

January 2021

NEWS FROM THE STAFF

NOTES FROM THE DIRECTOR OF RESIDENT SERVICES *By Lori DeWitt*

Update on Covid-19 Vaccines – Please take a moment to look at the Wellness / Life Enrichment section of the Roadrunner for updated information on the next round of vaccines and opportunities if you weren't able to receive the shot during the first clinic.

Synopsis of Current Operations at BSTW (subject to change based on current conditions):

Banks

- Open **Monday and Friday 9am-noon, Wednesday 1pm-4pm.**

Beauty/Barber Shop

- Operations suspended.

Bistro

- Hours – Breakfast, **7:30am-11am** / Lunch/Dinner, **11am-6:30pm.**
- Masks mandatory.
- No dining/drinking in the Lobby.

Chapel Services

- No “in-person” services.

Deliveries

- Tower deliveries will be delivered to the Front Desk.
- Front Desk will call you or deliver to you.
- Outside homes: Deliveries will be to your door.
- Delivery Persons must wear masks. If you see them without a mask, please notify the Front Desk.

Dining

- “To-go” service only.



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Fitness Center

- Open **Mon – Fri, 8am – 5pm**. Current occupancy limit: 6.
- Doors will remain open at all times.
- Masks are mandatory to enter the Fitness Center; please leave mask on while exercising, if you are unable to tolerate your mask while exercising-please do not exercise in the Fitness Center.
- Please use hand sanitizer prior to starting your workout. Anyone in the Fitness Center must remain 6' apart. If someone is already using a piece of equipment, the next person can't use a piece of equipment where they're less than 6' apart.
- After finishing with a piece of equipment, you are required to spray / wipe it down.
- Housekeeper will disinfect approximately every hour.

Pool

- Open **Mon-Fri, 8am-5pm**. Current occupancy limit: 10. Note: We are currently assessing the hours / days of operation.
- Masks required when entering / exiting the pool building.
- Masks required in the spa, if members outside your immediate household are present.
- Classes suspended.

Fitness In-Person Classes

- Classes suspended.

Housekeeping

- Services suspended.

Memorial Services

- Zoom only.

Thrift Shop

- Thrift Shop closed.
- Furniture available w/ prior coordination.

Transportation

- Sign Up at the Front Desk, limited seating.
- Med Center & WHASC transportation – case-by-case basis (no set schedule).

Friday Shopping

- H-E-B / Walmart –
Departs BSTW **8:30am** (return **10:30am**)
Departs BSTW **10:15am** (return **12:15pm**)
- Commissary – Departs BSTW **1:30pm** (return **3:30pm**)



Travel

- Most travel will result in quarantine. We will assess on a case-by-case basis. Please stay safe! Also, even if not quarantined upon return, be mindful of your neighbors. No one can ever be 100% sure they didn't bring something home with them; there's no sense sharing 😊.

Visitors & Independent Contractors

- No entry.

Save The Dates:

IHC = In-House Channel

- Thursday, Jan 14, Friday, Jan 15 – 2018 Sunday Night Live-Ly Rebroadcast, 7pm (IHC)
- Saturday, Jan 16 – 2018 Sunday Night Live-Ly Rebroadcast, 3pm (IHC)
- Monday, Jan 18 – Martin Luther King Jr., Walk for Freedom, 10am, Main Lobby Entrance
- Friday, Jan 29 – Siren Testing, 10am

Safety – Please do not park your golf cart next to the building on sidewalks. Should emergency personnel need access, this could cause serious delays.

Another Chance to Enjoy Conversation – A film student at UT recently contacted me to ask if residents would be interested in participating in a recorded Zoom/video call with him, just to have the chance to talk about yourselves during this pandemic time, which can sometimes be very lonely, especially for some in Liberty House and The Vista. If you're interested in participating, please let me know.

Resident Christmas Poem – Longtime West resident Shirley Stephens Martin has had the opportunity to recite her poem "Our Village II Christmas Lights" every year at the Christmas tree lighting ceremony for many years...but unfortunately, it wasn't possible in 2020. Copies of the poem will be available at the Front Desk.



Look, even Bob got his Covid-19 vaccine!

OK, maybe not, but he sure applauds all who did, and, along with me, he thanks everyone for their patience during the process. Please take a moment to read the

Wellness/Life Enrichment section for details on the next round of shots (and opportunities for those who were not able to get the shot during the first round).



IN MEMORIAM

Mrs. Lamana Kelly Dixon	Dec 10, 2020	Mrs. Theola Lenarcic	Dec. 28, 2020
Mrs. Amy Wheeler	Dec 17, 2020	Col Rodney Henney	Dec 29, 2020
Mrs. Rosella Anderson	Dec 19, 2020	Mrs. Marilyn Klinger	Jan 1, 2021
Col Ernest "Gene" Kircus	Dec 23, 2020	Mrs. Dorothy Nicholson	Jan 5, 2021
Mrs. Susan Fretwell	Dec 24, 2020	Mrs. Patricia Hartley	Jan 7, 2021
CAPT David Klinger	Dec 24, 2020	Mrs. Billie Bridges	Jan 7, 2021

NOTES FROM THE ASST. DIRECTOR OF RESIDENT SERVICES

By Teresa Santana, Assistant Resident Services Director

Notary Services – Are available to you at no charge. We ask that you please call us in advance and make an appointment to help minimize face-to-face contact. The following BST staff members are notaries:

Elizabeth Bain, Wellness Liaison –	210-568-3416
Shari Proctor, Wellness & Life Enrichment Director –	210-568-3355
Shirley Clay, Resident Counselor –	210-568-3282



Calling All Cyclists! – If you currently have a bike stored in the bicycle area and are not currently riding, please have it removed. The Bicycle Room is not for storing purposes, but rather for folks who are riding on a routine basis. Custodial Services can assist you in the removal and storing of your bicycle. You can reach them at 210-568-3241.

Welcome New Residents – Please give the following new residents a warm Blue Skies West “Welcome” in your respective neighborhoods.



- Dr. Nikki Adams, #2206
- Mr. Raymond & Col Francis (Fran) Bell, #2206
- Ms. Hazel Gully, #1802
- Lt Col Dave & Mrs. Vicki Wormald, #2504 (Temp #341)

NOTES FROM THE DIRECTOR OF DEVELOPMENT

By Jennifer Berg Matthews

Employee Emergency Fund – Many of you as residents already support the Employee Appreciation Fund as a special “thank you” to our hourly employees. Another fund you may consider which impacts both hourly and salaried employees is the Employee Emergency Fund.

For years, this fund has helped staff who find themselves in critical financial situations through no fault of their own. Key examples include:

- Someone who received help with basic expenses after her home burned down;
- Someone who received funds to travel to his mother’s funeral in Mexico, something he would have missed otherwise;
- COVID-related financial hardships.

Any gift you provide, whether one-time or monthly, can be life-changing for the staff member delivering your food, cleaning your home, or smiling at you in the hall. There is a formal application process through a BST staff committee, and funds are confidentially awarded based on individual circumstances. Your gift would add to the generosity already provided this holiday season by several staff members who responded to our challenge to become new monthly and one-time donors to this fund.

While the core mission of the Air Force Villages Charitable Foundation here at Blue Skies is to take care of residents who need assistance, we’re proud to say that we as a community take care of our own staff, too. After all, aren’t we all family here at Blue Skies?

If you’d like to learn how to support this fund or any other, one-time or through your monthly statement, please call me at (210) 568-3206 or email me at jenniferberg@blueskiestx.org.



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A New Name! – During this past year, we’ve seen a lot of changes, and personally, I’ve had one particularly significant change: my name. On November 28, 2020, I married a wonderful man and became Mrs. Matthews, so don’t be alarmed if you see a new name coming from the Development Office. Mitch, Daniel, and I are all still here and proud to serve you, and for those waiting for your charitable giving tax receipt, look for my new signature!

Blessings to you and your loved ones as we forge ahead into the brighter days of 2021, and cheers to a new year!

SCAM ALERT

By Shirley Clay, Resident Counselor

The Federal Trade Commission now has a simple online website that you can use to report scam, fraud cases or attempts. The online link is <https://reportfraud.ftc.gov/#/>. There is also a telephone number that you can use, 877-382-4357. Your information will be shared with others to avoid future scams, as well as shared with law enforcement attempting to catch scammers. Knowledge is still the best defense against being scammed.

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	Anniv.	Yrs. Svc.	Department
Olga Perez	Jan 2	20	Environmental Services
Susan Ferlitto-Gonzales	Jan 3	1	Hospice
James Ballard	Jan 4	2	Hospice
Socorro Segura	Jan 9	20	Mission-Healthcare
Ashlie Campos	Jan 9	6	Marketing
Pamela Rodriguez	Jan 11	16	Environmental Services
Irma Medina	Jan 11	8	Mission-Environmental Services
Santiago Caro	Jan 13	9	Resident Services
Maria Teresa Reyes	Jan 13	9	Arnold House-Assisted Living
Teresa Elizondo	Jan 15	1	Wellness
Lt Gen Darrell Jones	Jan 15	3	Executive
Tim Hohon	Jan 18	16	Capital Projects & Safety
Agripina Moreno	Jan 19	3	Vista-Healthcare
Mario Serna	Jan 22	11	Maintenance
Robin Garza	Jan 23	12	Environmental Services



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Kathy Phelps	Jan 24	3	Wellness
Carmen Arteaga	Jan 27	9	Personal Care Center
Maria Elena Rios	Jan 27	9	Vista-Environmental Services
Margaret Richards	Jan 29	17	Resident Services
Gina Cortez	Jan 31	1	Vista-Healthcare
Robert Lopez	Jan 31	1	Dining Services
Froilan Vallejo	Jan 31	1	Dining Services

RESIDENTS' CORNER

NOTES FROM THE DRAC

By Karen Reid, DRAC Chair

Welcome to 2021 and your new Dining Room Advisory Committee (DRAC). We look forward to engaging with residents to ensure we propose the changes necessary to improve the food and dining experiences at Blue Skies of Texas West. The following individuals are your representatives for 2021. (Phone numbers / emails are located in the Resident Directory.)

Area	Apt.	First Name	Last Name
1100-1500	1413	Nancee	Langley
	1308	Lee	Wells
1600-2000	1814	Susan	Stuckert
2100-2400	2309	Joann	Bennett
	2102	Jim	Kellogg
2500-2800	2601	Kyle	Hood
Gardens	869	Betty Ann	Adams
	808	Karen	Reid
Liberty House	116	Jerry	Bullock
	116	Lucille	Bullock
Tower 1	711	Valerie	Rieke
	316	Tom	Reedy
Tower 2	424	Elaine	Bell
	623	Tom	McKenzie
Tower 3	436	Robert	Ferré
	134	Doc	Jones
Tower 4	548	Sue	Blansett



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Thank you so very much for the food comment forms you have submitted. Here is a summary of the submissions received between Sunday, Nov 22 and Friday, Dec 25.

Comments	Compliments	Complaints	Total Comments
11	25	6	42

Don't forget, anyone can submit an electronic comment form using either your cell phone or computer. Go to blueskiespb.weebly.com/links—blue-skies-west-dining.html. Below the word "HOME" in the left-hand column, click on "Food Comment Form", and then scroll down the web page to fill out your submission and submit it.

RESIDENTS' CONCERT SERIES

By Ginny Hallager

It's a new year, and a new season of concerts begins. Technology can be a pain to some of us, but what a blessing when it gives us the ability to continue to bring you concerts of the highest quality.

In February we welcome back our "own" Sasha and Chloé (Alexandre "Sasha" Moutouzkine, piano, and Chloé Kiffer, violin, for newer BST residents) and Friends. That concert will be shown on **Friday, Feb 12** and **Saturday, Feb 13** at **7pm** and **Sunday, Feb 14** at **3pm**. A new group to us, Agarita, will perform in March. The group includes piano, violin, viola and cello. Dates will be announced at a later time.

All showings are on the In-House Channel 1890 on Spectrum. Don't miss these opportunities to let your cares and worries dissolve and just enjoy some marvelous music.

AFV II PROTESTANT CHOIR NEWS

By Ginny Hallager



Even though the Choir has not rehearsed together since before Easter, our fearless leader has not forgotten us. Tony Bir has always looked forward to our Christmas celebration, complete with food and gifts. The fact that we have not seen each other all year did not deter Tony. He arranged with Gayl Ganskow to receive and then distribute his goodies to Choir members last week, and Gayl deputized Carol Hughes to help with logistics. Among the gifts were a can of soup, pudding, candy canes, a great headpiece and a roll of toilet

paper. Always the practical man! Thank you, Tony, from your dedicated Choir members, who one at a time continue to sing God's praises. Can't wait until we are together again.



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WHAT DO YOU KNOW ABOUT P.E.O.?

Fourth in a Series - By Pat Wagner

The early 1940s had women in the workforce like “Rosie the Riveter”. The Space Age had women who were so smart, they helped to put men on the moon! Windshield wipers were developed by a woman. And the bump outs or “slides” on an RV or trailer were developed by a woman in the 70s. Women have always been creating improvements for our lives. That is why P.E.O. is dedicated to helping women achieve their goals.

P.E.O. is a Philanthropic Educational Organization that supports women striving for higher education. One of the ways we do this is through a Scholar Award. This award was started in 1991 to provide substantial merit-based awards for women of the United States and Canada who are pursuing a doctoral-level degree at an accredited college or university. So far over \$28 million in scholarships has been awarded.

In one of my Chapters, we discovered a young woman who was developing a special polymer that would accept cells so that bones could be “grown.” She received \$15,000, the highest amount given that year. Most of the awards have been to women in science or engineering because the advancements they are making are so incredible. But another chapter found a woman at the University of Houston who wanted to be an orchestra conductor. She was awarded \$20,000, and she went on to win the 2019-2020 American Prize in Conducting. Many of these women would have had to give up their dream to get a job, or stay home with a child, if P.E.O. hadn't stepped in to help them financially.

If you know of a woman who is working on a doctoral degree and could use some financial help, please let me know (Resident Directory). If you would like to make a donation to help our cause, please contact me as well.

HAM RADIO NEWS – ACTION ON THE ROOF

By Betty Overacker



On Tuesday, Dec 8, three BST Amateur Radio operators constructed a 10-meter antenna on Tower 3's roof. This antenna offers superb long distance radio contacts, it's easy to build, and the cost is minimal. The antenna, called a delta loop, looks like a triangle. The new antenna was erected for the sole purpose of participating in the Amateur Radio Relay League's (ARRL's) 10-meter radio contest held on Saturday, Dec 12 and Sunday, Dec 13. The objective of this contest was

to promote amateur radio activity on the 10-meter band. This band is not popular because long distance communication is only available during daylight hours (9:30 AM to 4:30 PM CST), because we are near the minimum of the 11-year sunspot cycle.



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BST's Radio Club exceeded expectations, with 119 stations contacted on 10 meters to include 13 each in Argentina and Brazil, plus a unique Namibia station (you may have to look up the location of that country)! The 10-meter antenna was dismantled on Tuesday, Dec 15.

With the continued pandemic gathering restrictions, the next BST Amateur Radio Club meeting will be virtual via **Zoom** on **Thursday, Jan 21** at **11am**. Please contact Joel Lichtenstein (Resident Directory) for more information.

73—(Best regards in Ham language).

ARTS AND CRAFTS FAIR

By Kathleen Andrews

The Arts and Crafts Fair has been rescheduled for June or early summer; please mark your calendars for June as a reminder. The annual event is held in the Blue Skies lobby, and artisans must be residents of either Blue Skies East or West and items must be made by the residents. More information will be available later in the spring.

BSTW CHRISTMAS DECORATING CONTEST WINNERS

By Paula Haley

A big thank you to all who participated in our 2020 Christmas Decorating Contest at BSTW on Thursday, Dec 19! We truly appreciate all of you who shared your holiday cheer in this way, especially this year.

The judges had a hard time picking winners...residents were very good at decorating their homes this year. And without further ado, drumroll, please!

Best Cul-de-sac: 1500s – These residents worked together to come up with a theme for their cul-de-sac and make it special.

Best House: 2602 – Fidel and Eppie Exconde

Best Balcony: 436 – Robert Ferre and Linda Ricketts

THRIFT SHOP FURNITURE SALE

By Susan Shumaker

Residents and BSTW Staff, the next Thrift Shop furniture sale is scheduled for **Friday, Jan 15**. If you find yourself in need of a particular piece of furniture, you may call Susan Shumaker or Eleanor Frisch (Resident Directory). If we have what you're looking for, we will schedule you for an appointment to come over to Apt. 1106, check it out and see if it meets your needs.

We will still be accepting donations of furniture. However, we must come over to your residence to check out what you have to donate. This ensures that we have space for the item(s).

Thank you for your continued support of Thrift Shop furniture sales!



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STEWART ALLEN – LEWISVILLE HS HALL OF FAME

By Dottie Conner



Every year, Lewisville (TX) High School chooses one of their alumni/ae to have his/her photo placed on their Hall of Fame wall to inspire current students to achieve higher goals. In December 2020, that honoree was Blue Skies West resident Stewart Allen (pictured with wife Phyllis, and at the induction ceremony). His biography, featuring a life as a researcher, military spouse, GED teacher, research physicist,

and church volunteer, as well as anecdotes from life in Alaska and the Philippines, is filled with wonderful accomplishments. (I have the full biography, if you would like a copy.) He has truly had a profound effect on so many, in a variety of ways. Congratulations, Stewart!



THANK YOU!

From Ellen & Gary Alkire

Thank you for sending condolences to Gary and me over the loss of our daughter. Cynthia passed away on December 28 in Conroe, Texas. Your thoughts, prayers, etc., are very much appreciated.

From Jim & Dottie Conner

To our Blue Skies workers and staff:

Thank you to each and every one of our Blue Skies workers who have helped us through this past year. We have seen everything from managers hand-delivering food on Sundays to housekeepers and dining staff leaving their families to come in and work extra hours when our staff was stretched thin with absences due to the virus. Our thanks also to all of those workers who took special care to keep their masks on when dealing with us, and patiently submitted to having their temperatures taken each morning before reporting to work.



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All staff that we encountered were unfailingly helpful and cheerful throughout this whole situation, took on jobs they hadn't signed up for, and offered to go above and beyond in their efforts.

We know there are many, many unsung heroes, often because we can't see them: people like the staff at our three care facilities of Freedom House, The Vista, and Liberty House; dining staff who work in the back; people who keep the machinery working when we need it most, and fix it as quickly as possible when it crumps; the staff at Wellness who keep our spirits up and support us when things get really bad; the number crunchers in Finance who make sure our money is well cared for; the computer gurus who keep our information systems running; our wonderful Front Desk workers who are always there for us, even all night long; and we know there are more. You made it possible for all of us to make it together through "this long, dark night" of the pandemic, and we will always be grateful to you.

With love and appreciation in our hearts, Jim and Dottie Conner

From Celia McClelland

I wish to express my gratitude to all my friends (both residents and staff) for condolences received on the death of my mother. Even though COVID-19 has forced us to maintain a distance, I have felt your love and support through the kind sentiments expressed in your cards and phone calls. My heartfelt love, appreciation, and thanks to my Village Family.

RELIGION

CATHOLIC NEWS

By Annie Moore

Since Catholic services started (sign-up required), during all Masses we follow the protocol of the Archdiocese of San Antonio. Mass attendees must maintain a 6-foot distance, and masks will be required for all persons during the Mass. (Exceptions: lectors, and priests while reading). Note: currently all in-person Services are suspended.

Saturdays – All in person Services are suspended until further notice.

Wednesdays – All in person Services are suspended until further notice.

St. Vincent de Paul, Castroville - First Saturday Donations

Pastoral Care - Hospitals have a Catholic priest available, so please ask a staff member to contact him.

Spiritual Direction - Fr. Rich Bendorf, OFM, is available for spiritual counseling by appointment. If you are interested, please contact him by text or email (Resident Directory).



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SPORTS, GAMES AND SCORES

COMPETITIVE RUNNING

By John MacIntyre. Photos: Bob Seigel

December wrapped up the year for the Blue Skies Seasoned Soles. All those who ran/walked competitively received the new Seasoned Soles shirts at the First Annual Awards program.



Pat Perry, Pat Hochstat, Hope Santos and John MacIntyre participated in the Run for a Claus to benefit the Salvation Army. Then Ellen Skiba, Pat Hochstat and Pat Perry ran the St. Nick at Night races. Pat Perry ran the 10K and placed second in her age group, while Pat Hochstat and Ellen Skiba placed first and second in the 5K in their age group.

Pat Perry also participated in the San Antonio 100 Mile (in a month) and John MacIntyre completed the San Antonio Rock & Roll Half Marathon (virtual). For the year 2020, seven of the Seasoned Soles competed collectively in 96 races for a total distance of 860.10 miles!



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THE ELEVENTH STEP TO PREVENT YOUR NEXT FALL

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

Despite decades of continuous intervention for people with all kinds of addictions, research results and opinions vary on the effectiveness of 12-step programs. With the development of other therapies, including pharmaceuticals and individual counseling, the data shows that the 12-step programs are effective but not necessarily as a stand-alone intervention.

If you have taken the appropriate Steps in this series of articles, your own experience is all the data needed to show if this program has been effective for you. That is, do you believe that taking the Steps published here have prevented you from falling (again)?

There are two key parts of effective personal fall prevention. First, making a decision to take the Step, and also having the ability to implement a particular Step. However, you do not have to complete each Step alone. A physical therapist can do a thorough analysis of your **risk** for falling, AND prescribe a treatment program specifically for you to reduce your **risk** of falling. (You may have to ask your primary medical provider for a referral to a physical therapist to evaluate your **risk** of falling.)

Educate yourself about taking Step 11 to prevent your next fall.

STEP 11: Seek greater safety and less risk through consultation with professionals.

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.

STEP 2: We came to believe that learning the warning signs can lead us to prevent our next fall.

STEP 3: Actively trust professionals to help 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: Apply fall prevention suggestions to the care of your spouse.

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

STEP 8: Trust professionals to help improve the way you walk.

STEP 9: Make an appointment to have your feet examined.

STEP 10: Choose the path of least risk – not the most direct path to walk.

