

Blue Sky Behavioral

April 2024
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News and Updates

Happy April! We hope everyone had a great Easter holiday as we certainly enjoyed ourselves over here at Blue Sky. We started the month off with another trip to Superstition Farm's Petting Zoo where we got to see some of our farm friends—goats, donkeys, turtles, peacocks and more!

Our monthly shopping outings included trips to Walmart and 5 Below—next month we are going to Ross and Tj Maxx. We planned to celebrate Easter with a picnic and Easter egg hunt at the park, but the weather had other plans and we moved our party indoors to avoid the rain. We still had a great time with a special lunch and Easter egg hunt where residents found lots of candy, lottery tickets, cash and coupons for free Starbucks! Residents also enjoyed decorating Easter eggs later in the month.

We had a huge turnout for our annual spring training game where we watched the Giants take on the Angels. The weather was perfect and we loved snacking on hot dogs and nachos.

So many residents were eager to join the Outback outing that we had to take two separate trips to allow all to attend. We enjoyed good food and conversation for our special lunch out.

Next month is jam packed with activities including a trip to the annual Senior Prom, a Mesa festival, a volunteer trip to Feed my Starving Children, Zoo outings and several museums. We look forward to sharing our adventures with you again next month!

Inside the issue

News and Updates.....	1
Shopping Outings.....	2
Petting Zoo.....	3
Outback Steakhouse.....	4
Easter Picnic & Egg Hunt.....	5
Baseball Game.....	6
Eggs/Dog Visits.....	7
Groups.....	8

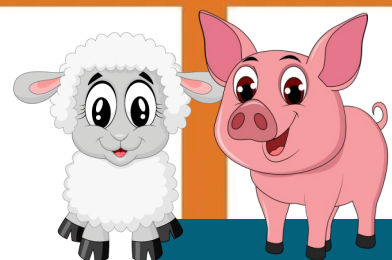


SHOPPING OUTINGS





SUPERSTITION FARM'S
Petting Zoo!



OUTBACK

STEAKHOUSE®





HAPPY Easter

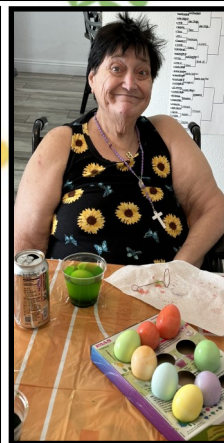
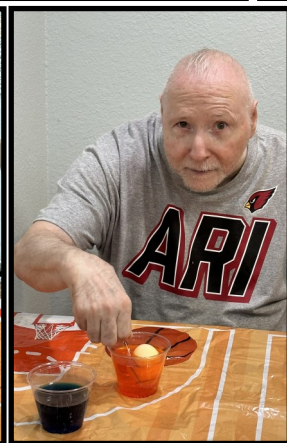
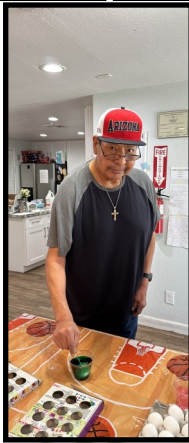
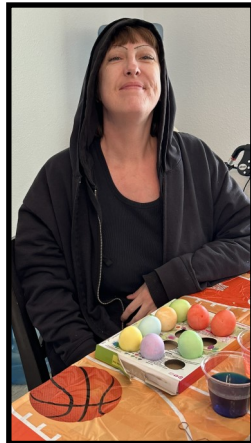
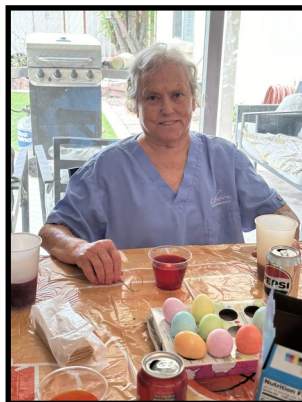
EGG HUNT & PICNIC



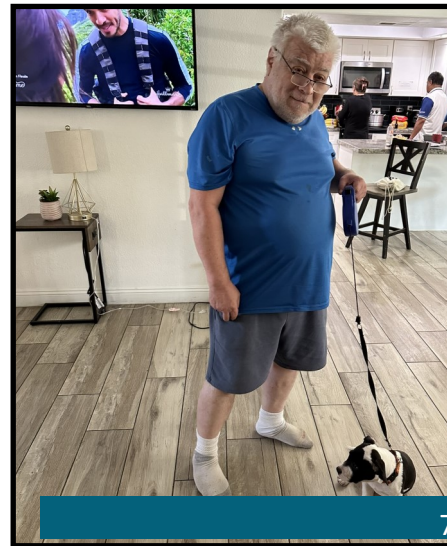
Take Me Out To the Ballgame

SPRING TRAINING OUTING





FOUR-LEGGED VISITORS



Groups

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

1. St. Patrick's Day Crafts

We celebrated St. Patrick's Day by thinking about what we would do if we found a pot of gold at the end of the rainbow—and incorporated these ideas into our rainbow crafts.

2. Blue Sky Store

Twice a month residents have the opportunity to shop the Blue Sky Store where they can cash in their blue sky bucks for snacks, treats, hygiene supplies and more while sharpening their budgeting skills in the process.

3. Tuberculosis Education

Residents had their annual TB training this month. We learned about the signs and symptoms of TB, risk factors and what to do if they come down with symptoms. Fortunately we have never had a case of TB, but it is always good to be prepared.

4. Communication

Therapy groups focused on communication skills for the month of March. Topics included, conflict resolution, non-verbal communication, assertive communication skills and patience.

5. March Madness Brackets

Residents filled out their NCAA basketball brackets earlier this month and are closely watching the games to compare their picks. The resident with the most wins walks away with \$20!

