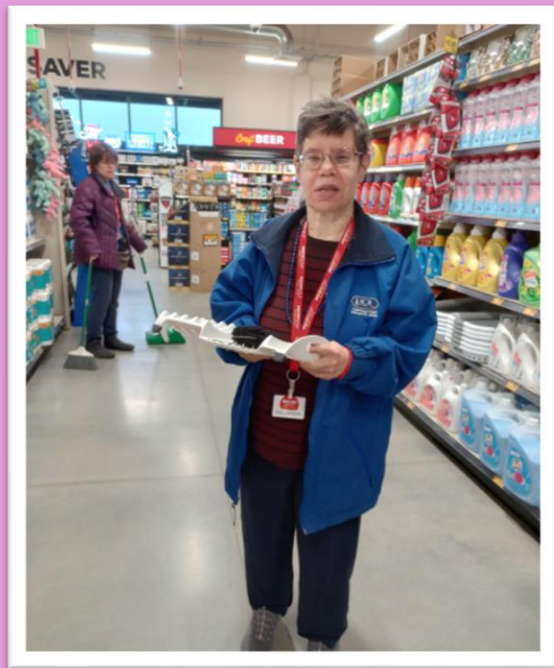
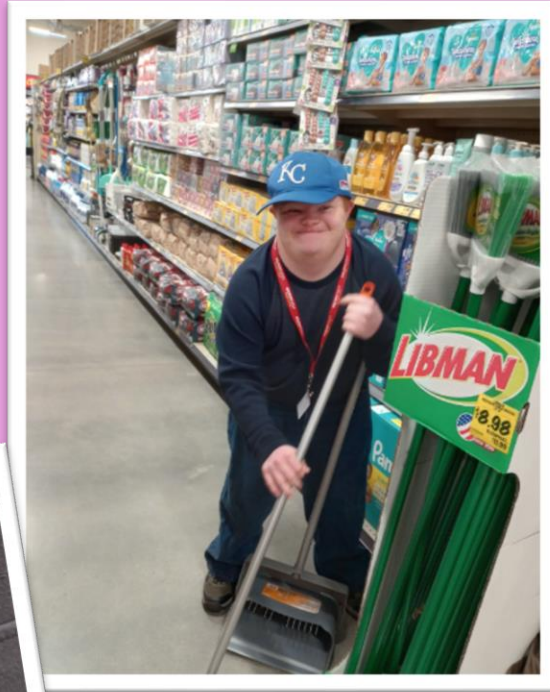
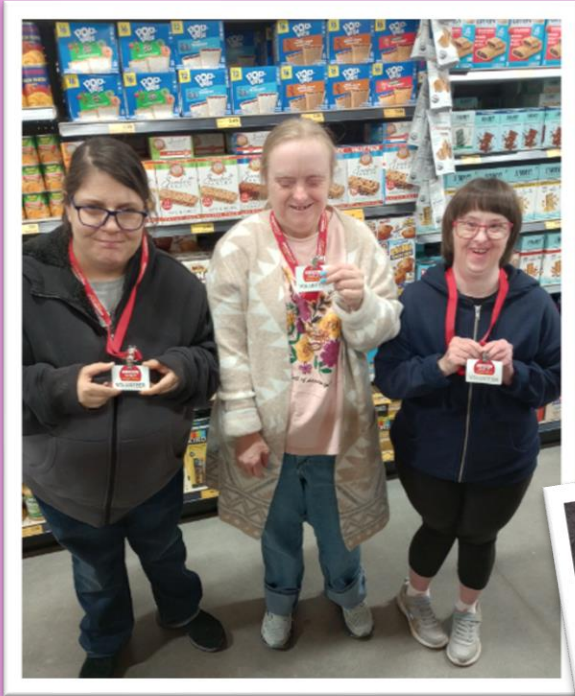


Creative Expressions, Cont'd



Volunteers In the Community

By volunteering in their communities, our participants remind us that everyone has something to offer. It also provides them with job skills that they can use for the future. We are very proud to be a part of their journey!



Another Fun Day at the Center

Eileen focuses on her program work. Learning is foundation for independence.



Dancing combines movement of major and minor muscle groups and improves circulation. Plus, it's a whole lot of fun.



A Most Wonderful Time of the Year!

We found the Grinch in the meat aisle at Costco! When I told him I had no idea the Grinch shopped at Costco, he said " They have the best price on roast beast!"



Brenda gave us all the Christmas cheer when she chose to be this year's Santa Clause. What an amazing job. Laurie and Lydia got in on the fun!



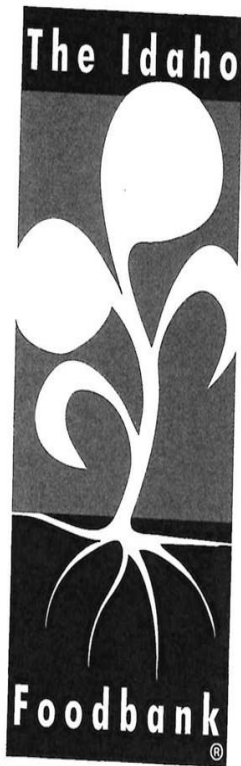
Happy New Year!

Welcome to the year 2025. We are all excited about the adventures that lie ahead of us. We will continue to have fun, plan amazing activities, and as always, laugh until our hearts are content. Stop by the centers and say hello sometime. We would love to see you. https://unsplash.com/@yasadesign_studio



Sharing is Caring

It doesn't take much. Even the smallest contributions (money, time, encouragement), make a difference in the lives of others. Find out what works best for you.



Hello,
Thank you for your food
drive donation to The
Idaho Foodbank! You have
donated a total of 127 lbs.,
which is enough food to provide
up to 105 meals. We will be
working with volunteers to
sort it and send it out to
food pantries in the area, and
it will benefit many of our neighbors
in need.

- Allie from The Idaho
Foodbank