

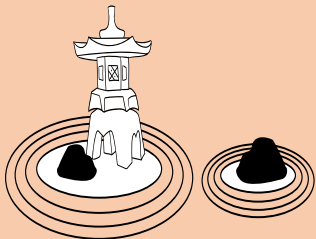
# GEM STATE NEWS



SUMMER 2022 EDITION (June – September) <https://gsdcdda.com/>

## TABLE OF CONTENT

Maze	pg. 2
Next Journey	pg. 3
Scavenger Hunt	pg. 4
Go For a Ride	pg. 5
Let's Karate!	pg. 6
Positive Affirmations	pg. 7
Announcements	pg. 8



## SUMMER FUN!

The arrival of Summer allows for memorable moments. The staff were eager to try all sorts of innovative ideas.



Meridian Adults Program kicked things off with a fun game of “Minute-2-Win It.” I hear the participants “crushed it.”

## Agencies & Services:

**988 Hotline (Hotline for those with IDD in Crisis)**

[New 988 Hotline May Help Those With IDD In Crisis - Disability Scoop](#)

**Idaho Council on Developmental Disabilities (Recruiting Advocates)**

[Member Application | Council on Developmental Disabilities \(idaho.gov\)](#)

**The AdVenture Social Club**

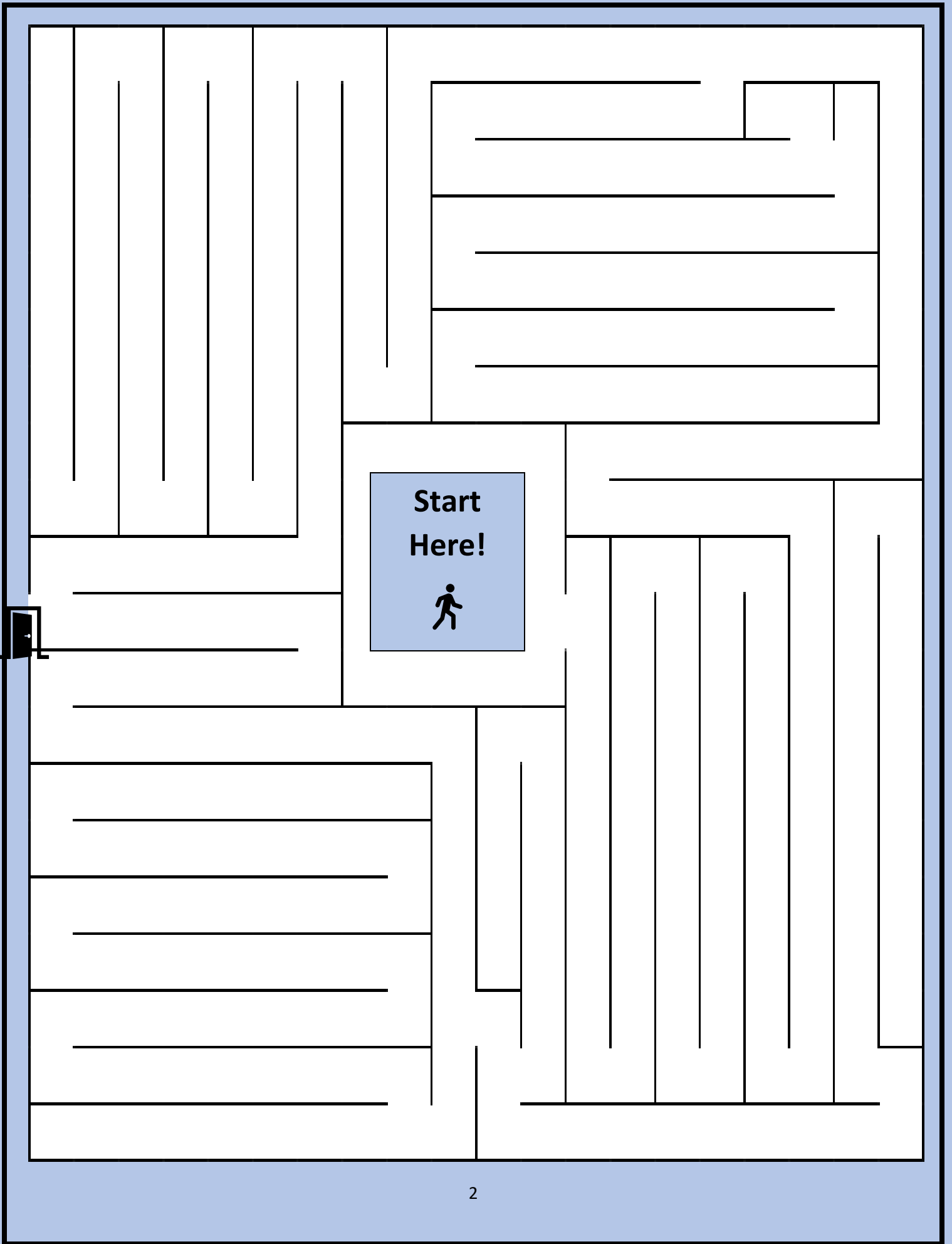
[Social Club | City of Boise](#)

**Idaho Federation of Families for Children's Mental Health**

[FYI Events \(fyidaho.org\)](#)



Photo by [Chris Galbraith](#) on [Unsplash](#)



**Start  
Here!**



## Congratulations on Your Next Journey!

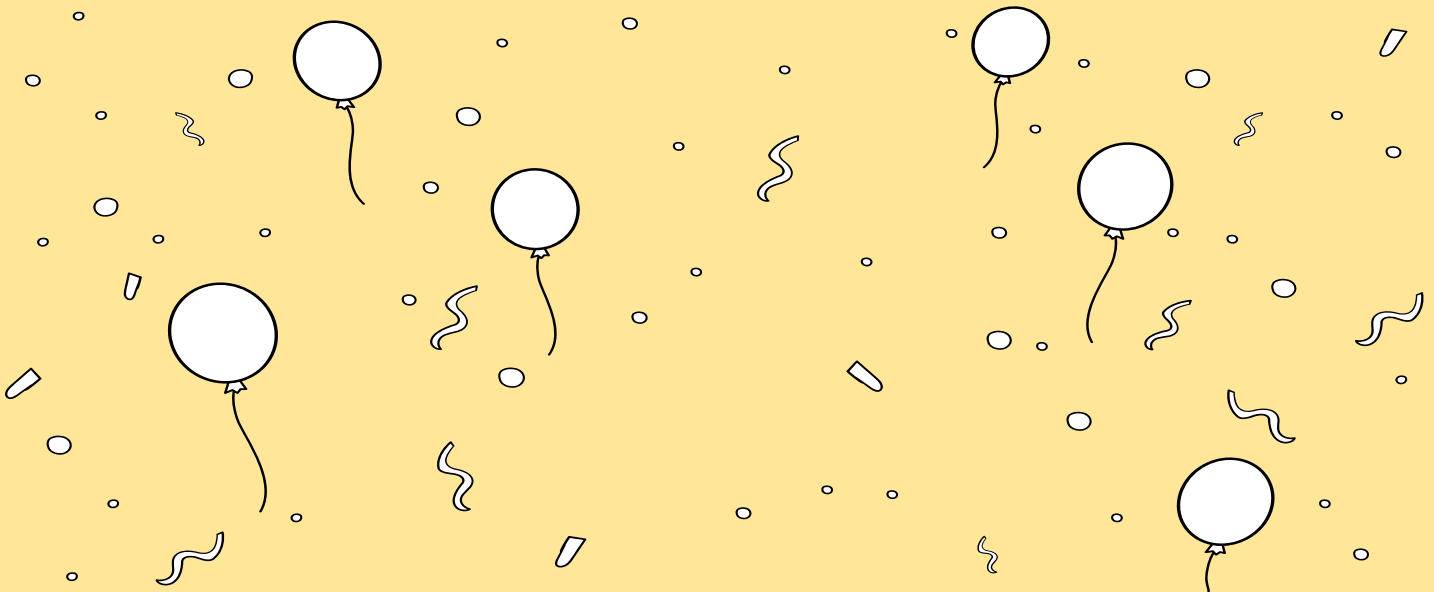
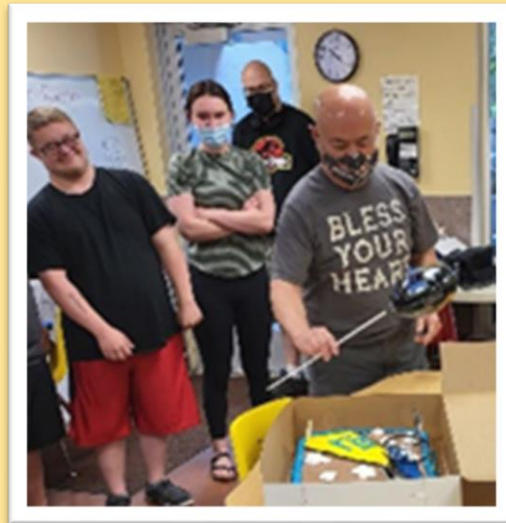
GSDC would like to take a moment to acknowledge two amazing members of our team.

Donna Newbie was our Senior Secretary for over 12 years. She was vital in keeping our administrative operations running smoothly and efficiently.

Sherman Louie worked as a Developmental Technician for over 4 years. He helped enrich the lives of everyone he met.



# HAPPY RETIREMENT!





Scavenger Hunt:

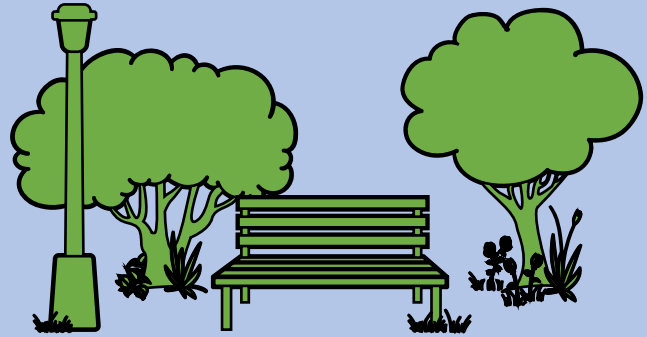
- Butterfly
- Shoes
- Backpack
- Cat
- Plant
- Clock
- Remote
- Piece of candy



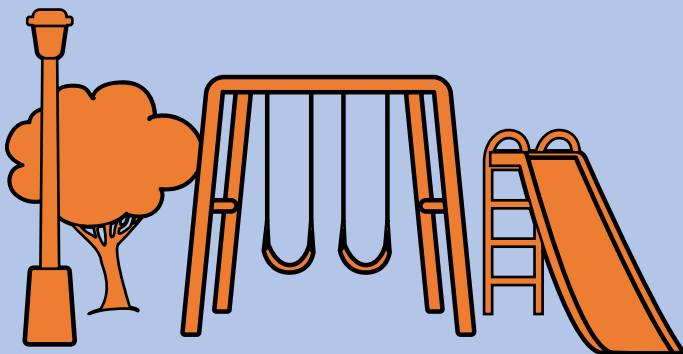
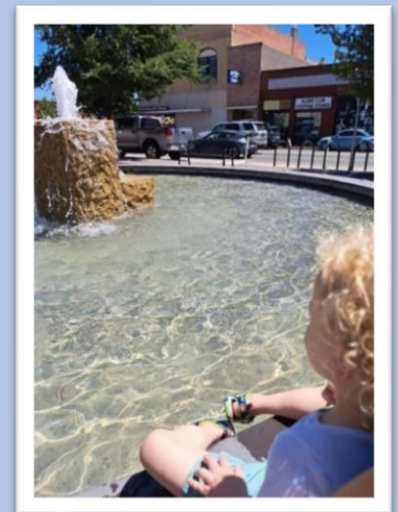
## Who Wants to Go For A Ride?



Staff and participants from MSS went on another exciting adventure to the local park.



Participants and staff from NSS explored the trails through Deer Flat National Wildlife Refuge. They saw birds (including a White Pelican), butterflies, and several people who were fishing.

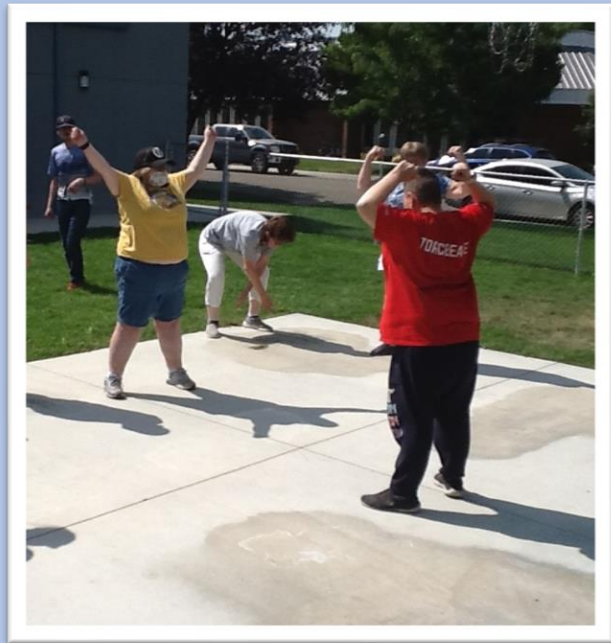




Let's Karate!



Today was fantastic! I got to teach Karate to my friends and staff Lilibeth. I taught them the basics of karate such as how to make a proper fist and how to punch correctly. I also showed them how you do warm-ups. (This is very important to do this before your karate). My Sensei will be proud of me because I am teaching karate. My dad is also proud of me. I love teaching karate. It is a lot of fun when I teach karate. I want to continue teaching karate because everyone has a good time. – Mia



### Helping Your Child Manage Their Learning Disability Through Martial Arts

1. Improved Focus and Concentration
2. Helps Them Set Attainable Goals
3. Confidence
4. Discipline and Self-Control
5. Step-By-Step Learning & Memorization
6. Conflict Resolution

Bullard, Scott. (2020, March 3). The Benefits of Karate for Children with Learning Disabilities. Canada's Best Karate. [How Children Can Overcome Learning Adversity with Karate | CBK \(canadasbestkarate.ca\)](https://canadasbestkarate.ca)

# Positive Affirmations

**My Life is  
Special**



**Today Will Be  
Great!**



**Anything is Possible  
with Love!**



**Dream Big!**



**Smiles Make  
Things Better!**



**Keep Your  
Heart Open!**



**Acceptance of  
Others is a Gift!**

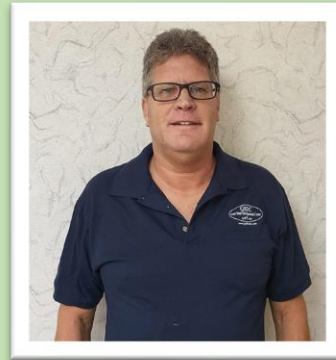




# Welcome to the Team!



**Krysty Meyer**  
Senior Secretary



**Brian Hill**  
Developmental Technician

Photo by [Patrick Weissenberger](#) on [Unsplash](#)

