



### NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

By Shari Proctor



#### COVID-19 VACCINES @ BLUE SKIES OF TEXAS – NEXT CLINIC DATE – Our sincere gratitude is extended to the entire Walgreens pharmacy staff who are providing the COVID-19 vaccine to all the residents and staff of BST!

Here's what's next.... Walgreens conducted the first of three clinics for Covid-19 vaccinations on Jan 4, 5 and 6. The second series of Walgreens clinic dates will be Monday, Jan 25 and

Tuesday, Jan 26 for the West Campus, and Wednesday, Jan 27 for the East Campus. Those residents and employees who received their first vaccination on Jan 4, 5 and 6 will have their second and final vaccination on **Monday, Jan 25** and **Tuesday, Jan 26** at the **West Campus**, and **Wednesday, Jan 27** at the **East Campus**. Those residents and employees who missed the first vaccine clinic will have the final opportunity to receive their vaccination at BST on the second clinic date. After the second clinic date, Covid-19 vaccines will not be available through Blue Skies of Texas; therefore, if you miss the second clinic date, you will need to find vaccinations elsewhere. Those receiving their first vaccination on Jan 25, 26 and 27 will receive their second vaccination 21 days later, the third and final clinic date at BST.

The dosage for the second vaccination is the same as the first vaccination, so first-timers can join those receiving the second and final dose. Many of us did not experience any effects from the first dose, but we need to be prepared for possible effects following the second dose. Side effects that have been reported with the Pfizer-BioNTech COVID-19 Vaccine include:

- injection site pain
- tiredness
- headache
- muscle pain
- chills
- joint pain
- fever
- injection site swelling
- injection site redness
- nausea
- feeling unwell
- swollen lymph nodes (lymphadenopathy)



Many of these side effects can be managed at home with over-the-counter medications such as Tylenol. There is a remote chance that the Pfizer-BioNTech COVID-19 vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the Pfizer-BioNTech COVID-19 vaccine. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital. Call the vaccination provider (Walgreens) or your healthcare provider if you have any side effects that bother you or do not go away.

## **RESIDENT COUNSELOR INFORMATION**

*By Shirley Clay*



**Widows receiving both Military Survivor Benefit Annuity and Veterans Disability Compensation** will begin receiving more income in 2021. In the past there has been an offset between the two incomes, meaning that if you receive Dependent Indemnity Compensation (DIC) through VA, the amount received from DFAS

Survivor Benefit Annuity (SBP) would be reduced by the amount of the DIC payment. Due to a law passed by Congress in 2020, this offset is being decreased incrementally and will be eventually eliminated. Many dual-compensated widows have already received notification of this change from the Department of Defense and Accounting (DFAS).

**Military ID Card Renewal – Due to COVID-19, expired cards will be honored until Wednesday, Jun 30.** Renewal ID cards are not being processed at this time.

## **WELLNESS CENTER**

*By Terry Elizondo, Medication Liaison*

**Reid Pharmacy** prefers electronic fax prescriptions from physicians. Please provide your physician's office with the following electronic address when sending electronic fax prescriptions: *DoD Reid Ephcy*. Please submit requests for refills with the Wellness Center. **Please note that Reid Pharmacy is unable to fill prescriptions on an emergency basis.** If you need a medication same or next day, please utilize H-E-B Pharmacy or Walgreens, and ask for delivery service if you are unable to drive, as Wellness is unable to pick up meds outside of Reid Pharmacy.

**Reid Pharmacy Refill Requests** – Please request medication refills at the Wellness Center (West - Room 102 & East - Room 112), using the following method: Complete the Reid Refill Request Form located at the medication drop boxes at each Wellness Center office, and in addition for East, the Mid-Rise Dropbox outside of the Sew 'n Sews Room.



Please Note: Wellness does not accept empty med bottles/containers as a means to submit a refill request. Instead, please complete the Refill Request Form. If you have difficulty completing the form, please come to the Wellness Office and we will be happy to assist.

#### **Medication Distribution Schedule:**

**WEST Campus Residents:** Times for distribution of medications is by alphabetical order as follows: **A-I, 1-2pm; J-R, 2-3pm; S-Z, 3-4pm.** We ask anyone with questions as to the status of a medication to please call Terry Elizondo at (210) 568-3417.

**EAST Campus Residents:** The schedule for picking up medications is **Tuesday, Thursday, and Friday** from 1-3pm.

### **MEDICAL & WELLNESS SCHEDULE**

By [Elizabeth Bain](#), 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** – **Mondays, Jan 11, 18 & 25 9am-5pm**  
**Wednesdays, Jan 13, 20 & 27 9am-5pm**
- **East Specialty Clinic** – **Thursdays, Jan 14, 21 & 28 9am-12pm**

**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, Jan 12, 19 & 26 8am-5pm**
- **East Specialty Clinic II** – **Friday, Jan 22 8am-12pm**

**Visiting Physicians Group** – **Dr. Pham** will be at the **East Campus** on **Mondays, Jan 11, 18, & 25** from **9:30am-4:30pm**. Please call 210-733-5072 to schedule an in-home appointment.

**Zarate Medical Group** – **Dr. Jocelyn Zarate** will be at the **West Specialty Clinic** **every other Tuesday** from **1-5pm**. Please call 210-587-8787 to schedule an appointment.

**Dr. Eric Bernstein** – will be at the **West Specialty Clinic** **on Thursday, Jan 28** from **9am-12pm**. Please call 210-523-7237 to schedule an appointment.

#### **Cardiology**

**Cardiovascular Institute of South Texas - Dr. Bruce Kuo** will be at BST West on the following dates. Please call 210-920-8000 for an appointment and specify your request to be seen for Cardiac, Vascular or Venous Condition.

**West Specialty Clinic** – **Friday, Jan 22, 8am-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 [blueskiesoftxdental@gmail.com](mailto:blueskiesoftxdental@gmail.com).

- **West Dental Clinic – Tuesdays & Thursdays, 9am-5pm**
- **East Dental Clinic – Fridays, 9am-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, Jan 11, 8:30-11:30am**
- **East Specialty Clinic – Monday, Jan 11, 1-3:30pm**

## 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, Jan 27, 9am-12pm**
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**  
**Wednesdays, Jan 21, 9am-12pm**

**Occupational, Physical and Speech Therapy** - Select Rehabilitation provides therapy services on the East Campus in the Vitality & Fitness Center, and on the West Campus.

## SELECT REHABILITATION NEWS

**HAPPY  
NEW  
YEAR**

Celebrating Wellness during COVID-19: We have done it! We made it through the holiday season! Because of the ongoing COVID-19 pandemic, the holiday season looked different than it did in previous years. In addition, several factors, including unrealistic expectations and decreased physical contact with family, may have caused stress and anxiety during the holidays. The good news is that we know the steps to take steps to maximize our chances of staying healthy and happy during the holiday season. These same practices need to be continued in order to transition the practices into habits.

**Practice good hygiene.** It is important to wash hands frequently including before, during, and after preparing food; after blowing the nose, sneezing, or coughing; after treating a cut or another open skin wound; and after having contact with an ill person.

**Manage your stress levels.** Stress can weaken the immune system further and make a person more susceptible to illness. Practices that may reduce and manage stress include yoga, meditation, and spending time pursuing your favorite hobbies.

**Get enough sleep.** Lack of sleep disrupts the normal production of white blood cells, a crucial component of the body's immune system. Adults should aim for at least 7-8 hours of sleep per day.



**Eat a healthy diet.** Eating a healthful, balanced diet can improve your overall well-being. A recommended diet is one that is rich in vegetables and fruit, which will provide plenty of nutrients.

**Exercise regularly.** In addition to strengthening the body, exercise causes the body to release endorphins that reduce stress levels and brings about feelings of euphoria.

**Use technology to connect and stay connected with loved ones.** During this unprecedented time, there are countless technologies that can help you connect with your loved ones. Phone and video calls with your loved ones can help reduce feelings of being alone. Take time to share stories, tell jokes, solve riddles or play simple games with them.

**Happy 2021!!** Continue to keep your physical and mental well-being a priority. Make a list of things you could do to stay active and work your plan one step at a time. Reach out to your friendly neighborhood therapy department for assistance if needed.

Your rehab team can identify lifestyle changes that can facilitate staying physically and mentally healthy while boosting your immune system. In addition, your rehab team can provide practical and helpful information and resources in order to assist in health promotion in your community. To learn more, call your friendly neighborhood therapy department.

**210-568-5171 for the East Campus  
210-568-3415 for the West Campus**

## **LIFE ENRICHMENT**

*[Hope Santos](#), Life Enrichment Manager, & [Carol Estala](#), Activities Coordinator*



**Happy New Year!**

**We are currently offering 30 Fitness classes a week through Zoom, join us!**

**10am Chair Exercise – Monday & Wednesday**

**10am Total Conditioning – Monday, Wednesday & Friday**

**11:15am Zumba – Monday, Wednesday & Friday**

**1pm Chair Zumba – Monday, Wednesday & Friday**

**3pm Pilates – Monday, Wednesday & Friday**

**10am Tai Chi – Tuesday & Thursday**

**10am Gentle Yoga – Tuesday & Thursday**

**11:15am Line Dancing – Tuesday & Thursday**

**11am Chair Yoga – Tuesday & Thursday**

**1pm Chair Yoga – Tuesday & Thursday**

**2pm Body Toning – Tuesday & Thursday**

**3pm Cardio – Tuesday & Thursday**

**11am Tai Chi Serenity – Friday**

**2pm Chair Exercise, Friday**





**2021 January Exercise Schedules** are available at the Front Desk of both the East and West Campus. As of print date of this newsletter, fitness classes are available on Zoom.

## *Blue Skies Upcoming Events*

**January**

### **BLUE SKIES EAST**

**Wednesday, Jan 13 – NBA Spurs Championship, 6:30pm, In-House channel 1890.** The current NBA season continues, but are you missing Tony Parker, Manu Ginobili, David Robinson, Tim Duncan and the rest of the gang? Let us take a look back to enjoy the highlights of the 2002/2003 Spurs Championship again. Tune in to in-house channel 1890 for this special treat.

**Friday, Jan 15 – National Hat Day** – Put on your fancy, funny or any favorite hat today for all to see!

**JANUARY**

### **BLUE SKIES WEST**

**Friday, Jan 15 – National Hat Day** – Put on your fancy, funny or any favorite hat today for all to see!

**Saturday, Jan 16 – Movie Event: *Tea for Two*, 6:30pm, in-house channel 1890.** It's National Tea Month, and what a perfect time for this movie event! Doris Day and Gordon MacRae are two for tea in the No, No, Nanette-inspired romp that has her saying "no" to everything to win a bet. Tune into In-House channel 1890 for this movie event.

**Monday, Jan 18 – Martin Luther King Jr. Walk for Freedom, 10am, Starting in front of the Main Lobby entrance.** During today's time it is more important than ever to come together with the rest of the world, to be an example of how people can work together without discrimination. This walk will honor the man who had a dream and had a huge impact in changing laws and our institutions. Blue Skies is signed up with United Way of San Antonio / Bexar County to be part of the virtual walk here in San Antonio. So, put on your walking shoes and join us! As with other walks, we will be practicing social distancing of our walkers, and you can choose either a 1-mile or 2-mile walk.

