

Blue Sky Behavioral

September 2024
Volume 9, Issue 9

News and Updates

Happy September! We have our fingers crossed for cooler weather in the near future, however we continue to stay busy despite the heat. This month included several lunch outings, a girls' spa day, shopping trips, museum outings, concerts and more!

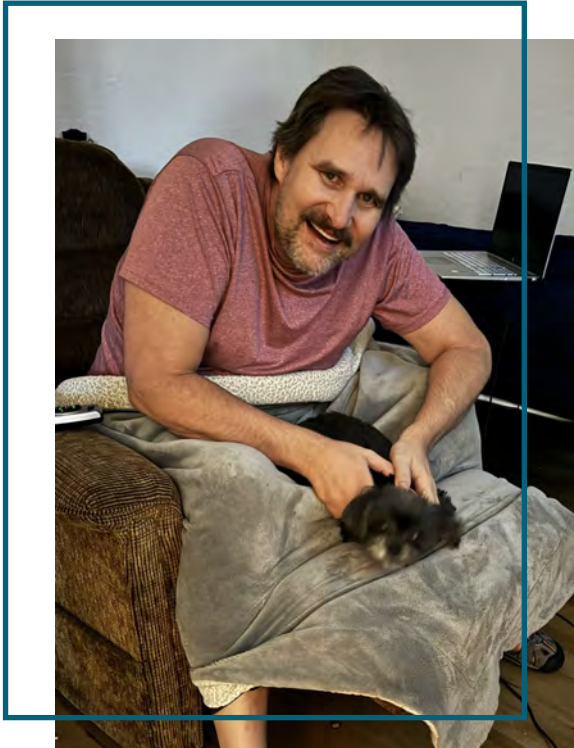
We continue to focus on health and wellness as we aren't always able to make out outside for walks in the summer heat. We enjoyed balloon volleyball and indoor exercise classes this month. On cooler days we were even able to sneak outside for walks.

We included a 'bonus pictures' page in this month's newsletter because we had a lot of fun, informal things going on. Whether it is the large puzzle residents are chipping away at, or surprise puppy visits, every day seemed to have exciting things happening at Blue Sky.

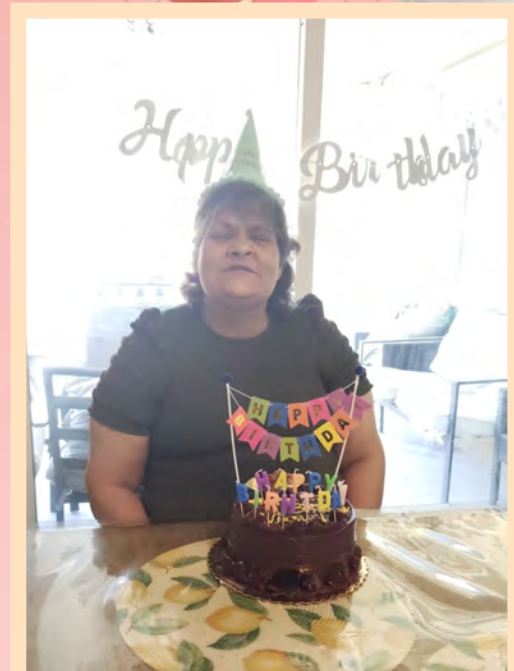
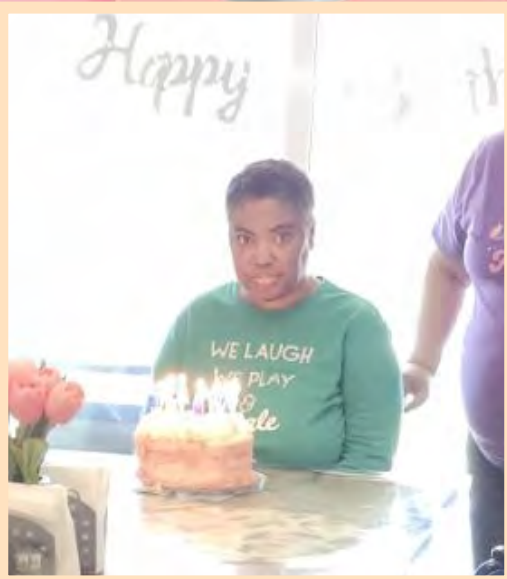
Next month continues with fun outings and activities including a trip to the Japanese Friendship Garden, several lunch outings and a shopping trip to 5 Below. We can't wait to share with you - stay tuned!

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happy Birthday



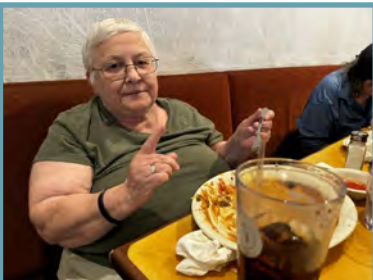
Arts & Crafts



SPA
-day-



OUT TO Lunch

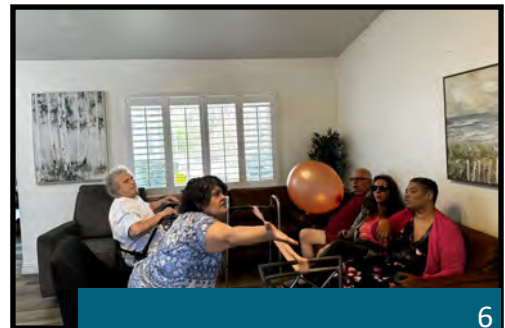


SHOPPING

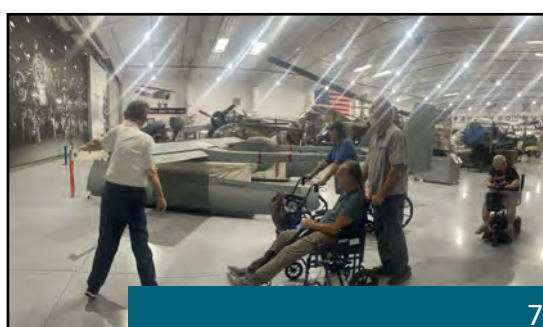
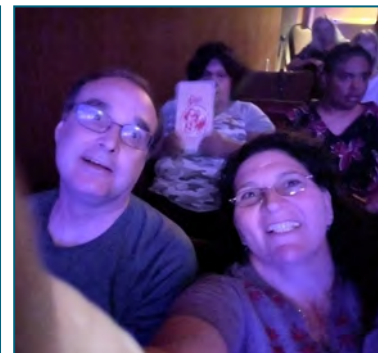
Trips

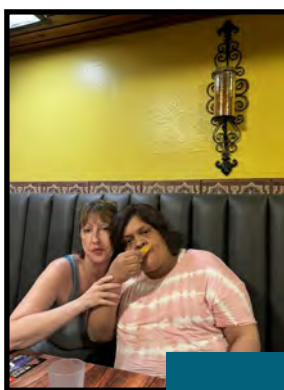


EXERCISE TIME



SUGAR THIEVES CONCERT





Groups

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

1. Mindfulness Jars

Residents discussed the meaning of mindfulness in this therapy group. After learning ways to practice the skill residents created 'mindfulness jars' to use when stressed.

2. 'Who Am I?'

Wrapping up our self-awareness therapy groups, residents completed this journaling prompt to learn about themselves.

3. Leaving My Mark

Residents discussed what it means to 'leave their mark' in this therapy group and then created art pieces reflecting what their mark on this world might be.

4. Health-Triangle

We learned about the three components of the health triangle (social, mental and physical) as well as ways to incorporate these into our daily lives.

5. Bingo

Always a fun time filled with prizes for our winners!

