

BST WELLNESS AND LIFE ENRICHMENT



EAST MEETS WEST - THE MONTH OF SEPTEMBER 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



Dermatology Health Talk, Friday, Sep 13, 10am at West in the Roadrunner Lounge - Dr. Sarah Groff, Dr. Ryan O'Quinn and Courtney Aldridge, PA-C with the South Texas Skin Cancer Center, will be here to conduct a Health Talk on skin cancer and related

treatments. If you plan to attend, please sign up in CC3 on the West Campus, and in CC1 on the East Campus.



BST Parkinson's Support Group - Road Trip! Saturday, Sep 14, 10am-2pm. SA Moves is sponsoring a free seminar with the Global Pain Association, taking a non-clinical

approach to pain management. Bus transportation is provided; however, seating is limited. You must register for this event; so if you would like to attend, please call Shari Proctor at 210-568-3355. Bus leaves West at **9am** and East at **9:15am**.



BST Low Vision Club – Our Club will meet at **West** on **Wednesday, Sep 18, 10am**, in the Executive Conference Room #110. Nayla Martinez, from San Antonio Lighthouse, will be our guest speaker. If you plan to attend, please contact Shari Proctor at (210) 568-3355.

WELLNESS RN LIAISON NEWS

By Marla Casanova

Get your Flu Shot!



This year's Flu Vaccine Clinic will again be provided by HEB pharmacy. They will have the High Dose Flu vaccine and the Pneumonia vaccine. See schedule below.

East Campus – Legacy Room:

Friday, Sep 27, 9am-noon and 1pm-4pm



West Campus – Roadrunner Lounge:

Monday, Sep 30, 9am-noon and 1pm-4pm

The Centers for Disease Control (CDC) recommends a yearly flu vaccine for everyone six months of age and older as the first and most important step in protecting against the flu. Getting vaccinated before the flu activity begins helps protect you once the flu season starts in your community. It takes two weeks after vaccination for the body's immune response to fully respond and for you to be protected; so make plans to get your flu vaccine. CDC recommends ongoing flu vaccination as long as influenza viruses are circulating, even into January or later. There are many flu viruses and they are constantly changing. The composition of flu vaccines for the United States is reviewed annually and updated to match circulating viruses.

To receive your flu vaccination, please bring your health insurance cards, i.e. Medicare Card & Military ID Card; Humana; Aetna; Blue Cross Blue Shield, etc. Please Note: Medicare Advantage Plans such as Humana, Aetna, Blue Cross Blue Shield may require copayments for vaccinations. Please contact your insurance company to verify. Any required copayments will be due at the time of vaccination.

RESIDENT COUNSELOR INFORMATION

By Shirley Clay

Lackland Legal - Lackland Legal will be at **East** to meet individually with East residents on **Tuesday, Sep 3**, in the Executive Conference Room #110. Appointments will be from **1-4pm**. 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>.

VA Update –The Blue Water Navy Vietnam Veterans Act becomes effective on January 1, 2020. This 2019 law now gives veterans, who served in waters just off the coastline of Vietnam, the same presumption of service connection for Agent Orange exposure illnesses even if they never stepped foot on land in Vietnam. For more information on this new law visit the website at <https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/navy-coast-guard-ships-vietnam/> or contact me in the Wellness Office.

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.



Labor Day - Reid Pharmacy will be *closed Monday, Sep 2*, in observance of Labor Day. Please plan accordingly, thank you.

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, Sep 4 & 18, 9am-5pm.**

Jessica Leighton, NP will be at the **West Clinic on Wednesdays, Sep 11 & 25, 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, Sep 17, 8am-12pm**
Tuesdays, Sep 10 & 24, 8am-5pm
- **East Specialty Clinic II – Fridays, Sep 13 & 27, 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, Sep 26, 9am-12pm**

Visiting Physicians Group – Dr. Pham will be at the **East Specialty Clinic on Mondays, Sep 9, 16, 23 & 30** 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, Sep 17,** 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, Sep 13 & 27, 9am-2pm**

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- **East Specialty Clinic II – Wednesday, Sep 4, 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, Sep 18, 1-2pm**
- **East Specialty Clinic – Wednesday, Sep 18, 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, Sep 5, 12 & 19, 9am-12pm**
- **East Specialty Clinic – Dr. Tracy Board, Audiologist
Wednesday, Sep 11, 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, Sep 9, 16 & 23, 1-5pm
Thursdays, Sep 5, 12, 19 & 26, 1-5pm**
- **East Specialty Clinic – Tuesdays, Sep 3, 10 & 24, 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, Sep 9, 8:30-11:30am**
- **East Specialty Clinic – Monday, Sep 9, 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, Sep 11, 2-3pm**
- **East** Specialty Clinic – **Tuesday, Sep 17, 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



Aging Actively with Osteoarthritis (OA) - Sometimes called degenerative joint disease, OA occurs when cartilage, the tissue that cushions the ends of the bones within the joints,

breaks down. Common risk factors for developing OA include increasing age, obesity, previous joint injury, overuse of the joint, weak thigh muscles, and genes. OA causes pain, stiffness and swelling in the affected joints. There may be a clicking or cracking sound when the joint bends. When the lower body joints are affected, activities such as walking may become difficult. When finger and hand joints are affected, grasping and holding objects may become difficult. Joint pain may lead to a sedentary lifestyle that promotes weight gain. People living with OA have risk factors such as decreased function, muscle weakness and impaired balance which make them more likely to fall. Side effects from medications used for pain relief can also contribute to falls. There is no cure, but individuals living with OA can manage the symptoms. Physical activity is essential for individuals living with OA. Likewise, eating right and managing your weight can help by minimizing stress on the weight-bearing joints, limiting further injury, increasing mobility, and reducing the risk of associated health problems. 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, Sep 18, 10am in the Helen LeMay Room 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

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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

September is here!

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


Fitness Class Announcements:

West - Wednesday, Sep 11 – 3pm Senior Cardio and **3:30pm** Stretch & Flex will be held at LH Lounge, 3rd Floor.

Fitness Class Cancellations:

West - Wednesday, Sep 11- 10am Balance Class, and **10:30am** Chair Exercise classes are cancelled due to Patriots Day Ceremony.

East - Monday, Sep 16 –1:30pm Balance Class will be held in CC 3 due to CPR class.

 **Thursday, Sep 12, East - Chair Yoga Open House** - Legacy Room at **1pm**. Experience the benefits of gentle yoga from the comfort of your chair! If you have always wanted to try chair yoga but weren't sure if your body could handle it, this gentle class is for you! Join us and start giving your body the attention and love that it needs. We will have refreshments after the demonstration, please join us!

Upcoming Events

Blue Skies East

SEPTEMBER

Entertainment Calendar



Tuesday, Sep 3 - Honey, Hats & Chats, Legacy Room, **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. We will draw tickets for a door prize at the end of the event. Earn extra door prize tickets by being the *first* to answer trivia questions and for sporting the best hats.

Wednesday, Sep 11 - Patriot Day Ceremony, Legacy Room, **2pm**. This day commemorates the lives which were lost and the heroes who risked their lives saving others during the 9/11 attacks. Join us for this special ceremony to recognize our First Responders. Refreshments will be served following the ceremony.

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Tuesday, Oct 1- National Night Out, Heritage Park, **5:30-7pm**. National Night Out is celebrated by millions of neighbors across thousands of communities. Come out and meet our neighbors. Lots of fun, games and snacks brought to you in partnership with Blue Skies of Texas East and Valley Hi HOA along with other community partnerships.

Tuesday, Oct 1 – Monday, Oct 7- Active Aging Week. Starting on Oct 1, which is the International Day of Older Persons, Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. Please keep an eye out for postings to advertise various events/activities during this week as we will be celebrating aging and the benefits of active living.

Thursday, Oct 31- Employee Halloween Costume Contest and Pumpkin Pie, Legacy Room, **11am**. Come out and help judge our employee costume contest as you enjoy a slice of pumpkin pie.

Blue Skies West

SEPTEMBER Entertainment Calendar



Wednesday, Sep 4- Honey, Hats & Chats, Main Lobby, **2pm**. 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. We will draw tickets for a door prize at the end of the event. Earn extra door prize tickets by being the *first* to answer trivia questions and for sporting the best hats.

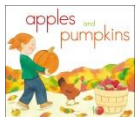
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eye out for postings to advertise various events/activities during this week as we will be celebrating aging and the benefits of active living.



Wednesday, Oct 16- Pumpkins & Apples Galore! Main Lobby, **2pm**. Let us help you fall in love with all things pumpkin & apple. Please stop by and join us for this fun event.



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



September

Thursday, Sep 5, Asia Kitchen and Toyota Factory Tour. Please remember if going on this trip you need to follow the dress code as listed in the Activity Binder. The sign-up deadline has passed. The bus leaves **West** at **10:30am**, **East** at **10:45am**.

Thursday, Sep 12, Mexican Manhattan. The sign-up deadline has passed. 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 three 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**.

Monday, Sep 23 – Trattoria @ Grape Creek & Grape Creek Tasting Tour, Fredericksburg, Texas. Enjoy an Italian style lunch at Trattoria, and 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**.



Saturday, Oct 5, Oktoberfest, Fredericksburg, Texas. Oktoberfest Celebrates 39 Years of Texas Gemütlichkeit, with live music and fun for everyone. Entry tickets are \$8 each and will be charged to your account. Please take cash for food vendors or other items you may wish to purchase.

For more information, visit their website at <http://oktoberfestinfbg.com/>. The sign-up deadline is Sep 25. The bus leaves **West** at **8:45am**, **East** at **9am**.



Thursday, Oct 10 Maverick Whiskey Tour and Lunch. Recently opened, this San Antonio whiskey distillery and restaurant is located in the 101 year old Historic Lockwood National Bank building. Upon arrival you will enjoy a lovely lunch then will be going on the distillery tour. Cost of lunch is on your own. The tour is \$20 per person and includes a sampling at the conclusion. Cost of tour will be billed to your account. The sign-up deadline is Oct 1. The bus leaves **West at 11am, East at 11:15am.**

Tuesday, Oct 15, Hobby Lobby and Lunch at Texas Two Step Restaurant and Cantina. This is a great trip for all you craft, sewing and art enthusiasts as you will enjoy shopping at Hobby Lobby then proceed on to lunch where you will enjoy some BBQ-Mex cuisine along with your neighbors who share some same interests. The sign-up deadline is Oct 5. The bus leaves **West at 8:30am, East at 8:45am.**


Thursday, Oct 17, San Antonio Botanical Gardens and lunch at Paloma Blanca Mexican Cuisine. Botanical Gardens featured exhibits on this date are: Scarecrow Trail; David Roger's Big Bugs; and Santikos Art in the Garden. For more information on these exhibits please see information in the sign-up book. Cost of Docent led Tour is \$13; however, since the Botanical Gardens works with many volunteers they cannot guarantee the docent, in which case cost of entrance to explore the gardens on your own will be \$10. Please be advised due to construction, the Garden can be a bit harder to navigate for those with mobility issues. Cost of Gardens will be billed to your account. Cost of lunch is on your own. The sign-up deadline is Oct 7. The bus leaves **West at 8:30am, East at 8:45pm.**

Saturday, Oct 19, Upward Transitions Therapeutic Horsemanship Tour and Lunch at Bobby J's Old Fashioned Burgers. Enjoy an afternoon in Helotes, Texas where you will be able to tour this horse therapy facility and see lessons in progress. Complimentary coffee, water and a light snack will be provided on the tour. At Bobby J's they offer huge, creatively topped burgers with fries, seafood and more. Cost of lunch is on your own, no cost for the tour. The sign-up deadline is Oct 9. The bus leaves **West at 8:30am, East at 8:45am.**


Wednesday, Oct 23, Acadiana Café. Enjoy an evening of Cajun style dining. The sign-up deadline is Oct 13. Cost of dinner is on your own. The bus leaves **West at 4:30pm, East at 4:45pm.**


THE ARTS





 **Saturday, Sep 21, Mahler's *Resurrection Symphony* 8pm, Tobin.** Mahler: *Symphony No. 2 in C Minor*, known as the *Resurrection Symphony*. 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.**

 **Saturday, Oct 5, Gershwin!, 8pm, Tobin.** You can purchase tickets online at <https://tinyurl.com/yywa8ovr> or by calling (210) 223-8624. The sign-up deadline is Sep 25. The bus leaves **West at 6:30pm, East at 6:45pm.**

 **Sunday, Oct 13, *Priscilla, Queen of the Desert the Musical*, 3pm, Woodlawn Theater.** Based on the smash-hit movie, *Priscilla Queen of the Desert the Musical* is the heartwarming, uplifting adventure of three friends, who agree to take their show to the middle of the Australian Outback. Cost of ticket is \$24 each and will be billed to your account. The sign-up deadline is Oct 3. The bus leaves **West at 1:45pm, East at 2pm.**

 **Sunday, Oct 27- Residents' Concert Series, SASHA, BSTW Main Lobby, 3pm.** Please come by and enjoy this amazing concert. Bus departs **East at 2pm.**

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 12
- *Charlie and the Chocolate Factory*, May 31
- *Blue Man Group on Tour*, Nov 24

