MEDICATION PICK UP SERVICES
Medications picked up at Reid Pharmacy and HEB Pharmacy at Valley-Hi are available for pick up in the Wellness Center on

West Campus – Monday, Wednesday, Friday 1-4pm
East Campus – Tuesday, Thursday, Friday 1-4pm

Important Note: For new prescriptions requiring immediate use, please notify one of the following Wellness Team: Maria Garcia at (210) 568-3417, Marla Casanova at (210) 568-5042 [East] or (210) 568-3356 [West], Shari Proctor at (210) 568-5206 [East] or (210) 568-3355 [West].

NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR
By Shari Proctor

Select Rehab Continence Program - Come and join Select Rehab for a discussion on the all-too-common problem many women and men face these days. Urinary incontinence is treatable and Select’s program is non-invasive, with easy-to-follow, step-by-step instructions to achieve results. The therapy program is gender-specific, so we will hold one session for men and a separate session for women. Please see below for the presentation schedule.

West Campus: Friday, Jun 21, Roadrunner Lounge – please sign up in CC3
  Men's Session – 9-10am
  Women's Session – 10-11:30am

East Campus: Thursday, Jun 27, Legacy Room – please sign up in CC1
  Men's Session – 9-10am
  Women's Session – 10:30-11:30am

BST Low Vision Club — Our Club will meet at East on Tuesday, Jun 18, 1pm, in the Executive Conference Room. If you plan to attend, please contact Shari Proctor at (210) 568-5206.

San Antonio Oasis — Lifelong Adventure. The following Oasis summer classes will take place at West Campus. To attend Oasis classes, you must be a member of Oasis (which is complimentary) and sign up for the specific class. To become a member of Oasis and register for a class, please call (210) 236-5954:

Monday, Jun 10, 10am – Federal Arts Project & WPA, Roadrunner Lounge,
  Fee: $5

Monday, Jun 24, 10am – Fifty Questions to Free Your Mind, Roadrunner Lounge,
  Fee: $4
Monday, Jul 1, 10am — Betty White, Roadrunner Lounge, Fee: $5
Monday, Jul 22, 10am — Detectives, Mysteries, Gangsters and Crime at the Movies, Fee: $5
Monday, Aug 5, 10am – Faux Stained Glass, Roadrunner Lounge, Fee: $17
Monday, Aug 12, 10am – Android Essentials, Roadrunner Lounge, Fee: $10

**Life Challenges Support Group** — A new support group, “Life Challenges Support Group,” is being offered at the East campus. Leading the group is Judy Wessely, a Clinical Nurse Specialist (CNS) and Counselor. The purpose of the group is to provide an environment for participants to discuss challenges, concerns and problems they may be experiencing. Examples might include: personal loss; adjusting to a medical diagnosis or new living situation; discomfort in social situations; or feelings of guilt, depression and anxiety. The benefits for group participants are many and include a non-judgmental environment offering support from others, and realizing you are not alone as the group deals with common challenges. It will be an opportunity to problem-solve, increase coping and communication skills, and learn successful ways to relate to others. Confidentiality is a must rule to participate in this group. If you are interested or have questions about participation in the group, please contact Judy Wessely at (210) 508-6235. Date, time and location will be shared at that time. Group size is limited to 12.

**RESIDENT COUNSELOR INFORMATION**

By Shirley Clay

The Cancer Support Group will meet on the East campus on Tuesday, Jun 4, 10am in the CC3. Amanda Ericksen, Nutrition Care Manager for The Mission, will speak on the topic of “Cancer and Diet.” Sign up in CC1 if you plan to attend.

**Lackland Legal** - Lackland Legal will be at West to meet individually with West Residents on Tuesday, Jun 4, in the first-floor conference room. Appointments will be from 1-5pm. If you have a military identification card, cannot drive and you wish to change or update your will, please call Shirley Clay at 210-568-3282, to schedule an appointment. Please Note: Lackland Legal cannot assist you if you have a trust. If you are able to drive to the Lackland Legal Office and meet with a lawyer, please call the Legal Office at 210-671-3362 for an appointment. You must complete a Will Worksheet before your appointment, whether it is on campus at Blue Skies West or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at https://aflegalassistance.law.af.mil.

**VA Update** – If you are a veteran receiving VA disability payments and your spouse dies, it is important to remember to report that death to Veterans Administration. Disability payments sometimes include an extra stipend for dependents and if the dependent death is not reported, VA could request the extra stipend be repaid for the months/years after death. If you need assistance with the notification, please contact me or you can report directly to 1-800-827-1000.
Reid Pharmacy accepts electronic fax prescriptions from physicians; please provide your physician’s office with the following electronic address when sending electronic fax prescriptions: DoD Reid Ephcy. The fax number for the Reid Pharmacy is (210) 671-6486. Please provide this number to your doctor if he/she is faxing a prescription for you. Please submit requests for refills with the Wellness Center.

Reid Pharmacy Refill Requests - please request medication refills at the Wellness Center (West - Room 102 & East - Room 112), using one of the following methods:
1) Drop the empty med bottle in the drop boxes located outside of the above designated Wellness Center offices; and in addition for East, the Mid-Rise Dropbox outside of the Sew ‘N Sews Room; or
2) Complete the Reid Refill Request Form located at the drop boxes.

MEDICAL & WELLNESS SCHEDULE
By Ashlie Campos, Health & Wellness Liaison
For information regarding acceptance of specific insurance plans, please contact the Provider directly.

Primary Care Physicians
Nix West Clinic - Dr. Carlos Carretero will be at the West Clinic on Wednesdays, Jun 12 & 26, 9am-5pm.
Jessica Leighton, NP will be at the West Clinic on Wednesdays, Jun 5 & 19, 9am-5pm. Please call 210-302-2427 to schedule an appointment.

MD VIP - Dr. Patrick Peters will be at BST on the following dates. Please call 210-521-7676 to schedule an appointment.
  - West Specialty Clinic Too — Tuesdays, Jun 11 & 25, 8am-12pm
  - Tuesdays, Jun 4 & 18, 8am-5pm
  - East Specialty Clinic II — Fridays, Jun 7 & 28, 8am-12pm

San Antonio Family Physicians - Dr. Eric Bernstein will be at BST on the following dates. Please call 210-523-7237 to schedule an appointment.
  - West Specialty Clinic Too — Thursday, Jun 27, 9am-12pm

Visiting Physicians Group — Dr. Pham will be at the East Specialty Clinic on Mondays, Jun 3, 10, 17 & 24 from 9:30am-4:30pm. Please call 210-733-5072 to schedule an appointment.

Zarate Medical Group — Dr. Jocelyn Zarate will be at the West Specialty Clinic Too on Tuesday, Jun 25, from 1-5pm. Please call 210-587-8787 to schedule an appointment.
Cardiology

Cardiovascular Institute of South Texas - Dr. Bruce Kuo will be at BST on the following dates. Please call 210-920-8000 for an appointment and specify your request to be seen at BST West or East.

- **West** Specialty Clinic Too — Fridays, Jun 14 & 28, 9am-2pm
- **East** Specialty Clinic II – Wednesday, Jun 5, 9am-12pm

Dental

Emerald Crossing Family Dentistry – Dr. Julian Martinez, DDS will hold clinic days at BST on the following dates. To schedule an appointment, please call 210-674-3122 or email your request to the following address blueskiesoftxdental@gmail.com.

- **West** Dental Clinic – Tuesdays, 9am-5pm & Thursdays, 9am-12pm
- **East** Dental Clinic – Fridays, 9am-5pm

Optometry

Valley Hi Optical – Kathy Hernandez will be at BST on the following dates to clean and adjust eyeglasses at no charge. To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

- **West** Specialty Clinic Too — Wednesday, Jun 19, 1-2pm
- **East** Specialty Clinic — Wednesday, Jun 19, 10-11am

Audiology

Audicles Hearing Aid Service will be at BST on the following dates, please call 210-820-0525 to schedule an appointment.

- **West** Specialty Clinic Too – Dr. Jane Watson, Audiologist
  *Thursdays, Jun 6, 13 & 20, 9am-12pm*
- **East** Specialty Clinic — Dr. Tracy Board, Audiologist
  *Wednesdays, Jun 12 & 26, 9am-12pm*

Massage Therapy

Jacqi Crow, Licensed Massage Therapist will be at BST on the following dates. For an appointment, please call or text Jacqi at 210-818-5242.

- **West** Specialty Clinic Too — Mondays, Jun 3, 17 & 24, 1-5pm
  *Thursdays, Jun 6, 13, 20 & 27, 1-5pm*
- **East** Specialty Clinic — Tuesdays, Jun 4, 11 & 25, 1-5pm

Podiatry

Podiatry Group of South Texas - Dr. Steven Kissel, DPM will be at BST on the following dates. Please call 210-222-1077 to schedule an appointment.

- **West** Specialty Clinic Too — Monday, Jun 10, 8:30-11:30am
- **East** Specialty Clinic — Monday, Jun 10, 1-3:30pm
Wellness Checks

At Home Medication Management provides complimentary Wellness Checks every Thursday at both BST Campuses at the following times:

- **West** Library Area, 9-10am
- **East** CC1, 10:30-11:30am

Wellness Checks include blood pressure, weight and temperature checks.

Therapy

Select Rehabilitation will meet with residents who may have questions about their mobility or may need a walker adjustment on the following dates:

- **West** Specialty Clinic Too — **Wednesday, Jun 12, 2-3pm**
- **East** Specialty Clinic — **Tuesday, Jun 18, 2-3pm**

Occupational, Physical and Speech Therapy - Select Rehabilitation provides therapy services in the Vitality & Fitness Center on the **East** campus, and The Vista at **West** campus. Your physician can fax physician orders directly to the therapy department, or you can call the Select Rehab therapy department at The Mission – Phone: 210-568-5171 or Fax: 210-670-9993; at The Vista – Phone: 210-568-3415 or Fax: 210-677-0551.

SELECT REHABILITATION NEWS

Living with Pain - Pain is your body’s way of telling you something is wrong. Pain interrupts your quality of life. Pain can have an effect on multiple areas of your health and well-being including: physical, social and emotional. Normal daily activities such as dressing or bathing may become more difficult. Sleeping and eating habits may be disrupted. A person’s work or leisure interests may decline which eventually leads to decreased activity, causing reduced flexibility, strength and stamina. There are two different types of pain: acute and chronic. Acute pain is pain that usually begins suddenly, lasts for a short time, and diminishes as the body heals. Chronic pain is pain that lasts for at least three months or longer. There are several ways to approach the treatment of pain. The goal of treating pain is to first identify and eliminate the cause which is usually a specific trauma or infection. Your doctor may prescribe medications such as anti-inflammatory, muscle relaxants and narcotics, or he or she may prescribe Physical or Occupational Therapy.

How can therapy help? Your rehab team is specially trained to help adults with a broad range of conditions that affect pain management. They can also identify lifestyle changes that can facilitate a reduction in pain. If you would like to receive more information on how the therapy department can help you, please call:

- **210-568-5171** for the **East campus**
- **210-568-3415** for the **West campus**
ALZHEIMER’S CAREGIVER SUPPORT GROUP
By Kurt Riedel, Freedom House Director

Wednesday, Jun 19, 10am in the Helen LeMay Rm at West. If you are caring for someone with Alzheimer’s disease or dementia; then life may feel like an uphill battle at times. BST wants you to know you are not alone. There are other Blue Skies’ residents going through the same fight. Please join us at the Alzheimer’s Association sponsored support group that meets every third Wednesday of the month. Come and share your experiences and be uplifted by others’ stories as we face the challenges of Alzheimer’s head on. For bus transportation, please contact the Front Desk.

LIFE ENRICHMENT
Hope Santos, Life Enrichment Manager & Carol Estala, Activities Coordinator

Jun 2019 Exercise Schedules are available in CC1 at both the East and West Campus.

Fitness Class Announcements:
West: Wednesday, Jun 12 – 3pm Senior Cardio and 3:30pm Stretch & Flex will be held at LH Lounge, 3rd Floor.

Personal Training - Hope Santos, Life Enrichment Manager, Group Fitness Instructor, Aquatic and Tai- Chi Instructor, has become a Certified Personal Trainer. To inquire about this service, please call 210-568-3296 or 210-568-5200.

Susie Quintana, MPH (Masters in Public Health), CPT (Certified Personal Trainer) is also available to provide personal training to residents. For more information or to schedule an appointment for personal training, please contact Susie at 210- 837-0115 or via email at susie@qmovements.com

In-House Events

Blue Skies East

Monday, Jun 3 - Dixie Flag Company, Main Lobby, 2-3pm. Please stop by and shop for all flags and accessories. Just in time for upcoming holiday events such as Flag Day, Independence Day, Labor Day and Veterans Day.

Monday, Jun 10 - Evolution of the United States Flag, CC2,3, 3:30pm. Talk will be presented by President/CEO of Dixie Flag and Banner Company, Mr. Pete Van de Putte.

Thursday, Jun 13 — Donuts for Dads, Main Lobby, 10am. Attention dads, granddads and great-granddads here at Blue Skies of Texas,
please stop by the Main Lobby to celebrate with donuts, coffee and juice. You simply do-nut know how much you mean to us.

**Friday, Jun 14** — Flag Day, Portico, **10am**. BST East will host a Flag Day ceremony which includes the proper retirement of the flag. After the ceremony, there will be cake and punch in the Main Lobby.

**Saturday, Jun 15** — San Antonio Youth Ambassadors Concert, Legacy Room, **2pm**. The SA Youth Ambassadors have performed annually with BST West Resident Concert Series, but this is their first concert at BST East.

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**Blue Skies West**

**Monday, Jun 3** - Dixie Flag Company, Main Lobby, **10-11:30am**. Please stop by and shop for all flags and accessories. Just in time for upcoming holiday events such as Flag Day, Independence Day, Labor Day and Veterans Day.

**Monday, Jun 10** - Evolution of the United States Flag, Road Runner Lounge, **1pm**

Talk will be presented by President/CEO of Dixie Flag and Banner Company, Mr. Pete Van de Putte.

**Thursday, Jun 13** - Donuts for Dads, Main Lobby, **10am**. Attention dads, granddads and great-granddads here at Blue Skies of Texas, please stop by the Main Lobby to celebrate with donuts, coffee and juice. You simply do-nut know how much you mean to us.

**Friday, Jun 14** — Flag Day, Portico, **10am**. BST East will host a Flag Day ceremony which includes the proper retirement of the flag. After the ceremony, there will be cake and punch in the Main Lobby. BST West residents, please sign-up on the Wilford Hall bus if you wish to attend the Flag Day Ceremony event. **Bus departs BSTW at 8:15am.**

**Monday, Jun 24** - Phoenix Girls’ Chorus, Main Lobby, **9:30am**. Please come by enjoy the beautiful voices of this all girl choir. Refreshments will be served.

**Friday, Jul 26** - Market Days, Main Lobby, **9am-2pm**. Please come visit our many vendors for this special in-house shopping event.

**Sunday, Jul 28** - Resident Concert Series, **Bazzani Trio**, BSTW Main Lobby, **3pm**. **Bus departs East at 2pm.**
Please Note: Printed information for websites listed in the following events may be located in the Activities Book in East CC1, West CC3.

**JUNE**

Saturday, Jun 1, Nomadic Journey, 8pm, Tobin. The sign-up deadline has passed. The bus leaves **West** at 6:30pm, **East** at 6:45pm.

Sunday, Jun 2, **Soldier Songs**, 2:30pm, UTSA Downtown Campus, Buena Vista Theater. The sign-up deadline has passed. The bus leaves **West** at 1:15pm, **East** at 1:30pm.

Tuesday, Jun 4, 54th Street Grill and Hobby Lobby. Enjoy lunch at 54th Street Grill, and then head over to Hobby Lobby to shop for all your art and crafts supplies. Lunch and shopping costs on your own. The sign-up deadline is noon, May 31. The bus leaves **West** at 10:45am, **East** at 11am.

Thursday, Jun 6, SAS Shoe Company and Sea Island Shrimp House. The sign-up deadline has passed. The bus leaves **West** at 9am, **East** at 9:15am.

Saturday, Jun 8, **Visual Tapestry: Pictures at an Exhibition**, 8pm, Tobin. The sign-up deadline has passed. The bus leaves **West** at 6:30pm, **East** at 6:45pm.

Sunday, Jun 9, **Kinky Boots**, 2pm, Majestic. Based on a true story, Kinky Boots is the uplifting story of unlikely friendship, finding your passion, overcoming prejudice and recognizing that underneath it all, we’re not so different. For tickets visit [https://tinyurl.com/y3tf8b25](https://tinyurl.com/y3tf8b25). The sign-up deadline is Jun 1. The bus leaves **West** at 12:45pm, **East** at 1pm.

Saturday, Jun 15, Cirque Musica Presents: **Crescendo**, 8pm, Tobin. Crescendo is an all-new symphonic cirque experience. Featuring dazzling international cirque artists performing a symphonic theatrical production in artistic union alongside a full symphony orchestra creating a once in a lifetime concert event. You can purchase tickets online at [http://tinyurl.com/y63flka6](http://tinyurl.com/y63flka6) or by calling (210) 223-8624. The sign-up deadline is Jun 5. The bus leaves **West** at 6:30pm, **East** at 6:45pm.

Sunday, Jun 23, **The Play That Goes Wrong**, 2pm, Majestic. *The Play That Goes Wrong*, Broadway & London's award-winning smash comedy! This 1920s whodunit classic murder mystery is chock-full of mishaps and madcap mania. For tickets visit [https://tinyurl.com/yy5heejb](https://tinyurl.com/yy5heejb). The sign-up deadline is Jun 13. The bus leaves **West** at 12:45pm, **East** at 1pm.
Friday, Jun 28, San Antonio Missions Baseball. The San Antonio Missions are a Minor League team of the Pacific Coast League and Triple-A affiliate of the Milwaukee Brewers. Come out and enjoy Friday evening as the team faces the Round Rock Express Houston Astros. Cost of ticket is $15 each and will be billed to your account. The sign-up deadline is Jun 18. The bus leaves West at 6pm, East at 6:15pm.

Tuesday, Jul 2, Sorrento’s Italiano Ristorante and Pizzeria. The restaurant offers pizza, pasta, seafood, and specializes in traditional Italian cuisine. The sign-up deadline is Jun 22. The bus leaves West at 3:45pm, East at 4pm.

Friday, Jul 12, Landmark Inn Tour and Castroville Café. Landmark Inn is a State Historic Site that tells the story of Alsatian settlement and early commerce in Texas. The Inn is located on the banks of the Medina River in the historic town of Castroville. On this trip you will experience a docent-led tour of the Inn. After the tour you will have lunch at the Castroville Café. Cost of the tour is $3 and will be billed to your account; and cost of lunch is on your own. Please be advised, the tour may include uneven walking surfaces. The sign-up deadline is Jul 2. The bus will depart East campus first at 9:30am, and leaves West at 9:45am.

Sunday, Jul 14, Viola’s Ventanas. Sunday afternoon lunch with a menu offering tacos to enchiladas, and everything in between. Weekend special includes Mimosas and Bloody Marys for $4 until 4pm. Cost of lunch is on your own. The sign-up deadline is July 4. The bus leaves West at 11am, East at 11:15am.

Thursday, Jul 18, San Antonio Missions Baseball. Every Thursday night the Missions transform into the Flying Chanclas! The team will wear special uniforms and caps. It is also Dollar Night as fans can enjoy $1 hot dogs, $1 sodas, and $1 draft beers. The S.A. Missions will be up to bat against the Nashville Sounds. Cost of ticket is $15 each and will be billed to your account. The sign-up deadline is Jul 8. The bus leaves West at 6:15pm, East at 6:30pm.

Thursday, Jul 25, Spoetzl Brewery Tour and Kloesel’s Steakhouse. Spoetzl Brewery is located in Shiner, Texas and is the home of Shiner Bock beer. On this trip you will receive a complimentary tour of the brewery along with tastings. After the tour you will head about 9 miles up the road to Moulton, Texas for lunch at Kloesel’s Steakhouse. Cost of lunch is on your own. The sign-up deadline is Jul 15. The bus leaves West at 8:30am, East at 8:45am.

Friday, Jul 26, Drama and Desserts: An Interactive Murder Mystery, 7:30pm, Crystal Sea Drama Company. Come enjoy this interactive theater event with spies, lies and intrigue - will you be able to figure out “who done it?” Cost of ticket is $10 and includes a dessert. Cost of ticket will be billed to your account. The sign-up deadline is Jul 17. The bus leaves West at 6:15pm, East at 6:30pm.
Below is a list of events being held at the Tobin Center and/or the Majestic Theater. Transportation will be provided to these events. You must purchase your own tickets. Be sure to purchase your tickets in advance as events may sell out.

San Antonio Symphony 2018-2019 Season Concert Series:

**Saturdays, 8pm, at the Tobin Center**

**Classics Series –**
- Nomadic Journey, Jun 1
- Visual Tapestry: *Pictures at an Exhibition*, Jun 8

**Pops Series –**
- Cique Musica Presents: *Crescendo*, Jun 15

**Majestic Theater Events**
- *Kinky Boots*, 2pm, Jun 9
- *The Play That Goes Wrong*, 2pm, Jun 23