Blue Sky Behavioral

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News and Updates

Here comes summer! Residents enjoyed getting out quite a bit in May—knowing as the summer heat rolls in we will be moving a lot of activities indoors to keep us cool.

We had an 'out of this world' adventure visiting the planetarium at Mesa Community College. We enjoyed a film on the dome ceiling and learned all about space from the staff scientist!

Residents enjoyed a trip to the aquarium where they got to see fish, sharks, jellyfish and more! We especially loved holding a shark egg.

Lunch outings this month included trips to Dennys, Chinese and Mexican. We also snuck in one last picnic in the park before the summer heat hit.

Blue Sky celebrated Mother's Day with flower crafts and beautiful gifts for our wonderful mom residents.

We celebrated May 4th ("May the Fourth Be with You") with a trip to the movies where we watched the original Star Wars movie! Our favorite part was the soda and popcorn!

Although we are planning to move some events indoor for the next few months to avoid the Arizona heat, we are still keeping a busy schedule! Residents are looking forward to another trip to the movies, special lunch outings, the casino and more! Stay tuned and stay cool!

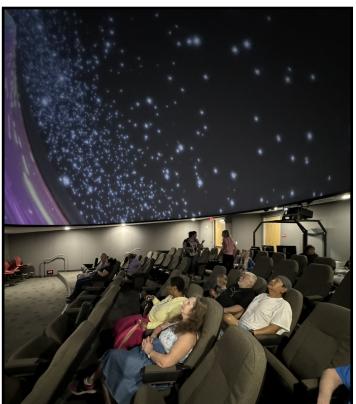
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FURRY FRIENDS















































- MUSEUM OF NATURAL HISTORY —







































































Groups

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

1. Importance of Hydration

As summer heats up, residents focused on the importance of drinking water and started a water tracking competition for prizes.

2. Coping Skills

Therapeutic groups this month focused on coping skills. During one activity residents wrote down examples of coping skills, listened to stressful situations and selected which coping skills they felt fit the situation best.

3. Finish the Rhyme

We listened to the first half of various nursery rhymes. We put our brains to work by guessing the second half of the popular rhymes.

4. DIY Stress Balls

Continuing with our coping skills serious, residents learned about the benefits of stress balls and created their own sand stress balls.

5. Bingo

Always a favorite, residents enjoy playing bingo several times a month. Winners earn prizes and Blue Sky Bucks.

