

BST WELLNESS AND LIFE ENRICHMENT



JANUARY 2022 EDITION

NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

By Shari Proctor



Covid & Flu Symptoms? – If you are showing symptoms of COVID, which, if you are fully vaccinated and have your booster, can be as minor as a runny nose, cough, headache, weakness, lethargy, or symptoms of the flu, please contact the Wellness Dept to report your symptoms. We can provide you with guidance on what to do next.

Medicare Open Enrollment –

Jan 1 to Mar 31, 2022 - If you're in a Medicare Advantage Plan, you can change to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. Any changes you make will be effective the first of the month after the plan gets your request.

If you have **Original Medicare** along with **Tricare for Life**, you do **NOT** need to make any changes. Please ignore the Medicare mailers and commercials!

Please note, any changes you make to your medical insurance could affect your ability to utilize medical and rehab services at Blue Skies. For any questions regarding your medical insurance, please contact Shari Proctor or Ashlie Campos.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

By Kurt Riedel, Freedom House Director

Our Alzheimer's Association-sponsored support group meets **the third Wednesday** of each month. Please join us on **Wednesday, Jan 19 at 10am** in the Freedom House Chapel. If you are caring for someone with Alzheimer's disease or dementia, then life may feel like an uphill battle at times. BST wants you to know that you are not alone; there are other Blue Skies residents going through the same fight. Spouses are welcome to attend the scheduled Freedom House activity while you attend the Group Meeting. Come and share your experiences and be uplifted by others' stories as we face the challenges of Alzheimer's head-on. For bus transportation, please contact the Front Desk.

PERSONAL AFFAIRS ADVISOR INFORMATION

By Ashlie Campos

Lackland Legal - Lackland Legal will be at **West** to meet individually with West residents on **Tuesday, Feb 1**. If you have a military identification card, cannot drive, and wish to change or update your will, please call Elizabeth Bain 210-568-3416, to



schedule an appointment. Please Note: Lackland Legal cannot assist you if you have a trust.

You must complete a Will Worksheet before your appointment, whether it is on campus at Blue Skies or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.

Military ID Card Renewals – The DoD has once again extended the deadline for renewing ID Cards. The previous extension was scheduled to end on June 30. Now, all ID cards with expiration dates between Jan 1, 2020, and Jul 31, 2021, will be extended until Jan 31, 2022. Lackland AFB is open to renew ID Cards in person by appointment only but be prepared to wait several months for an appointment. To schedule an appointment, please go to the website <https://idco.dmdc.osd.mil/idco/> (ID Card Office Online). If you need assistance in scheduling an appointment online, please contact Elizabeth Bain at (210) 568-3416.

WELLNESS CENTER

By Terry Elizondo, Medication Liaison

Reid Pharmacy Closure – In observance of Martin Luther King Day, Reid Pharmacy will be closed **Monday, Jan 17**. Please plan your refill requests accordingly.

Reid Pharmacy Guidelines:

- Electronic prescriptions from physicians are the preferred and fastest method for medications. Please provide your physician's office with the following electronic address when sending electronic prescriptions: *DoD Reid Ephcy*.
- Submit requests for refills with the Wellness Center (Rm 112 at East and Rm 102 at West); forms are available at the drop box. 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.
- **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. Please ask for delivery service if you are unable to drive, as Wellness is unable to pick up meds outside of Reid Pharmacy.

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 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 West Specialty Clinic on the following dates. Please call 830-538-3550 to schedule an appointment.

- **Wednesdays, Jan 12, 19 & 26 9am-5pm**

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 11, 18 & 25 8am-5pm**
- **East Specialty Clinic II – Friday, Jan 7, & 21 8am-12pm**

Visiting Physicians Group – Dr. Pham will be at the **East Campus** on **Mondays, Jan 10, 17, 24 & 31** 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 Too** every other **Tuesday** from **1-5pm**. Please call 210-587-8787 to schedule an appointment.

San Antonio Family Physicians - Dr. Eric Bernstein will be at the **West Specialty Clinic Too** on **Thursday, Jan 20, 9am-12pm**, please call 210-523-7237 to schedule an appointment.

Visiting Practitioners Group – Dr. Talukdar will be at the **East Campus** on **Wednesdays, Jan 12, 19 & 26** from 9:00am-4:30pm. Please call 210-960-2833 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 14 & 28, 8am-12pm**

Optometry

Valley Hi Optical – Kathy Hernandez will be at BST on the following dates to clean and adjust eyeglasses at no charge. To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

- **West Specialty Clinic Too – Wednesday, Jan 19, 10-11am**
- **East Specialty Clinic – Wednesday, Jan 19, 1-2pm**

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.

- **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 10, 8:30-11:30am**
- **East Specialty Clinic – Monday, Jan 10, 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 13, 20 & 27 (will be in conference room #110 on 20th only)
9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Jan 26, 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.

Legacy Physiatry Group will be at the West Campus on **Friday, Jan 28**. A Physical Medicine and Rehab Specialist is a medical doctor who specializes in restoring function, reducing pain, and improving quality of life. They focus on helping patients achieve their own unique functional goals. They also educate patients about their diagnosis and coordinate a multidisciplinary approach to non-operative (conservative) musculoskeletal care treatment.

Physical Medicine and Rehab Specialists not only have specialty training in neurological and musculoskeletal problems, but also understand how these medical issues can affect a patient's ability to function independently, their mood and quality of life. Through their breadth of training, they aim to rehabilitate the whole person, addressing their physical, emotional, medical, and vocational needs. Please call 972-881-4688 to schedule an appointment.

SELECT REHABILITATION NEWS

ID Card Distribution: Select Rehabilitation will again be preparing ID cards for Blue Skies residents for the East campus on **Thursday, Jan 13** and for the West campus on **Tuesday, Jan 18, 11am-1pm** outside the Main Dining Rooms. As a reminder: We have found that many doctors and hospitals in the local area (including SAMMC) were not aware of the medical and rehab capability we have as part of Blue Skies. The card identifies you as a Blue Skies resident and on the back are referral numbers so you can “come home” for your medical needs.

Select Rehab will be available to assess your risk for falls, address any questions you have, and discuss the topic of the month. Come by and see us: West Campus in the Specialty Clinic Too on **Wednesday, Jan 12, 2pm-3pm**, and East Campus in the Specialty Clinic on **Wednesday, Jan 19, 2pm-3pm**.



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



Blue Skies of Texas Fitness News



Happy New Year!!!

I am excited to present the January Fitness Challenge. How does it work? This is a 30-day exercise challenge. It's very simple, do any physical activity for a minimum of 30 minutes every day, for 30 days, and record it. An excellent choice is to attend the Fitness Classes. Another choice is to exercise 15 minutes in the morning, and 15 minutes in the afternoon. Additionally, you can earn bonus points by doing daily challenges: for example, squats, pushups, crunches, lunges, or stretching. I have created a workout sheet for which you can document your daily physical activity and daily bonus challenges. Please pick up the workout sheet from the Fitness Center. At the end of the month, turn it into the Wellness office (Rm 102 - where you pick up your medications.) We will select two winners. Get ready, set, go!!

East Fitness Classes –

7am Walking Class – Tuesday & Thursday, will start at the V & F

9am Aqua Fitness – Tuesday & Thursday, Pool

9:30am Aqua Strength – Tuesday & Thursday, Pool

11am Line Dancing – Tuesday & Thursday, Zoom

West Fitness Classes –

9am Water Therapy – Monday & Wednesday and Friday, Pool

10:15am Strength & Balance – Monday, Wednesday, & Friday, Zoom

11am Zumba Class – Monday, Wednesday & Friday, Zoom

9am Chair Yoga – Tuesday & Thursday, Zoom

10am Yoga – Tuesday & Thursday, Zoom

11am Chair Yoga – Tuesday & Thursday, Zoom

1pm Chair Exercise – Tuesday & Thursday, Zoom

1pm Water Aerobics – Tuesday, Thursday, Pool

1:30pm Water Pilates – Tuesday, & Thursday, Pool

2022 January Exercise Schedules are available at the Front Desk of both the East and West Campus.



Blue Skies of Texas

Life Enrichment/Activities News



Bus Trips – Please note: for all bus trips, transportation charges will be applied and charged to your account. There is a 10-person (between both campuses) minimum for all trips. Trips to the Symphony and the Majestic will not have a minimum or maximum number of people for the bus. BST will provide transportation to be charged accordingly, so please don't hesitate to purchase tickets for these concerts and productions. If you sign up for a trip and do not cancel by the deadline date, you will be charged for any pre-paid ticket, if this scenario applies, as well as the transportation cost; therefore, please be sure to mark your calendars when signing up for trips.

In-house events have sign up deadlines listed; please be sure to sign up early. All events must have a minimum sign-up of 8 residents. Please see events listed below for more details. In addition, if there is a supply charge for the event and you are a no-show, or do not cancel by deadline, your account will be charged the supply charge, so please be sure to mark your calendars when signing up for an event. If you want a particular event or have an idea for an event you would like to have at BST, please share your suggestions with Carol Estala, your Activity Coordinator.

**BROADWAY IN
SAN ANTONIO™**

Broadway at the Majestic. The 2021-2022 Broadway in San Antonio season subscription packages are currently not available. They are inviting you to sign up for their eClub for presale access for most Broadway in San Antonio shows, priority offers and discounts to other live entertainment events, and their 2022-2023 season announcement in the spring. Please visit <https://sanantonio.broadway.com/subscriptions/> for more information.

We will provide bus transportation to the following Broadway shows at the Majestic; all will be for a **2pm** performance. All performances in which transportation is provided are the first Sunday afternoon of the production, and only the season subscription shows will be included in such transportation. The shows are as follows.

Mar 6 – Tootsie

Mar 20 – Rent

Apr 24 – Summer: The Donna Summer Musical

June 12 – Beautiful: The Carole King Musical

July 10 – Jesus Christ Superstar

Aug 14 – Mean Girls



For many years, we have provided transportation to Broadway at the Majestic for on the first Sunday show at 2pm; however, it has come to our attention that this show might not be the most popular anymore. Therefore, before anyone starts purchasing tickets for next season, we want to hear from you as to what day of the week and time you would purchase tickets, so that BST can provide bus transportation for the most popular day / time for future shows. Please contact Carol at carolestala@blueskiestx.org or by calling 210-568-3310 or 210-568-5028.



The **San Antonio Symphony** is currently still on strike; however, once shows resume, we will provide bus transportation to the concerts. For season ticket information please go to boxoffice@sasymphony.org or call 210-554-1080. For single tickets, visit tickets@tobincenter.org or call 210-223-8624. Below is a list of concerts that will have BST bus transportation to and from once the Symphony resumes.

The following shows are pending. If you have any comments or questions about the symphony, please email info@sasymphony.org.

- Jan 8** – Hotel California (Pops Series) - **Canceled**
- Jan 11** – Pink Martini (Special Concert)- **Canceled**
- Jan 15** – Bronfman and Pines of Rome- **Canceled**
- Jan 29** – Symphonie Fantastique
- Feb 5** – Rhapsody in Blue (Pops Series)
- Feb 12** – The Passion of Brahms & Schumann
- Feb 26** – Daphnis et Chloé
- Mar 19** – Virtuoso Liszt
- Apr 2** – Fiesta Pops (Pops Series)
- Apr 23** – Mozart & More
- May 14** – Beethoven Symphony No. 7
- May 21** – Romantic Chopin
- May 28** – The Music of John Williams (Pops Series)
- June 4** – Tchaikovsky Symphony No. 5



Blue Skies, remember to wear red for RED Friday, every Friday! What is RED Friday, you may ask? RED is an acronym that stands for Remember Everyone Deployed. RED Friday was created to remind people of our heroes overseas and show that we are thinking of them. People across the country wear red every Friday to serve as a reminder and spread the message of how important it is that we keep our troops in our thoughts. So please be sure and wear your favorite red attire EVERY Friday in support!



Goodbye December
Hello January

The Month of January. January is the first month of the year, and in the northern hemisphere, it's usually considered the second month of winter. January is the first of 7 months to have 31 days. There are two January Zodiac signs, Capricorn and

Aquarius. The usual dates mean that Capricorns are born between Dec 22 and Jan 20 and Aquarius, Jan 21 to Feb 18. The January birth stone is the garnet, and the flower is the carnation. In January we celebrate New Year's Day on Jan 1, and Martin Luther King Jr. Day is observed on the third Monday of January in honor of the famous civil rights leader.

BST Upcoming Events/Trips



BLUE SKIES EAST

Friday, Jan 7 – Christmas Take Down- We would love to have help in taking down the Christmas trees and decorations as we safely pack them away. No need to sign up, just show up and have a joyous time as we share stories of our holiday activities and we pack and disassemble all things Christmas.

Monday, Jan 10 – East Boccia Ball! 2:30pm, VFC. The Boccia Ball class for today was supposed to be a tournament, but the tournament will need to take place at a later date. Today's Boccia Ball will be a regular class. Boccia Ball is a fun, interactive game that anyone can play and can be learned in less than 10 minutes. Please sign up in CC1 to join the fun.

Wednesday, Jan 19 – Slideshow and Popcorn To Go! 3:15pm, Legacy Room. We'll feature a slideshow that showcases our many residents through the years as they enjoyed activities and outings. This is the new-age way of flipping through a photo album to reminisce. After the slide show, we will have popcorn to go in recognition of National Popcorn Day! **Seating is limited; please sign up in CC1.**

Sunday, Jan 23 – Resident Concert Series: San Antonio Opera Company, 3pm, BST West Main Lobby. Come to the West Main Lobby for an afternoon of great music from this group of vocalists. **Please sign up in CC1. Bus departs East at 2:30pm.**

Monday Jan 24 – Fitness Center Open House, 10am-Noon & 1pm-3pm, VFC. Join Hope, along with our friends from Select Rehab, as they walk you through an explanation of the many fitness machines and how each one works.



Tuesday, Jan 25 – Gateway Customer Appreciation Night. JBASA-Lackland Gateway Club hosts this great event. Cost is \$12.50 for members and \$15.50 for non-members (no coupons accepted). For more information, please call 210-645-7034. Music: from DJ Tony Style. The menu consists of spring blend spinach salad, Champagne brie soup, beef tenderloin, chicken Bordeaux, roasted potatoes, wild rice, asparagus, baby carrots and snow peas, rolls, fruit salad and chocolate cake. **Our apologies; BST is unable to provide bus transportation to this event.**



Wednesday, Feb 2 – Movie: Groundhog Day, 2pm, CC1 and CC2. It's Groundhog Day! Let's celebrate by watching Bill Murray in this classic comedy. **Space is limited; please sign-up in CC1.**

Friday, Feb 4 – National Wear Red Day. On this day in February, which is considered American Heart Month, everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation.

BLUE SKIES WEST



Thursday, Jan 13 – West Indoor BOCCIA BALL 2:30pm. The Boccia Ball class for today was supposed to be a tournament, but the tournament will need to take place at a later date. Today's Boccia Ball will be a regular class. Boccia Ball is a fun, interactive game that anyone can play and can be learned in less than 10 minutes. Please sign up in the Main Lobby to join the fun.

Friday, Jan 14 – Dressy Pet Walk, 2pm, begins outside Main Lobby doors. In honor of Dress Up Your Pet Day, we invite you to dress up your fur baby and take a walk around the campus. Don't have a pet to dress up? That's okay, join us and enjoy seeing your neighbors' pets along the way. **Please sign up in the Main Lobby.**

Thursday, Jan 20 – A Slideshow and Popcorn To Go! 2:30pm, Roadrunner Lounge. We'll feature a great slideshow that showcases our many residents through the years as they enjoyed activities and outings. This is the new-age way of flipping through a photo album to reminisce. After the showing, we will have popcorn to go in recognition of National Popcorn Day (Jan 19). **Seating is limited; please sign up in Main Lobby.**



Sunday, Jan 23 – Resident Concert Series: San Antonio Opera Company, 3pm, Main Lobby. Come to the Main Lobby for an afternoon of great music from this group of vocalists.

Tuesday, Jan 25 – Gateway Customer Appreciation Night. JBSA-Lackland Gateway Club hosts this great event. Cost is \$12.50 for members and \$15.50 for non-members (no coupons accepted). For more information, please call 210-645-7034. Music: DJ Tony Style. The menu consists of spring blend spinach salad, Champagne brie soup, beef tenderloin, chicken Bordeaux, roasted potatoes, wild rice, asparagus, bay carrots and snow peas, rolls, fruit salad and chocolate cake. **Our apologies; BST cannot provide bus transportation to this event.**

Thursday, Jan 27 – Boccia Ball, 2:30pm, CC1/CC2. Come join the fun! Boccia Ball is a fun interactive game that can be played by all levels of fitness. **Please sign up in the Main Lobby.**

Saturday, Jan 29 (subject to cancellation) – Symphonie Fantastique, 7:30pm, Tobin Center. This performance is tentative, dependent on an end to the SA Symphony strike. For the latest information, please call 210-554-1080 or go to info@sasymphony.org. If the show goes on, we will have a bus. Please sign up for the bus in the Main Lobby. **Bus departs BSTW at 6:15pm.**

Monday, Jan 31 – Fitness Equipment Orientation, 2pm, Fitness Center. Don't let the "new you" fitness resolution fade. Join Hope Santos in the Fitness Center for an orientation on the fitness machines. **Please sign up in the Main Lobby.**



Thursday, Feb 3 – CPR for Friends and Family, 2pm, CC1. Join Hope Santos, your Life Enrichment Manager, who is also a certified American Heart Association CPR Trainer, in a class that will prepare you for the unthinkable. Could you be the one to be in the right place at the right time to possibly save a loved one's life? So many people stand aside and do nothing when seeing someone in crisis because they don't know what to do. Don't be that person! **Class size is limited.** A sign-up sheet is in the activity book in the Main Lobby.

Friday, Feb 4 – National Wear Red Day. On this day in February, which is considered American Heart Month, everyone across the country dons the color red. We raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation.

