

NEWS FROM THE STAFF

Distinguished Service Award

Darrell Jones, President / CEO

Every year, each Blue Skies of Texas campus recognizes a person, persons or organization that has/have contributed significantly to the betterment of Blue Skies of Texas. The award is given either for a sustained period of superior performance, or a specific meritorious act or achievement.

Distinguished Service Award nominations may include residents, board members and any friends of BST who have no direct affiliation with BST. Any resident, board member, or staff member of either campus may make nominations. Please submit your nominations to the Resident Services Director, Dave Zeh, containing a brief narrative of the nominee's contribution or achievement, no later than **Friday, 22 Oct.**

Save the Date

Tuesday, 5 October: **OPEN** DRAC Meeting, 10:00am Sky Lounge

Tuesday, 5 October: AF Band "Freedom Brass Quintet" performance, 2:30pm Portico

Monday, 11 October: Columbus Day – Federal Holiday, Normal Operations

Tuesday, 12 October: FLU Shot Clinic, 9am-2pm CC2&3

Tuesday, 26 October: "Discussion with the Director", 2:00pm Legacy Room

Thursday, 28 October: **OPEN** RC Meeting, 2:00pm Sky Lounge

Operations

Alert status: **Orange**

VIP Bands for Visitors of Independent Living

- **Masks are mandatory for ALL visitors**
- **VIP bands** can be obtained from the front desk
 - Visitors must show proof of vaccination (i.e. original vaccination card)
 - To be fully vaccinated the effective date is 2 weeks *after* the last dose
- Visitors must wear the **VIP band** while dining and *when attending memorial services*. Please encourage your visitors to keep their wristbands for future visits!



1 **Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org**
Next Publication Date: Friday, 29 October

- Vaccines being offered nationwide:
 - Moderna: 2 doses
 - Pfizer: 2 doses
 - Johnson & Johnson: 1 shot dose

Notes from the Director of Resident Services

Dave Zeh

COVID Booster Clinic

Thank you all for your cooperation and participation on receiving the COVID Booster vaccine this past week. It went smoothly and hopefully it will help reduce the spread of the virus. See you on October 12th for the Flu Clinic!

COVID Updates

In the past couple of weeks, the East Campus had a total of five Independent Living residents test positive for the COVID virus. Some of them we traced back to attending a memorial service in the Main Chapel, with out-of-town guests who tested positive once they returned home. We believe the spread was from that out-of-town family member. We also had a couple of residents in The Arnold House and The Mission test positive for COVID with a different tracing theory. That is why visitors have been limited to those facilities. We hope to be able to continue with visitation soon after their protocols are followed.

These recent cases at East highlight the need to continue to wear masks when in public. All five IL residents were fully vaccinated, this reminds us that the virus can spread by vaccinated people. Luckily, all cases were mild that did not require hospitalization.

Over the past few months, the West campus has had their own cases, but like ours at the East campus, they were few and residents were not seriously ill. This is a sign that the vaccine is working. As I mentioned last month, BST mandated that all employees will be vaccinated as a condition of employment. I am happy to report that this new policy did not result in any terminations or resignations from employees working in the East Campus Independent Living departments.

At this time, masks are still required while in the common areas. Masks are only allowed to be removed when dining. Visitors in the Dining Room and at Memorial Services must be wearing a VIP wristband, indicating that they have been vaccinated. You will notice we added the Memorial Services to the wristband policy.



2

Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org
Next Publication Date: Friday, 29 October

HIPPA

A reminder to all residents and staff on the HIPPA rules we follow. Due to legal requirements, we do not publish or use personal health status or history on our residents. We might use general terms, but due to privacy laws, we are prohibited from releasing any details about the health and welfare of a resident unless specifically authorized to do so by the individual. This is the reason why we do not release names of residents with COVID positive status, vaccination status, hospital stays, or ambulance transfers. While we balance the need to know to the general population and HIPPA rules, we will handle each case separately to best keep the campus community informed.

Quarantine Requirement Reminders:

As a refresher, currently we are only quarantine residents who:

- ✓ have tested positive for the COVID virus, or
- ✓ have traveled outside of the United States (International travel, foreign cruises, etc.)

New guidance:

Residents are not required to self-quarantine if they are vaccinated and come in close contact with a person who is COVID positive! We follow the CDC guidance on these issues. If a spouse is COVID positive, we will evaluate the quarantine policy depending on the individual circumstance.

Close contact is considered being around someone who is COVID positive:

- ✓ more than 15 minutes in the last 48 hours
- ✓ not social distanced
- ✓ not masked

Residents who test positive will be released by Wellness from quarantine after the minimum 14 days. Based on individual symptoms, a resident may be required to have a release from their doctor depending on the situation.

Reminder: If you are not feeling well, please call your doctor or notify wellness or the front desk. This way we can assist you in a timely manner. Be a good neighbor and check on your neighbors.



3

Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org
Next Publication Date: Friday, 29 October

Thank You!

Danielle Weintraub



It has been an absolute pleasure to have been a part of the BST team for the last 6 years. I have met so many wonderful people and have had the opportunity to be mentored by not only the people above me, but around me. Thank you for the genuine support and care you have shown me, my appreciation is infinite!

In Memoriam

Maria Scarberry, 6 Sep 2021

Mary Ann Jepson, 6 Sep 2021

Lavern Ivey, 20 Sep 2021

Chloe Brown, 20 Sep 2021

Jean Knehans, 21 Sep 2021

The Sew & Sews room has been renamed "The Anne Balog Sew & Sews Room" to honor her guidance, leadership, and friendship during her many years at the east campus.



Welcome New Residents

Gerard & Sharon Nery #1710, 23 Sep 2021

Sylvia Krueger #910, 4 Oct 2021

Scam Alert Article

Ashlie Campos, Personal Affairs Advisor

When you get a call from a number you don't recognize, *lock your phone and don't answer the ring tone,*

because monster (scammer) season is here once more! During this Halloween season, watch out for scammers who disguise themselves as your grandchild, voice recordings, Amazon, telephone providers, bank providers, etc. Remember, if what they offer sounds too good to be true, they're trying to **put a spell on you!**



4 **Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org**
Next Publication Date: Friday, 29 October

Maintenance & Pest Control

Scott Fishman



Maintenance Work Order Submittals – If you see something that our team needs to address, please let us know by calling Lupe or sending an e-mail.

- Work Order Desk: 210-568-3261
- Work Order Email: workorder@blueskiestx.org

Once a workorder is loaded in the system, the initiator should receive an email notification along with the workorder number. If you do you receive an email, please call Lupe to follow up. Thank you all for your eyes and ears to help maintain our campus.

Service Call Feedback –The maintenance technicians will be leaving a feedback card after each visit with the resident. This will inform you of any service that was performed in your residence if you happen not to be present. Additionally, it will ask for feedback to the department to ensure the workorder was completed accurately.

Pest Control: Services are accomplished 4 weeks per month. Thursday 29 July is the 5th Thursday of the month and there are no scheduled Pest Control services scheduled.

Thursday, 7 October		Thursday, 14 October	
Hi-Rise	Floors 11-12	Hi-Rise	Floor 13
Mid-Rise	Floor 7	Mid-Rise	Floor 8
Cottages	1727-1730	Cottages	1714-1719
Hills		Hills	
Health Care		Health Care	
Specials	AH: Interior common & exterior Cochrans: Interior & exterior	Specials	Hobby Shop: Exterior

Thursday, 21 October		Thursday, 28 October	
Hi-Rise	Floor 14	Hi-Rise	Floor 15 & exterior
Mid-Rise		Mid-Rise	Exterior
Cottages		Cottages	1628-1631
Hills		Hills	
Health Care		Health Care	TM: Main HCC/Kitchen, dining & exterior
Specials		Specials	FVC: Exterior MX: Interior common

1



5

Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org
Next Publication Date: Friday, 29 October

Catered Living Laundry Services

Mercedes Cruz, Catered Living Manager



We take care of all your laundry needs!

Laundry service is \$1.50 per pound (\$6.00 minimum charge).
Our Services include wash, dry & fold, and pickup & delivery.

We would love to hear from you! Please contact us at 210-568-3285.

Play for Freedom

Daniel Garcia Casillas, Fundraising Associate



Thank you to all who supported the 2021 Play for Freedom Golf Tournament at The Quarry Golf Course on Friday, 10 September!

With amazing generosity from corporate sponsors, individuals, gift donors, and 132 golfers, it was a great day for our guests and a great day for Freedom House.

With the help of many friends, **over \$130,000** was raised to benefit memory care programs at Blue Skies.

A total of 24 residents participated this year! Congratulations to the Blue Skies Resident team of Mrs. Pat Wagner, Mr. Jim Cosgrove, Col Glen Jackson, and Lt Col Gil Wolfe, as they join the Resident Winners' Circle and have "braggin' rights" for a year!

Please mark your calendars for our 28th Annual Play for Freedom Golf Tournament which will take place during its original timeframe in the spring on **Friday, 25 March 2022** at The Quarry Golf Course. We look forward to your continued support.

Big Give 2021 – Thank You!

Jennifer Matthews, Director of Development

We'd like to offer you a "Big Give Thank You" for your assistance in donating to employee scholarships! With your help, we raised a record \$123,499, enough for nearly 247 scholarships.

Now that we are funded, employees can begin to sign up for the program, agreeing to commit to working at Blue Skies of Texas for 6 months in exchange for up to \$500 towards their educational program of choice. We hope this incentivizes our beloved staff to stay at Blue Skies while they follow their dreams and goals to new heights.



Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org
Next Publication Date: Friday, 29 October

Employees are welcome to apply for the program as many times as they need until funds run out and should this program result in success among our staff, we will find a way to keep it running in perpetuity.

Thank you again for your support, and we look forward to next year's Big Give on Thursday, 23 September 2022.

The Story of Brooks AFB

Jennifer Matthews, Director of Development



You will have the unique opportunity to watch "The Story of Brooks" on Sunday, 16 October on the in-house channel. This lengthy documentary has been split into three episodes which will air at 10am, 2pm and 7pm. If you'd like to see the whole story of Brooks AFB, tune into the whole thing! Each part is about 1.5 hours long, so this schedule should give you a nice break to eat and recover, should you choose the

"marathon" option. Enjoy! (Film courtesy of Jim Berg, my father.)

The official Air Force documentary "The Story of Brooks" chronicles the 90-plus year history of Brooks AFB in San Antonio, Texas. It is the story of Air Force pioneering scientific achievement in aviation, aerospace and space medicine research. Released in 2012, the four-and-half-hour, eight-episode documentary took five and a half years to complete. It showcases the legacy of Air Force contributions to science, medicine, aviation technology and manned space flight.

Featured in this cinematic epic are 21 historical dramatizations employing several performers who portrayed historical characters. Among them is Charles Lindbergh, who in 1924 flew his barnstorming airplane Yellow Bird to the Army Air Corps primary flying base at Brooks Field. It was there where he honed the navigational skills he would need three years later for his historic trans-Atlantic solo flight to Paris. The documentary also highlights the development of instrument flight, parachutes and airborne operations, flight suits and aircraft oxygen systems. The film showcases the U.S. Air Force School of Aerospace Medicine's scientific discoveries, innovations and inventions such as development of Magnetic Resonance Imaging (MRI), respirators, radiation dosimeters, vaccines and LASIK surgery. The Story of Brooks also reveals the origins of the Air Force's first space force and its support to NASA's manned space



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Next Publication Date: Friday, 29 October

flight program through space cabin simulators, primate research and astronaut training.

Episode 1 – “History of Brooks Field” combines compelling stories that tell the huge strides military aviation undertook, that later led to American aviation military dominance in the twentieth century. Important stories of note include origins of military flight training featuring Charles Lindbergh, invention of balloon aerial observation, high altitude health and research to increase successful flight training, a dirigible flight from Texas’ largest building, creation of all weather or blind flight by Col. Ocker, the invention of successful parachutes, First Flight surgeon Dr. Lister, and interviews with Doolittle copilot Dick Cole and Ace pilot Tex Hill.

Episode 2 – “Brooks Laboratories & Space Science”: Origins of space medicine; first weightless parabolic flights; Mercury Astronauts tested and balloon flights ascend above 100,000’, support for new space agency - NASA; President Kennedy’s dedication on November 21, 1963; origins of Skylab; invention of space foods; extreme bedrest by airmen to research prolonged space flight. Finally, well-known local businessman Bjorn Dybdahl – a Brooks Airman specialist – oversaw a similar 100% O2 tragedy at Brooks as occurred just 4 days earlier with Apollo 1 at Cape Kennedy, both in January 1967.

Episode 3 – Cockpit respirators are perfected, allowing high-altitude flight for fighters and bombers. Forrest Bird’s groundbreaking research on ventilators and in cockpit respirators changed everything for pilots following WW II; research directed by Dr. Raymond Damadian, which led to breakthrough NMR research which later became today’s MRI.

Again, we hope you will be able to enjoy this series!



8

**Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org
Next Publication Date: Friday, 29 October**

Anniversary Milestones of Service

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
Florence Carter	5 Oct	22	The Mission
Theresa Varnado	5 Oct	3	The Mission
Briana Iglecias	6 Oct	1	The Mission
Cory Kreckler	9 Oct	4	Maintenance
Danielle Weintraub	9 Oct	6	Resident Services
Veronica Garcia	10 Oct	7	Freedom House
Judith Zandt	12 Oct	9	Freedom House
Hope Santos	13 Oct	23	Wellness
Adriana Valdez	14 Oct	5	Freedom House
Brian Englund	17 Oct	10	Finance
Garza, John	20 Oct	15	The Mission
Rosemary Ansualda	20 Oct	5	Dining Services
Daniel Casillas	20 Oct	1	Development
Jennifer Berg	21 Oct	2	Development
Dustin Smith	24 Oct	7	Finance
Jimmy Flores	25 Oct	27	Freedom House
Yvette Byrd	26 Oct	3	Freedom House
Salley Casey	26 Oct	1	Marketing
Shari Proctor	27 Oct	24	Wellness
Elda Coronado	27 Oct	5	Dining Services



9

Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org

Next Publication Date: Friday, 29 October

RESIDENT'S CORNER

BA & NC Dinner – Texas Oktoberfest

Paul Wilkinson

October birthdays, anniversaries, and newcomers' dinner in the Sky Lounge: 5 pm, Tuesday, 12 October. Entertainment by the Germaniacs. Open to all Blue Skies of Texas East residents. Menu and cost will be on the registration form. Limited to 90 residents.



All attendees must make an advance reservation by entering their name on the reservation roster posted in CC-1 beginning 8:00 am, Monday 27 September. Reservations will close at 6 pm on Tuesday, 5 October. This month's dinner is open only to Blue Skies of Texas East residents. (No outside guests at this time.)

Reservations are firm and you will be billed if you do not cross out and initial your name by 5 October. (No take-out meals this time). No phone reservations or cancellations will be accepted. Only hospitalized residents will not be charged for absence on 12 October.

Attention Green Thumbs!

Jim Conner, BSTW Resident



On Friday, 15 October at 10:00 am, David Rodriguez, Texas A & M AgriLife Extension Service, will give a presentation in the Road Runner Lounge on gardening and landscape plants.

All residents are welcome to attend. He will visit the garden area, commenting on our plant selections and giving advice. Our fall gardens are going great and the butterfly garden has lots of butterflies stopping by on their migration. Let me know if you are interested in participating in the garden visits.

He can also address container plants for those of you who like to have something on your balconies. He has a popular WOAI News Radio show on Saturday's from 7-10 am if you would like to know what type of information he can cover.



10

Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org
Next Publication Date: Friday, 29 October

Arts and Crafts Fair

Patricia McCarthy, BSTW Resident

Please save the date! Friday, 5 November for our next Arts and Crafts Fair, to be held from 10am-3pm in the Main Lobby at BSTW. It's an opportunity to discover and purchase unique items, "Made in America", before the Christmas rush hits! The Fair is brought to you by your friends and neighbors of Blue Skies East and West, and artisans from both campuses are cordially invited to participate. Please let me know (see Resident Directory) if you have any questions.



Wreaths Across America

Betty Chalfont, BSTW Resident



Wreaths Across America (WAA) is an annual tribute to honor our fallen veterans during the Christmas holidays. Wreaths are laid at over 2,100 cemeteries in the US, at sea and abroad. This year, the event will take place on Saturday, 18 December at Fort Sam Houston National Cemetery.

If you would like to have a live wreath placed on the grave of a family member, a friend or a veteran, the cost is \$15. At Fort Sam Cemetery, it can be grave-specific and the wreath will be placed. If you do not know a specific veteran at Fort Sam, please consider having a wreath placed on a veteran's grave.

Remember: Our Fallen U.S. Veterans
Honor: Those Who Serve
Teach: Our Children The Value Of Freedom

WE WILL NOT FORGET

Please contact Dave Zeh. Deadline for orders is Monday, 29 November.

Ham Radio News – "Hurricane Hams"

Betty Overacker, BSTW Resident

Prime hurricane season is here! Four notable hurricanes have already occurred in recent weeks, resulting in power outages, flash flooding, tornadoes, and structural damage. These were "Grace" in Mexico, "Henri" in the Northeast, "Ida" on the Gulf Coast, and "Larry" in Newfoundland, Canada. The Hurricane Net Watch (HNW) was activated for each of these events. The HNW is comprised of Amateur Radio



11

**Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org
Next Publication Date: Friday, 29 October**

Operators who gather ground truth weather conditions and problems, then communicate their findings via repeater systems to the Amateur Radio Emergency System (ARES) and local emergency agencies. The HNW amateur radio volunteers are a vital part of an elite emergency service and are nicknamed "Hurricane Hams".

The next BST's Amateur Radio Club meeting will be held on Thursday, Oct 21 in Room CC3 at 11:15am. Please contact Joel Lichtenstein for more information. 73—"Best regards" in Ham language).



Christmas Celebration

Christmas Celebration Committee

We look forward to you joining your fellow residents for food, fun, music, and dancing at "A Christmas Celebration" on Wednesday, 1 December 2021 from 4:45-7:45pm in the Sky Lounge.

Please note, the Christmas celebration is *limited* to 90 people. If you would like to attend, please make a reservation by signing up in CC1 starting on Monday, 11 October. Reservations will close on Monday, 25 October. Dress is business casual or black tie. No outside guests at this time.

Reservations are firm and you will be billed if you do not cross out and initial your name by 25 October. Only hospitalized residents will not be charged for absence on 1 December.



A Christmas Dinner



Prepared by Chef Brad

Smoked Beef Brisket Ragu
Polenta Cake & Asparagus
Beet & Goat Cheese Salad/pumpkin seeds
Tiramisu Cheesecake

Vegetarian Option
Beyond Burger & Portobello Mushrooms
Polenta Cake & Asparagus
Beet & Goat Cheese Salad/pumpkin seeds
Tiramisu Cheesecake

No takeout or delivery.

The dinner is \$30 and will be charged to your meal account.

If you would like to be a table sponsor, please come to the high rise lobby on Monday, 8 November and Tuesday, 9 November from 11am to 12pm to sign up. The table sponsor will be required to pay cash on the day of sign up: \$25 for a table of 4 or \$35 for a table of 6.

The tables will be assigned on a first come, first served basis - with the sponsor having the option of also selecting the members of the table. *Table reservations will not be taken before 8 & 9 November.* The money raised will go toward covering expenses, anything extra will go toward the employee fund. People not at a sponsored table will be assigned seating by the committee.



13

Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org

Next Publication Date: Friday, 29 October

The Archives of Our Lives

Steve Wilson

"The Archives of Our Lives" is the video series featuring Blue Skies of Texas East residents talking about their life stories and capturing personal memories and events that create our unique Village culture. In October 2021, the tenth episode, featuring **Nancy Spak**, will be shown.



Nancy Spak probably still can't answer the question, "What do you want to be when you grow up?" Raised by a large and loving immigrant family, Nancy was encouraged to actively engage in learning from her earliest days. Central to her life was her father, who specialized in road trips of discovery and adventure and who taught Nancy the joy of knowledge. She learned discipline and patience, essential to honing her world-class skills as an award-winning concert pianist who appeared as a soloist with several symphony orchestras before she was 15. She appeared on a well-known national television show that earned her bags of fan mail. Despite earning a degree in piano performance, she soon discovered she loved the challenges of legal research. She completed law school and became a lawyer fully licensed in two states. Her overriding

love of legal research led her to becoming a tenured professor and the Director of the paralegal program at a large community college. After sixteen years, she and her husband decided to move to New Mexico and just ski – a decision again driven by her love of adventure and new challenges. Now, after a fifty-year hiatus, Nancy has once again returned to her original love: music. The end of her (often hilarious) video is a musical surprise; a gift that superbly displays Nancy's skills for every resident to enjoy. A remarkably gifted woman is Nancy Spak.

Videos will be shown on Channel 1890 the first two weeks of October on Mondays, Wednesdays, and Fridays at 7:00 PM. Be sure to watch the closed-circuit TV slides or look at the large poster in the Tower Lobby to remind yourself of these show times. Enjoy watching **"The Archives of Our Lives,"** shown exclusively at Blue Skies of Texas East!

A Note from Producer Steve Wilson. *"The Archives of Our Lives" video series will conclude in December 2021 with the twelfth and final episode. As the series producer, I want to thank each of the featured residents for having the raw courage and willingness to tell their life stories on camera – for most, a very frightening and anxiety-producing activity. We all have been enriched to learn about the beginnings, challenges, skills, and accomplishments of those who are treasured fellow members of our resident population. Through the one-year video series, we have all gained a new awareness of each resident's contributions to the culture that makes up Blue Skies East. My heartfelt thanks to each featured resident for allowing me the privilege of showcasing your incredible life stories.*



14

**Deadline: Monday, 25 October @ Noon: fridayflyer@blueskiestx.org
Next Publication Date: Friday, 29 October**