

Blue Sky Group Homes

August 2026
Volume 11, Issue 8

News and Updates

July was a fun and active month at Blue Sky, filled with outings, celebrations, and plenty of opportunities for residents to spend quality time together. With the summer heat in full swing, we found different ways to stay active, cool, and engaged both at home and out in the community.

Residents enjoyed several outings throughout the month, including trips to the pool, museum visits, restaurant outings, and movie theater trips to enjoy some entertainment while staying out of the Arizona heat. We also kept things exciting at home with Circus Bingo, games, crafts, exercise, social time, and our regular daily activities.

One of the biggest highlights of the month was our 4th of July celebration. Residents enjoyed a full day of patriotic activities, special meals, decorations, games, and lots of fun together as we celebrated Independence Day.

Overall, July was filled with memorable outings, summer activities, good food, celebrations, and opportunities for residents to connect and enjoy themselves. We hope you enjoy looking back at some of our favorite July moments at Blue Sky!

Inside the issue

July Birthdays.....	2
4th of July Celebration.....	3,4
Activities.....	5
Restaurants.....	6
Circus.....	7
Museum.....	8
Arts & Crafts.....	9
Bingo.....	10
Groups.....	11





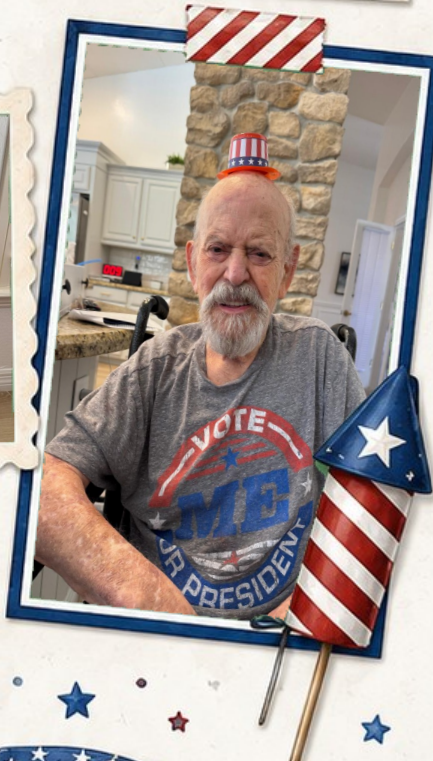


4th of July



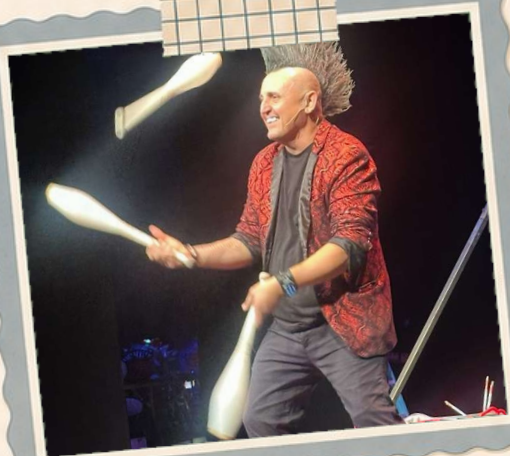


Happy
4th
of
July!



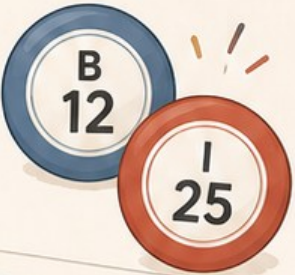












Groups

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

1. Summer Safety and Staying Healthy in the Heat

Discussed recognizing signs of overheating, the importance of staying hydrated, wearing appropriate clothing, using sunscreen, and knowing when to take a break or ask for help.

2. Healthy Communication and Expressing Our Needs

Focused on ways residents can clearly and respectfully communicate their needs, wants, concerns, and feelings. Discussed tone of voice, listening to others, and asking for help appropriately.

3. Coping Skills for Stress, Frustration, and Anger

Reviewed healthy ways to manage difficult emotions, including taking space, deep breathing, talking with staff, participating in an activity, listening to music, and identifying what may be causing frustration.

4. Respecting Personal Space and Boundaries

Discussed the importance of respecting other residents' rooms, belongings, privacy, and personal space. Residents reviewed appropriate boundaries and ways to handle disagreements respectfully.

