

Blue Sky Behavioral

February 2024
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News and Updates

Happy New Year! We kicked off the New Year right here at Blue Sky. Residents took a trip to Talking Stick Casino to test their luck at the slot machines—our big winner came home with \$60!

We were overdue for a trip to the movies so we took a trip to Superstition Springs mall for some shopping and an afternoon at the movies. We loved the movie, The Boys in the Boat, almost as much as we enjoyed the popcorn and soda.

We have had to postpone our golf trip several times due to rainy and cold weather but we finally were able to get it rescheduled this month. We had a large group join us for an afternoon at the golf range. We had fun teeing off golf balls. It was fun seeing the more experienced golfers teach the newbies, including some staff!

As always, residents enjoyed their monthly trip to the library. We are getting more skilled in looking up items using the online database so several residents enjoyed ordering books online that peaked their interests. Our monthly shopping trip was a hit, as always! This month we enjoyed Ross and 360 Thrift.

Our therapeutic groups have been focused on goal setting this month leading up to another Fitness Challenge kicking off in February. The winning residents who meet their fitness goals will win a \$30 Walmart gift card and personal shopping trip. Additionally we are planning trips to the zoo, garage sale shopping and more!

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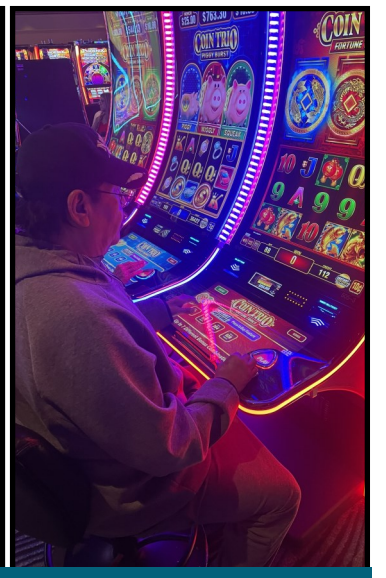
HAPPY BIRTHDAY



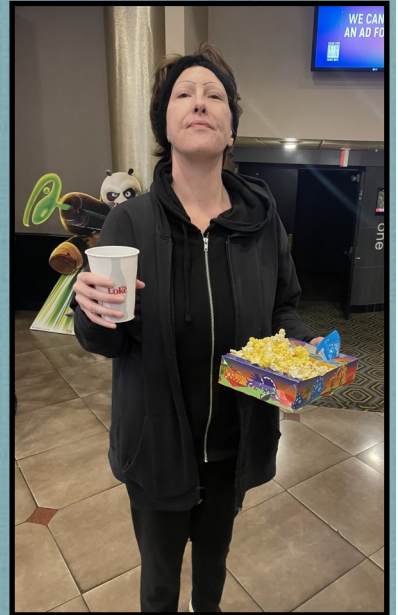
GOLF OUTING

At Dobson Ranch





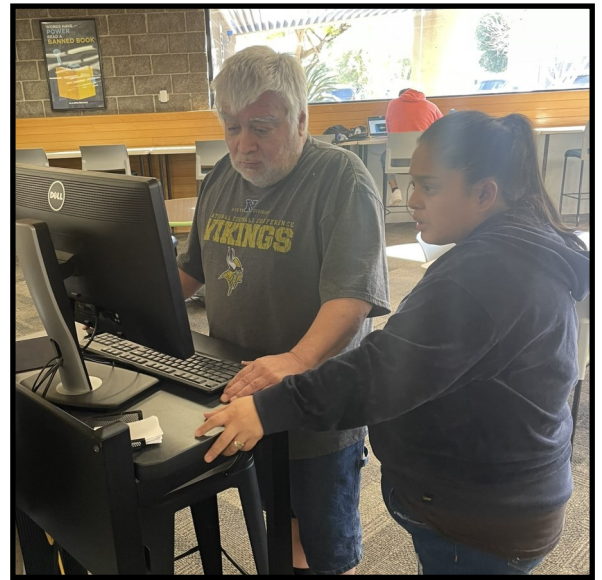
MOVIE OUTING





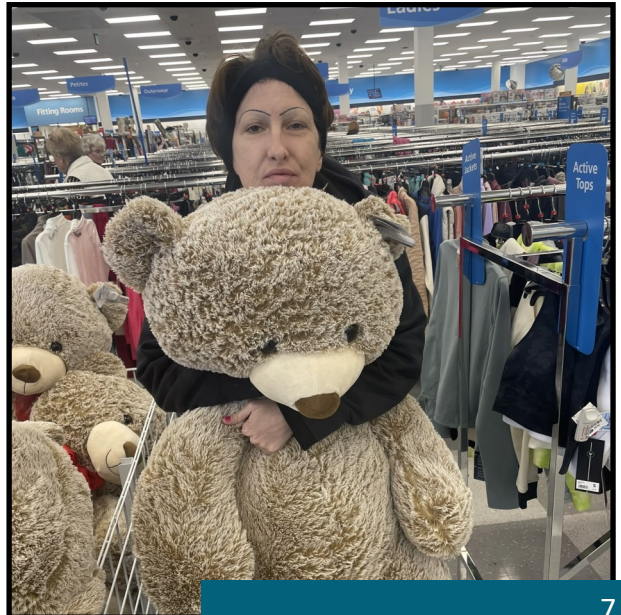
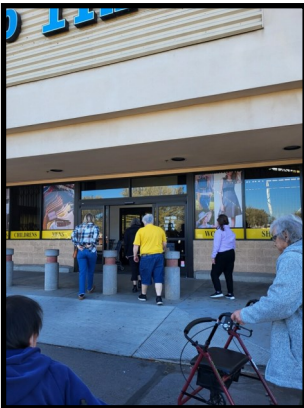
MESA

PUBLIC LIBRARY



SHOPPING

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. 5-4-3-2-1 Grounding

In a therapeutic group this month residents learned about a sensory grounding technique to use when overwhelmed. We put our senses to the test by guessing mystery items using our senses.

2. Vision Boards

Residents created vision boards for their New Years Resolutions to keep themselves focused on reaching their goals.

3. Today in History

Each morning residents orient themselves to the date and learn about historical events that happened on this date in history.

4. Chinese New Year Art

2024 kicks off the year of the dragon! Residents celebrated by created unique dragon artwork.

5. Goal Reviews

Each week during therapeutic group residents logged their progress towards their New Years Resolutions. These check-in's are helping to keep us on track as we kick off another fitness challenge starting in February!

