

Blue Sky Behavioral

January 2024
Volume 9, Issue 1

News and Updates

Merry Christmas from the Blue Sky family—hoping your holiday season was full of love and laughter as ours was at the homes. Last month was filled with several holiday outings including a trip to the Mesa Temple Lights and Nativity displays. Another popular trip was the outing to see Christmas lights. We loaded up our vans, stocked with warm hot cocoa, and drove around to some of the most decorated houses and communities. We had a blast, and were nice and warm throughout.

We had several visitors last month and we loved each one of them. Our Vista home sang along with the wonderful Christmas carolers who spent an evening with us. Our Santa Anna and Colt homes loved an evening outdoor performance from Viva Arizona, a Mexican folkloric group, where a large group of kids sang and performed popular Christmas tunes. Additionally, our Chandler homes enjoyed a second caroling performance from Calgary Lutheran church the weekend before Christmas.

Of course, residents still went on their routine outings shopping, out to eat and Starbucks which made December a busy month. As much as we loved it, we are looking forward to slowing back down in January. We are planning outings to the movies and the casino next month. We look forward to sharing our 2024 adventures with you!

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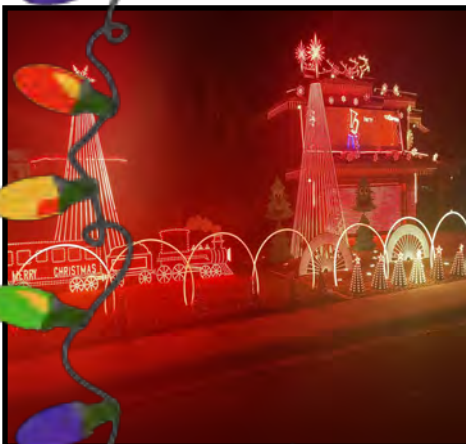
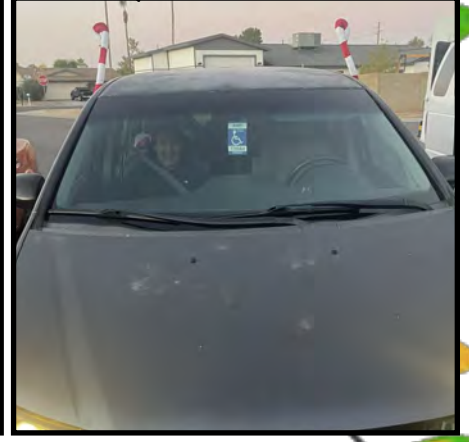
**HAPPY
BIRTHDAY**
To You!





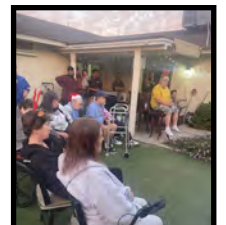
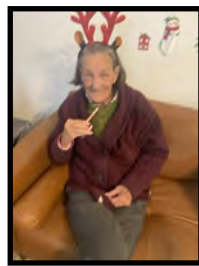
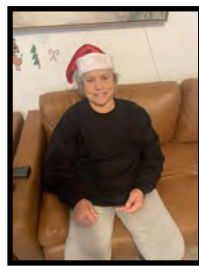
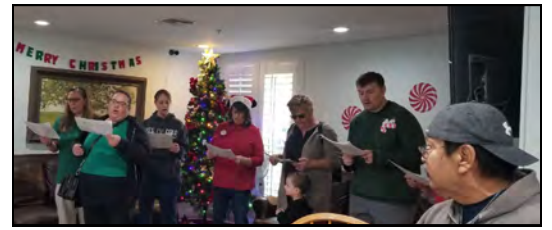
Christmas Lights

Bus Ride



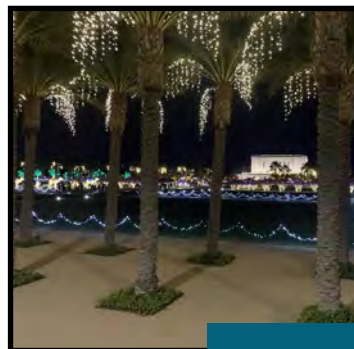


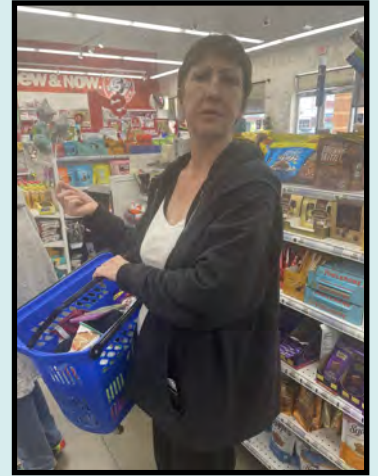
Winter Performances



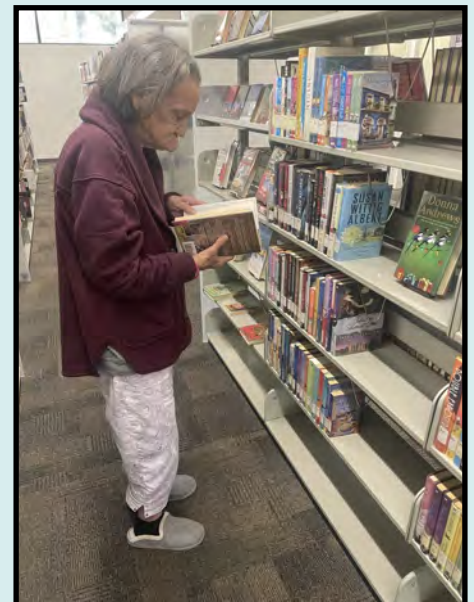


International Nativity Exhibit & Temple Lights

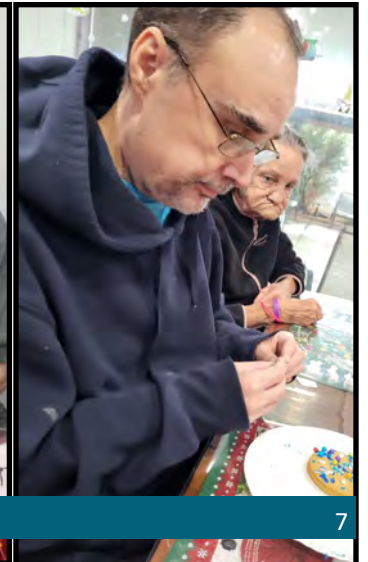
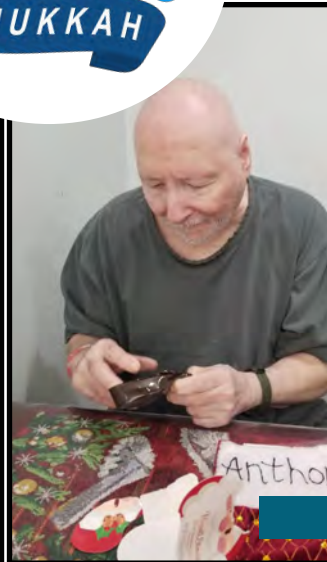




LIBRARY OUTING



Merry Christmas



Groups

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

1. Blue Sky Store

Residents earn 'Blue Sky Bucks' for participating in groups/activities as well as for assisting with household chores. Residents can spend these bucks twice per month at the Blue Sky Store—stocked with treats and essentials.



2. Secret Santa Exchange

Residents had the option of participating in a 'Secret Santa' gift exchange. Residents had fun drawing their secret resident, picking out a gift and wrapping it before setting it under the tree until Christmas day!



3. Cookie Decorating

Is it even Christmas without cookies? Residents had fun decorating and eating these Christmas cookies.



4. Maslow's Hierarchy of Needs

In one therapeutic group this month residents learned about Maslow's Hierarchy of Needs and how to incorporate this into their lives. They created their own personal Christmas Tree Hierarchy of Needs.

