

Blue Sky Behavioral

October 2023
Volume 8, Issue 10

September News

Happy October! Our theme September was health and wellness. Our groups this month were focused on improving health, making fitness goals (and sticking to them!) and making healthier food choices. Residents competed against other Blue Sky houses to see who could reach their fitness goals. We started a fitness program that brings in a fitness instructor three times per week to improve residents strength and balance.

Of course, we went outside as the cooler weather is finally here! We stopped by “Carl's Damaged Pet Warehouse” to meet some friendly farm animals and give them some treats. We loved seeing the cows, donkeys, goats and even a tortoise!

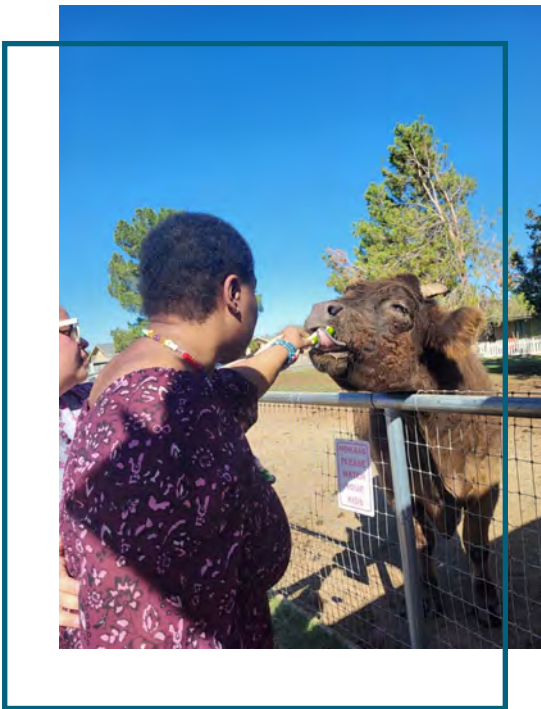
We made a special trip to the Gilbert Civic Center where we got to see a piece of the fallen twin towers and pay our respects to those who lost their lives on that tragic day. Residents reminisced about where they were on that day.

We made another trip to the Tempe History Museum as we had such a great time there a few months ago. Residents learned about the history of Tempe and enjoyed some interactive pieces including a motorcycle.

This month we plan to celebrate all things spooky and enjoy Trunk or Treat event! Can't wait to share with you what we going on in October.

Inside the issue

September News.....	1
Happy Birthday.....	2
Wellness Challenge.....	3
Shopping.....	4
9/11 Memorial/Library.....	5
Pet Warehouse.....	6
Ice Cream/Cat Visit.....	7
Tempe Museum.....	8
Groups.....	9



Happy Birthday



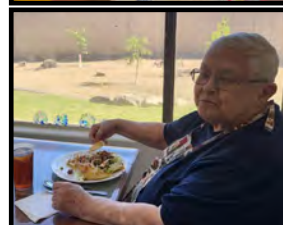
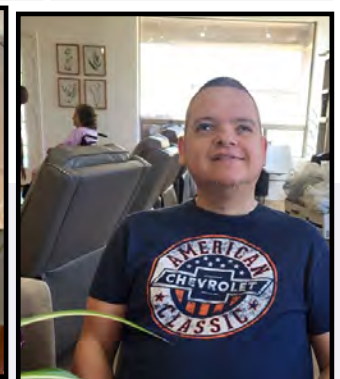
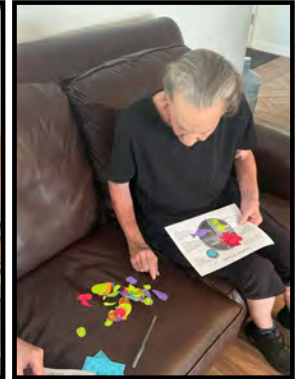
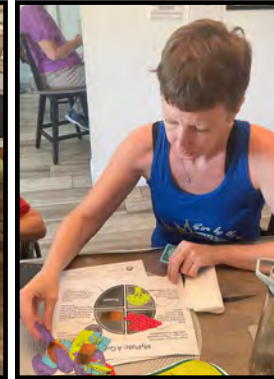


This month residents and staff participated in a wellness challenge. Groups this month focused on wellness topics such as hydration, nutrition and exercise. Residents met with an exercise coach three times per week. We plan to celebrate all participants with a party this month and give out prizes for residents who met their fitness goals.



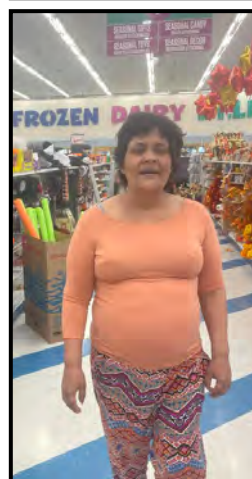
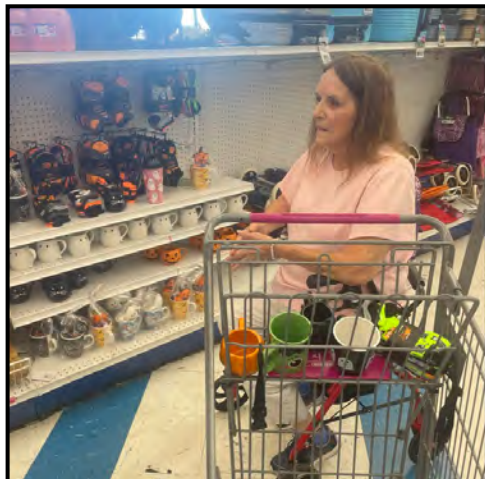
WELLNESS

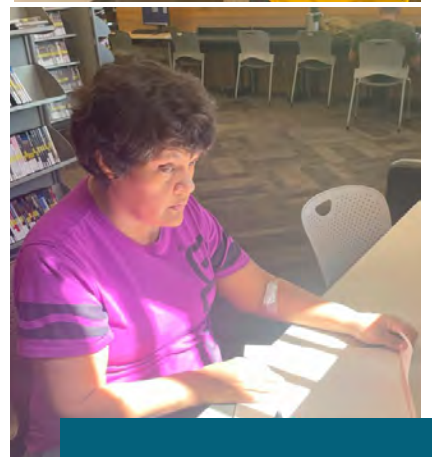
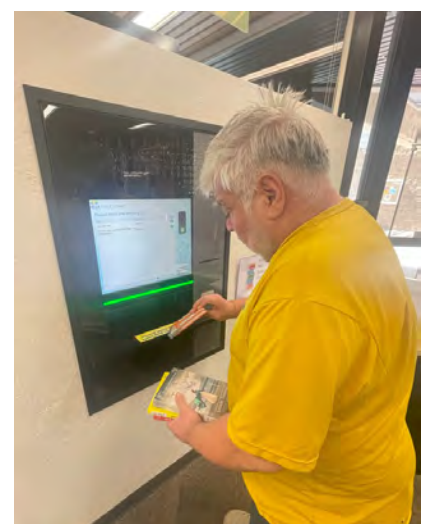
challenge



SHOPPING

OUTINGS







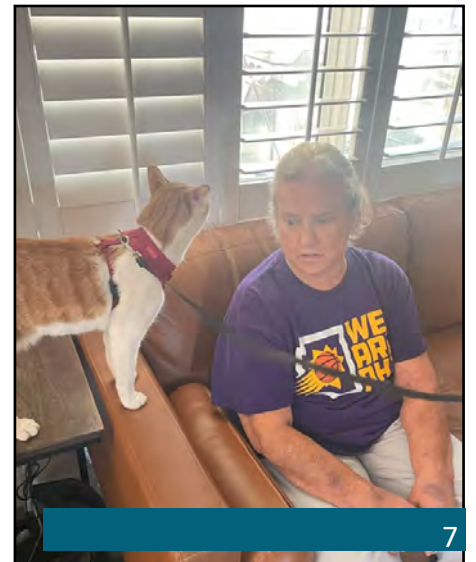
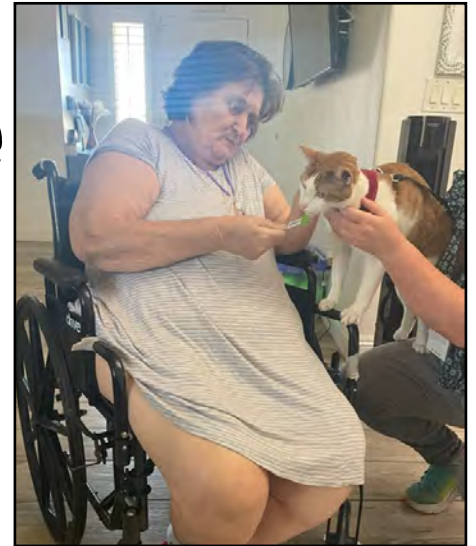


Our scheduled outing to the senior center was derailed by a typo in their newsletter. But we know better than to let that ruin our day—instead we stopped for ice cream! Life is all about balance, right?

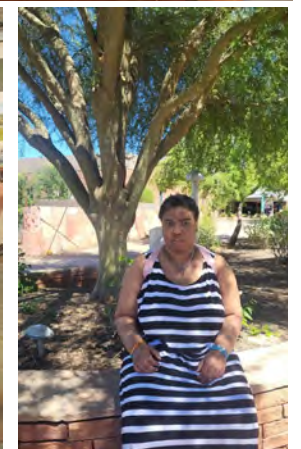


THERAPY CAT

Salvadore



TEMPE HISTORY MUSEUM



Groups

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

1. Importance of Hydration

Residents discussed the importance of staying adequately hydrated. Residents learned about foods that have a high water content and walked away with a new water bottle!

2. My Plate

Residents learned about MyPlate which replaced the Food Pyramid. Residents filled up their plate using USDA's nutrition recommendations.

3. Harp Performance

We had the privilege of learning about the harp and listening to several beautiful pieces.

4. Sensory

Sensory activities can help with memory, relaxation and stimulation. We incorporate a variety of sensory play into our schedules.

5. Arts & Crafts

It's never too early to start celebrating Halloween! Residents tuned into their creative side to make one of kind spooky decorations for the house!

