

Blue Sky Behavioral February 2022
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Blue Sky News



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January News

It has been a great start to a new year. We have had lots of birthdays to celebrate, gardening, goal setting, art projects to name a few of the things keeping our residents busy. We have been doing some fun travel activities as well as learning about lots of animals this month.

When the weather is this nice we really try to take advantage. Our residents have been going on walks and we don't have to go so early in the morning so more residents are interested in joining. We have been harvesting Broccoli and lettuce from the garden and herbs as well. Enjoy a bit of our adventures from the month!



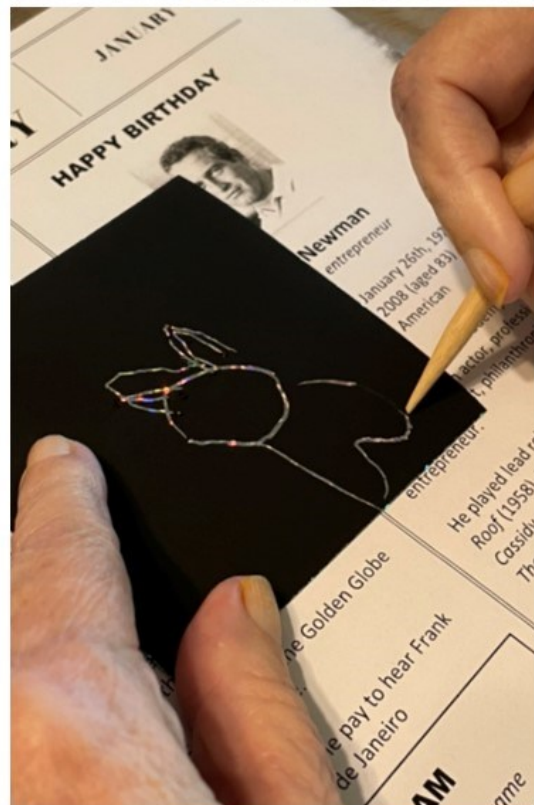
Happy Birthday



Bingo



Sketching



Garden



Painting



GROUPS

This month we have focused on setting goals in our therapeutic groups. We worked on setting New Year's resolutions and writing them down. We also reviewed personal hygiene and ways to stay healthier using good hand hygiene.

Some of our learning activities last month were learning some fun facts about animals such as flamingos and flying squirrels. We learned differences between crocodiles and alligators followed up with watching "Crickey it's the Irwins," who always makes learning about animals come to life. It was so fascinating we took another day to watch a movie where Steve Irwin's son came to Arizona to wrangle rattlesnakes and learned all about our native snake. Watching Robert Irwin makes you feel as if "the Crocodile Hunter," is still with us.

To address our traveling itch we did a chairside tour of Croatia. We learned fun facts, about the beautiful sights, music and food. Another day we wrote birthday cards to a lady in Ohio who is turning 100 and the staff attending to her set a goal to get 100 cards mailed to her and we wanted to help the cause.

As usual we made sure we get our exercise and went for morning walks and did stretches. We did some riddle and quiz activities, bingo and board games as well.

