

BST WELLNESS AND LIFE ENRICHMENT
EAST MEETS WEST - THE MONTH OF AUGUST 2019



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: Janelle Aguilar 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



BST Low Vision Club – Our Club will meet at **East** on **Tuesday, Aug 20, 1pm**, in the Executive Conference Room. Nayla Martinez of the San Antonio Lighthouse will be our guest speaker. 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, Aug 5, 10am – Faux Stained Glass, Roadrunner Lounge, Fee: \$17

Monday, Aug 12, 10am – Android Essentials, Roadrunner Lounge, Fee: \$10

RESIDENT COUNSELOR INFORMATION

By Shirley Clay

Lackland Legal - Lackland Legal will be at **West** to meet individually with West Residents on **Tuesday, Aug 6**, in the first floor conference room. Appointments will be from **1-5pm**. If you have a military identification card, cannot drive and wish to change or update your Will, please call **Shirley Clay** at **210-568-5029** 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 or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.

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VA Update – If you have 100 percent VA disability as a veteran, or you receive a Dependency and Indemnity Compensation (DIC) as a surviving spouse, you may be eligible for an additional VA pension called Aide and Attendance/Housebound. Further requirements include the need for a caregiver to assist with activities of daily living, or the need to live in a higher level of care facility such as, an assisted living or nursing facility. For more information on the VA Aide and Attendance program, contact me in the Wellness office, or visit online at:

https://www.benefits.va.gov/pension/aid_attendance_housebound.asp

WELLNESS CENTER

By Janelle Aguilar, Medication Liaison

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

Please Note: 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, Aug 7 & 21, 9am-5pm.**

Jessica Leighton, NP will be at the **West** Clinic on **Wednesdays, Aug 14 & 28, 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** – **Tuesday, Aug 13, 8am-12pm**
Tuesdays, Aug 6 & 20, 8am-5pm
- **East Specialty Clinic II** – **Fridays, Aug 9 & 23, 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, Aug 22, 9am-12pm**



Visiting Physicians Group – Dr. Pham will be at the **East Specialty Clinic** on **Mondays, Aug 5, 12, 19 & 26** 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** on **Tuesdays, Aug 17 & 27**, 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, Aug 9 & 23, 9am-2pm**
- **East Specialty Clinic II – Wednesday, Aug 7, 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, Aug 21, 1-2pm**
- **East Specialty Clinic – Wednesday, Aug 21, 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, Aug 1, 8, 15 & 29, 9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesday, Aug 14 & 28, 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, Aug 5, 12, 19 & 26, 1-5pm**
Thursdays, Aug 1, 8, 15 & 22, 1-5pm
- **East Specialty Clinic – Tuesdays, Aug 6, 13 & 27, 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, Aug 12, 8:30-11:30am**
- **East Specialty Clinic – Monday, Aug 12, 1-3:30pm**

Wellness Checks

AA Care Services joins At Home Medication Management in conducting 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, Aug 14, 2-3pm**
- **East Specialty Clinic – Tuesday, Aug 20, 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



Dealing with Dizziness and Vertigo. Dizziness and vertigo can happen at any age, but if it results in falling it can be a serious health concern, particularly in the older adult. It is important to note that dizziness, vertigo, and imbalance are not a normal part of aging. Dizziness/vertigo can lead to disequilibrium, fear of falling, inactivity, and increased fall risk. The source of dizziness/vertigo can be caused by one or more reasons including inner ear or vestibular problem, neurological conditions, migraines, circulation problems, and medication use. How can therapy help? With a physician's order, a therapist will perform a thorough examination to determine the cause of symptoms and devise a unique treatment plan to eliminate or minimize dizziness and its consequences. If the origin of the dizziness is from the inner ear, vestibular rehabilitation may be indicated. The goals of vestibular rehabilitation include reducing fall risk, screening for and correcting the vestibular disorder, stabilizing balance, retraining the proprioceptive system, gait training, and enabling optimal function. 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, Aug 21, 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



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

Fitness Class Announcements:

Wednesday, Aug 14 – 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

Congratulations LeadingAge Texas ArtsInspire™ Winners! – Thank you to all residents who entered the 2019 **ArtsInspire™** Contest. Blue Skies residents submitted a total of 33 entries for the written and visual arts categories. BST residents brought home 10 wins, including Best of Show. This is phenomenal, as BST competed with at least 12 other Leading Age Texas Communities across the state. Below is the list of our Blue Skies Stars and how they placed:

BEST IN SHOW

Gail Coe – “Egypt”

HARD CRAFTS

1ST –Ann Albert – “Waves”



2nd- Mac McDonald- “Madre E Hijo”
3rd- Bob Nettleship- “Shapes and Shadows”

MIXED MEDIA

1st- Mac McDonald – “Western Reader”

PAINTING: ALTERNATIVE

1ST- Dottie Wallingford – “ Blown in the Wind”

3rd- Joy Heslin – “When the Sun Went Down”

PAINTING: OIL/ACRYLIC

2nd- Doug Frazee – “Planted Stump at Botanical Garden Portugal”

PAINTING: WATERCOLOR

1ST- Gail Coe – “Egypt”

SOFT CRAFTS: SEWING

2nd- Betty Granheim – “Diptych Wallhanging: Sunrise #1-Sunset #2”

SOFT CRAFTS: TEXTILE

1st- Karen McDonald – “Roxie and Sissy”

Upcoming Events

Blue Skies East

AUGUST events

Thursday, Aug 8 - Westover Brass Band, Legacy Room, **3pm**. Westover Brass is a traditional Brass Quintet.



Friday, Aug 16 - Summer Luau Pool Party, Vitality & Fitness Center Pool, **2pm**. - Aloha! Hula on over and let's make a splash at this Luau themed pool party. Snacks and drinks for all!

Tuesday, Aug 20 - Ice Cream Floats with Broadway Bank, Main Lobby, **1-2pm**. Broadway Bank invites you to come enjoy a float and celebrate National Senior Day.

SEPTEMBER Entertainment Calendar



Wednesday, Sep 4- Honey, Hats & Chats, Main Lobby, 10am. September is Fall Hat Month and National Honey Month. Let's celebrate by showing off your favorite fall hats, as we sit around chatting and snacking on honey themed treats. Door prize will be drawn at the end of the event. Earn extra door prize tickets by being the 1st to answer trivia questions and for sporting the best hats.

Wednesday, Sep 11- Patriot Day Ceremony, Portico, 2pm. This day commemorates the lives that were lost and the heroes who risked their lives saving others during the 9/11 attacks. Join us for this special ceremony. Refreshments will be served following the ceremony.



Blue Skies West

AUGUST events

Friday, Aug 9- Westover Brass Band, Main Lobby, **3pm**. Westover Brass is a traditional Brass Quintet.

Tuesday, Aug 20- Ice Cream Floats with Broadway Bank, Main Lobby, **3pm-4pm**. Broadway Bank invites you to come enjoy a float and celebrate with them in honor of National Senior Day



Friday, Aug 23- Summer Luau Pool Party, Swimming Pool, **2pm**. - Aloha! Hula on over, and let's make a splash at this luau themed pool party. Snacks and drinks for all.

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Please Note: Printed information for websites listed in the following events may be located in the Activities Book in East CC1, West CC3.



AUGUST

Thursday, Aug 1, San Antonio Missions Baseball. The sign-up deadline has passed. The bus leaves **West at 6:15pm, East at 6:30pm**.

Wednesday, Aug 7, Acadiana Café. The sign-up deadline has passed. The bus leaves **West at 4:30pm, East at 4:45pm**.

Saturday, Aug 10, LeadingAge Texas ArtsInspire™ Award Ceremony, Westminster Retirement Community, Austin, Texas. The sign-up deadline has passed. The bus leaves **West at 11:15am, East at 11:30am**.



Thursday, Aug 15, IKEA Store and Restaurant. This Swedish furniture giant had its grand opening earlier this year. Come take a walk through the impressive showrooms, then stop by their restaurant for a quick bite to eat. Hint: the restaurant offers some Swedish dishes which includes their famous Swedish meatballs. After lunch you can continue browsing the store; there is a lot to see! This is a great opportunity to get decorating ideas or pick up a gift for family or friends. Please be advised this trip will consist of a lot of walking. There is no fee to explore the store, but the cost of lunch is on your own. The sign-up deadline is Aug 5. The bus leaves **West** at **9am**, **East** at **9:15am**.

Monday, Aug 19, National Museum of the Pacific War and lunch at Andy's Steak & Seafood Grill in Fredericksburg. What better way to spend National Aviation Day than to visit the National Museum of the Pacific War Museum! On this trip you will have time before and after lunch to see the many exhibits at the museum. Lunch is at Andy's Steak & Seafood Grill where they have been serving "made from scratch" meals and desserts for over 60 years. The sign-up deadline is Aug 9. The bus leaves **West** at **8:15am**, **East** at **8:30am**.

Thursday, Aug 22, Dixie Flag Company Tour and lunch at Eastside Kitchenette. Dixie Flag Company has been making flags for over 60 years; sign up to come on the tour and see how it's all done. After the tour, lunch is at Eastside Kitchenette. The restaurant offers southern regional classics just like mom used to make. The sign-up deadline is Aug 12. The bus leaves **West** at **9am**, **East** at **9:15am**.

Sunday, Aug 25, Dreamgirls, 3pm, Woodlawn Theater. *Dreamgirls* tells the story of a small record label and its star singers whose success crosses over to the top pop charts. The sign-up deadline is Aug 15. Cost of ticket is \$24 each and will be billed to your account. The bus leaves **West** at **1:45pm**, **East** at **2pm**.

September

Thursday, Sep 5, Asia Kitchen and Toyota Factory Tour. You will first enjoy lunch at Asia Kitchen then proceed to the Toyota Plant for the tour. Please be advised this trip will consist of a lot of walking and you need to follow the dress code as listed in the Activity Binder behind the sign-up sheet. Cost of lunch is on your own. Factory tour is free of charge. The sign-up deadline is Aug 21. The bus leaves **West** at **10:30am**, **East** at **10:45am**.

Thursday, Sep 12, Mexican Manhattan. Mexican Manhattan, a family owned and operated restaurant, has been cooking great Mexican food since 1958. Cost of dinner is on your own. The sign-up deadline is Sep 2. The bus leaves **West** at **4pm**, **East** at **4:15pm**.

Sunday, Sep 15, Hermann & Sons Steakhouse. Enjoy Sunday lunch at this steakhouse that has been serving great steaks and seafood for over 3 decades. The sign-up deadline is Sep 5. Cost of lunch is on your own. The bus leaves **West** at **10:45am**, **East** at **11am**.



Saturday, Sep 21, Mahler's "Resurrection," 8pm, Tobin. Mahler: Symphony No. 2 in C Minor, "Resurrection". You can purchase tickets online at <https://tinyurl.com/yxos3h2f> or by calling (210) 223-8624. The sign-up deadline is Sep 11. The bus leaves **West at 6:30pm, East at 6:45pm.**

Sunday, Sep 22, Les Miserables. An enthralling story of broken dreams, unrequited love, passion, sacrifice and redemption. You can purchase tickets online at <https://tinyurl.com/y5wqx8uk>. The sign-up deadline is Sep 12. The bus leaves **West at 12:45pm, East at 1pm.**

Monday, Sep 23 – Trattoria @ Grape Creek & Grape Creek Tasting Tour, Fredericksburg, Texas. Enjoy an Italian style lunch at Trattoria, then proceed to the Vineyard for the tour. For the tour you will jump aboard the Grape Creek tram for a short ride through their working Texas vineyards, then to the state-of-the-art winery production complex where you will enjoy sampling wines directly from oak barrels. Cost of lunch is on your own. Cost of the tour is \$35 a person and will be billed to your account. Please be advised this tour may include uneven walking surfaces. The sign-up deadline is Sep 13. The bus leaves **West at 9:45am, East at 10am.**

THE ARTS



Below is a list of events being held at the Tobin Center and/or the Majestic Theaters. 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 2019-2020 Concert Series:

Saturdays, 8pm, at the Tobin Center

Masterworks Series –

- Mahler's *Resurrection*, Sep 21
- Gershwin!, Oct 5
- *Scheherazade*, Nov 9
- Mozart *Requiem*, Nov 23
- Brahms *First Symphony*, Jan 11
- Tchaikovsky *First Piano Concerto*, Jan 25
- Dvořák *Cello Concerto*, Feb 22
- Mozart & Ravel, Mar 14
- Beethoven *Seventh Symphony*, Apr 4
- Beethoven: *The Piano Concertos*, Apr 11
- Mozart's *Elvira Madigan*, May 16
- Majestic Bruckner, May 23
- Bronfman Plays Rachmaninoff, Jun 6



Pops Series –

- Revolution: The Beatles Symphonic Experience, Nov. 2
- Holiday Pops, Dec 21
- An Evening of Andrew Lloyd Webber & Stephen Sondheim, Jan 18
- Fiesta Pops, Apr 18
- Rhapsody in Blue, May 30

Tobin Center One Day Only Special Events -

- The Gurwitz International Piano Competition, 8pm, Sat, Feb 1
- Hollywood Hits, 8pm, Fri, Feb 28 (POPS series concert)
- Seductive Spanish Guitar, 8pm, Fri, Mar 20 (Masterworks series concert)

Broadway in San Antonio 2019-2020 Season:

Sundays, 2pm, Majestic Theater

Subscriber Hotline: 800-215-7419

- *Les Miserables*, 2pm, Sep 22
- *Cats*, Nov 3
- *Dear Evan Hansen*, Dec 22
- *Miss Saigon*, Jan 12
- *Come From Away*, Mar 1
- *Aladdin*, Mar Apr 12
- *Charlie and the Chocolate Factory*, May 31
- *Blue Man Group on Tour*, Nov 24

