

Blue Sky Group Homes

October 2025
Volume 10, Issue 11

News and Updates

We hope you had a relaxing and spooky October—we certainly did over here at Blue Sky! Residents enjoyed attending the annual Trunk or Treat event to collect candy as well as hand out candy to others. We packed up our extra candy and handed out to trick or treaters who stopped by the houses on Halloween.

We enjoyed many fall themed activities this month including a trip to the pumpkin patch (where we picked out pumpkins, rode on the hay ride and visited with the farm animals), a pumpkin carving contest and a trip to the Harvest Festival.

As the weather finally cools off we have had a blast spending more time outdoors. This month we soaked up the weather during a picnic in the park, Pow Wow outing, movies in the park and more! At the homes we have been incorporating more walks outside and outdoor activities like volleyball on the lawn.

November is shaping up to be another fun month. Residents are looking forward to a trip to the Equine Horse Farm, concerts and our annual Thanksgiving celebration! Stay tuned!

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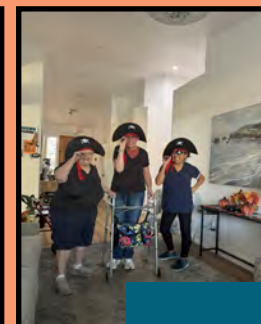
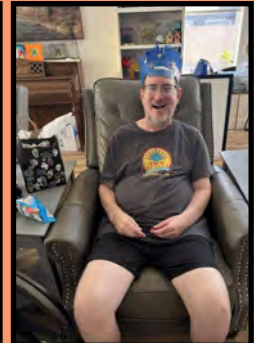
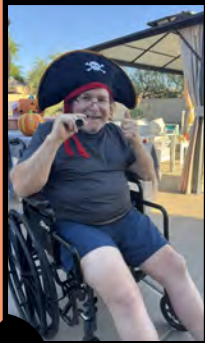
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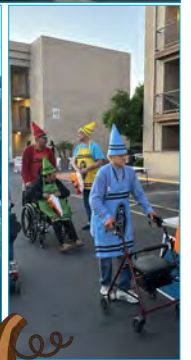
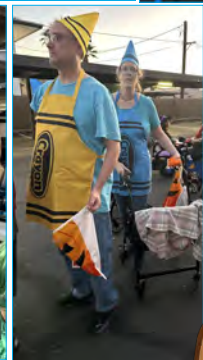
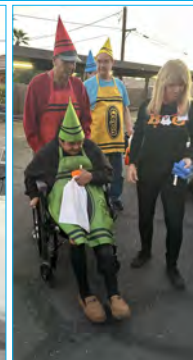


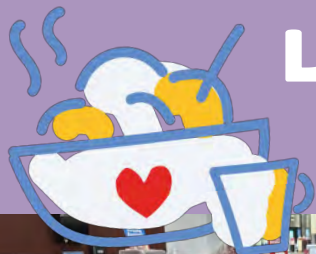
Happy Birthday!



HALLOWEEN PARTY

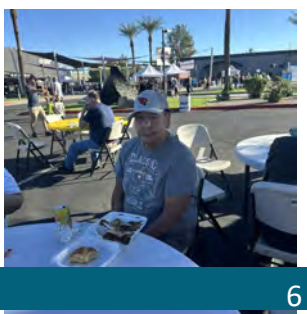


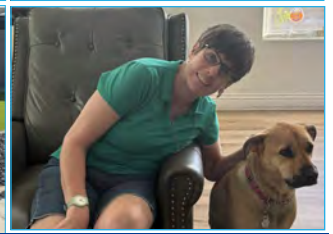
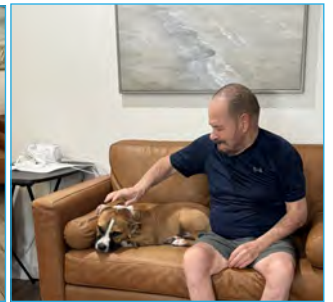




Lets eat
OUT!



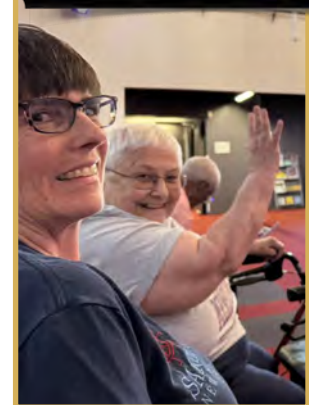




**MOVE YOUR BODY
CALM YOUR MIND**



Jazz
CONCERT



PICNIC AT THE PARK



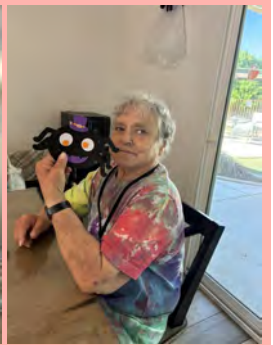
MOVIES IN THE PARK





POW!
WOW!

ARTS & CRAFTS



Groups

Groups are held several times throughout the week at Blue Sky. Here is a snapshot of some of our groups this month.

1. Worry Webs

This month, therapeutic groups focused on worry management. In this first group residents looked at how worrying often is like a web we get stuck in. Residents participated in a hands-on activity and then created their own worry webs.

2. Box Breathing

Each following week focused on different interventions for worry. Here residents learned about the skill of box breathing to calm their worry.

3. Positive Thinking

In this group residents practiced reframing negative thoughts into more positive ones while learning about the power of positive thinking.

4. What is Worry?

Residents discussed what worry symptoms look like and personal accomplishments in managing their worry symptoms.

5. Move Your Body

We reviewed how movement can be used as an intervention for releasing tension caused from worry. Residents practiced these skill during a yoga session focused on worry/anxiety management.

