

Blue Sky Behavioral Blue Sky News

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June News

This has been an extra busy month with lots of adventures. It has definitely been the month for animal lovers. We started with an outing to the Clydesdale Preservation and learned about these beautiful horses that are actually endangered. Another day for our pet therapy we had a lamb that was just 3 weeks old come and visit. Everyone wanted to hold the lamb and the smiles were contagious.

We also had a day trip up to Payson to get out of the heat. The weather was perfect up there and it was such a scenic drive. We went to the Payson Fish Hatchery where we had a picnic and saw thousands of fish, mostly different kinds of trout they raise before they stock the lakes.

It has also been harvest time and we have been eating and harvesting grapes out of our yard every day. We also went apple and peach picking got to eat lots of freshly picked apples and peaches.

We have been trying some new restaurants this month. Texas Roadhouse was a big hit with great steaks, hot fresh rolls and honey butter, yum!



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Clydesdale Preservation



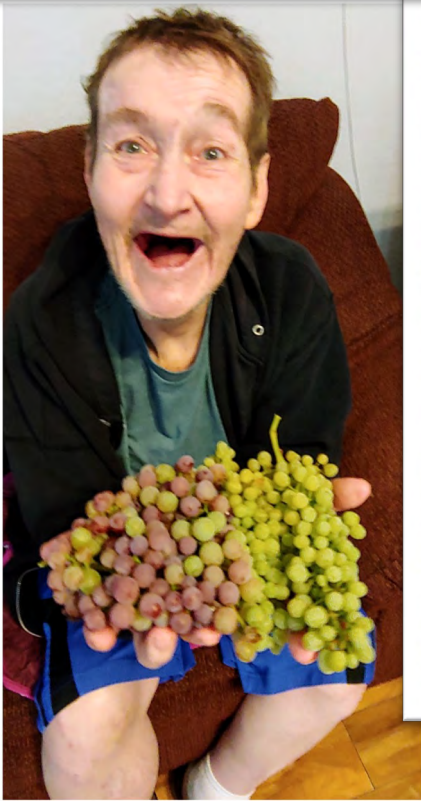
We went to USA Clydesdale Preservation in Gilbert and they did a presentation for our group on the Clydesdale horses. They have six horses there and taught about the purpose of the Clydesdale horse and that they now are endangered. They answered questions and let everyone get up close and pet the horses. It was a fun experience and if you want to know more about their events on their website www.usaclydesdalepreservationfoundation.org





Picking Fruit

We have a lot of grapes growing in our yard. We have green and purple grapes and the purple grapes are so sweet they are the favorite. So when you stop by we will share the green ones with you! We also went peach and apple picking this month. There is nothing like fresh fruit, and always fun to watch it grow!



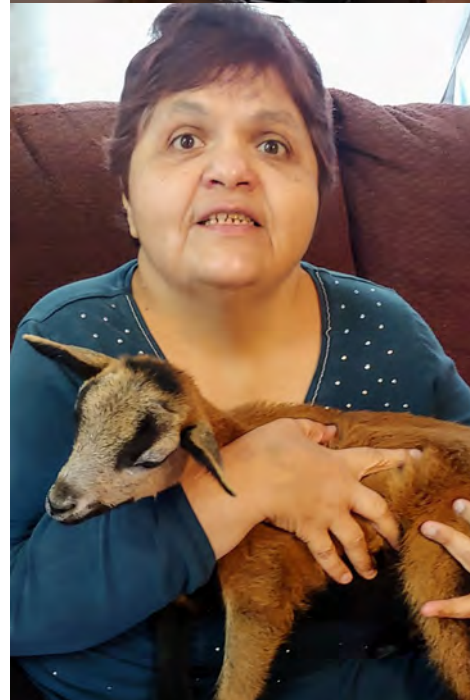
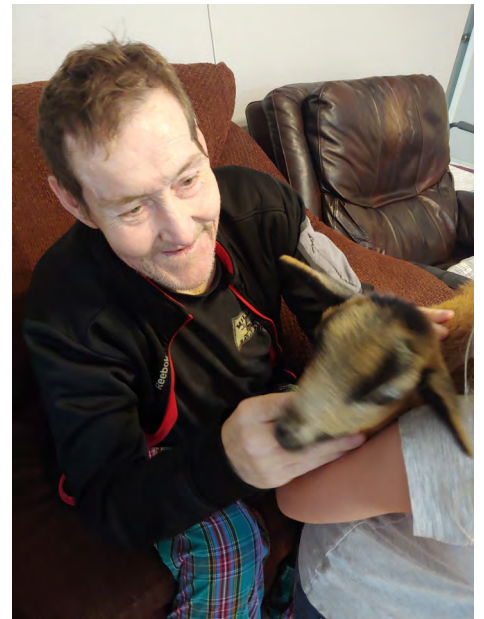
Payson







Little Lamb Visitor



HAPPY BIRTHDAY



Groups

This month we started learning topics and interesting facts about people and places. Some of the topics were how and why stars are made and places such as Jerome, AZ or Yellowstone National Park. We also learned about people that made big impacts in the lives of others like Florence Nightingale, Rosa Parks, and Albert Einstein. These have been such a hit residents have been requesting more topics and we will continue.

We started on the month focusing on having positive attitudes and had everyone fill out, "On our journey I'm bringing," and had them complete the different attitudes we can have. Later this was followed up with a group on empowerment and changing negative thoughts into positive ones. We also reviewed our coping skills, gratitude and reflection on our choices.

This month we also worked on creating summer goals. We look at longer term goals often and setting shorter more obtainable goals helps us reach our long term goals and gives us more sense of achievement along the way.

