

# GEM STATE NEWS



SPRING 2024 EDITION (January - April) <https://gsdcdda.com>

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## COMMUNITY LINKS

[Mastering the Treatment of Trauma \(nicabm.com\)](https://nicabm.com)

Star Wars Celebration; Friday, 5/3/24, 6.30pm -8pm [Home](#) | [Meridian Library District \(mld.org\)](#)

Ping-Pong Club, Tuesday, 5/7/24, 2pm-4pm [Nampa Public Library - Welcome to the Nampa Public Library Website!](#)

**"It's always the simple  
that produces the marvelous"  
- Amelia Barr**



## Arts & Crafts

Photo by [Jorge Franganillo](#) on [Unsplash](#)

MSS expressing their creativity. Arts and crafts are a powerful form of self-expression.





# Spring Time

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

Alive	April	Baseball	Basket	Beehive	Birds	Blooming	Boots
Born	Break	Breezy	Bunny	Butterfly	Caterpillar	Chicks	Clean
Clouds	Clover	Crisp	Daffodil	Daisy	Duckling	Easter	Egg
Farmer	Flowers	Fluffy	Grass	Hatching	Iris	Kite	Lamb
Lilac	May	Mothers	Nest	Newborn	Outdoor	Pastel	Plant
Rain	Rainbow	Raincoat	Refreshing	Robin	Season	Showers	Sing
Sprout	Stem	Sunshine	Sweet	Tulip	Umbrella	Weather	Windy
Worm							

## Let's Go to the Park

MA enjoying the wonderful weather at Storey Park. Spending time outdoors can improve overall health and wellness. Time outdoors may also promote mental health and stress reduction.





## Do You Like Puzzles?

Photo by [Ashkan Forouzani](#) on [Unsplash](#)

NA spent time crafting another masterpiece. Solving puzzles engages the brain, thereby promoting cognitive development.

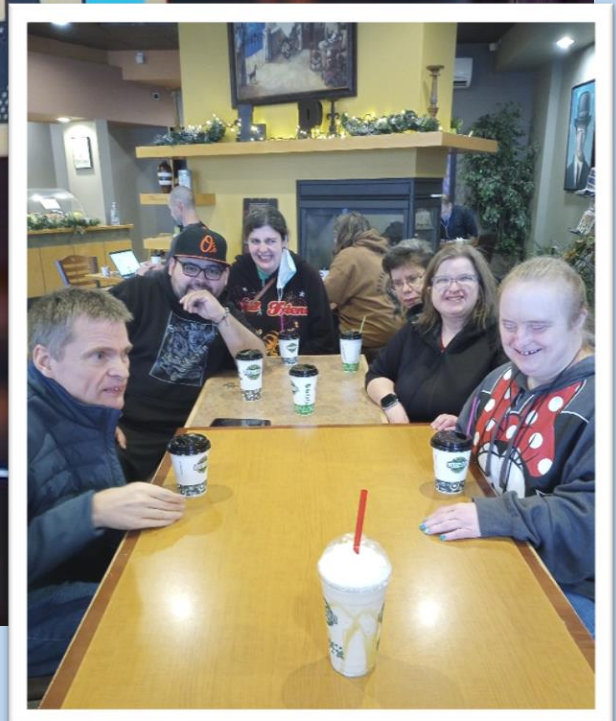




## Let's Have Some Fun!

Photo by [Mike Petrucci](#) on [Unsplash](#)

MA enjoying beverages at Lucky Perk. Socialization skills are important to the individual, the group, and the community.

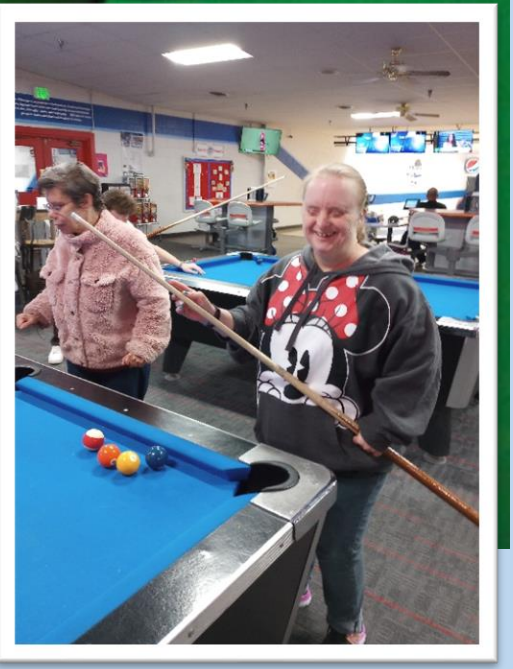
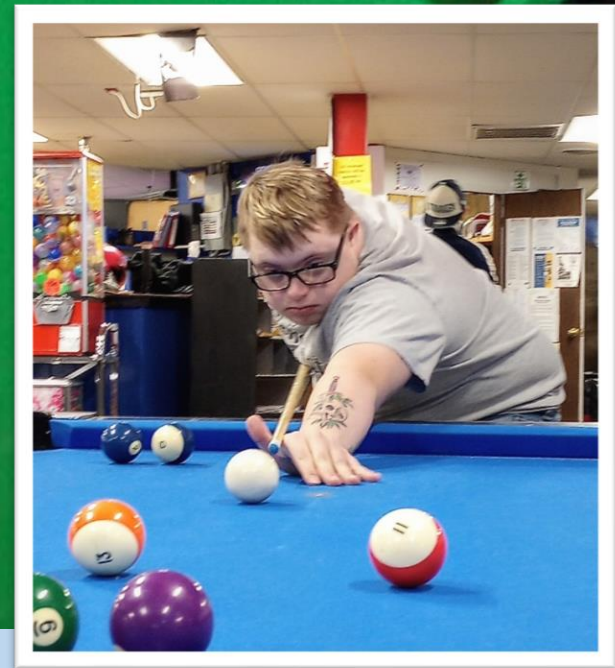
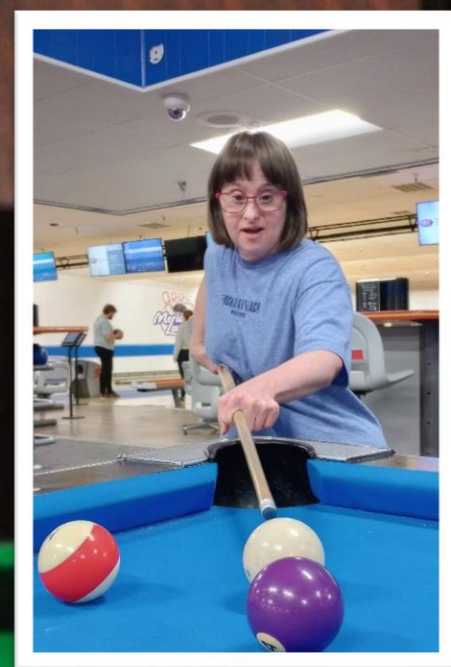




## Fun, Part 2

Photo by [June O](#) on [Unsplash](#)

We love to play pool. Huge improvements in our game, because we've been practicing. Not quite ready to play with Lori Jo yet. Maybe we can get a lesson from her!

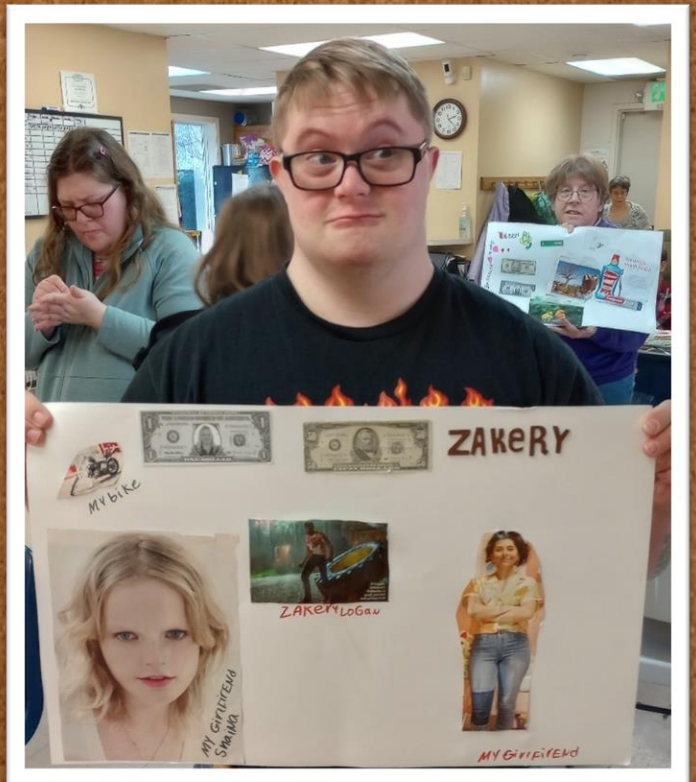
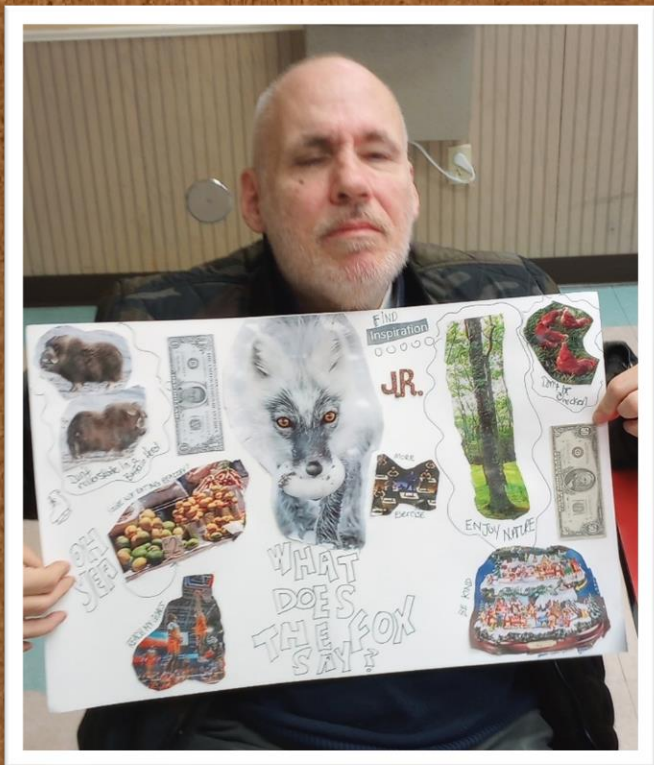
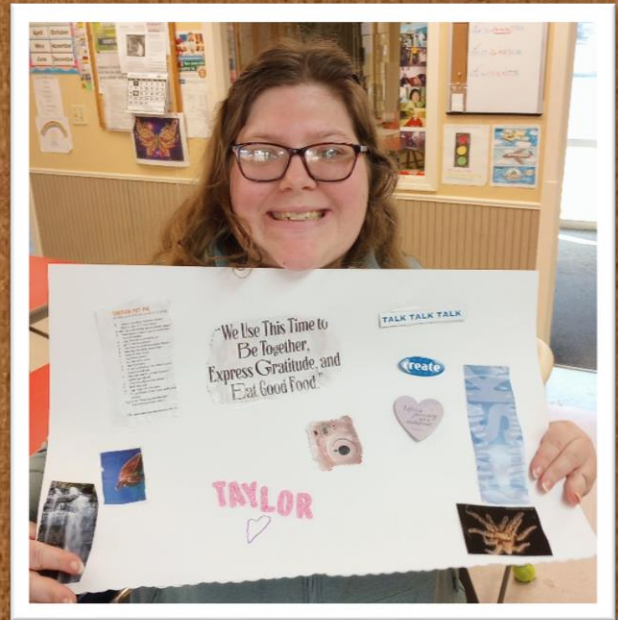




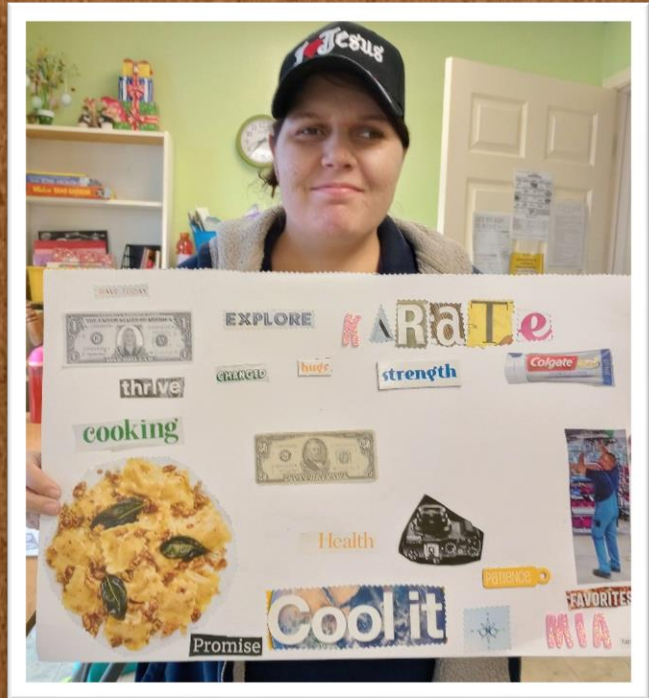
# This Is My Vision Board - Part 1 of 4

Photo by [Josephine Bredehoft](#) on [Unsplash](#)

Having a plan is good, and having a vision of your hopes is really awesome stuff.







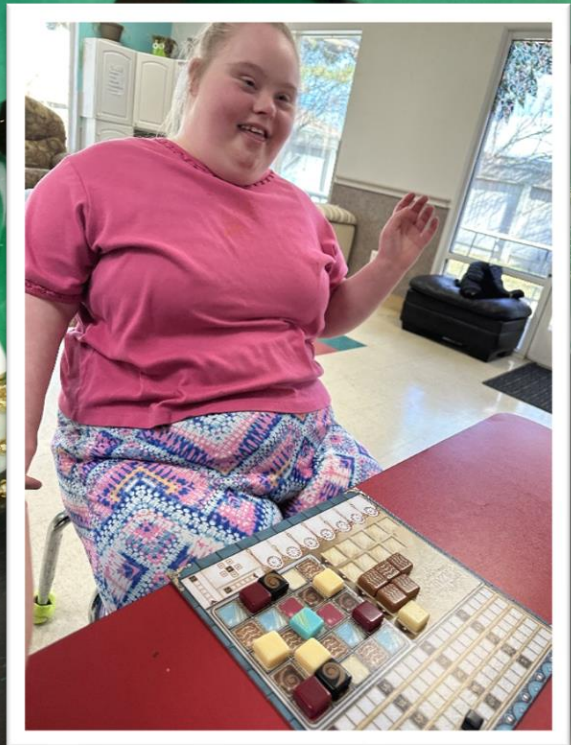
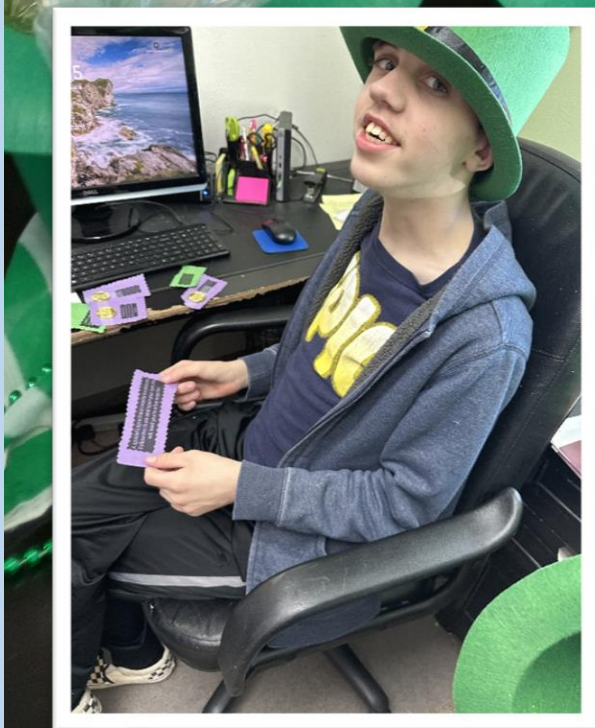
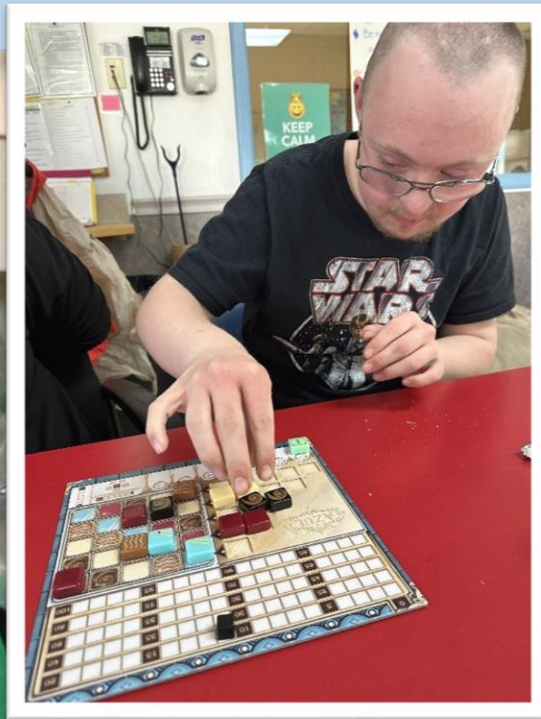




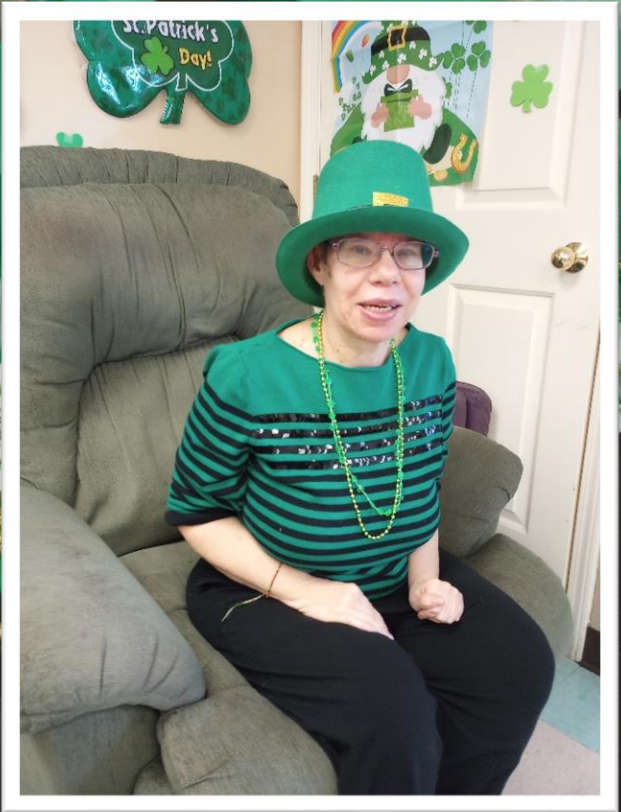


## St. Patrick's Day Fun, Part 1 of 2

Participants showed us how to make the most of St. Patrick's Day. Lots of treats, board games and adventure.





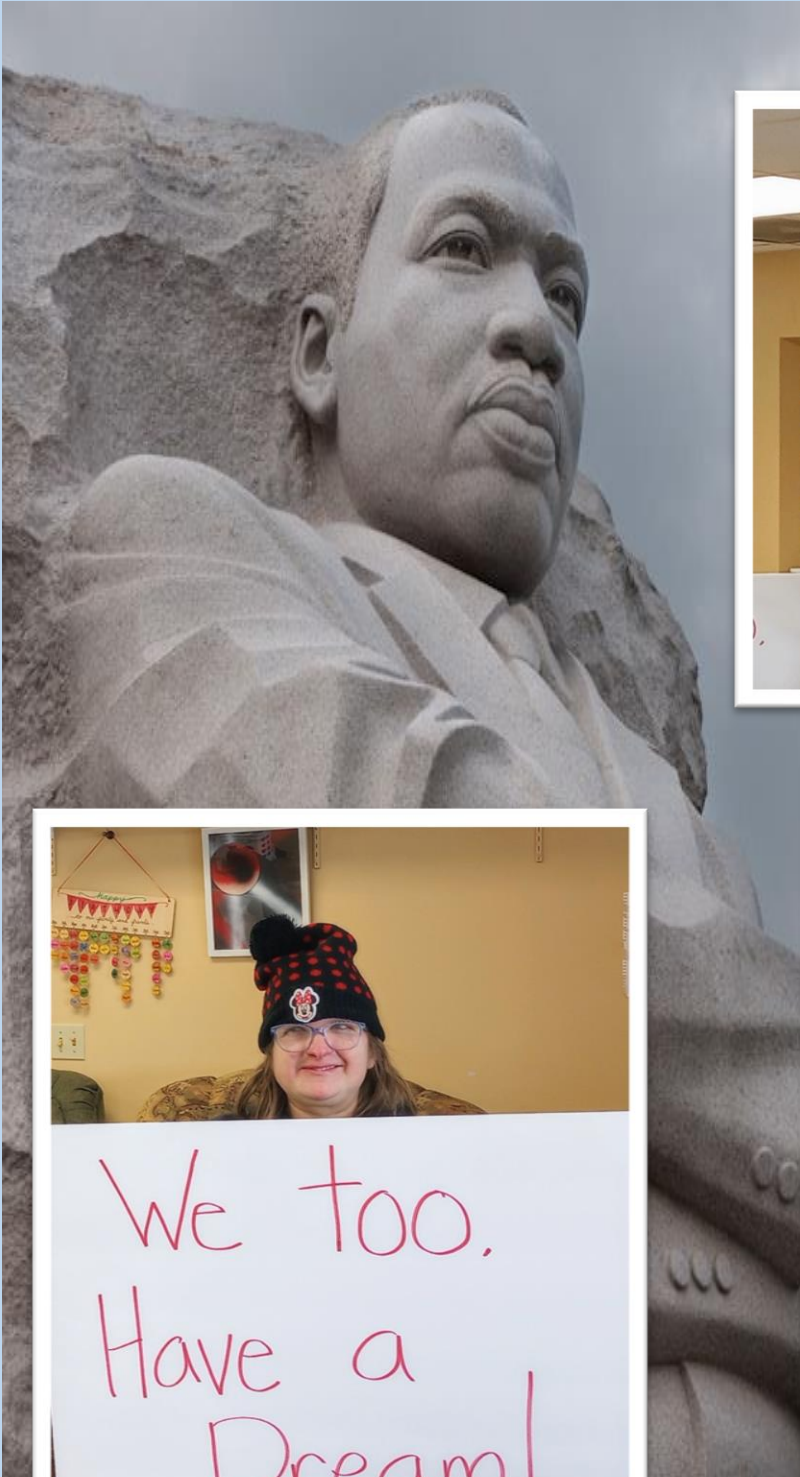




# Martin Luther King Jr Day!

Photo by [Raffaele Nicolussi](#) on [Unsplash](#)

People with special needs are just like the rest of us. They have their own stories, fears, and dreams. Stand with them and cheer for equality.









## Exciting Things Are Happening!

Photo by [Carl Raw](#) on [Unsplash](#)

Whether you're racing down the track, or testing your strength, there is always something fun to do when you have friends with you.









## Let's Valentine!

Photo by [Rinck Content Studio](#) on [Unsplash](#)

We put on fancy clothes and had “mocktails” with friends to practice our social skills. Smile, you're on camera. We love our participants and staff!





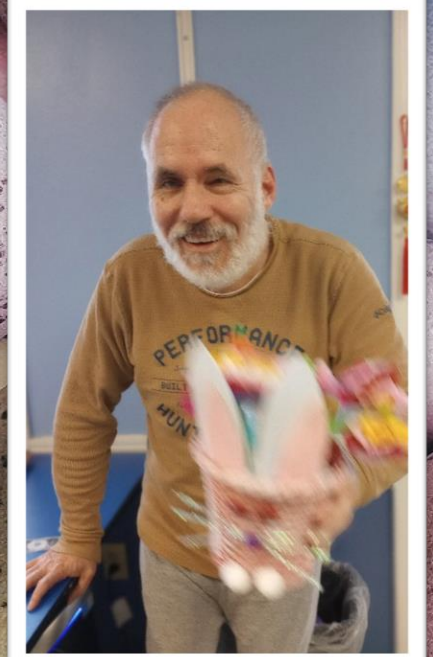




## Easter Celebration

Photo by [Annie Spratt](#) on [Unsplash](#)

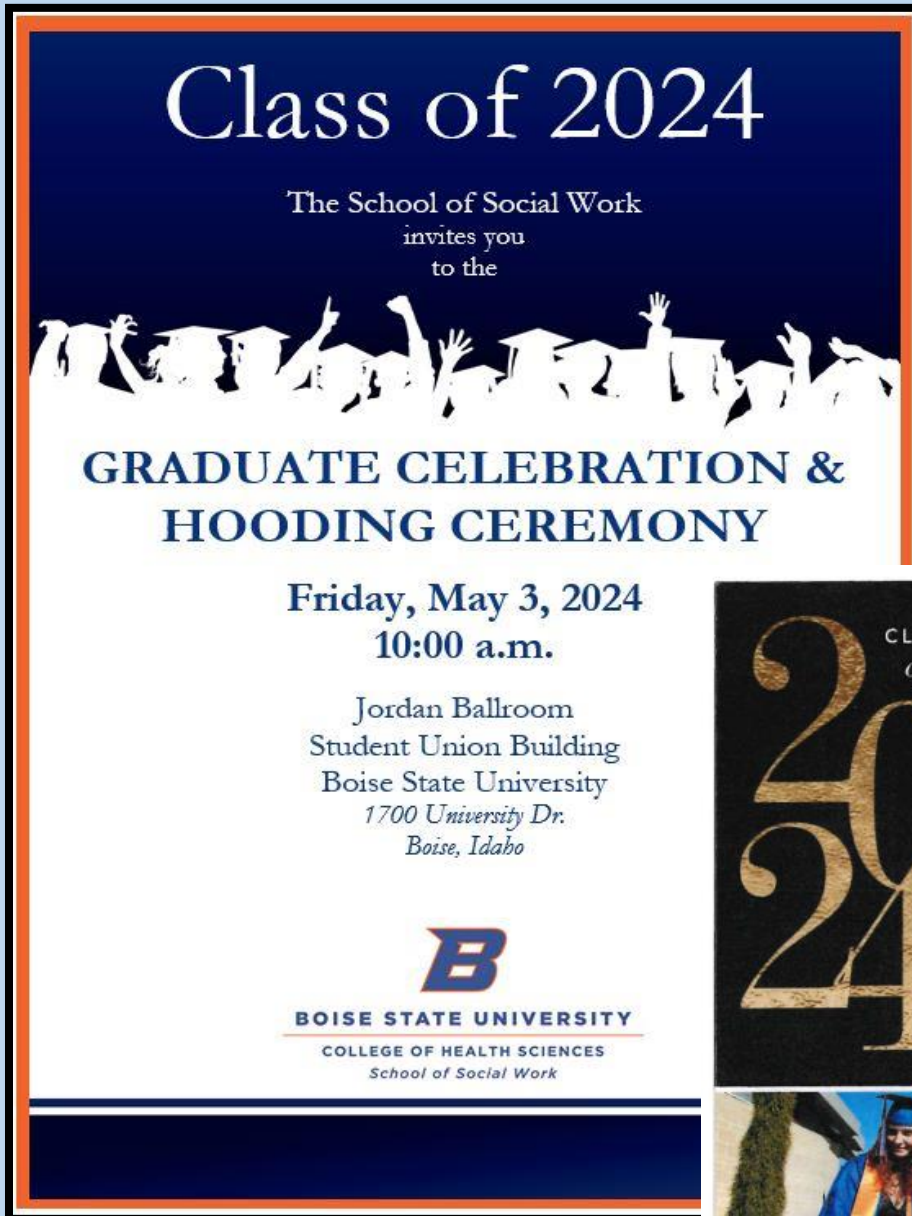
We got baskets full of eggs, laughter, and fun games! Working on holiday activities teach patience, allow us to follow directions, and are a great self-esteem boost.






## Graduation Day

Congratulations to Camilla Stuck for graduating Boise State University with her BSW (Bachelor of Social Work). As an intern, Camilla distinguished herself with high ethics. She will be joining our team after graduation. We're all excited!



**Class of 2024**


The School of Social Work  
invites you  
to the



**GRADUATE CELEBRATION &  
HOODING CEREMONY**

**Friday, May 3, 2024**  
**10:00 a.m.**

Jordan Ballroom  
Student Union Building  
Boise State University  
*1700 University Dr.  
Boise, Idaho*



**BOISE STATE UNIVERSITY**  
COLLEGE OF HEALTH SCIENCES  
*School of Social Work*







## Everybody, Karate!



I have been teaching Karate to my Gem-State peers for about 1 year. It makes me so happy and proud that each time I teach peers karate they get better every time.

Right now, I am teaching the basics of karate. Most of my peers know how to make a proper fist and count to 5 in Japanese. They also know instructive Japanese karate words. I love it when they get excited about karate, it makes me feel like I taught something and made them have a great time. It makes me so proud of all them because every time I teach them, they get better.

My peers love to learn karate because it's fun and we also earn bonus bucks. I am getting better at being patient with everyone. The best part of teaching karate is to see them succeed and get better each time. I love it when my friends do karate with me. I think that I am a pretty good teacher. I encourage everyone to join karate with me because it's fun and I know you will enjoy yourself.

I am also enrolled in karate as well, I have been going to Treasure Valley School Of Karate for 2 years, and right now I am a yellow belt with a black stripe. I have about 10 karate medals and also a karate trophy, which is almost as tall as me. Every Wednesday I have Karate class. Teaching Karate is such a blessing, and I love doing so. I suggest you join karate at Gem-State or Treasure Valley School of Karate, because you do not want to miss out!

- Mia Homeister



## Participant's Testimonials

I LIKE COMING to Gemstate

I Like the Staff.

I Like MY friends

I Like going out to Bowling

Beverage run, Lunch  
Outing and Volunteering

Monica Payne

## WE Can Do All things

We can all believe to  
do anything we want to because  
all we have to do is think  
good thoughts and just know  
that we can do anything if  
we set our minds to it.

There is Nothing going on  
in our lives that is bad we  
are good. We can and will  
achieve goals so stop your  
tears because there is  
something to calm your fears.  
In with the new and  
out with the old because  
IT IS time for all of  
us to roll roll roll  
and just go go go

- Livie  
L.H.

What I like about Gemstate

Hi my name is Livie Hawthorne

Here are things and what I like about  
Gemstate. All of the staffs that are here  
at Gemstate are very helpful. All of the  
participants are wonderful and I also  
made lots of friends that I said good  
bye to, but I also made newer friends  
at Gemstate. Lori and her husband Tony  
own the place and between the two of  
them well..... they don't miss much but  
in fact they might just rub off of you  
as in you will get used to them that  
is once you get to know them. Every  
day all participants do some fun  
activities! At least once a week some  
of us go out into the community.  
I sure do love it there at Gemstate  
we also celebrate Birthdays and sing  
"Happy Birthday"

Livie  
Hawthorne

Gem STATE is a nice place to be.

- The staff are nice. I like to go out.
- To volunteer. It's nice to have
- Friends here. It's nice to go for
- A walk and have a nice time.
- I like to exercise and be healthy.
- And to go bowling with friends.

Eileen F Stonefelt