

## NEWS FROM THE STAFF

### NEW CHIEF HEALTH SERVICES OFFICER

By Lt Gen (Ret) Darrell Jones, President/CEO



I'm very pleased to announce Alethea (Ally) Knight as our new Chief Health Services Officer.

Ally is a true Blue Skies' success story:

Initially hired as an LVN in May 2007, Ally worked hard in her duties and continued her education to become an RN in 2010. Her leadership and organizational skills were evident, and a short two years later she was promoted to Admissions Coordinator. Less than four months after that promotion, the same traits supported her selection as temporary Director of Nursing (DoN). Subsequently, she was selected to permanently fill the DoN role, one of the most demanding positions within all of senior care. Among her accomplishments as Director of Nursing, Ally oversaw the implementation of a new Medical Director contract, increased Medicare bed nights, and successfully transitioned new Rehabilitation and Pharmacy Contracts which proved to provide better service, substantially enhance revenue, and cut costs.

In 2015, Ally moved to Colorado Springs, Colorado where she worked with Kindred Healthcare serving as the Director of Hospice for one of its startups, bringing it to profitability within 10 months after opening. She was then asked to take a second branch under her leadership. Kindred Healthcare operates in 45 states developing high-performance, post-acute care networks, and is listed on Forbes Magazine's "World's Most Admired Companies." Also, while in Colorado, Ally made substantial progress toward a Master's of Business Administration (MBA) degree.

Missing San Antonio, Ally saw an opportunity to return last year in a brand-new position at Blue Skies – Executive Director of Hospice. She has showed the same drive and initiative in her role with Hospice as she did in her previous tenure with Blue Skies, expanding our hospice into the greater San Antonio community, more than doubling its census, and partnering with a sister community's Home Health to expand operations. Additionally, she has finished her MBA since her return.



1 **Deadline: Friday, Sep 25 @ Noon: [fridayflyer@blueskiestx.org](mailto:fridayflyer@blueskiestx.org)**  
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Her proven performance and her unlimited potential made her an easy choice to fill the tough job of Chief Health Services Officer.

Congratulations Ally! We are all excited to stand with you as you continue to soar and help build Blue Skies' reputation as one of the premier senior living communities in Texas and throughout the United States.

## **TOWN HALL INVITATION VIA ZOOM**

*By Lt Gen (ret) Darrell Jones, President/CEO*

As September is quickly approaching, we should be planning for a Town Hall. However, COVID-19 (Coronavirus) has changed the way we do many things here at Blue Skies of Texas. As much as I'd like to gather to give residents an update, it isn't safe to do so. Therefore, I will be holding Zoom meetings for all neighborhoods. This Zoom meeting will take the place of the September Town Hall. A link to log into your neighborhood Zoom will be distributed to you shortly.

**Tuesday, September 8<sup>th</sup> from 1- 2pm – Hills & Cottage Residents**

**Tuesday, September 8<sup>th</sup> from 3-4pm – High & Mid-Rise Residents**

When you join the meeting, you will be muted. Please only unmute when you are called on. If you have a question during the meeting, please use the "raise hand" feature. If you need to get acquainted with Zoom, please pick up an informative AARP article at the Front Desk.

## **NOTES FROM THE DIRECTOR OF RESIDENT SERVICES**

*By Dave Zeh*

### **Save The Dates:**

**\*\*IHC = In-House Channel**

- Monday, Sep 7, Labor Day Holiday – (Staff Holiday)
- Tuesday, Sep 8, 1-2pm – Town Hall with CEO for Hills & Cottage Residents
- Tuesday, Sep 8, 3-4pm – Town Hall with CEO for High & Mid-Rise Residents
- Tuesday, Sep 8, 1-3pm – Lackland Legal appointments
- Thursday, Sep 10 – BIG GIVE (24-hour online giving event)
- Friday, Sep 18, Air Force Birthday
- Friday, Sep 18, 2pm, Frozen Friday Treats – Main Lobby
- Friday, Sep 18, 7pm – Concert Series – IHC
- Saturday, Sep 19, 7pm – Concert Series – IHC
- Sunday, Sep 20, 3pm – Concert Series – IHC
- Monday, Sep 28, 9am-Noon and 1-3pm – Flu Shots for Residents

**\*\* See the Wellness & Life Enrichment Flyer for Special Activities and program offerings for the month of September, and Flu Shot details.**



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## RESIDENT SERVICES NOTES

**Resident Garden:** If you have not taken a walk by the resident garden, you are missing out. Under the encouragement of Mai & Rick Horn, several residents have joined them in spending time in the garden. The plots are cleared out, seeds have been planted and harvested, and flowers are blooming. What a difference a little TLC can make. Thanks to all of the residents who have made the revived gardens a colorful place to visit and enjoy!

**Holiday Schedule: Monday, Sep 7** is Labor Day, a Federal holiday. All BST transportation will be suspended and there will be no mail delivery. Please submit all transportation requests for a medical appointment on Tuesday, Sep 8 by **Friday, Sep 4 by noon**. This is also a BST holiday, so staffing will be our weekend schedule.

**Voting:** Voter registration deadline for Bexar County is **Monday, Oct 5**. There are two options to obtain a mail-in ballot: 1) Call the Bexar County Elections Department at (210) 335-8683, or 2) mail in a request form no later than **Monday, Oct 19**. Forms are available at the Front Desk. We will schedule transportation to vote in person during the Early Voting period. More information will follow.

**Travel Outside of Blue Skies of Texas:** Residents planning to travel outside of the San Antonio community are required to sign out and upon return sign back in at the Front Desk. According to our BST COVID-19 policy, the FD staff will ask you a few questions and provide that information to the Director of Resident Services to determine if a stay at home (quarantine) for at least 14 days upon return is needed. There is no blanket quarantine decision for outside travels, as we review each case individually with Wellness.

Prior to departure, residents are asked to provide the Front Desk with travel plans so appropriate precautions can be implemented if required.

### **Self-Quarantine versus Isolation?**

Isolation is for those residents who been diagnosed with a positive test for COVID-19. Self-Quarantine is for other residents that need to be monitored, including a new resident, those returning from a hospital stay, or those were involved with an encounter with groups or exposed to someone who was positive. The Director of Resident Services, along with the Wellness Staff, determine who is required to be in self-quarantine. This is based on the answers from the questionnaire that the Front Desk staff asks upon return. While in self-quarantine, you are able to walk around the campus, use the laundry, and check on your mail, all while refraining from interacting with other residents. The goal is to keep the community safe and healthy.

**In House Channel** – For those residents who are having problems with Spectrum or the In-House Channel, please call their customer service number 1-866-701-0795 to make an appointment for a service technician to resolve your situation.



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## IN MEMORIAM

Nelle Pope August 9, 2020  
Colonel (Dr) Tom Marks August 18, 2020

## WELCOME NEW EAST RESIDENTS

Please give the following new residents a warm Blue Skies Welcome:

- Carolyn Pauley, Mid-Rise # 458
- Diane Heller, High Rise # 511
- Lance & Mary Jepson, High-Rise # 1509

## SCAM ALERT

*By Shirley Clay, Resident Counselor*

**Contact Tracing Scam.** With the COVID-19 virus, there is a new phrase that we are becoming familiar with...CONTACT TRACING. A contact tracing call could be a call from a doctor's office, public health service or local health department. The call generally informs you that you have been in contact with someone who tested positive for the COVID-19 virus. You might be asked to self-quarantine for 14 days and monitor your health for specific symptoms. Legitimate contact tracing calls will never ask for your Medicare number, insurance information, or any personal financial information. Should these questions be asked, hang up immediately and do not give personal information. If you are a Medicare participant, Medicare has requested that you call 1-800-MEDICARE to report the scam call.



## RESIDENTS' CORNER

### RESIDENT COUNCIL ELECTIONS

*By Bruce Wilcox*

We're announcing the annual election of BST East residents for the Residents Council (RC). The election is scheduled for **Friday, Sep 18**. Five (5) Representatives will be elected to the RC to serve for two years. To run for the election, you must sign up on the sheets in CC1."

### DRAC: DINING ROOM ADVISORY COUNCIL

*By: Doris Megonigal, DRAC Chair*

For comments, in addition to the Comment Cards, the DRAC now has a new email address for comments. You can submit them at [drac.comments@gmail.com](mailto:drac.comments@gmail.com).



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## CONCERT SERIES ON THE IN-HOUSE CHANNEL

By Ginny Hallager

On behalf of the Concert Committee, we hope you were able to enjoy the first of our “virtual” concerts last month featuring Olmos Ensemble (cf. [www.olmosensemble.com](http://www.olmosensemble.com)). Our next concert featuring the ensemble is called “Elegant Baroque”, with works by Bach, Handel, and Vivaldi. It will be broadcast on community channel 1890 on **Friday, Sep 18 at 7pm**, **Saturday, Sep 19 at 7pm**, and **Sunday, Sep 20 at 3pm**. The musicians for this concert will be two Olmos Ensemble members (Mark Teplitsky, Flute; Paul Lueders, Oboe) along with two special guests (Marilyn de Oliveira, Cello; Patti Wolf, Harpsichord). The program is given below.



The Concert Committee is proud to be able to offer you some great music as you enjoy it from the comfort of your favorite chair or recliner. This broadcast, and all our other Resident Concert Series performances, are made possible through residents' charitable giving to the Concert Series Fund. Thanks for all your support!

### **J.S. Bach Cello Sonata, BWV 1027**

Marilyn de Oliveira, cello; Patti Wolf, harpsichord

### **Vivaldi Flute Sonata, RV 49**

Mark Teplitsky, flute; Marilyn de Oliveira, cello; Patti Wolf, harpsichord

### **Handel Trio Sonata, Op. 5**

Mark Teplitsky, flute; Paul Lueders, oboe;  
Marilyn de Oliveira, cello; Patti Wolf, harpsichord

### **Telemann Oboe Sonata, TWV 41:a3**

Paul Lueders, oboe; Marilyn de Oliveira, cello; Patti Wolf, harpsichord

### **Goldberg Trio Sonata, DürG13**

Mark Teplitsky, flute; Paul Lueders, oboe  
Marilyn de Oliveira, cello; Patti Wolf, harpsichord



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## BIG GIVE 2020

By Jennifer Z. Berg, Director of Development

Big Give 2020, on **Thursday, Sep 10**, is almost here! We invite you to make a gift in support of two new spa baths at Freedom House during this 24-hour online giving event. Some notes about giving day:

- We're hoping to win an additional \$2,000 prize as the nonprofit in our category for the most funds raised from **10am-12pm**. Although you may give throughout the day, we ask you to make your gift during this time.
- If you'd like us to make your online gift on your behalf, please fill out the form found at the end of the Roadrunner and place it in the locked Employee Appreciation Fund box at the Front Desk (re-labeled as the "Big Give Box" for this day). Our resident volunteers at each Village will enter your giving information during this "window" of time (with the information shredded immediately afterward) so we have a greater chance of securing the prize.
- Reaching the \$90K and \$100K levels will "make a splash" – literally! General Jones and Colonel Ryder have volunteered to receive a social-distancing friendly hosing down late on the afternoon of **Monday, Sep 14**. The coordinators of the White Elephant and Thrift Shop will do the honors, as each of these resident volunteer groups has made a significant Big Give gift in support. We'll capture these moments on video and show them later on the in-house channel.
- We will feature signage at each of these two spa baths in honor of everyone's giving. Most significantly, our Freedom House residents for years to come will be able to have a much more pleasant experience at bath time, thanks to the spa baths YOU will help to provide!



Please call me at (210) 568-3206 with any questions. See you on Thursday the 10th!

### Big Give 2020 Credit Card Form

I would like to give:  \$25  \$50  Other \$ \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Month / Yr: \_\_\_\_\_

Security Code: \_\_\_\_\_ Billing ZIP Code: \_\_\_\_\_ Email Address: \_\_\_\_\_

Gift Designation:  Freedom House Spa  Other Fund(s) \_\_\_\_\_

Gift in  honor /  memory of \_\_\_\_\_

**Optional:** Increase donation to cover fees (6.2% + \$0.30, e.g., \$106.55 for a \$100 gift)

Anonymous Gift



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