

Blue Sky Group Homes

July 2026
Volume 11, Issue 7

News and Updates

June was a fun and memorable month at Blue Sky, filled with outings, celebrations, and time spent together. Residents enjoyed a luau, beach outing, pool day, Buddy Stubbs, Amici Pizzeria, fireworks, and a visit to the Police Museum.

We also celebrated birthdays and continued daily activities that encouraged creativity, movement, social time, and participation. Group sessions focused on helpful skills, communication, and positive interactions.

These experiences gave residents more opportunities to enjoy the summer season, explore the community, and make positive memories with one another.

Overall, June was full of meaningful moments, new experiences, and opportunities for residents to connect and enjoy themselves. We hope you enjoy the June highlights from Blue Sky.

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BEACH

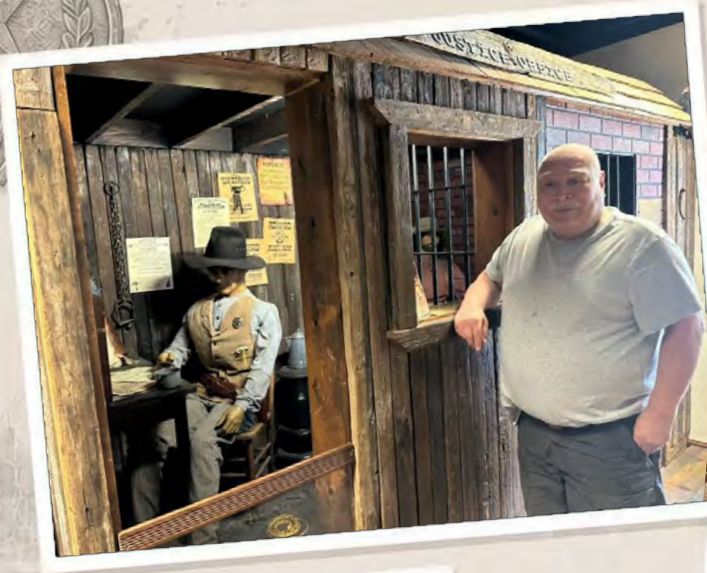




Restaurant Outings









Groups

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

1. Benefits of Bathing for Elders

In this group, residents learned about the benefits of regular bathing and personal care. The group focused on how bathing helps with cleanliness, skin health, comfort, confidence, relaxation, and overall well-being.

2. Hand Washing

Residents participated in a group focused on the importance of proper hand washing. Residents learned how washing hands helps prevent germs, illness, and the spread of infection, especially before meals, after using the restroom, and after coughing or sneezing.

3. Dental Care

This month, residents learned about the importance of good dental care and oral hygiene. The group focused on brushing teeth, cleaning dentures when needed, preventing bad breath, and keeping the mouth healthy to support overall health.

4. Why Am I Feeling This?

In this group, residents learned about recognizing and understanding their emotions. Residents discussed how feelings can be connected to thoughts, situations, stress, or changes in the body, and practiced healthy ways to express and manage those feelings.

