

# Blue Sky News



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## May News

Another wonderful busy month has come and gone. We have enjoyed Cinco de Mayo, Mother's Day, walks in the beautiful weather, movies, fun and games. We have been able to see lots of fruit growing in our gardens and the fun part now is we don't have to do too much work, but watch in grow, pick and eat.

As the weather heats up we have discovered that we can have the ice cream truck on speed dial. Did you know that was a thing? You don't just have to wait for the music and run the street, you can just call!

We have had many meaningful groups this month on positive affirmations, learning to control our emotions, overcoming fear and kindness. It is great have visual reminders of the important things that are learned as well, read more on the last page. Enjoy!





# Garden

We have a lot growing in our yard, and haven't done much work this much but watch it grow and sample the fruits of our labors. We have lots of apples, figs, and grapes and a few tomatoes and a red pepper starting to grow.





# Ice Cream Truck





# Out for Mexican Food





# GAMES





# Groups

Mindfulness is something we have continued throughout the month and has been a very calming activity. We also started the month having the residents make a "control" to put in their room that can be used as a gentle reminder that we can control our emotions. When we are not feeling our best, the control can be used as a reminder of the options we have to help us get pass those negative feelings.

Another focus this month was positive affirmations and how starting the day on a positive note is important and can do with positive affirmations. The residents put together an envelope and filled it with affirmations that they could look at each morning to fill their minds with positive each day.

Overcoming fear was another focus in our groups this month. We had our residents ask themselves What are some of our fears? And How can we conquer those fears? Tools were reviewed that can help us with this process.

We finished up the month focusing on community and reviewing kindness. We reviewed why it is important to be kind, healthy ways to deal with conflict and positive traits we see in others.

