

Blue Sky Behavioral July 2021
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Blue Sky News



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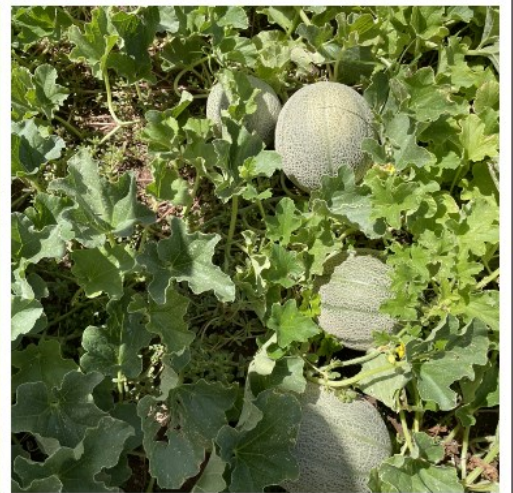
June News

The month of June has been very busy with lots of birthday celebrations, going golfing (very early in the morning of course), art and craft projects, and visiting the local museum. We have had some great gardening success, and if you stop by one of the residents will most likely offer you a watermelon, cantaloupe or zucchini, (We ate all the grapes).

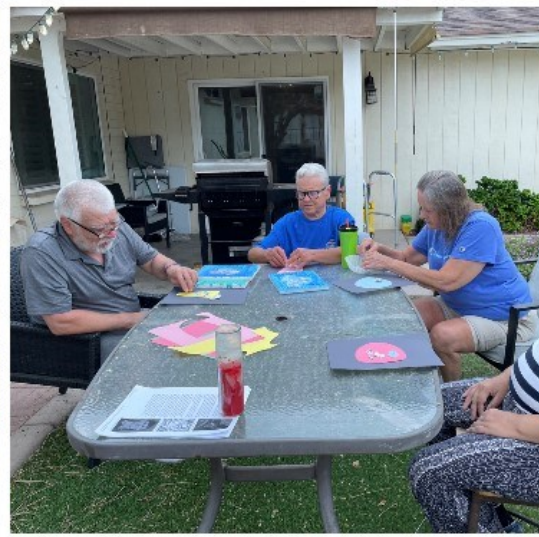
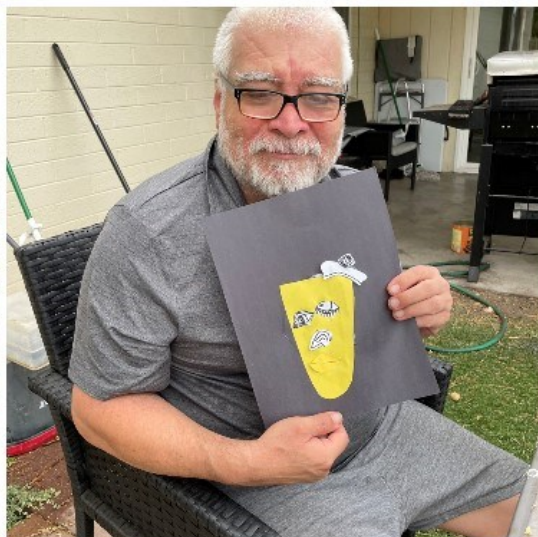
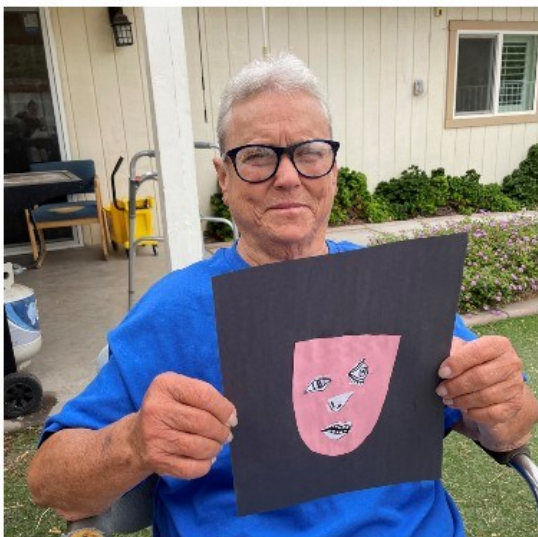
We have had some great group topics and are getting great participation. Read the last page for all the details. Enjoy!



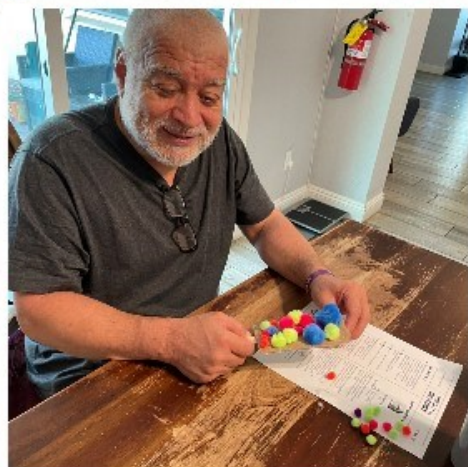
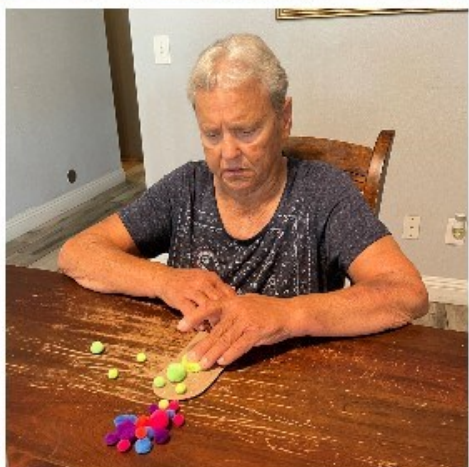
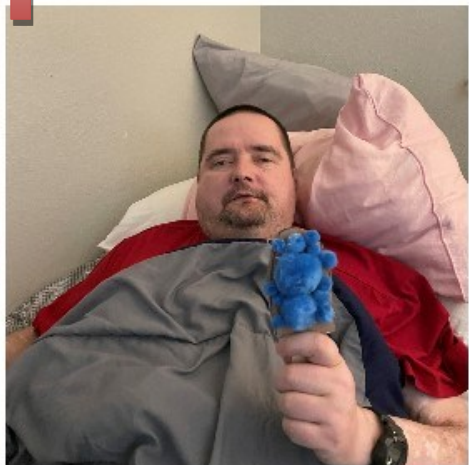
Garden



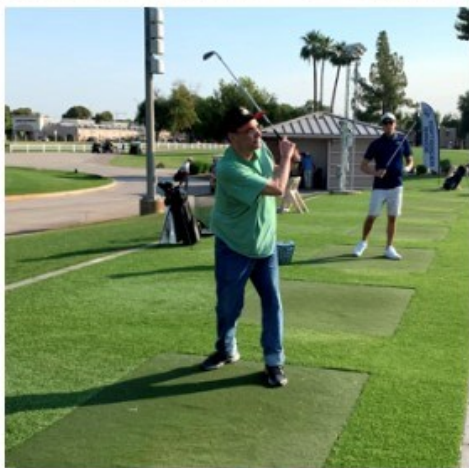
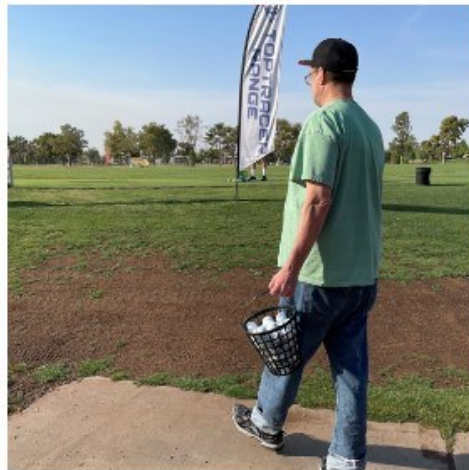
Picasso Art



Popsicle Craft



Golf



Chandler Museum



Birthdays



GROUPS

This month we have been trying to help our residents focus on making sure they are drinking enough water. Water is so beneficial to the mind and body and we did a group to help educate on all the ways water can help our bodies. We also did a group on Self Care focusing on mindfulness and how that can help us calm our minds. Verbal and physical aggression was another topic and we discussed better ways to communicate.

In our learning activities last month we learned about Monsoons, Florence Nightingale and Ellis Island and watch a video clip about immigrants that came through Ellis Island. At least each week we learn about what happened on "This Day in History," and that always has some fun facts.

As usually we made sure we get our exercise and went for walks, did some Zumba, as well as doing chair exercises. We did mindfulness activities as residents sat on the patio and one day got to watch and listen to the rain. We did several art projects last month. A couple you'll see pictured doing a Picasso Art project and popsicle craft. It has been a great, educational, fun month with lots of hard work on the part of our staff and residents.

What Does Water do for You?

