

# GEM STATE NEWS



SPRING 2025 EDITION (January - April) [www.gsdcdda.com](http://www.gsdcdda.com)

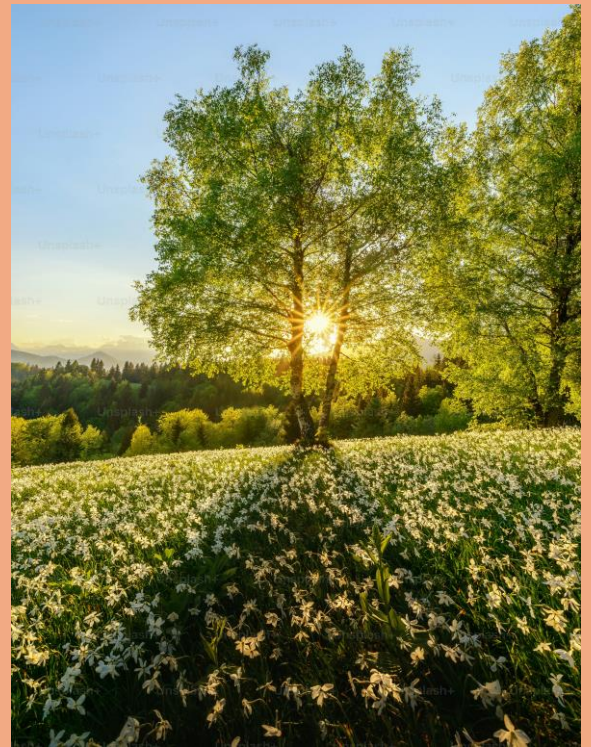
## What's Special About Spring?

Spring is that time of the year where flowers reach for the sky and leaves signal a re-birth. Sunlight touches our face and reminds us that winter is over. We embrace the moments where it's time for growing gardens and mowing our lawns. But most of all, Spring is a way for us to step into a new adventure. Life is full of wonder, and we should all explore amazing things.

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Pic by Ales Krivec for Unsplash+



## Living Your Best Life – Part 1

We take inspiration from a wide variety of sources. Whatever inspires you is important. Personal accomplishments are great self-esteem boosters.



Another medal earned by one of our Special Olympics superstars -DJ. Physical activity is a good workout routine. Congratulations, we are very proud of your accomplishments.

Participants gathered for a round of party games. Social activities promote healthy connections and strengthen self-esteem



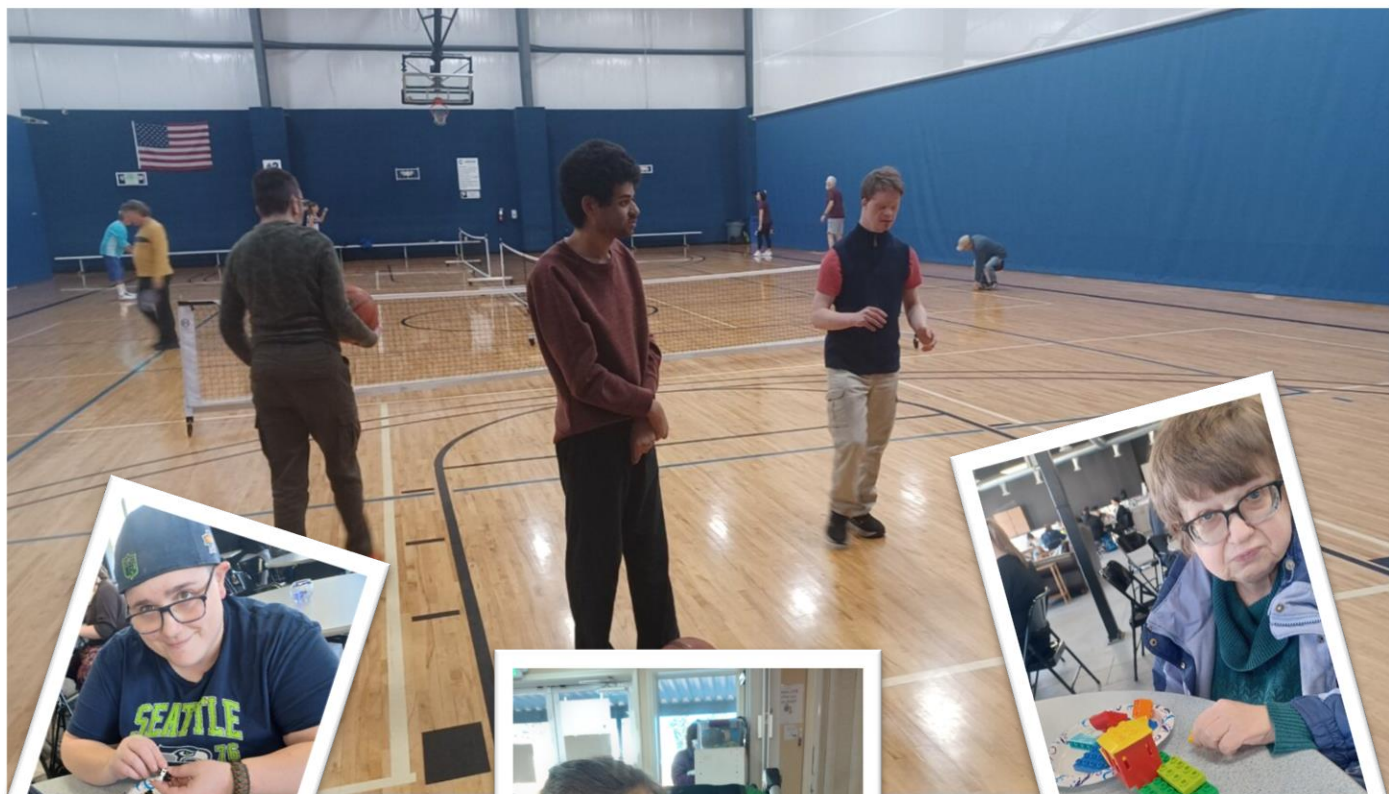
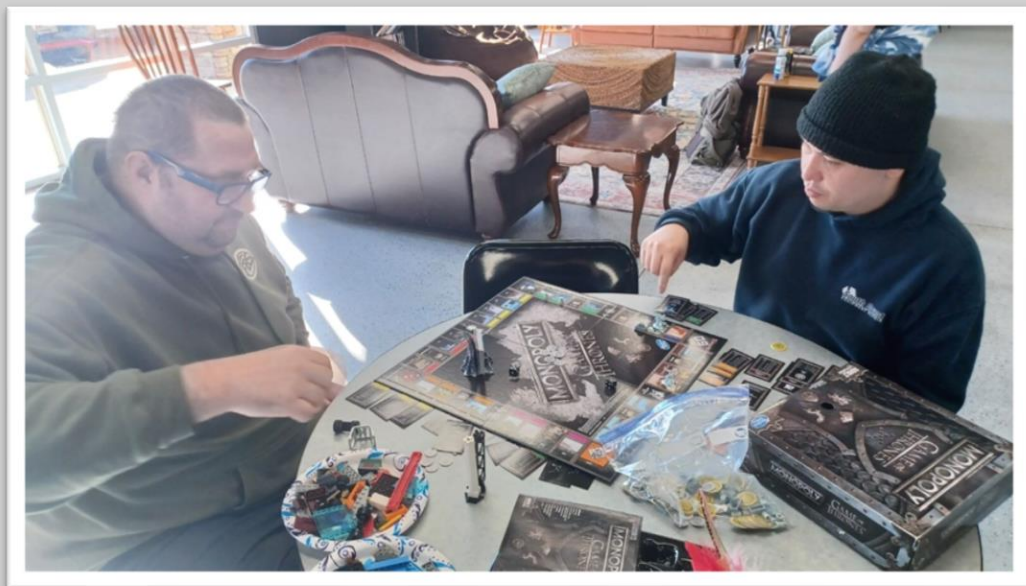


## Living Your Best Life – Part 2





## Living Your Best Life – Part 3





## Spring Word Search

Name: \_\_\_\_\_

# SpringTime



### Word list:

BEES  
BIRDS  
FLOWER  
GARDEN  
LADYBUG  
PLANT  
RAIN  
SEED  
SUNSHINE  
TULIP

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| L | A | D | Y | B | U | G | I | P | P |
| Q | T | U | L | I | P | X | P | Y | B |
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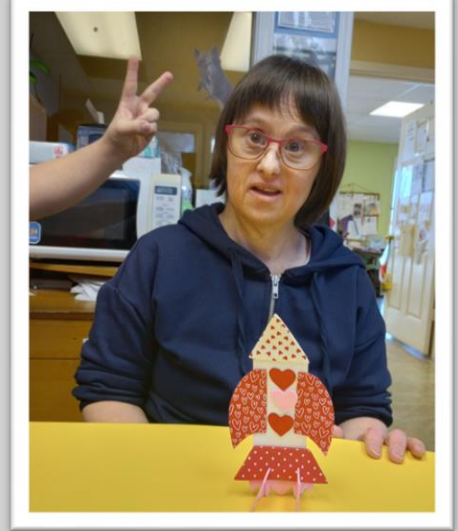


SunCatcherStudio.com



## Every day is a Fun Day!

Forming connections with peers allow us to become better communicators, which fosters compassion and identity.

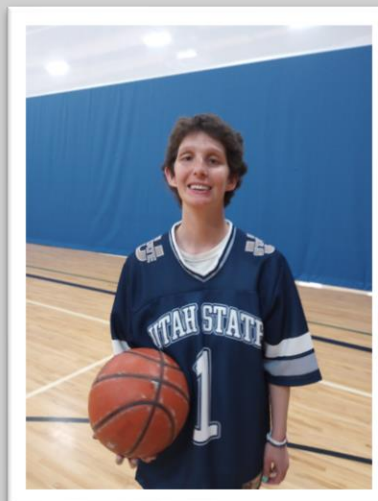
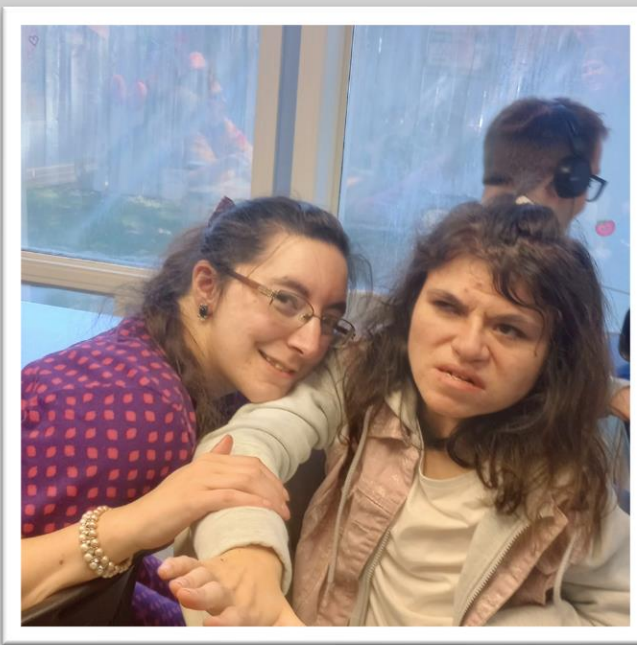


## Every day is a Fun Day! Part 2





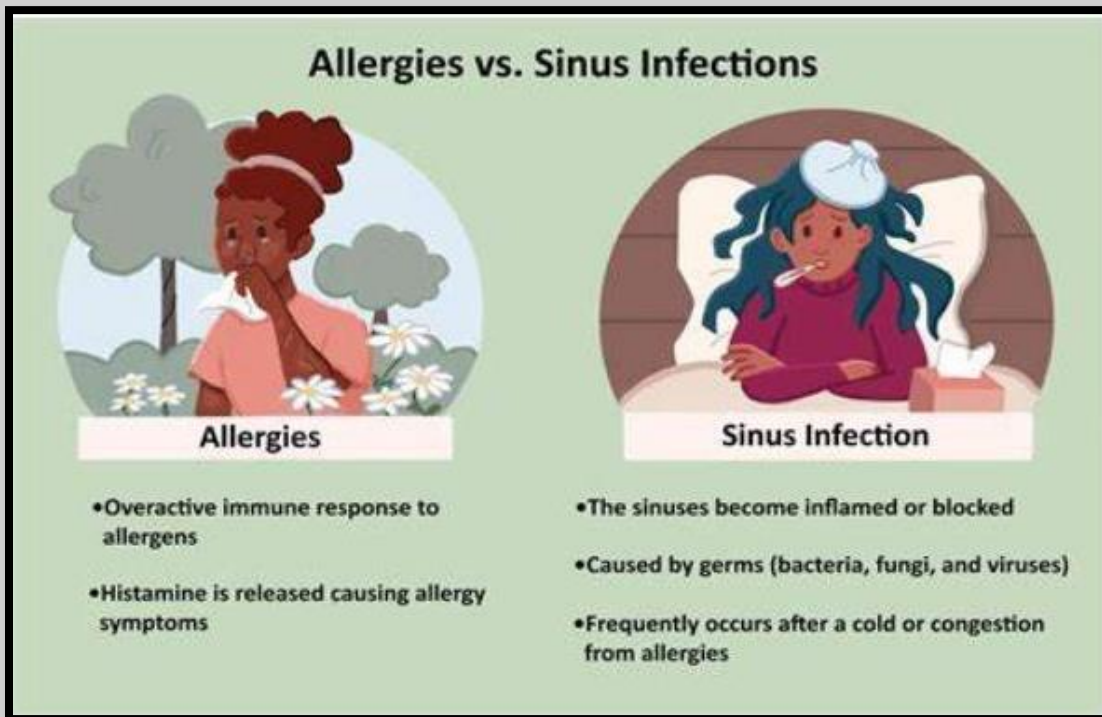
## Every day is a Fun Day! Part 3





## Allergies vs. Sinus Infections

Spring marks a return in pollens and respiratory challenges. Here are some helpful tips to remember.



### Treatment for Allergies:

Antihistamines, such as Benadryl, are usually taken for short-term relief. Long-term (chronic) or severe allergies benefit more from daily treatments, such as Zyrtec or Claritin.

### Treatment for Sinus Infection:

The best ways to clear up viral infections are with the following methods:

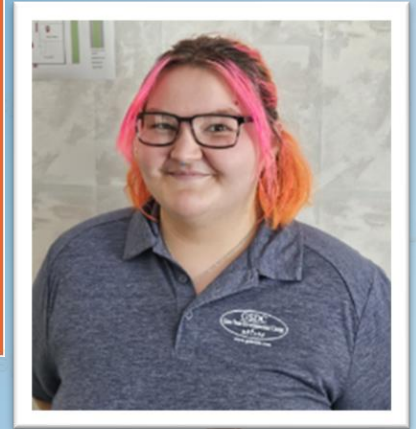
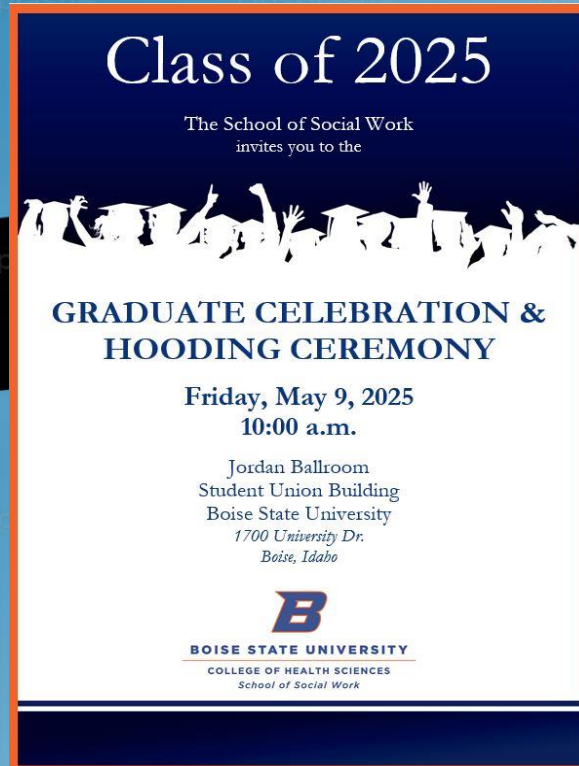
- Rest as much as you can.
- Drink clear fluids, such as water and broth.
- Use a saline mist spray to hydrate nasal passages.
- Continue taking allergy meds, if you did so previously.

\*You'll need to take the full prescription, even if you start feeling better within a day or two.

## Social Worker Graduation Celebration

Today we recognize the achievements of our very own Social Work Interns Megan and Shay. We are so proud of what they accomplished and what they will bring to the field of social work in the future. Congratulations!!!

[Boise State University Spring 2025 Commencement - Evening Ceremony](#)





*In Loving Memory of  
Suzanne Allen (1947 -2025)  
Always in Our Hearts*



*"To live in the hearts of others is a wonderful acknowledgment."*

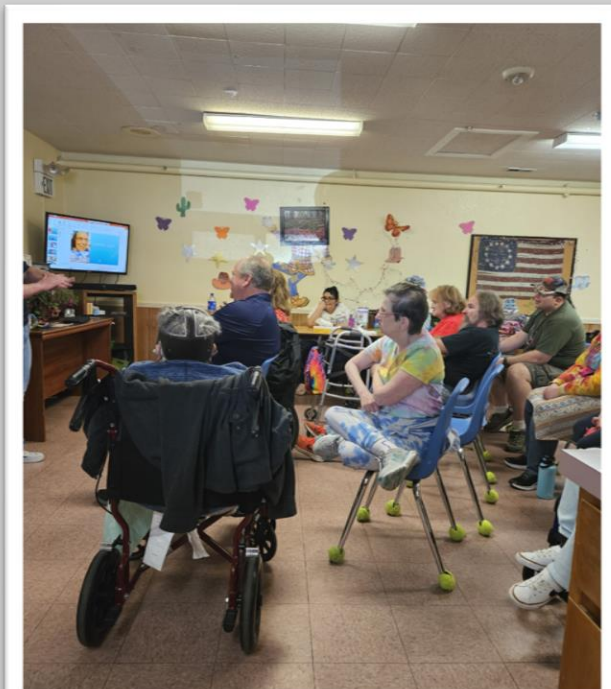
Today we remember your life and celebrate all the wonderful memories we have of you. We are grateful to have shared this time with you and know that every moment is a precious gift. Thank you for being a good friend to all of us. We will always remember your kindness and sense of humor.

Love, Always



## In Loving Memory Celebration of Life for Suzanne

Friends came out to celebrate Suzanne's life at the Nampa Adults Center. We shared stories of our time with her and got to know a little bit more about the woman we saw during the week. Thank you, Suzanne.

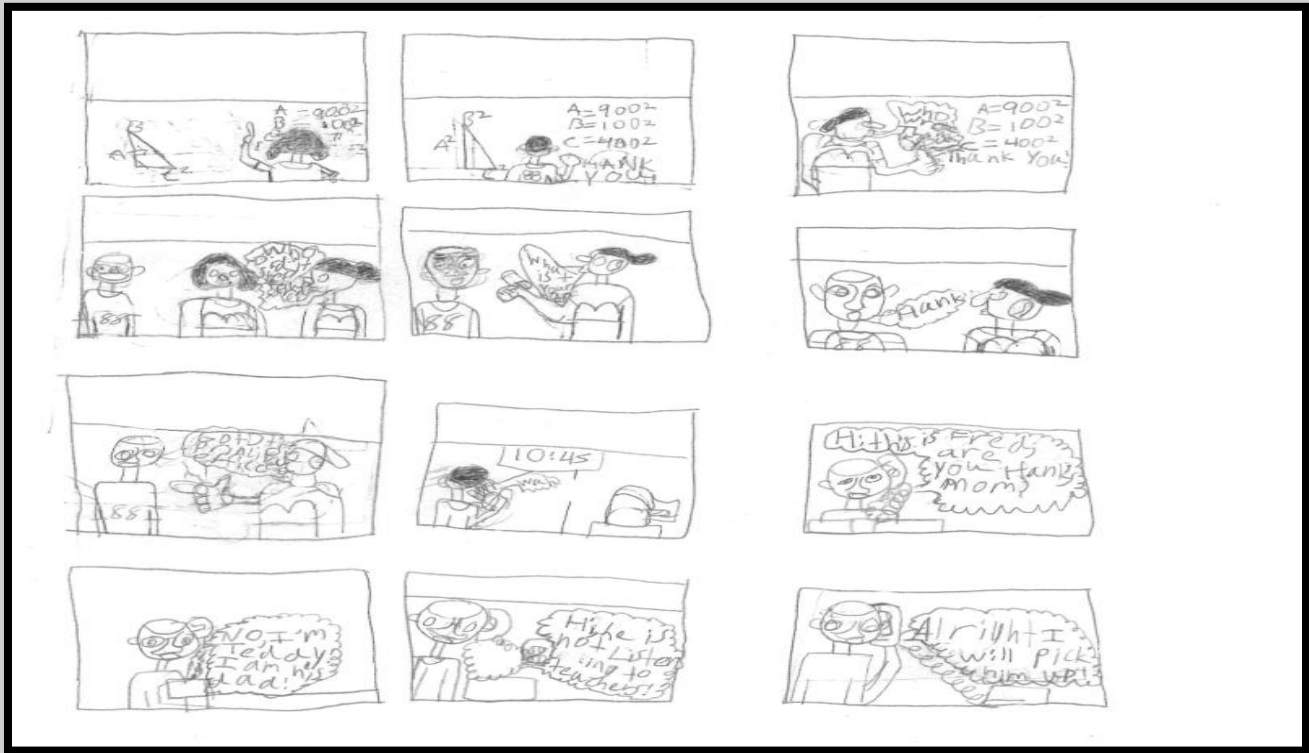




## Amazing Submissions! (1)

We love it when our participants create things to share with us. Creativity lights up parts of the brain in unique and dynamic ways. Look at these!

### Nyck (MA) – Storyboard



### Mia (MA) Artwork



## Amazing Submissions (2)

### Group Project (NA) – 3-D Wooden Puzzle



### Natalie (NA) Puzzle





## Amazing Submissions! (3)

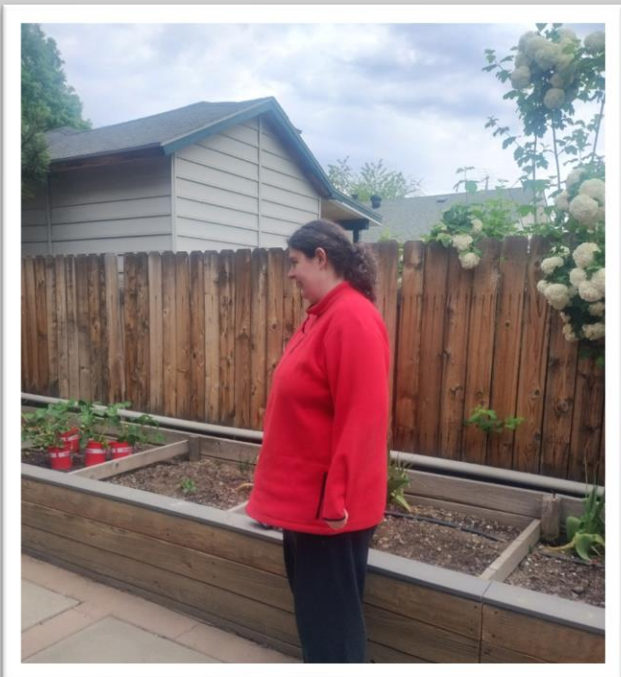
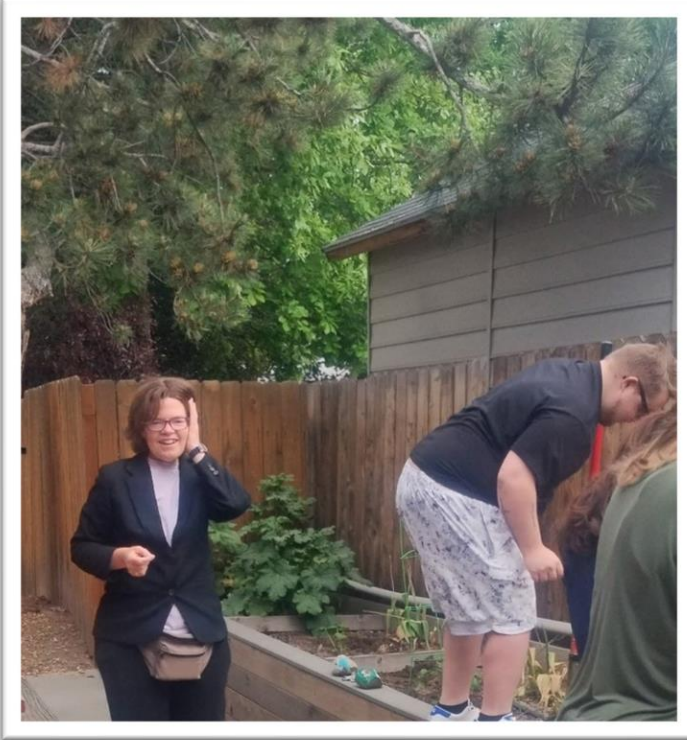
### Edgar (MA) Artwork





## Let's Build a Garden

Check out these moments from a recent adventure in gardening. Outdoor activities like gardening strengthen hand-eye coordination, relaxation, social bonding, and confidence. Check out these wonderful photos.

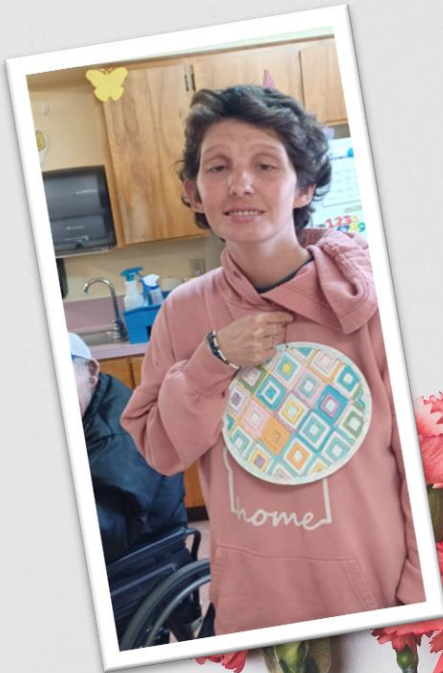




## Mothers' Day Observance

Photo by @EdwardHowellPhotography

Nampa Adults made these wonderful crafts to celebrate Mothers' Day. Arts & Crafts are a great way to engage our creative side. Our brains are stimulated during the process and we have this feeling of joy in our hearts.





## Pets Are Our Family (1)

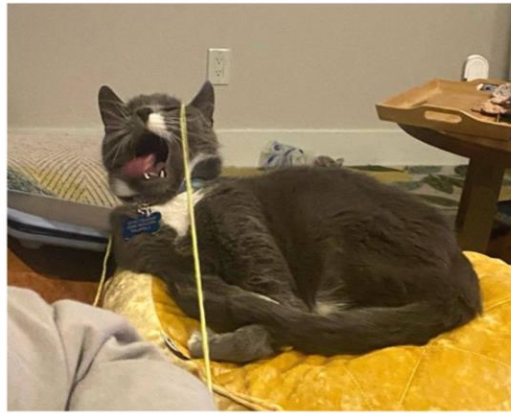
Photo by [Henry Be](#) on [Unsplash](#)

Our pets provide emotional and psychological support through unconditional love and companionship. Here are photos of our staff's pets.

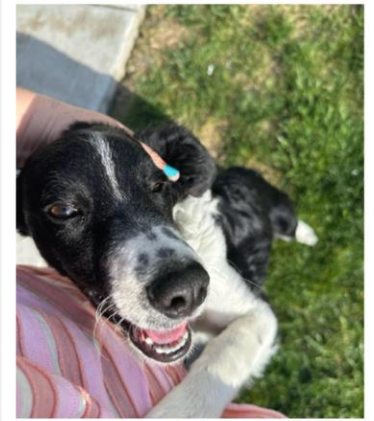
### Julia and Lydias' Dogs and Cat



Max

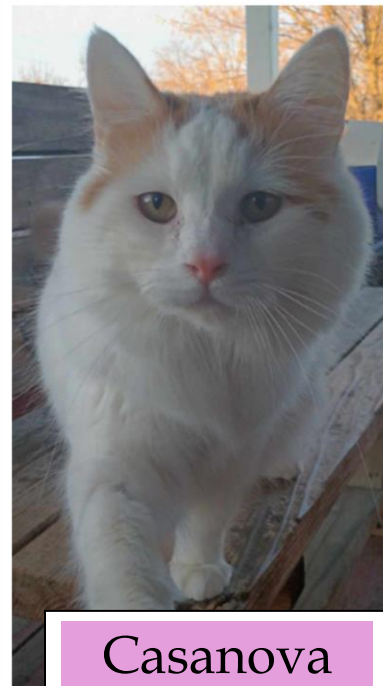


Fig



Roo

### Lori Jo and Tony's Cat



Casanova



## Pets Are Our Family (2)

### Brandy's Dogs



Asker

Arlo

Stinky

### Tammy's Dog



Popeye

# How to Succeed in the Workplace

Philip Oroni, For Unsplash+



## [7 Habits successful people do in the workplace | Management 3.0](#)

We all want to be successful at work, and figuring out how to get there can be challenging at times. But, we all have everything we need inside us to be amazing. Here are some helpful tips to guide you along your path.

## 7 HABITS THAT LEAD TO SUCCESS

Implement these habits and enjoy increased productivity, job satisfaction, and success.



### 1. ALWAYS BE PUNCTUAL

Be on time for meetings and deadlines

### 2. FOLLOW A MORNING ROUTINE

Create a consistent morning routine that can be followed easily

### 3. MAINTAIN A POSITIVE ATTITUDE

Look for solutions rather than problems

### 4. BUILD TRUST WITH THE TEAM

Be reliable, work collaboratively with other employees, and maintain open channels of communication

### 5. CUT OUT DISTRACTIONS

Make a mental note to block out distractions before they detract from productivity

### 6. BE A PROBLEM SOLVER

Seek out solutions and cooperate with team members to push past challenges

### 7. RISE TO THE CHALLENGE

Say 'yes' to opportunity

management30.com

