

WELLNESS & LIFE ENRICHMENT

WEST

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.



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
- Friday, July 19 - Encompass Health Presentation - 10am - Roadrunner Lounge

Personal Affairs Advisor ~ Ashlie Maltos

Hours for West Campus: Monday - Friday 1-5pm

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All Military ID Cards will need to be updated and replaced by 2026.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 West to meet individually with West residents on Tuesday, **August 6**. 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 #102: Mondays and Wednesdays, from 1-4pm and Fridays from 2:30-4:30pm. 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 NOTE

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.

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 West 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 - Will be at West on Thursdays, July 11, 18, and 25. Please call 210-201-2429 for appointments.

Alsace Family Practice - Nurse Practitioner Karina Owens, 830-538-3550. Will be at West on Wednesdays, **July 3, 10, 17, 24, and 31** in Specialty Clinic.

MD VIP — Dr. Patrick Peters, 210-521-7676. Will be at West on Tuesdays, **July 2, 9, 16, and 23** from 8am-12pm in the Specialty Clinic.

Zarate Medical Group — Dr. Jocelyn Zarate, 210-587-8787. Tuesdays, **July 9, and 23** in Specialty Clinic Too.

Specialists

Audiology

Audicles Hearing Aid Service Dr. Tracy Board, 210-820-0525. Will be at the West Campus on Thursday, **July 18 (Dr. Garcia), July 11, and 25 (Dr. Watson)** from 9am-12pm, at the Specialty Clinic Too.

Cardiology

Heart and Vascular Institute of Texas (HAVIT) Dr. Bruce Kuo, 210-920-7220. Will be at the West Campus on Fridays, **July 12, and 26** from 9am-4pm. Again, only at the West campus.

Dental

Emerald Crossing Family Dentistry Dr Julian Martinez, DDS, 210-674-3122 or blueskiesoftxdental@gmail.com. Will be at the West Campus on Tuesdays and Thursdays, **July 9, 11, 16, 18, 23, 25, and 30** 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 campus. For more information see the Select Rehab information piece below.

Optometry

Valley Hi Optical - Jessica Campos will be in specialty clinic Friday, **July 5**, from 10:30-11:30am 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 the West Campus on Monday, **July 8** from 9am-12pm.



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!

West Fitness Classes

9am Water Therapy – Monday, Wednesday, and Friday – Pool

9am Chair Yoga – Tuesday and Thursday - CC 1-2

10am Cardio & Strength – Monday, Wednesday, and Friday – CC 1-2

10am Line Dancing with George – Tuesday – Persimmon Room

10am Yoga – Tuesday and Thursday – CC 1-2

11am Chair Yoga – Tuesday and Thursday – CC 1-2

11:15am Zumba Class – Monday, Wednesday, and Friday – CC 1-2

1pm Balance – Monday – CC 1

1pm Tai Chi – Wednesday – CC 1-2

1pm Pilates – Friday – CC 1-2

1pm Chair Exercise – Tuesday and Thursday – CC 1-2

1:30pm Cardio – Tuesday and Thursday – CC 1-2

2:30pm Balance – Wednesday – CC 1

3pm Water Exercise – Tuesday and Thursday – Pool



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.

BSTW Activities Information

TouchTown App is now **Uniguest!**

Same app, different name.



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 **Uniguest** app or by contacting your Activity Coordinator, Terry Elizondo @ 210-568-3310 or teresaelizondo@blueskiestx.org.

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

Cancellation 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 meal is on your own.

Suggestions Welcome!

Terry would like your input as to what kind of activities you would like to see at Blue Skies. Please stop by the Wellness office and let her know or send her an email at teresaelizondo@blueskiestx.org



Adventures of Your Traveling Palate

Your Activities Coordinator is introducing a new series called, “**Adventures of Your Traveling Palate.**” This series will explore different dining experiences in the San Antonio community. 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!



July Activity Highlights

Tuesday, **July 2** – Newsletter Review – Bistro area at 1pm

Wednesday, **July 3** – Independence Day Walk – Meet in the Main Lobby at 7am.

Thursday, **July 4** – Fourth of July – Employee Holiday

Friday, **July 5** – “Adventures of Your Traveling Palate” - Enjoy lunch at this Hyderabad-Indian restaurant that serves biryani, tandoori fare & other traditional Indian dishes. Bus departs at 10:30am.

Thursday, **July 11** – Blue Zone Lifestyle presentation with East Campus resident, Edith Kuzbik – Learn how Edith has changed her lifestyle with Blue Zone methods - Roadrunner Lounge at 10am.

Monday, **July 15** –Musical Bridges Around the World presents: Russian Balalaika Duo Elina Karokhina and Mikhail Smirnov concert in Main Lobby at 10:30am

Tuesday, **July 16** – “Adventures of Your Traveling Palate Series” - Kumori Sushi Teppanyaki Japanese Restaurant – Bus departs at 4:45pm.

Thursday, **July 18** – Clear Captions – Tired of not being able to hear phone conversations? See on- screen captions of what your caller is saying with a Clear Caption phone. This service is available at no cost to qualified users. See Josh in the Main Lobby at 1pm.

Friday, **July 19** – Market Day – Main Lobby at 9am to 2pm

Tuesday, **July 23** - Arlan the Riverboat Piano Player – Main Lobby at 2pm

Wednesday, **July 24**– Unaccompanied Veterans Memorial Services at Fort Sam Houston – Bus departs at 7:45am - sign up on Uniguest. Memorial held at Fort Sam Houston National Cemetery to Honor Veterans who died with no known relatives.

Wednesday, **July 24** – Drumming Circle with T-Bow Gonzales– Main Lobby at 2pm – T-Bow 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 the magnificent musician.

Thursday, **July 25** – It’s 5 O’clock Somewhere – 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!! Main lobby at 2:45pm

Friday, **July 26** – Watermelon Festival – Liberty House Back Patio at 2pm. Join us to celebrate the summer in a refreshing way! We will have a watermelon seed spitting contest, watermelon eating and carving games, and oh yeah, eating some of that watermelon too!

Tuesday, **July 30** – Missions Baseball game – 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.

August

Sneak Peek at August Activities

Thursday, **August 1** – Thursday, Aug 1 – National Museum of Pacific War Museum and Der Lindenbaum Restaurant. Bus departs at 8:45am. 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.
Friday, **August 16** – Summer Wine Tasting Event! – Roadrunner Lounge at 1pm



BINGO - **Every Monday** - 3pm - BSTW Main Lobby - Come have fun and perhaps win a prize
Scrabble - **Every Tuesday and Friday** - 11am - Bistro Area
Boccia Ball - **Every 2nd and 4th Thursday** of the month - 2:45pm - CC1-2



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:
210-568-3415 for the West campus*

Select Rehab East Campus Save the Dates:

Tuesday, **July 16** – ID Distribution – 11am-12pm – Located near Dining Room entrance. IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, **July 19** – Free Fall Risk Assessments – 11am-12pm – Located in the Main Lobby near the mailboxes.

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 210-568-3415.