

WELLNESS & LIFE ENRICHMENT

EAST

JULY 2024



NOTES FROM THE DIRECTOR



Encompass Health Rehabilitation Presentation

Encompass Health Rehabilitation Hospital of San Antonio will be at BST West on Friday, **July 19**, at 10am in the Roadrunner Lounge. Hayley Green with Encompass Health Rehabilitation will be here to explain the difference between inpatient rehab services at Encompass versus inpatient rehab services at The Mission, and how both interface with each other to produce the best outcomes for recovery. This will be a very informative presentation and we highly recommend attending to learn the difference in rehab inpatient services. Please sign up in Uniguest (TouchTown) if you plan to attend.

A Gentle Reminder

For those residents utilizing the Reid Pharmacy and need an antibiotic or other immediate/urgent medication, please **DO NOT** have your prescriptions submitted to Reid Pharmacy. Emergency or urgent prescriptions need to be submitted to a retail pharmacy (HEB, Walgreens) so they can be filled immediately. Reid Pharmacy **DOES NOT** fill emergency or urgent prescriptions.

BSTE Continuum of Care 101 Sessions

We continue to hold our Continuum of Care (COC) 101 Sessions at the East Campus. As requested, all sessions will be held during the monthly Resident Council Meetings. Each session will cover a level of care offered at Blue Skies of Texas – Independent Living, Assisted Living, Memory Care, Skilled Nursing, Rehab, and Hospice. These sessions will focus on what services and care are provided for each level, which is the reason our residents move to BST. This educational series is for newbies and the not so new anymore East Residents; we can all benefit from a refresher course! Come hear about Arnold House, Assisted Living Facility, on Thursday, **July 25**.



SAVE THE DATE:

- Thursday, July 11 - Alzheimer's Caregivers Support Group - 1:30pm - Freedom House Chapel
- Monday, July 15 - Parkinson's Support Group - 10am - BST West Helen LeMay Room
- Thursday, July 18 - Low Vision Club - 10am - BST West Helen LeMay Room
- Thursday, July 25 - Continuum of Care 101 - Arnold House - 2pm - Sky Lounge

Personal Affairs Advisor ~ Ashlie Maltos

Hours for East Campus: Monday - Friday 8am - 12pm

Military ID Card Renewals

All Military ID Cards will need to be updated and replaced by 2026. Go online to <https://idco.dmdc.osd.mil/idco/locator>

to schedule an appointment. Once you receive your new Military ID card, please stop by the Wellness Office so we can make a copy and update your records. If you need assistance in scheduling an online appointment, please call Ashlie Maltos.

Lackland Legal

Lackland Legal will be at the East campus to meet individually with East residents on Tuesday, **September 3**. If you have a military identification card, cannot drive, and wish to change or update your will, please call Ashlie Maltos at (210) 568-3282 to schedule an appointment. Please Note: Lackland Legal cannot assist you if you have a trust. You must complete a Will Worksheet before your appointment, whether it is on campus at Blue Skies or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.



Medication Liaison ~ Caitlin Brennan

Medication Distribution Schedule

Medication pick-up times in Wellness Office #112: Tuesdays and Thursdays from 1-3pm and Fridays from 12-2pm. Please be sure to fill out forms located outside wellness med pick up door for all refills and new scripts. For any questions contact Medication Liaison, Caitlin Brennan at 210-568-3417.

PLEASE REMEMBER

Reid Pharmacy is unable to fill prescriptions on an emergency basis. If you need a medication same or next day, please utilize H-E-B Pharmacy or Walgreens. Please ask for delivery service if you are unable to drive, as Wellness is unable to pick up meds outside of Reid Pharmacy.

Health & Wellness Liaison ~ Jackie Farnsworth

New Support Groups

Jackie is resurrecting our Parkinson's Support Group. Meetings will be held monthly; the next meeting is Monday, **July 15** at 10am, at the West Campus in the Helen LeMay Room. Please call Jackie at 210-568-3416 with any questions. East Campus residents – please contact the Front Desk to sign up for bus transportation.

Jackie will also be facilitating our Low Vision Club. Meetings will be held monthly with the first meeting on Thursday, **July 18** at 10am at the West Campus in the Helen LeMay Room. Please call Jackie at 210-568-3416 with any questions. East Campus residents – please contact the Front Desk to sign up for bus transportation.

Life Enrichment ~ Hope Santos



Blue Skies West Independence Day 1-2 Mile Walk

Wednesday, **July 3** at 7am for a 1-2 mile walk. Wear your red, white, and blue and join us! The walk starts at the West campus Flagpole. Free shirts for those that signed up before June 18. A special thank you to Vanguard for sponsoring the shirts!

East Fitness Classes

Please be aware that Pilates and Tai Chi classes **start time** has changed.

6:45am Walking Club – Tuesday / Thursday – V&F

9:00am Water Fitness – Monday / Wednesday / Friday – Pool

9:30am Pilates– Tuesday / Thursday – V&F

10:00am Be Fit/ Chair Class – Monday / Wednesday / Friday – V&F

10:30am Tai Chi – Tuesday / Thursday – V&F

1:00pm Balance – Monday / Wednesday / Friday – V&F

2:00pm Line Dancing – Tuesday / Thursday – V&F

V & F = Vitality & Fitness Center

Blue Skies of Texas Philosophy of Wellness



Wellness is the balancing of mind, body, and spirit to achieve a state of health and happiness. Blue Skies of Texas understands that the pursuit of wellness is a lifelong commitment, and Life Enrichment is an important component of Wellness. With a focus on the 7 Dimensions of Wellness – physical, emotional, spiritual, environmental, intellectual, occupational, social - Blue Skies of Texas takes a holistic approach that enriches the quality of life for every resident in independent living, assisted living, rehabilitation, skilled nursing and memory care.



Medical & Wellness Schedule

Please note: For information regarding acceptance of specific insurance plans, please contact the Provider directly. To schedule an appointment with Physician Group or Specialist, please call the telephone number listed for each individual provider below. Please see dates and time below that Physician Groups or Specialists will be at BST East Campus. As always, please call ahead for an appointment. It is best not to assume a clinic will be available on a walk-in basis.

Primary Care Physicians

Alamo Visiting Physicians — For the month of **July**, please call 210-201-2429 to schedule an appointment.

MD VIP — Dr. Patrick Peters, 210-521-7676. By appointment only in **June**. Specialty Clinic II.

Harmony Cares Medical Group — Dr. Roffers has taken the place of Dr. Pham, for in-home appointments on Mondays, **July 1, 8, 15, 22, and 29**, call 210-468-0800.

Visiting Practitioners — PA Jacob Frost and M.P. Andrea Williamson, 210-960-2833, are now only doing Tele-health appointments over the phone, by appointment only.

Specialists

Audiology

Audicles Hearing Aid Service

Dr. Tracy Board, 210-820-0525. Will be at East, by appointment only, on Wednesday, **July 3, and 24**, from 9am-12pm.

Cardiology

Heart and Vascular Institute of Texas (HAVIT)

Dr. Bruce Kuo, 210-920-7220. Will be at West on Fridays, **July 12, and 26**, from 9am-4pm. Again, only at the BST WEST campus.

Dental

Emerald Crossing Family Dentistry

Dr Julian Martinez, DDS, 210-674-3122 or blueskiesoftxdental@gmail.com. Will be at East on Fridays, **July 12, 19, and 26**, from 9am-5pm.

Massage Therapy

Jacqui Crow, Licensed Massage Therapist, 210-818-5242 for massage at East & West campuses. *Tina Payton*, Licensed Massage Therapist, 830-446-9380 for massage at West campus only. Both therapists can be contacted via text or phone call.

Mental Wellness

Counselor Judy Wessley, provides one-on-one counseling in the privacy of your own home. For information or assistance in obtaining mental wellness services, please contact Shari Proctor or Ashlie Maltos.

Occupational, Physical and Speech Therapy

Select Rehabilitation provides therapy services on the East Campus in the Vitality & Fitness Center. For more information see the Select Rehab information piece below.

Optometry

Valley Hi Optical - Jessica Campos will be at East in specialty clinic on Friday, **July 5**, from 1-2pm to adjust eyeglasses and clean eyeglasses at no charge. To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

Physiatry

Legacy Physiatry Group

Dr. Carlos Jaramillo, 972-881-4688. Will be out for the month of July. If you need to contact him, please call.

Podiatry

At Home Foot Care – Dr Jason Mireles, DPM and Dr. Diane Trevino, DPM, 210-852-2427. Will be at East on Monday, **July 8** from 1-4pm.



BSTE Activities Information

TouchTown is now Uniguest!

Same app, different name.



Uniguest
Community Apps

Sign-up Tip: For bus trips and certain in-house activities requiring sign-up, it is best to sign-up as soon as possible via the Uniguest app, as space is limited.

How to sign-up: Please sign up for Activities and Bus Trips via the **Uniguest** app or by contacting your Activity Coordinator, Carol Estala at 210-568-5028 or carolestala@blueskiestx.org.

Uniguest App Information: Please note for any event in which you ride a bus, the listed time on the app and on the in-house channel slides, is the bus departure time, not the actual time the event takes place. Please ensure you are signing up for the correct campus, either **BSTW** or **BSTE**, and note the time for that campus.

Tickets / Entry Fees / Supply Fees: Some in-house activities are charged a small supply fee; if applicable, it will be noted in the newsletter as well as on the Uniguest app. For outings where a ticket is required, it will be indicated if you need to purchase a ticket on your own or if the Activities Coordinator will pre-purchase tickets. If you need to purchase a ticket on your own, the cost, the website and a phone number will be provided in the newsletter. If the Activities Coordinator is pre-purchasing tickets, the cost will be noted in the newsletter and then billed to your resident account.

Bus trips do require a minimum of 10 residents (East & West combined). Transportation fees do apply and are calculated/based on number of people, miles, and hours for trip. When you have signed up to ride a BST bus, please be in the front lobby 10-15 minutes to the departure time, to ensure our buses can depart at the scheduled departure time. For questions on transportation please contact Katrina at 210-568-3300.

Deadline to sign up for trips: 7 days prior to event/trip date unless otherwise noted.

Cancelation Policy: You must cancel 48 hours in advance of the trip, or you will be charged transportation fees. If a ticket or entry fee is involved you would need to cancel 7 days prior to the event date, or you will be responsible for the cost of ticket/fee.

Meals: For trips/outings that involve a meal, the cost of the meal is your own.



Adventures of Your Traveling Palate

We will plan lunch and dinner outings throughout San Antonio that will allow you to explore the world through your palate. During the Adventures of Your Traveling Palate series, we will select at least one dinner and one lunch outing each month that will take you on an adventure to a different country or ethnic culinary experience. Please look for the outings clearly marked *Adventures of Your Traveling Palate*. Bon Appetite!



Monday, **July 1**, British Loyalist – 10:30am – CC2/CC3. Enjoy the presentation by Steve Wilson on his 4th great grandfather. Donuts provided courtesy of Steve, and coffee courtesy of Life Enrichment.

Tuesday, **July 2**, Newsletter review – 10am - Main Lobby

Friday, **July 5**, Biryani Pot – Enjoy lunch at this Hyderabad-Indian restaurant that serves biryani, tandoori fare & other traditional Indian dishes as part of our Blue Skies featured outings, Adventures of Your Traveling Palate Series. Bus departs at 10:45am.

Monday, **July 8**, Coffee, and Company – 9:45am – Main Lobby.

Monday, **July 8**, Uniguest Question & Answer Session with Jan – 9:45 – Main Lobby by Fireplace.

Tuesday, **July 9**, Beat the Heat with Blue Bell – 1:30pm – Main Lobby. We received a donation of ice cream from Blue Bell Creameries to help you beat the heat with a treat!

Wednesday, **July 10**, Inspirational Movie: My Sister’s Keeper. – 2pm – CC2/CC3. An inspiring film about a loving family challenged and united by a child’s illness. Complimentary popcorn & soda.

Thursday, **July 11**, Left, Right, Center Dice Game – 2:45pm – CC2/CC3. Have fun & perhaps win a prize.

Friday, **July 12**, National Eat Your Jell-O Day – 2pm – CC2/CC3. Let’s dig into Jell-O treats as we learn all about the history of this dessert icon.

Tuesday, **July 16**, Uniguest (TouchTown) Training Class with Jan & Carol – 9:45am – CC2/CC3.

Tuesday, **July 16**, Game Day – 1:15pm – CC2/CC3. Come socialize while playing various board games.

Tuesday, **July 16**, Kumori Sushi & Teppanyaki Japanese Restaurant – bus departs at 5pm. Enjoy delicious Japanese cuisine as part of the BST Adventures of Your Traveling Palate Series.

Friday, **July 19**, Cactus Pear Festival Concert – 3pm – CC2/CC3. This is Cactus Pear’s 28th season of amazing musicians and incredible chamber music. Everyone is invited to come enjoy the talents of this group.

Monday, **July 22**, Boccia Ball – 1:45pm – Vitality and Fitness Center. Boccia ball is a fun interactive tactical sport played by people of all ages & disabilities.

Tuesday, **July 23**, It’s 5 O’clock Somewhere Party – 2:45pm – BSTE Main Lobby. Come as Jimmy Buffett would, by donning your favorite tropical outfit, and join us for live music by Keith Owens along with cocktails and light treats. After all, it is 5’Oclock Somewhere!!

Wednesday, **July 24**, Unaccompanied Veterans Service – Bus departs at 8am. Please sign up to honor those without a family who served our country.

Monday, **July 29**, Movie by Moonlight: Unbreakable – 6:15pm – CC2/CC3. A security guard, having been the sole survivor of a high-fatality train crash, finds himself at the center of a mysterious theory that explains his consistent physical good fortune. Join us for a movie with complimentary popcorn and drinks.

Tuesday, **July 30**, Drum Circle with T-Bow Gonzales, 1:15pm, Main Lobby. T-Bow Orlan Gonzales has been a professional musician composer, vocalist, multi-instrumentalist, and producer and music teacher for 49 years. Come join the fun as we learn all about drumming from this magnificent musician.

Tuesday, **July 30**, Mission Baseball: SA Missions vs. Frisco Roughriders – It’s AARP night at the ballpark with \$2 Beer, Sausage Wraps, Bill Miller Sweet Tea and Sofia’s Pizza Slices. Ticket cost for box seats is \$25.50 (billed to your account). Please note the ballpark only takes credit cards (no cash). Bus departs at 6:15pm.

Wednesday, **July 31**, Dog Days of Summer Social – 1pm – BSTE Main Lobby. Join us for summertime trivia and some cool refreshing treats for all.

August

Sneak Peek at August Activities

Thursday, **August 1** – National Museum of Pacific War Museum and Der Lindenbaum Restaurant. Bus departs at 9am. Enjoy a great day in nearby Fredericksburg, Texas. Museum cost is \$16 for Seniors (\$14 w/ Military ID). The cost of museum will be billed to your account, when signing up for trip please indicate in notes if you are Military or Civilian.

Thursday, **August 1** – National Coloring Book Day! – 1pm – CC2/CC3. Did you know adult coloring is good for your health? Join us for a relaxing afternoon of adult coloring as we celebrate with the nation!

Friday, **August 2** – Beer Tasting Event. 2:30pm, CC2/CC3 – Enjoy tasting a variety of beer along with light snacks. The cost is \$8 per person. Please sign up in Uniguest.

Monday, **August 5** – Monday Movie Matinee: First Man – 1:30pm – CC2/CC3. Today is astronaut Neil Armstrong's birthday! Join us for popcorn and a movie that looks at the astronaut's life and the legendary space mission that led him to become the first man to walk on the Moon.



Select Rehab

July Rehab Topic: Fun in the Sun: Safety Tips for Outdoor Mobility Using Assistive Devices

For many older adults, summer is a time for outdoor activities like swimming and picnics with family and friends. However, summer can also bring an increased risk of falls due to difficulty with ambulation outdoors. Ambulating outdoors with an assistive device can be intimidating and often tricky for individuals using them for the first time. Before using an assistive device outdoors, you and your therapist must set up the device for your specific body and overall mobility needs. Regardless of which type of assistive device you use (walker, cane, etc.), you need to have the device fit you properly. Proper placement of the device is also quite important for optimal use and function. When using a walker, it is placed right in front of you but when using a cane, it is held in the opposite hand of the affected side or leg. To learn more and for specific training with a new assistive device, call the therapy department at 210-568-3408 to set up a session.

*To learn more, call your friendly neighborhood therapy department:
210-568-3408 for the East campus*

Select Rehab East Campus Save the Dates:

Thursday, **July 11** – ID Distribution – 12-1pm – Hi-Rise Lobby. IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, **July 12** – Free Fall Risk Assessments – 11am-Noon – Lobby area outside the Library

On above dates Therapists will be available to answers questions and discuss monthly rehab topics. Come say hello. For further information Call your friendly neighborhood rehab dept. at 210-568-3408.