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

Alsace Family Practice will become a primary care provider in the Specialty Clinic every Wednesday beginning Nov 6, 9am-4pm. Many of you have received urgent care at the Little Alsace Urgent Care Center and already know Dr. Richard Neel and his Team. Please see the Medical and Wellness section below for clinic dates, times and contact information for appointments.

Health Talk – Acupuncture & Pain Relief, Friday, Nov 1, 10am, RR Lounge. Scot Taylor, L.Ac. (Licensed Acupuncturist) and Clinical Director of Balance Acupuncture and Natural Medicine, will be here to provide education on the beneficial effects of acupuncture on pain relief, for a myriad of conditions and symptoms. West Residents please sign up in CC3 if you plan to attend.

Blue Skies Low Vision Club – Monday, Nov 18, 10am, BSTW Roadrunner Lounge. Christal Vision will be at BSTW to demonstrate vision assistive devices available. If you plan to attend, please call Shari Proctor at (210) 568-3355. East Residents please sign up for bus transportation at the Front Desk.

BENEFEDS 2019 Federal Benefits Open Season – Nov 11 thru Dec 9. Benefeds manages the Federal Employees Dental and Vision Insurance Program (FEDVIP). Many of you enrolled in the new dental and vision insurance program last year when Tricare Dental phased into FEDVIP. This Open Season will allow those who did not enroll last year, to now sign up for dental and/or vision coverage; it will also allow those who did enroll last year the option of changing insurance companies. If you do not want to make any changes, do nothing, your current coverage will remain in force. To enroll or change insurance plans, please go online to www.benefeds.com or call 1-877-888-3337.
Legacy Physiatry Group begins clinic days for independent living residents. Legacy will be in the Specialty Clinic Too the fourth Friday of every month from 9am–1pm. The first clinic day will by Friday, Nov 22. To schedule an appointment, please call 1-972-881-4688.

RESIDENT COUNSELOR INFORMATION  
By Shirley Clay

Medicare Open Enrollment, Oct 15 thru Dec 7. Medicare recipients are allowed to make changes to their Medicare plan during Medicare’s Open Enrollment period. The changes made during Open Enrollment become effective Jan 1, 2020. Those Medicare recipients with Medicare Advantage Plans can switch plans or disenroll to return to Original Medicare. In addition, changes to Medicare Plan D (Prescription Drug Coverage) can be made during Open Enrollment. Those residents interested in changing their current Medicare plan are encouraged to meet with Shari Proctor or Shirley Clay prior to making any changes, as a change could affect use of Medicare services at Blue Skies of Texas.

Lackland Legal - Lackland Legal will be at West to meet individually with West residents on Tuesday, Dec 3 in the 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 210-568-3282, 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 or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at https://aflegalassistance.law.af.mil.

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.

November Reid Pharmacy Closures:
Friday, Nov 1
Monday, Nov 11 Veterans Day, and
Thursday & Friday, Nov 28 & 29 Thanksgiving Holiday
Please plan accordingly.

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

Alsace Family Practice – will be at BST on the following dates. Please call 830-538-3550 to schedule an appointment.

• West Specialty Clinic — Wednesdays, Nov 6, 13, 20 & 27, 9am-4pm

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 — Tuesdays, Nov 5, 12, 19 & 26, 8am-5pm
• East Specialty Clinic II — Fridays, Nov 8 & 22, 8am-12pm

San Antonio Family Physicians - Dr. Eric Bernstein will not be in the Specialty Clinic the months of Nov and Dec. Please call 523-7237 to schedule an appointment.

Visiting Physicians Group — Dr. Pham will be at the East Specialty Clinic on Mondays, Nov 4, 11, 18 & 25 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 Tuesdays, Nov 5 & 19, 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 — Fridays, Nov 8 & 22, 8am-12pm
• East Specialty Clinic II – Wednesday, Nov 6, 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 dental request to the following email address: blueskiesoftxdental@gmail.com.

• West Dental Clinic – Tuesdays, 9am-5pm & Thursdays, 9am-5pm
• East Dental Clinic – Fridays, 9am-5pm
Optometry

Home Eye Care Associates — Richard Sorensen, will be at BST on the following date to perform annual eye exams. Please call Ashlie Campos at the West campus, 210-568-3416, or at the East campus, 210-568-5076 to schedule an appointment.

- **West** Specialty Clinic Too — **Friday, Nov 1, 9am-12pm**
- **East** Specialty Clinic — **Friday, Nov 1, 1-4pm**

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, Nov 20, 1-2pm**
- **East** Specialty Clinic — **Wednesday, Nov 20, 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, Nov 7, 14 & 21, 9am-12pm**
- **East** Specialty Clinic — Dr. Tracy Board, Audiologist
  **Wednesdays, Nov 13 & 27, 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, Nov 4, 11, 18 & 25, 1-5pm**
  **Thursdays, Nov 7, 14 & 21, 1-5pm**
- **East** Specialty Clinic — **Tuesdays, Nov 5, 12 & 26, 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, Nov 11, 8:30-11:30am**
- **East** Specialty Clinic — **Monday, Nov 11, 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, Nov 13, 2-3pm**
- **East** Specialty Clinic – **Tuesday, Nov 19, 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
  - The Vista – Phone: 210-568-3415 or Fax: 210-677-0551.

**Legacy Physiatry Group** will meet with residents at the **West** Specialty Clinic Too on **Friday, Nov 22, 9-1pm** to discuss specific therapy approaches to chronic pain and other mobility impairments. Please call 1-972-881-4688 to schedule an appointment.

**SELECT REHABILITATION NEWS  Submitted by David Richmond, Program Manager**

**Select Rehab Preoperative Rehabilitation Exercise Program (PREP) Overview** – Surgery is a life changing experience which can require weeks to months of recovery, therapy, and doctors’ visits, not to mention the added expense of each. Research supports the idea that pre-surgical preparation reduces the overall cost of postoperative care, incidence of re-injury, and improved patient satisfaction. This preparation period known as “Pre-habilitation” (or “Prehab”) gives the opportunity to increase muscle strength and endurance which is critical in allowing the body to undergo such procedures as, but not limited to, rotator cuff repairs, total shoulder, hip or knee replacements, neck/low-back spinal surgeries, and cardiac procedures. “Prehab” also allows education and training on post-operative precautions and surgery specific protocols, assistive devices (e.g. walkers, canes, reaches, sock-aids, etc.), and exercise programs. Many surgeons also recommend a trial of physical and occupational therapy as qualifier for surgical procedures and a means of determining the appropriateness of surgery. 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, Nov 20, 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 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
Blue Skies West 2nd Annual Turkey Trot & Pooch Parade – Join fellow turkey lovers and friends for a 1-2 Mile Walk around campus. Bring your pup for a walk around Blue Skies. Dogs are invited to come dressed in costume. Prizes will be awarded to funniest and most original costume. The walk will start and finish at the Main Entrance. After the race you can enjoy some light refreshments in the Main Lobby. If you are looking for a great trot to make room for the turkey, join us Friday, Nov 22 at 10am. Please sign up in CC3. We will have a bus to bring residents from BST East campus.

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

West - Fitness Class Announcements:
Election Day – Tuesday, Nov 5 – The following fitness classes are cancelled: 9am Line Dancing, 10am Yoga, 11am Beginner Yoga, 3pm Balance.

West - Wednesday, Nov 13 – 3pm Cardio and 3:30pm Stretch & Flex will be held at LH Lounge, 3rd Floor.

Upcoming Events
At Blue Skies

Blue Skies East

Thursday, Oct 31, Halloween Bash! Legacy Room, 3-4pm. Come dressed in your Halloween costumes for a fun filled event. All residents and staff are invited! Enjoy music, dancing, and ghoulish treats galore!

Monday, Nov 11– Veterans Day Ceremony, Portico, 10am.

Friday, Nov 15- Market Days, CC rooms, 9am-2pm. Come by and visit with a variety of vendors to do a little shopping for holiday gifts and more.

Thursday, Nov 25 – Thanksgiving Holiday, Our Life Enrichment/Wellness Team wishes you a Happy Thanksgiving!
Friday, Dec 6 - Village Voices Concert, CC rooms, 7pm. Please join our very own Village Voices Choir for a special holiday concert.

Wednesday, Dec 11- USAA Concert, CC rooms, 7:30pm. Please join USAA as they delight us with their musical gifts.

Friday, Dec 13 - Employees’ Childrens’ Christmas Party, Legacy Room, CC rooms and Main Lobby, 4:30pm. A magical Polar Express themed party for BSTE Employees’ children. Come see the childrens’ smiling faces at this Christmas event made possible by our BST East Residents.

Saturday, Dec 14 - Sing-A-Long Strings Ukulele Band, CC Rooms, 7pm. Join this amazing Blue Skies musical group for a fun evening.

Thursday, Dec 19 - Westover Brass Band, Legacy Room, 6:30pm. Come enjoy the amazing sounds from this spectacular Brass Band.

Sunday, Dec 22 - Village of Holiday Lights, BST West Main Lobby, 6pm. The evening will begin in the Main Lobby with hot beverages, cookies and entertainment by The Cox Family Singers. Starting at 6:45pm buses will take residents to tour the campus that will be lit up with spectacular holiday lights and decorations. Bus departs BST East at 5:30pm.

**Blue Skies West**

Thursday, Oct 31, 11:45am - Employee Halloween Costume Contest, Main Dining Room. Get there early to get your lunch and a good seat!

**November Entertainment Calendar**

Friday, Nov 1- Lee Bong-Lee Piano Concert, Main Lobby, 4pm. Lee is a Korean Pianist and is coming to Blue Skies as part of Musical Bridges Around the World.

Monday, Nov 4- Hello Fall Event, Main Lobby, 6:45pm. - Featuring Kyrie, an all women choir group. Kyrie will be singing patriotic tunes and more. After the concert enjoy special fall themed treats. You will fall head-over- heels for this special event; please stop by and join us.

Monday, Nov 11- Veterans Day Ceremony, Flag Pole, 11am. Please come join the ceremony as we honor our veterans.

**Thursday, Nov 25** – Thanksgiving Holiday, Our Life Enrichment/Wellness Team wishes you a Happy Thanksgiving!
Sunday, Dec 1 - Men’s UTSA Chorus, Main Lobby, 3pm. This concert is part of our Resident Concert Series, everyone is welcome to come!

Thursday, Dec 5 - Village Voices Concert, Main Lobby, 7:30pm. Please join our very own Village Voices Choir group for a special holiday concert.

Thursday, Dec 12 - USAA Concert, Main Lobby, 7pm. Please join USAA as they delight us with their musical gifts.

Friday, Dec 13 - Market Days, Main Lobby, 9am-2pm. Come by and visit with a variety of vendors as you do a little shopping.

Thursday, Dec 19 - Brisco Middle School Jazz Band, Main Lobby, 10:15am. Please join these talented youth as they entertain you with a variety of jazz music to include Christmas and patriotic selections.

Friday, Dec 20 - Westover Brass Band, Main Lobby, 6:30pm. Come enjoy the amazing sounds from this spectacular Brass Band

Sunday, Dec 22 - Village of Holiday Lights, Main Lobby, 6pm. The evening will begin in the Main Lobby with hot beverages, cookies and entertainment by The Cox Family Singers. Starting at 6:45pm buses will take residents to tour the campus that will be lit up with spectacular holiday lights and decorations.

Please Note: Once Blue Skies has purchased event tickets, cancellations are non-refundable. Printed information for websites listed in the following events may be located in the Activities Book in East CC1, West CC3.

Thursday, Nov 7, IKEA. The sign-up deadline has passed. The bus leaves West at 9am, East at 9:30am.

Sunday, Nov 10, Wurstfest, New Braunfels, Texas. A unique annual celebration rich in German culture and full of Texas fun along the headwaters of the Comal River in New Braunfels, Texas where you will enjoy good food, music, special events and the
finest in Alpine and Bavarian Style Entertainment. Be sure to take cash to purchase food and beverage tickets, complimentary entry starts at 3pm. The sign-up deadline is Nov 1. The bus leaves West at 1:45pm, East at 2pm.

**Saturday, Nov 16, WWII Pacific Combat Zone Re-Enactment Program and lunch at the Old German Bakery**, Fredericksburg, Texas. The re-enactment program puts you on the front lines of a beach landing somewhere in the Pacific and is part of the living history events sponsored by the National Museum of the Pacific War. Cost of the tickets is $10; however, members of the museum receive a $2 discount, and WWII Veterans receive a complimentary ticket. Please indicate on sign-up sheet if you are a WWII Veteran or Member of the Museum. Cost of the ticket will be billed to your account. Please keep in mind the restaurant does not take reservations so you might need to wait a few minutes for a table; but it is generally not an issue in getting seated right away. The sign-up deadline is Nov 4. The bus leaves West at 8:15am, East at 8:30am.

**Tuesday, Nov 19, Judy Woodruff Lecture on Inside Politics**, 7:30pm, Laurie Auditorium. The sign-up deadline has passed. The bus leaves West at 6pm, East at 6:30pm.

**December**

**Monday, Dec 2, La Esquinita Mexican Restaurant.** Enjoy an authentic Mexican dinner in neighboring Atascosa, Texas. La Esquinita is a Spanish word meaning the corner and that is exactly where you will find this delicious Mexican restaurant on a little corner of Atascosa. Word has it they have excellent Margarita’s too. Cost of dinner is on your own. The sign-up deadline is Nov 22. The bus leaves West at 4:15pm, East at 4:30pm.

**Tuesday, Dec 3, A Walk in Bethlehem and dinner at Hungry Horse, Boerne, Texas.** You will first enjoy dinner at Hungry Horse restaurant, then you will proceed to St. Helena’s Episcopal Church for A Walk in Bethlehem. As you enter the city of Bethlehem, allow the sights, sounds and smells to carry you to a period of time that changed the world. The highlight of the event will be the arrival of the Christ Child and a traditional nativity scene including camels and Magi. This is a complimentary event, with cost of dinner on your own. Please note this event is held outdoors and includes extensive walking, so please wear walking shoes and dress for the weather. The sign-up deadline is Nov 23. The bus leaves West at 3:45pm, East at 4pm.

**Saturday, Dec 7, Christmas at First, Baptist Church, 5pm.** This is a beautiful, music filled annual holiday event brought to you by our friends at First Baptist Church. The sign-up deadline is Nov 27. The bus leaves West at 4pm, East at 4:15pm.

**Sunday, Dec 15, Old West Holiday Light Fest, Enchanted Springs Ranch, Boerne, Texas.** Light displays surround you as you drive into a true Texas ranch filled with twinkling lights and holiday fun in an Old West town brought to life. There are
many vendors, food trucks and plenty of activities for a fun filled evening. Every night features music, with beer and wine at the bar and hot cocoa and s’mores by the campfire. For more information on the event please visit: https://christmaslightfest.com/. Cost is $10 per person, which is a group rate, and will be billed to your account. The sign-up deadline is Dec 5. The bus leaves West at 5pm, East at 5:15pm.

**Tuesday, Dec 17, Fort Sam Houston National Cemetery and lunch at Cracker Barrel.** This time of year the beautiful Christmas Wreaths will have already been laid in remembrance and honor of our country's fallen heroes. The sign-up deadline is Dec 7. The bus leaves West at 9am, East at 9:15am.

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**THE ARTS**

**Saturday, Nov 2, Revolution: The Beatles Symphonic Experience, 8pm, Tobin.** The sign-up deadline has passed. The bus leaves West at 6:30pm, East at 6:45pm.

**Sunday, Nov 3, Cats.** The sign-up deadline has passed. The bus leaves West at 12:45pm, East at 1pm.

**Saturday, Nov 9, Scheherazade, 8pm, Tobin.** You can purchase tickets online at https://tinyurl.com/yybwjoyd or by calling (210) 223-8624. The sign-up deadline is Oct 29. The bus leaves West at 6:30pm, East at 6:45pm.

**Thursday, Nov 14, Driving Ms. Daisy, 7:30pm.** Ticket cost is $23 per person and will be billed to your account. Reminder - if you sign-up and cancel after the ticket has been purchased, you will be responsible for the ticket cost. The sign-up deadline is Nov 4. The bus leaves West at 6:15pm, East at 6:30pm.

**Saturday, Nov 23, Mozart Requiem, 8pm, Tobin.** You can purchase tickets online at https://tinyurl.com/y2c6pc57 or by calling (210) 223-8624. The sign-up deadline is Nov 13. The bus leaves West at 6:30pm, East at 6:45pm.

**Saturday, Dec 21, Holiday Pops, 8pm, Tobin.** San Antonio’s favorite holiday tradition continues! You can purchase tickets online at https://tinyurl.com/y3yrfl62f or by calling (210) 223-8624. The sign-up deadline is Dec 11. The bus leaves West at 6:30pm, East at 6:45pm.

**Sunday, Dec 22, Dear Evan Hansen, 2pm, Majestic.** Dear Evan Hansen is the deeply personal and profoundly contemporary musical about life and the way we live it. This musical has won several Tony Awards and a Grammy Award. You can purchase tickets online at https://tinyurl.com/y2qol72j. The sign-up deadline is Dec 12. The bus leaves West at 12:45pm, East at 1pm.
Below is a list of events being held at the Tobin Center and/or the Majestic Theatre. 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 –**
- *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**
- *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