

# Blue Sky Behavioral

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## News and Updates

April showers bring May flowers - at least we hope so! Blue Sky residents have been hard at work in the garden this month and are enjoying the fruits of their labor.

Our therapy groups this month focused on self-care and hygiene. Residents discussed the role of germs/importance of handwashing, steps for proper oral care, benefits of healthy exercise and diet, hydration and showering.

Our outing schedule was packed this month starting off with another trip to the Phoenix Zoo. Residents also enjoyed dancing the night away at the Senior Prom in Mesa and a Saturday morning at the Celebrate Mesa Festival. We try to give back to our community several times per year; residents chose to volunteer at Feed My Starving Children this month where they helped prepare meals for hungry kids across the globe. And, of course, it wouldn't be a complete month without shopping trips and some trips out to eat - this month we got Barro's Pizza and Olive Garden.

Next month we are looking forward to a trip to the aquarium, the planetarium and some new museums - we can't wait to share these with you in next months newsletter.

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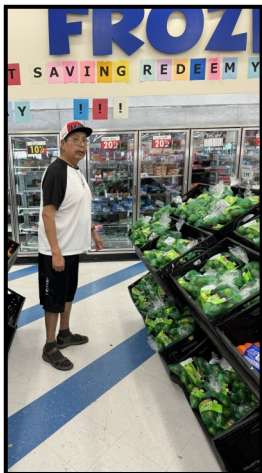
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# HAPPY BIRTHDAY

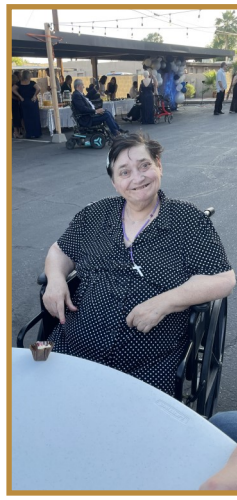
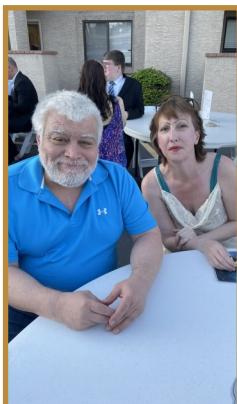
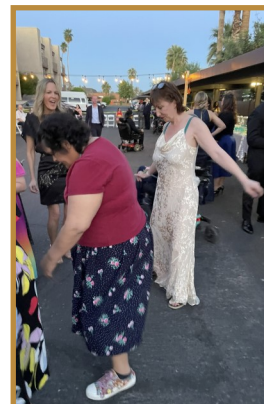
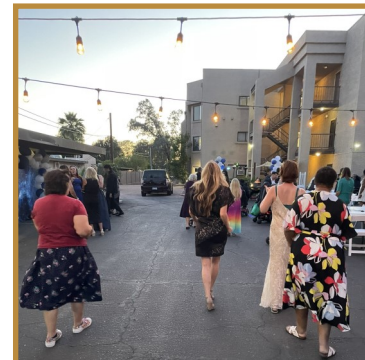






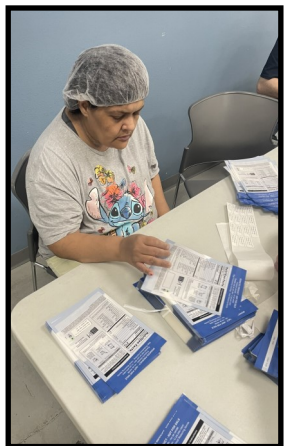


# SENIOR PROM





FEED MY  
STARVING  
CHILDREN



Olive  
Garden

ITALIAN KITCHEN







# CELEBRATE MESA

*Festival*







phoenixzoo





# Groups

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

## 1. Circle of Control

Residents learned about the circle of control (things inside our control and outside our control) and how to cope with things we can't control. We practiced this skill by shooting baskets to sort situations into the two categories.

## 2. March Madness Winner

We scored our March Madness brackets and announced the winner. He took home the grand prize of \$20 cash!

## 3. Germs & Handwashing

Our therapy group theme this month was self-care and hygiene. Residents did an activity to demonstrate how quickly germs spread, learned about germs and the proper handwashing method.

## 4. Baby Shower Craft

One of our amazing staff members left for maternity leave this month. Blue Sky purchased materials so residents could make a gift for the new baby. Residents wrapped diapers in baby socks and wash cloths to make little "babies" for the new addition.

## 5. Oral Care

Residents learned about the importance of oral care including how often and how long we should brush our teeth. Residents also discussed how to care for dentures and no teeth. As always, our Blue Sky Store is stocked with oral care supplies.

