

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.



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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.

RESIDENT REPRESENTATIVE TO AFV INC BOARD OF DIRECTORS

By Col Fred Ryder, COO

As you know, Maj Al Wesson serves as the BST West Resident Representative to the AFV, Inc Board of Directors. Al's term expires in November 2020. Any Blue Skies of Texas West resident interested in replacing Al should submit biographical data (no more than 200 words) to the BST West Resident Council (RC). Please state the reason you would like to serve. The RC will submit your application to the Nominating Committee of the Board of Directors, through the Resident Services Director. If you are interested in serving on the Board, please submit your information to Tom Reedy, RC Executive Secretary, by **Wednesday, Sep 30**.

NOTES FROM THE DIRECTOR OF RESIDENT SERVICES

By Lori DeWitt

Holiday Schedule - Monday, Sep 7 is Labor Day, a Federal holiday. As such, there will not be any mail delivery. All transportation will be suspended for Monday, Sep 7. 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; staffing will be as on weekends.



Save The Dates:

Please note: We'll have special documentary, etc., showings on the In-House channel, listed on the weekly Around Town, posted by internal mail, the Main Lobby, Front Desk and the elevators each week.

**** IHC = In-house channel**

- **Friday, Aug 28, 10am – Siren Testing**
- **Big Give, Sep 10 (24-hour online giving event for F. House Spa Baths)**
- **Friday, Sep 18, 7pm – Concert Series – IHC**
- **Saturday, Sep 19, 7pm – Concert Series – IHC**
- **Sunday, Sep 20, 3pm – Concert Series – IHC**
- **Tuesday, Sep 29, 8am-5pm – Flu Shots (see Wellness Section for details)**
- **Wednesday, Sep 30, 8am-1pm – Flu Shots**

Freedom House Gate – Well, the “grand opening” didn't last long. As soon as we receive the parts to repair the chain / pulley, we'll get it open. In the meantime, please use caution as you enter John Ryan from the access road; watch for oncoming traffic in the wrong lane. Once the gate is fixed, we'll be open **Monday-Friday, 7am-7pm**.



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Please use caution as you enter / exit, to ensure others aren't coming through the gate.

Voting – Please watch for articles from Ellen Alkire and slides on the In-house Channel concerning options for the Nov elections. BSTW will not be a voting precinct in November, due to concerns on bringing hundreds of voters from off campus into the building. Best option: vote by mail. Blue Skies will provide transportation for early voting and also on voting day. Details to follow as we get closer to Election Day.

Special Dietary Needs or Concerns? – Please contact Guy Fanelli at x3233 and he'll set up time to discuss w/ Chef and the Dietitian.

Cable TV Services – We are in the beginning stages of researching alternatives to Spectrum. Our Contract does not expire for over a year, so the time when / if we change it, won't happen any time soon. I'm working with the RC to help with some of the information gathering from residents. The first step is a survey that we will include with next month's Roadrunner.

Political Postings – Yes, we all have our opinions, but: In accordance w/ the Resident Guide, please remember "To respect others and in recognition of our non-profit status, BST has implemented some parameters regarding political activities on campus.

- Door-to-door campaigning is prohibited.
- Resident sponsored, open meetings for the purpose of discussions, speeches, or petitions need to be coordinated with the Resident Services Director to ensure an opportunity for balanced representation of all political candidates.
- Elected officials are separate from political candidates and may be invited to resident activities or events any time outside the official's re-election or election campaign period.
- Also, per the Resident Guide concerning Bulletin Boards, "These boards are for general information only (no political or editorial articles)."

Thanks for helping to keep the peace!

Need Your Large Trash Can Cleaned? – Please contact Larissa at x3341 and she'll set up a time for Custodial to come and clean it for you.

Changes at BST – Reminder, we've added the Commissary / BX runs back on Fridays at 1:30pm. Sign up at the Front Desk. Seating is limited.

Newspaper Delivery in The Towers – Express News still will not deliver in the Towers (due to their concerns over COVID-19) so the COs have taken on this task. Please realize that COs' normal duties do not require this, and in the wee hours they may be responding to a resident emergency or Maintenance issue. If your paper doesn't arrive at the "normal" time, please be patient and don't take your frustration out on Front Desk employees. They're doing their best.



HummerBird Virtual Celebration – Please feel free to stop by the Front Desk to pick up a detailed information packet available for this annual celebration that takes place in Rockport and Fulton. Won't be like being there in person, but it's sure to be a beautiful program.

Half Staff – Historically, we've lowered the Lobby flag to half-staff on days of internment/inurnment. During these current times, these dates are often delayed. Also, as not as many people come to the Lobby to see the notifications, we are now flying the flag at half-staff on the day of death. You may have also noticed we're now placing an in memoriam on the In-House channel to honor those who have passed.

Still Looking for You to Share – Are you an expert? Have a unique skill / unique experience? A special talent? We would love to video you and show it on the In-House channel. Don't be shy; you are all a wealth of knowledge...maybe you can talk about a previous job, play the piano for us, sing, show us how to build a watch 😊. Really, almost anything. Our world has shrunk, so we would like to stimulate our brains, get people thinking or entertain them. Too shy? We can just broadcast your voice. Sort of a "Today I Learned" segment. Please reach out to Lori at x3301 if you're interested.

Safety –

- **Tower Fire Alarms** – Yes, we've had a few 😞. I assure you, they were not false alarms, although they were not caused by a fire (good news). There are many reasons the system may go in full alarm – faulty Pull Station and a low flow for the sprinkler heads were two of the most recent reasons. We know they're annoying, but please keep calls to the Front Desk at a minimum when the alarms go off. The Front Desk is very busy working the problem, and your calls may delay that process.
- **Traveling?** – Please inform the Front Desk when you're traveling. For the safety of your neighbors, quarantine may be required. We are now reviewing each return on a case by case basis. If you are asked to quarantine, just remember: many have been through it, and it's certainly worth it to keep your neighbors healthy!



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BOB'S BLOG

By: B  b

Bob's still going through rehab on his bad knee and hip. He's now become quite proficient in the use of his ramp getting in and out of vehicles and up and down steps. He is a creature of habit, and at any given time he may try and circumvent the ramp by ducking under it or trying to go around it. We have found this happens most frequently when mom is around. All of a sudden, he forgets how to walk and slides down the ramp or decides to take a 90-degree turn and try to jump off. Sigh. Keeps me on my toes!

We do still plan on celebrating his 11th birthday in October with his Annual Birthday Bash when "he" serves free cake in the Lobby!



IN MEMORIAM

Mrs. Elizabeth R. Morris
Maj Norman D. Key

Jul 30, 2020
Aug 15, 2020

Mrs. Lillian Johnson

Aug 26, 2020



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NOTES FROM THE ASST. DIRECTOR OF RESIDENT SERVICES

By Teresa Santana, Assistant Resident Services Director

Roadrunner Lounge and LeMay Room Reservations? – Many of you have asked the question of whether or not you can reserve the Roadrunner Lounge or the Helen LeMay Room. The answer is yes, with a maximum of 10 attendees and 6 ft distancing practices in place. If you are comfortable and ready to start regrouping for that special event or activity that you've missed out on due to the pandemic, please give me a call so we can get you started.

Annual Fire Safety Visits for the Towers – Do you know what to do in the event of a fire? Fires can happen anywhere at any given time. They can start small and turn into a life-threatening situation. Being prepared and knowing what to do will help you and those around you to act swiftly. Before we begin our visits, we will proceed as normal with the fire alarm, followed by an announcement. Normally you would proceed to the stairwell, but to avoid gathering at the stairwell, we ask that you remain in your apartment. A Blue Skies team member or members will arrive at your home to brief you on our process and review your home for any fire / safety hazards. A typical visit may take up to 15 minutes. If you have a "Do Not Enter" notice on file and are not present for the visit, we will still enter your home to complete the check, although our preference is for residents to be present. The dates the visits will be performed are as follows:

Towers 3 & 4 – Thursday, Oct 1, 1:30-5pm

Towers 1 & 2 – Tuesday, Oct 6, 1:30-5pm

Need a Photographer – Does your camera need dusting off? Do you have some experience in photography? If you answered yes, then I have the job for you. Our new resident list is growing, and folks are ready to smile big for the camera and have their pictures posted on our Resident Board. If you feel that you're the right person for the job, please give me a call.

WELCOME NEW RESIDENTS

By Teresa Santana, Assistant Resident Services Director

Please give the following new residents a warm Blue Skies West "Welcome" in your respective neighborhoods.

- Mr. Alan & Mrs. Nedra Denison, # 2306
- Col Dan & Mrs. Terry Van Syoc, # 2614



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SCAM ALERT

By Shirley Clay, Resident Counselor

Contact Tracing Scams – 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 usually 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.

NOTES FROM THE FOOD GUY

By Guy Fanelli, General Manager, Dining Services, BST West

When I started at Blue Skies last month, a very common comment was that the To Go Menus were not very informative. In the weeks since, we, along with the DRAC, have worked on the menus to be more descriptive. Our feedback so far has been very positive.

If you have been purchasing from the Advance Sales menu, you might have noticed a change in the packaging of the meat. We have moved away from the plastic containers, to more of a butcher's style wrap. This butcher paper has a thin coating on the inside so that the items can go directly into the freezer.

I was recently asked if I had tried all the food being prepared. Other than trying not to gain weight, the true answer is no...not at this current time. With that said, here is what we are doing behind the scenes:

- Showtime: This is where the Chef and his team will have everything ready to package at a designated time each day.
- We, the Dining Team (Managers, Servers & Cooks), will sample and critique the food. Adjustments will be made at this time.
- Chef will then show the cooks a demo on the construction of the To Go Boxes.

We have also started a "Thirstday Hydration" program. We are offering full cases of bottled water, vitamin water and sparkling water. We will pass out the initial order form and more will be available at the Front Desk. Please place your order by Thursday to have it delivered by the following Thursday.



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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 encourage you to make your gift during this two-hour block.
- If you'd like us to make your online gift on your behalf, please fill out the form below 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 you may have about Big Give 2020. 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

Additional Notes: _____



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ANNIVERSARY MILESTONES OF SERVICE

By Human Resources Team

The HR Team would like to thank the following employees for reaching an Anniversary Milestone of Service with Blue Skies of Texas. Thank you for serving our residents with love and care throughout the years. We appreciate you!



Employee	Anniversary Date	Years of Service	Department
Maria Clark	Sep 4	27	EVS- West
John Vasquez	Sep 4	19	EVS- West
Christian Cereceres	Sep 4	1	Vista- West
Stacey Osowski	Sep 6	1	Food Service West
Josefa Aguero	Sep 9	17	EVS- West
Delia Carreon	Sep 10	10	EVS- West
Vanessa Rangel	Sep 10	2	EVS- West
Cynthia Bain	Sep 12	20	Finance- West
Cynthia Yanez	Sep 12	12	Finance- West
Griselda Gonzalez	Sep 13	1	EVS- West
Charles Campos	Sep 14	27	Maintenance- West
Gloria Diaz	Sep 15	3	EVS- West
Marisol Ocampo	Sep 16	1	Resident Services- West
Leticia Martinez	Sep 16	4	EVS- West
Maxine Fluellen	Sep 16	5	Human Resources
Russell Hinson	Sep 19	14	Memory Care- West
Angelina Parks	Sep 19	9	Memory Care- West
Jennifer Mendez	Sep 19	1	Liberty House- West
John Davis	Sep 20	15	Maintenance- West
Fernando Renteria	Sep 22	22	Maintenance- West
Rebecca Gonzales	Sep 24	10	Vista- West
Guadalupe Solis	Sep 26	6	Beauty Shop- West
Wilma Jones	Sep 27	1	Food Service West
Paula Espiricueta	Sep 29	3	Liberty House- West



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RESIDENTS' CORNER

RESIDENT COUNCIL ELECTIONS

By Tom Reedy, Executive Secretary, RC

RC elections for area representatives for the 2021 term will be held in November. Any resident desiring to run for area representative, including incumbent area representatives, must complete an "Intent to Run for Election" form that will be available at the Front Desk from **Tuesday, Sep 1** through **Saturday, Oct 10**. Individuals nominated for election by a third party must also complete this form. The completed forms should be forwarded to me through internal mail no later than **Sunday, Oct 11**.

Balloting and voting will only be in those areas with more nominees than positions. All current area representatives are still eligible for re-election in 2021 since none of their three-year maximum terms of office will expire in 2021.

Two representatives will be elected from each area: Tower 1; T2; T3; T4; 8/900s; 1100-1500; 1600-2000; 2100-2400; and 2500-2800.

CONCERT SERIES ON THE IN-HOUSE CHANNEL

By Ginny Hallager

On behalf of the Concert Committee, I hope you were able to enjoy the first of our "virtual" concerts last month featuring Olmos Ensemble (cf. 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!



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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

2020 HAMVENTION

By Betty Overacker

The Hamvention is not a swine industry meeting, but it is the largest annual United States Amateur Radio gathering, with over 23,000 participants last year. With this year's COVID-19 gathering restrictions, Amateur Radio sponsors organized an online ham fest on Saturday, Aug 8 and Sunday, Aug 9 entitled "QSO Today Ham Expo". Pre-registrations for this event totaled over 26,000, with BST West residents Joel Lichtenstein and Bob Stuckert participating. There were four simultaneous presentations lasting 30 to 40 minutes on a wide array of topics from technical to operating procedures, to suit all levels of expertise. Bob particularly enjoyed the Heath Company's history presentation, for he built several Heath kit products, which was a fun way to learn about electronics, have a useful product, and save money. Joel was interested in the logistics of the process, and participated in several of the presentations, which were followed by live question and answer sessions. In addition to the educational presentations, there were links to multiple commercial vendors displaying various radio equipment, antennas, and accessories. All presentations are available to view online until **Wednesday, Sep 9**. The fantastic participation and presentations in this virtual atmosphere have prompted the planning committee to accomplish a similar event in March 2021. BST's Amateur Radio Club meets on the **third Thursday** of each month at **11:30am** in Room CC1. The September meeting remains "on hold" at this time due to COVID-19 restrictions. Please contact Joel Lichtenstein for more information.

73—"Best regards" in Ham language).

NOTES FROM THE DRAC

By: Bill Ball, DRAC Chair

The DRAC Agenda and Minutes from every meeting are available in binders in the Library and in CC3 within one week following a DRAC meeting. DRAC Minutes are also forwarded to the Resident Council and included in their published minutes. Any



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resident should also be able to get a copy via email from their area's DRAC representative if they wish.

Here's a summary of interesting notes from the **Thursday, Aug 13** DRAC Lite meeting with Lori, Chef David, and new Morrison General Manager Guy Fanelli. Jim Kellogg conducted the meeting, and the following DRAC members were present: Lee Wells, Jim Kellogg, Karen Reid, Valerie Rieke, Robert Ferre, Sue Blansett, and Bill Butkovich.

- The kitchen is currently short five people: three cooks and two dishwashers. One new employee starts next week who has 13 years' experience as an Army cook. The dining room staff is down two people and may lose more as school starts up. The Bistro now has two full-time employees.
- Morrison and Blue Skies are looking into ways for Liberty House residents to get an order from the Bistro. Resident volunteers may be a solution. They can't go into LH, but could take the orders to the door. In addition, new phone lines are being installed in the Bistro to eventually allow phone orders. The single analog phone line is being replaced with two lines. It is approved, and we are waiting for the work to be done.
- Menu Committee: Menu design guidelines have been completed. Also submitted were a list of resident food favorites to rotate into menus and increase variety.
- The new Food Comment process seems to be working well. Guy Fanelli will be the Morrison focal point for responding to residents' issues. Also, Advance Sales meats will now be wrapped in butcher paper wrap (freezer-ready paper).
- DRAC asked if the kitchen would use a volunteer-run herb garden. Chef David: "No reason why we can't. We can't sell them, but we can use them. Would love to have one with tomatoes and herbs. The volunteers would actually have to do it. The staff is not available. It would be fun to have fresh herbs on our food. Guy suggested using elevated beds: attractive; easy to maintain, plant, and water.
- We are considering holding a full DRAC meeting in September using Zoom. The active participants would be DRAC members, BSTW and Morrison only, but we might be able to simultaneously livestream it on the 1890 channel so all residents could watch.
- The Kitchen has purchased some new equipment: three new Robot Coupe food processors, and two new fryers have been installed. No more "can't get onion rings, the fryer is down."
- Guy and Chef David discussed making a "Food Kit" for those who want to cook a little, e.g., "here are all the ingredients for pizza or tacos and you put them together to your taste". This would add to the number of choices available and provide some additional variety.



ARTS AND CRAFTS FAIR POSTPONEMENT

By Kathleen Andrews

Due to the continuing precautions due to the Coronavirus, we find it necessary to reschedule the Arts and Crafts Fair until after the first of the year. We will probably have it sometime in Spring 2021. Sorry for any inconvenience this may have caused.

THRIFT SHOP FURNITURE SALE GUIDELINES

By Susan Shumaker

Regarding possible donation of items for upcoming Thrift Shop furniture sales, please follow these guidelines:

1. Furniture must be in clean, usable condition – no rips or tears.
2. Call Blaine Craig (Towers) or Susan Shumaker (see Resident Directory)
We can meet with you to determine if we have space for your item.
3. Furniture pickups will be scheduled for either Tuesday or Thursday.
4. Mattresses must be clean on both sides; stained or dirty mattresses will not be accepted.
5. Please do not discard furniture in the lower level maintenance hallway; call Larissa at Environmental Services (210 568-3241).

JOIN THE GARDEN CLUB!

By Jim Conner



Attention all green thumbs! Fall gardens are very productive in our area and you can basically garden all winter, using cold-hardy kinds of vegetables. There are plots available in the garden area, and we now have mulch available to enhance the soil. If you are interested in joining the Garden Club, please contact me, or stop by the garden area and talk with our enthusiastic gardeners.

THANK YOU!

By Ellen Alkire

A very big thank you for your thoughts, prayers, cards, visits, food, etc. during my recent bouts visiting the hospital. It is very comforting to know that our dear friends will be there for us when needed. You all are very much appreciated.



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**WE
NEED
YOU!
2021**

DRAC

Dining Room Advisory Council

Call for Election Candidates

This is an opportunity to serve our community and bring new ideas and energy to what we do. DRAC serves in an advisory role, working with Morrison and Blue Skies on matters relating to food and dining services.

DRAC 2020 achievements:

- ◆ Completed a 2020 Food & Dining Survey of 611 Blue Skies of Texas West residents
- ◆ Produced video of staff preparing & delivering hundreds of resident meals each day
- ◆ Built a popular resident website to communicate food & dining information
- ◆ Provided resident feedback to the Executive Chef and Dietitian
- ◆ Worked with BSTW & Morrison on food issues during the COVID-19 pandemic
- ◆ Advocated for quarantined Liberty House residents on food issues
- ◆ Made positive additions to our BSTW menu and meal cycle (current and future)
- ◆ Created a comment system with two business day response from Morrison

If you are willing to join us in our work, even if only for the next year, please fill out a **NOTICE OF INTENT TO STAND FOR ELECTION** form that will be available at the Front Desk in mid-September. Forms must be submitted in the box at the Front Desk by Thursday, Oct 1.

We need your talents and energy. Thanks for joining us.

Bill Ball, Chair

Robert Ferré, Secretary



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SPORTS, GAMES AND SCORES

COMPETITIVE RUNNING

By Pat Hochstat / Photos: Mike Westwood

Due to COVID-19, organized races have either been cancelled or transformed into virtual races where participants select a date and location of their preference, instead of running/walking with a large group. While it's certainly not as much fun "virtually", it's much safer for all of us at this time.



This month's race schedule contained a very special date for all of us, the Dragon's Den Half Marathon, with 5K and 10K races originally scheduled for **Saturday, Aug 15**. What made the Dragon's Den special was that it was John MacIntyre's 100th – that's right, 100th, Half Marathon. For those who may not know, a half marathon is 13.1 miles and John has now completed 100 of them, or 1,310 total miles.

The runners / walkers were fortunate that the City of San Antonio allowed small groups to run / walk the Dragon's Den in Pearsall Park and follow the originally planned track, while honoring social distancing rules. So while John was busily running #100 on **Thursday, Aug 20**, Pat Perry began running

a 10K, followed later by Bob Nettleship, Stet Reid, Ellen Skiba, and Pam Westwood, who each completed a 5K walking race. We staggered starting times in an effort to be finished ahead of John and cheer when he reached the finish line.



John is a member of the

appropriately-named "Half Fanatics" which he joined early in 2012. Of course, being John, prior to joining he'd already run 13 'half's, with his first in 2005. After joining the Fanatics, he completed 87 more half marathons, 39 of them while living here at Blue Skies. John is truly a competitive runner, completing all race lengths including 5K, 10K, 10-mile runs, his beloved half marathons, and full marathons. For anyone interested in joining our Blue Skies group, John is also a talented coach who runs or walks every step right along with us. Congratulations, John!



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THE SEVENTH STEP TO PREVENT YOUR NEXT FALL

By Barbara Boucher, Ph.D., Resident Expert in Fall Prevention,
Physical & Occupational Therapist

Many factors precede and cause a person to fall to the floor or ground. The first time an older person falls is possibly the most important for analyzing the reasons the person fell. However, each fall is a **risk** for severe injury, long-term disability and earlier death. One severe injury – fractured bone(s) or damage to internal organs – can reduce a person's quality of life significantly. How much **risk** are you willing to take to prevent living your last years in pain and/or with restricted mobility?

The previously published **steps** in this educational series prompted residents to self-assess their **risk** for falling and to get **help** to reduce their **risk**. Use the information in these articles to prevent your next fall.

Bending forward toward the floor to reach something on or near the floor is a **risk** for falling. Bending forward from standing poses greater **risk** for injury from a fall than from sitting. Sit down before you reach down to the floor to reduce your **risk** of injury. What are the reasons you reach to the floor? If you care for a dog or cat, you probably reach toward the floor several times a day. If your pet is old, they are likely to need even greater care, requiring more frequent reaching toward the floor. Frequently reaching toward the floor is a *movement habit*.

STEP 7: You start changing your *movement habits* to prevent a fall.

In order to complete Step 7:

1. Start Step 7 by counting how many times a day you reach toward the floor or ground to touch or pick-up something.
2. Ask yourself these questions:
 - *Do you associate pain in your back, hips or knees with placing your pet's food bowl on the floor?
 - *Do you feel unsteady after picking up a bag of poop or scooping poop from a litter box?
 - *Who would you ask for help to reduce the risk of falling while reaching toward the floor?
3. Get someone to video you while reaching toward the floor. After viewing the video, decide if you can safely change your own *movement habit*, or seek help from a physical therapist.
4. There are tools that can help you take care of your pet. Some are available through online shopping. Others, specially designed to assist persons with limited movement, can be suggested by an occupational therapist.

You may have to ask for a referral to a physical therapist to help you change your *movement habits*, and for a referral to an occupational therapist to advise you about available adaptive/assistive devices.



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Next Publication Date: Friday, Sep 25

If you would like copies of the first six articles (summarized below), send your request by voicemail or email to the Director of Resident Services. The math for determining your **risk** for falling is simple addition – the more **risks** you identify in your lifestyle, the greater your chances of falling. The math becomes multiplication once you have fallen. Once you have fallen your **risk** for falling again doubles. (**Risk x 2**)

Previous steps in this series of articles on fall prevention:

STEP 1: We admitted we were powerless over aging – that our lives had become unmanageable by trying to live the same as when we were younger. The first step in Fall Prevention is to recognize your **risk** for falling.

STEP 2: We came to believe that learning the warning signs can lead us to prevent our next fall. The second step in Fall Prevention is learning how to reduce your **risk** for falling.

STEP 3: Decide to actively trust professionals to help improve your posture. The third step to prevent your next fall is making a decision to get help to improve your posture.

STEP 4: Honestly appraise your ability to reduce your risk of falling through weight-loss and reduced alcohol consumption.

STEP 5: Admit to yourself and someone you trust that the reason you have fallen is due to some failure in your body's ability to move.

STEP 6: You are entirely ready to apply fall prevention suggestions to the care of your spouse.

