

Gem State News

2020 Summer Edition



Summer Games Word Search 02
GSDC Embraces Telehealth 04
The Olympics at GSDC 06
Plan your Best Summer 07

Mindfulness is a Relaxing Hit at GSDC!

by Jamie White

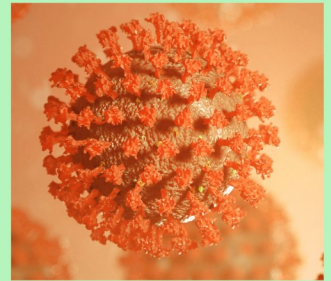
Gem State has been working with the staff and participants to use **Mindfulness-Based Stress Reduction (MBSR)**. MBSR helps the participants and the staff be aware they are in the **now** rather than the past or the future. Being attentive in this moment and awake to understand your actions. Palouse Mindfulness has been a great program that we started with to help balance our lives and stress as staff and our participants.



Mindfulness techniques have many benefits just to name a few: boosts energy, improves sleep, relieves stress, reduces anxiety, improves mood and happiness, boosts concentration and focus, and improves self-esteem. Since Gem State has started mindfulness, we have seen a decrease in maladaptive behaviors and a reduction in anxiety in our participants. With the benefits that we have seen, GSDC made a Mindfulness room. Throughout the day, groups of kids and adults go in and meditate for 10 to 30 mins.

Try it out. You **will** feel better. Here is a link to an 8-week Palouse Mindfulness class:

<https://palousemindfulness.com/>



Question Corner:

What is GSDC doing to deal with COVID-19?

Flip to page 3 to find out!



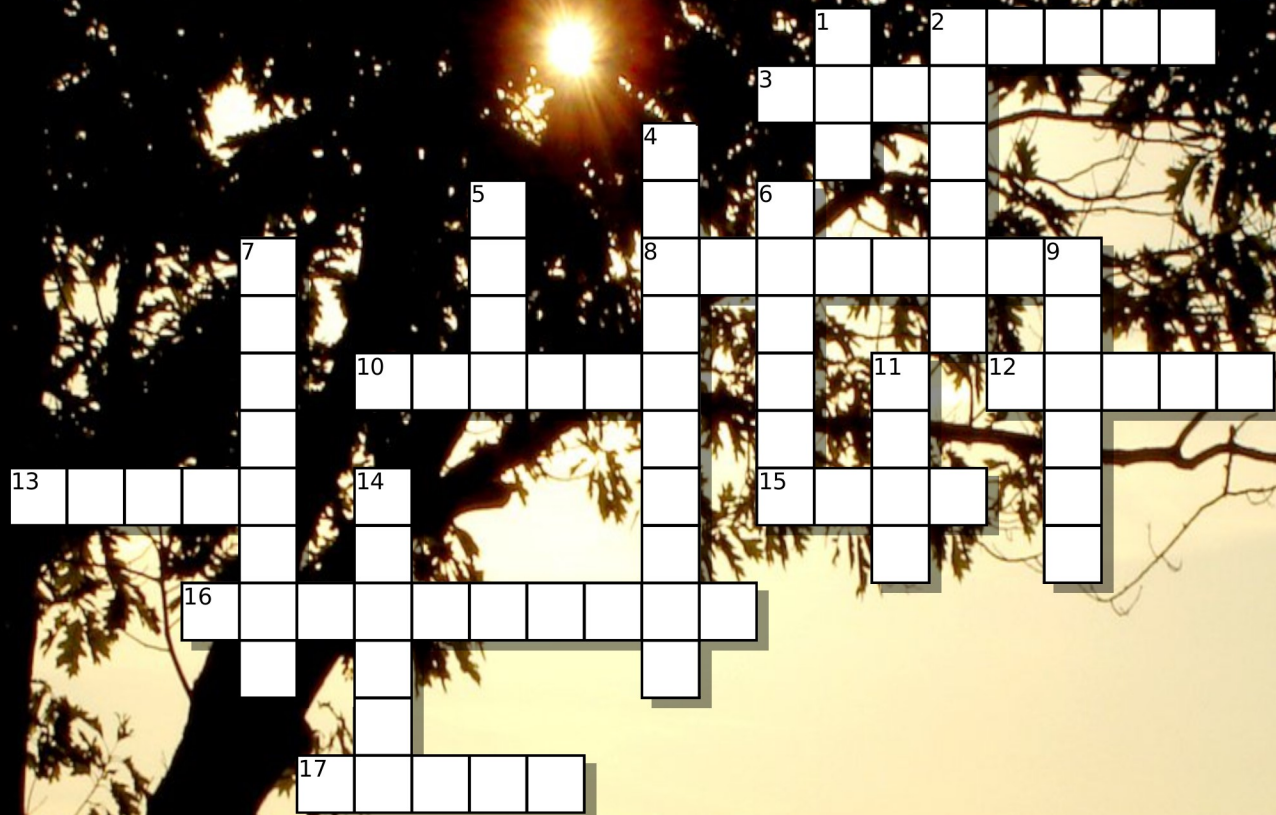
Summer Games and Puzzles Inside!



"Follow me!"

Summer Games!

submitted by Donna Newby



Across

- 2 Used to light the Olympic flame
- 3 Number of rings on the Olympic flag
- 8 Events include freestyle, backstroke, and butterfly
- 10 Medal given to third place
- 12 Race run as a team
- 13 Women's gymnastics event
- 15 Medal given to first place
- 16 Team sport played on an indoor court and on the beach
- 17 _____ and field

Down

- 1 City hosting the 2016 Summer Games
- 2 Team played on an outdoor court and on an indoor table
- 4 NBA players compete in this sport
- 5 Martial arts event
- 6 Jump in the water but don't make a splash!
- 7 Longest running race in the games
- 9 Country where the Olympics began
- 11 Team sport water _____
- 14 Medal given to second place



GSDC's Response to COVID-19

by Lori Jo Poole

In March, we implemented extra cleaning and sanitizing measures as well as social distancing, as much as possible to reduce the risk of anyone coming down with the COVID-19 coronavirus. When the state of Idaho started the re-opening stages, GSDC also created our own 5 Tier system to explain our procedures and protocols. This tiered system can be found on our website and on our Facebook page.



Jamie White (left) and Donna Newby (right) made fabric masks for our staff, adult participants and children's program participants.

Our staff continue to work very hard and are diligently cleaning and disinfecting throughout the day at the center. We also have spray and gel hand sanitizer for everyone and take frequent breaks for handwashing. For additional safety measures, we have distributed 150 cloth masks to our staff and participants (adults and children) for use at the center and they are washed daily. GSDC has also been able to attain disposable procedure masks, protective gowns, and safety goggles. Participants may request goggles from administration. Every center has a "no touch" thermometer, and temperatures will be checked daily. While we remain mostly at the center and continue to limit any trips into the community, we do venture out for essentials and to

a couple of pre-approved places in small groups. We monitor for social distancing while at the center and in the community and sanitize frequently.

Based on the new mandatory mask requirements in Ada County, we have also updated our mask policies. Staff are now required to wear masks, and participants will be encouraged to wear masks and trained to tolerate their usage much as possible. A recent study from the National Academy of Sciences of the United States of America stated that "airborne transmission" is "highly virulent and represents the dominant route for the transmission" of COVID-19. They also state that wearing masks in public, in combination with social distancing, testing and contact tracing are our best defense until a vaccine is found. (Zhang, Li, Zhang, Wang & Molina. Identifying airborne transmission as the dominant route for the spread of COVID-19. 11 June, 2020.)

Our priority is to ensure that everyone has a place to come and work, learn and enjoy that is as safe and clean as we can make it. A big thank you to the staff members that have been working diligently every day to keep our centers extra clean!



Masks



Sanitization

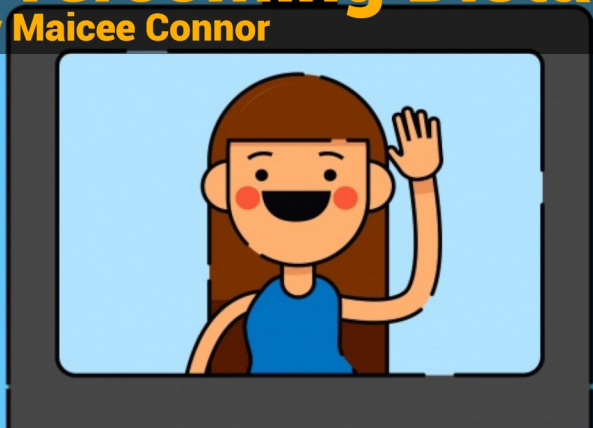


Social distancing



Overcoming Distance with Telehealth

by Maicee Connor



Despite the challenges associated with COVID-19, Gem State Developmental Center has continued to provide services to children and adults with disabilities. Through Telehealth, we have been able to deliver interactive support to individuals remotely, continuously building towards their goals.

"It's awesome-possum to be able to see my friends on the computer with a camera." -Nicole

During Telehealth services, we are using innovative developmental strategies for skill building that focus on: opportunities to interact with peers and staff, adapting to change, building on task attention, learning time management, and communicating wants and needs. From working towards creating a foundation of skills required for potential future jobs to designing creative science experiments, time spent on Zoom is always valuable.

"I feel like Telehealth is helping. We get to connect more. We get to talk and have nice conversations."

-Dakota

Troubleshooting Telehealth Issues

We've all been forced to adapt to new circumstances this year. Telehealth has introduced many new advantages - as well as a handful of challenges - to providing remote therapeutic services during these unique times.

Telehealth is a collaborative process, and that means that the potential for technical difficulties is doubled. Telehealth services require a solid connection from both parties, and if you're experiencing difficulties with your side of the connection, it can lead to frustration. We want to do everything we can to ensure a beneficial and stress-free session for you.

If you're experiencing difficulties with telehealth, such as frequent disconnects or poor call quality, try the following:



Image by pch_vector - www.freepik.com

- **Contact your Internet Service Provider (ISP)** and let them know you've been having trouble with VSee and/or Zoom calls. Make sure you note the date and time of your connection problems. Your ISP may be able to determine the nature of your problem and may have some logged data that can help. The two most common ISPs in our area are Sparklight (formerly CableOne) and CenturyLink.

- **Run a few speed tests** online, preferably around the same time of day as your connection problems. Try <https://www.speedtest.net> and <https://speed.measurementlab.net>. Most telehealth services require an upload and download speed of at least 1.5 Mbps. If your speed test results are significantly lower than this, contact your ISP.

- Are you using WiFi to connect your computer to your router? **Try a hard-wired connection instead** – this eliminates the possibility of signal interference from other devices in your home. Connect an ethernet cable (looks like a large phone cable) from your computer directly to your router instead of using WiFi.

Father's Day Candles

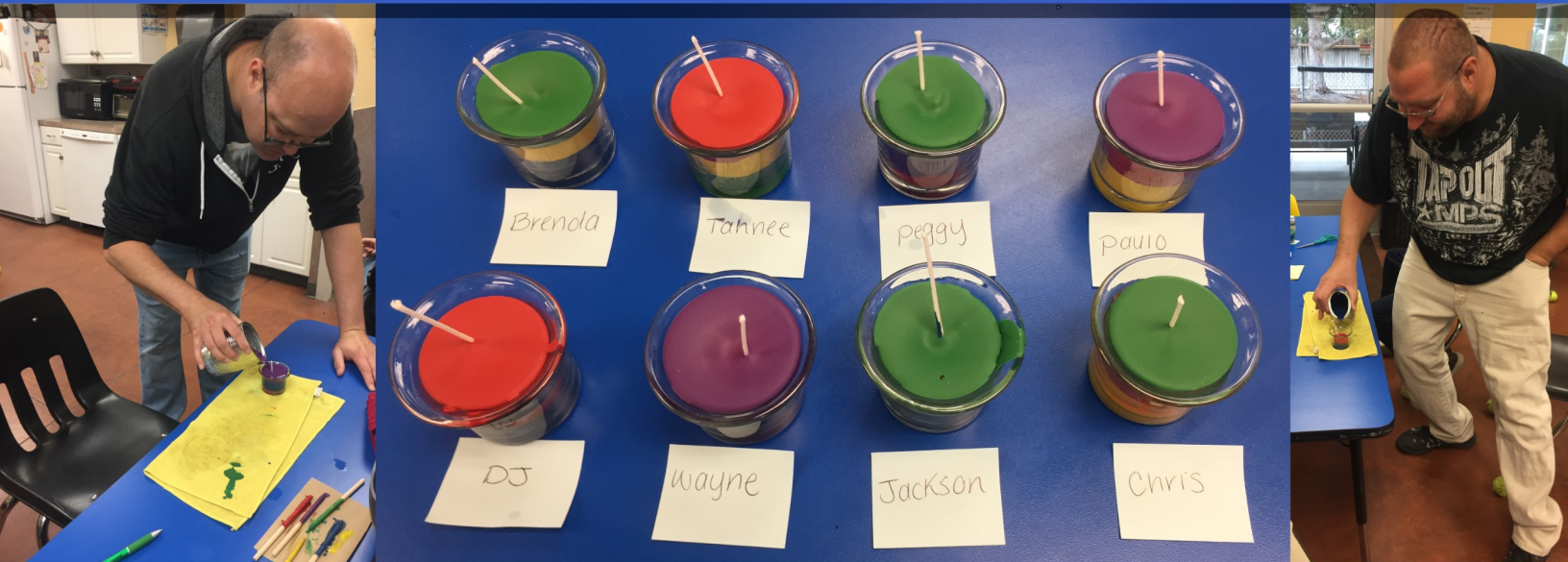
Our participants got crafty for Father's Day this year, making their own candles by melting down small crayons!

"My favorite part was putting the colors in them."

-Jackson D.

"It was awesome!" I'm going to give it to Dad for Father's Day."

-Brenda W.



Summertime Fun Cookies

Ingredients:

- 1 cup butter, softened
- 3/4 cup sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2 large eggs, room temperature
- 2 1/4 cups all-purpose flour
- 1 teaspoon cream of tartar
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg

Frosting:

- 1/4 cup butter, softened
- 3 cups confectioner's sugar
- 1 teaspoon almond extract
- 2 to 4 tablespoons hot water
- Blue food coloring
- Optional decorations: Bear-shaped crackers, fish-shaped graham crackers, Airheads candies, gummy sour rings, white sugar pearls and palm tree party picks

Directions:

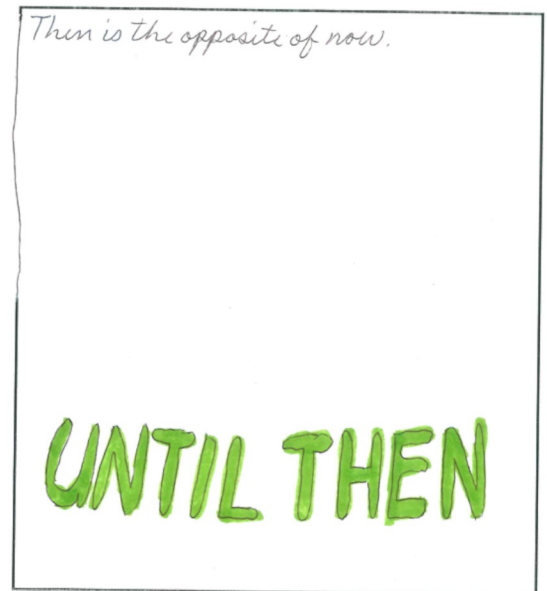
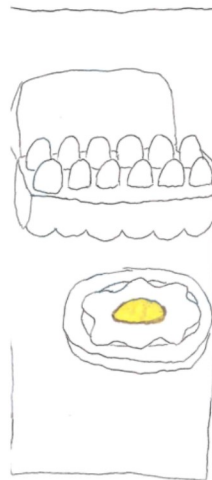
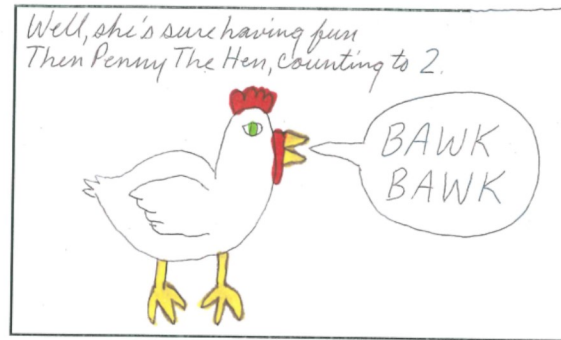
1. Preheat oven to 350 degrees. Cream butter and sugar until fluffy; beat in extracts and 1 egg at a time. In another bowl, whisk together flour, cream of tartar, baking soda, salt and nutmeg; gradually beat in creamed mixture.
2. Drop dough by rounded tablespoons 3 inches apart onto parchment-lined baking sheets; flatten slightly with bottom of a glass dipped in sugar. Bake until edges begin to brown, 8-10 minutes. Remove from pan to wire racks; cool completely.
3. For frosting, beat butter, confectioner's sugar, extract and enough water to reach desired consistency; tint blue with food coloring. Spread over cookies. Decorate as desired.



Participant Creations



**Andrew is a master
at 3D puzzles!**



Comic by Gwendolynn R.

The Olympics at GSDC by Courtney Rupe

Hello everyone! Step inside our 2020 Summer Olympic games here at Gem State! We've had a wonderful summer, and we have been doing so many fun things with an Olympic themed twist. From starting the day off with Olympic warm-ups, to creating an Olympic gold medal out of a fruit roll-up and a cookie to many more fun crafts, to educational worksheets, and physical activities - what fun it has been! It has been a blast teaching the kids all about the Olympics and they have been enjoying learning just as much!

As we're wrapping up a fun summer, who knows what the future holds? We could be looking at a center full of future Olympic athletes!



Plan your Best Summer and Fall!

by Donna Newby

The summer of 2020 has caused even the hardest of Idahoans to take stock of our priorities and adjust. Often, we have been at home for long stretches of time and cut off from our social networks. The kids are bored and chomping at the bit to get outdoors like never before. We have come up with a summer and fall bucket list with this in mind. Getting creative and dreaming up fun things to do that don't take too much effort, besides gathering your family and maybe a few supplies, can save even the craziest year.

At-Home Fun Activity Ideas:

- 1) Water Balloon Pinata
- 2) Build a Fairy Garden
- 3) Build a birdhouse
- 4) Design a DIY splashpad
- 5) Make a homemade slip 'n slide
- 6) Blow bubbles.
- 7) Lie on your back and stargaze
- 8) Keep reading
- 9) Take a backyard camping trip
- 10) Play hopscotch on your driveway or sidewalk
- 11) Picnic in your yard
- 12) Build an obstacle course in the backyard
- 13) Solve a 3D puzzle



Happy 18th Birthday to Jordan B!



Summer Word Search

submitted by Dylan Evans

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

Sunshine

Barbecue

Stargazing

Friends

Masks

Sunscreen

Social Distancing

Safety

Flowers

Yardwork

Pool

Picnic

Clean Hands

Sports

Kites

Crafts

Ice Cream

Swimming

Health

Summer



**Making connections
and memories!**

EXCEPTIONAL SERVICE FOR EXTRAORDINARY PEOPLE!

IN THE NAMPA ADULTS PROGRAM

At Gem State Developmental Center, we are more than just a developmental disability agency. We're a place for friends, a place to learn and grow together. We are proud to offer the highest quality supportive and innovative developmental therapy services, in an environment that always puts our participants first!

OUR SERVICES

- ◆ Discover New Skills
- ◆ Build Self-Esteem
- ◆ Encourage Independence
- ◆ Increase Confidence
- ◆ Make New Friends
- ◆ Build Relationships
- ◆ Be Part of the Community
- ◆ Become a Better You!

Contact Susan Hill for more information!

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¡SERVICIO EXCEPCIONAL PARA PERSONAS EXTRAORDINARIAS!

EN EL PROGRAMA DE ADULTOS DE NAMPA

En Gem State Developmental Center, somos más que una agencia de discapacidad del desarrollo. Somos un lugar para amigos, un lugar para aprender y crecer juntos. Estamos orgullosos de ofrecer servicios de terapia del desarrollo innovadores y de apoyo de la más alta calidad, en un entorno que siempre pone a nuestros participantes en primer lugar.

NUESTROS SERVICIOS

- ◆ Descubrir nuevas habilidades
- ◆ Desarrollar la autoestima
- ◆ Fomentar la independencia
- ◆ Aumentar la confianza
- ◆ Hacer nuevos amigos
- ◆ Construir relaciones
- ◆ Ser parte de la comunidad
- ◆ ¡Convertirte en un mejor tú!

¡Comuníquese con Susan Hill para obtener más información!

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¡Haciendo conexiones
y recuerdos!