

FRIDAY FLYER

JANUARY 2024

VOLUME 2024-01



FROM THE DIRECTOR

Happy New Year! As we dive into the upcoming year, we have many initiatives and improvements planned that are sure to add even more vibrancy to our campus! Whether it's sprucing up common areas, introducing new activities, or enhancing existing amenities, our aim is to make your experience here even better. Your feedback has been invaluable, and we're thrilled to implement changes that reflect your preferences and enhance the overall Blue Skies lifestyle. Keep an eye out for announcements and updates as these projects unfold. Your enthusiasm and participation make BSTE the fantastic place it is, and we're looking forward to sharing these improvements with you.

Here's to a year filled with positive changes, engaging activities, and the continued growth of our Blue Skies family. Let's make 2024 a year to remember!

Welcome New Residents

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

Candido & Vilma Corrada - #1000/01

William Grace - #1754

Mary Moreau - #857

In Memoriam

James Collier – November 30

Travis Smith – December 14

Lawrence Parker – December 13

Charles Ricker Jr. - December 19

SAVE THE DATE:

Monday, January 1 – New Year's Holiday – Broadway Bank Closed; Minimal BST Staff and Transportation; Cochran's open from 11:30am – 2pm

Tuesday, January 2 – DRAC Meeting – Sky Lounge – 2pm

Tuesday, January 9 – BA & NC Dinner – Sky Lounge – 5pm; Sign-up in CC1

Saturday, January 13 – Volksmarch – BST West – 8am-12pm

Thursday, January 25 – Resident Council Meeting – Sky Lounge – 2pm

February 19-21 – CARF Accreditation Survey

Resident Services Announcements

Winter Readiness: Tips for a Cozy and Safe Texas Winter

Winter in Texas may not always bring blizzards, but it is essential to be prepared for cooler temperatures. Here are some tips to ensure you stay warm and safe during the winter months:

1. **Check Your Heating System:** Before the chill sets in, make sure your heating system is in good working order. If you have any concerns, contact maintenance for a check up.
2. **Emergency Kit:** Prepare an emergency kit with essentials like blankets, flashlights, batteries, and non-perishable food items. It's always good to be ready for unexpected situations.
3. **Layer Up:** Dress in layers to trap warmth. Don't forget a good pair of socks and cozy slippers to keep your feet warm.
4. **Stay Active:** Keep the blood flowing by staying active. Exercise generates heat and helps combat the winter chill.

Remember, winter readiness is about staying comfortable and safe. If you have any concerns or need assistance, don't hesitate to reach out to resident services.

Annual Smoke Detector Maintenance: A Safer Start to the New Year

As part of our commitment to your safety, maintenance will be conducting annual smoke detector battery replacements every January. Ensuring your smoke detectors are in top condition is crucial for early fire detection.

Please make a note of the following:

1. **Scheduled Replacement:** Maintenance will make rounds to replace all batteries in smoke detectors. Your cooperation is greatly appreciated to ensure this process goes smoothly.
2. **Prompt Reporting:** If you notice any issues with your smoke detector before the scheduled maintenance, please report it immediately to ensure a prompt resolution.

Your safety is our priority, and these proactive measures help us maintain a secure living environment for everyone.

Pet Reminder: Respectful Interactions with Furry Friends

Our community is home to a variety of pets, each with its own personality and preferences. To ensure harmonious interactions, please remember the following pet etiquette:

1. **Ask for Permission:** Always ask the pet owner for permission before attempting to greet their furry friend. Some pets may be shy or anxious around strangers.
2. **Respect Boundaries:** Respect the pet's boundaries and cues. If a pet seems uncomfortable, it's best to give them space.
3. **Leash Guidelines:** Keep dogs on a leash in common areas, and be mindful of others' comfort levels around animals.

By respecting these guidelines, we can create a pet-friendly environment where everyone feels comfortable and safe.



Resident Services Announcements

Dining Room Etiquette:

Sharing the Joy of Meals

Our dining rooms are shared spaces for all residents to enjoy, fostering a sense of community and togetherness. Here are some reminders to make dining a pleasant experience for everyone:

1. **No Reservation Requirements:** In Cochran's, all seats are available on a first-come, first-served basis. There are no reservation requirements, so feel free to join in when you're ready.
2. **Share Empty Chairs:** If you notice an empty chair at a table, feel free to share it with others. Let's embrace the spirit of community and family by making everyone feel welcome.
3. **Be Courteous:** Practice good dining etiquette by being courteous to fellow residents and staff. Small gestures like holding the door or offering a friendly smile go a long way.

Let's continue to build a warm and inclusive community where every meal is an opportunity to connect and share the joys of living at Blue Skies of Texas. We are family!



Resident Directory Update:

Stay Connected with Your Community

The updated resident directory is set to be published on January 15th. To ensure the accuracy of the directory, residents are encouraged to notify Resident Services of any changes to their contact information.

1. **Deadline for Changes:** Residents who need to update their contact information or wish to make changes to their details in the directory are should reach out to Resident Services before the publication date.
2. **Publication Date:** The resident directory will be available for distribution on January 15th. Look out for notifications that will provide details on when and where you can pick up your complimentary copy. Each household is entitled to one complimentary directory every year.
3. **Connect with Your Neighbors:** Beyond serving as a practical reference, the directory serves as a tool for residents to connect with their neighbors. Whether it's organizing social events or simply reaching out for a friendly chat, residents are encouraged to take advantage of this resource to strengthen the bonds within our community.

As a reminder, Blue Skies of Texas prioritizes residents' privacy. It is essential to be mindful of others' privacy and not to share anyone's information with individuals outside of the Blue Skies of Texas community.

New Year, New Scams! ~ Ashlie Maltos

Callers claiming to be IRS employees might call and insist that you owe money and that it must be paid as soon as possible via gift card or wire service. If the call isn't picked up, they leave an emergency callback message. Think before you act. Ignore communications that implore you to act immediately, especially if you are told you owe money to the IRS, and it must be paid promptly. The IRS will never call you to demand immediate payment.



Resident Services Announcements

Volksmarch at Blue Skies West

~ Sarah Manzke

Save the date! On Saturday, **January 13**, the San Antonio Pathfinders and Blue Skies Marketing have teamed up to sponsor a 5 or 10 km walk on our West campus, open to all! Please join this fun, non-competitive fitness event that weaves through our beautiful grounds while mingling with prospective residents and welcoming the community at large to Blue Skies! Residents can participate at no charge.

A volksmarch (“people walk”) was developed in Germany in the 1960’s. Its motto is “Fun, Fitness and Friendship”. Volksmarching readily spread in Europe and was brought to the United States by returning military advocates, ultimately becoming an international organization in 1968 known as IVV (International Volkssport Verband). The USA’s own AVA (America Volkssport Association) is an affiliate of the IVV, and its national headquarters are actually right here in San Antonio. Presently, there are over 200 Clubs in the AVA sponsoring over 2500 sport events annually.

The upcoming Volksmarch at Blue Skies West is an event to enjoy with multiple surprises, including some of San Antonio’s favorite food trucks! Sign-in is anytime from 8:00am to 12:00pm in the Tower’s front lobby, and then you can begin the walk through our wonderful BSTW neighborhoods. For our residents, we request that you do not park in the front lobby parking area. This area will be blocked off for our guests. Please do not remove the arrows around campus as they will be placed to help direct those walking. There are brochures at the Front Desk with additional information. All are welcome to walk and enjoy this spectacular way to exercise and have fun!

CARF

BST has partnered with CARF for 30+ years to maintain an accreditation that ensures we are maintaining the best standards of quality across all levels of care and independent living at both campuses. BST is on a five (5) year survey cycle, with our next accreditation survey scheduled for February 19-21, 2024. Please watch for an announcement letter to be circulated with additional details. If you have any questions, would like to know more about our upcoming survey or discuss CARF, please reach out to Maureen Parrish, Director of Corporate Compliance (office: 210.568.3225; email: maureenparrish@blueskiestx.org).

How BST Works For You ~ Daniel Casillas

Do you ever wonder how the Blue Skies guarantee to “take care of our own” works, or wonder how charitable dollars are used? If you’ve ever asked yourself these questions, then “How BST Works for You” is for you! This is a meeting presented by the Air Force Villages Charitable Foundation to provide residents information about the charitable history of Blue Skies, answer FAQs about the charitable assistance we provide to residents in need and to the whole campus, and how you can get involved with the AFVCF’s efforts. If you’re a newer resident (e.g., having lived at BST for 5-7 months), the information may be new; if you’ve been a BST resident for a longer period, please use this meeting as a refresher course in all things AFVCF-related!

If you’d like to attend on Wednesday, **January 24** at 2pm in CC2, please email me at danielcasillas@blueskiestx.org or call me at (210) 568-3290. All are welcome! Some newer residents may receive a personal invitation.

Resident Services Announcements

January EVS Focus

High-Rise Hallway Floors

While December brought the joy and festivities of the holidays, it was a busy month for our EVS team. The abundance of set-ups and additional cleaning duties during the holiday season led to a temporary shift in focus. Unfortunately, the High-Rise carpets were not addressed as planned. The High-Rise carpets will continue to be the spotlight for January and will receive the thorough attention they deserve. We appreciate your understanding during the hustle and bustle of the holiday season.

If you have any questions or concerns, please contact Amanda Montez at 210-568-5101 or amandamontez@blueskiestx.org.

Maintenance Work Order Submittals

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

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

Pest Control

	Thursday, January 4	Thursday, January 11	Thursday, January 18	Thursday, January 25
High Rise	Floors 11 & 12	Floor 13	Floor 14	Floor 15
Midrise	Floor 7	Floor 8		Exterior
Cottages	1727-1730	1714-1719	1709-1713	
Hills				
Specials	Arnold House Cochran's	Hobby Shop Exterior	MX Exterior	TM, MX, F&V Exterior

Important Parking Update: Action Needed!

As part of our ongoing efforts to optimize parking, we kindly request residents to update their vehicle information. If you haven't done so, don't worry - Resident Services will reach out directly.



What We Need:

1. Copy of your Driver's License
2. Vehicle Registration
3. Insurance Information

No Longer Driving?

Inform Us! If your car is parked on campus but not actively driven, please let us know.



This ensures accurate records and helps us accommodate everyone's parking needs.

Employee Anniversaries

Name	Department	Anniversary Date	Years of Service
Sally Kelly-Rank	The Mission	January 3	2
Michelle Perez	The Mission	January 4	1
Amber Cerda	Arnold House	January 4	1
Emmanuel Soliz	Dining Services	January 5	3
Ronald Pelayo	Resident Services	January 9	1
Renee Coats	The Mission	January 10	2
Thema Duran	The Mission	January 10	1
Irma Medina	EVS The Mission	January 11	11
Stephanie Cavanaugh	The Mission	January 12	3
Evelyn Rodriguez	The Mission	January 13	2
Darrell Jones	President & CEO	January 15	6
Kathleen Kelley	The Mission	January 17	1
Jennifer Ramirez	The Mission	January 17	1
Brianna Lopez	The Mission	January 17	1
Tim Hohon	Capital Projects	January 18	19
Tiffany Guerrero	The Mission	January 18	1
Christian Castillo	Dining Services	January 20	1
Mario Serna	Maintenance	January 22	14
Roberto Reveles-Ramos	The Mission	January 26	3
Carmen Arteaga	Dining Services	January 27	12
Maria Rios	EVS The Mission	January 27	12
Margaret Richards	The Mission	January 29	20

Save the Date

Friday, March 22, 2024

The Quarry Golf Course of San Antonio

PLAY FOR 2024

Freedom GOLF TOURNAMENT 30TH ANNUAL

Presented by
AIR FORCE VILLAGES
Charitable Foundation

Join us for our annual tournament to benefit
Freedom House, our memory care facility.

For more information, contact Daniel Garcia Casillas
at 210-568-3290 or danielcasillas@blueskiestx.org

Resident Updates

ACGA to Raise Maximum Annuity Rates by 0.4% for 2024

Charitable Gift Annuities (CGA) serve as a powerful avenue for individuals seeking to intertwine philanthropy with financial planning. Beyond providing a consistent income stream for donors or their beneficiaries, CGAs offer the unique opportunity to support charitable causes close to their hearts. These annuities can contribute significantly to the sustainability of charitable organizations such as Blue Skies. With the impending increase in suggested maximum annuity rates by the American Council on Gift Annuities (ACGA), CGAs become an even more compelling choice, striking a balance between personal financial security and the profound impact of philanthropy in our society.

The American Council on Gift Annuities (ACGA) has announced an upcoming increase in its suggested maximum annuity rates effective January 1, 2024. Anticipating a 0.4% rise, the ACGA will unveil these updated rates to its members this December 18, with a public release December 26. The incremental adjustment reflects the ACGA's commitment to adapting to economic shifts while maintaining a balance between donor appeal and charitable sustainability. The move underscores the organization's proactive approach in aligning annuity rates with evolving financial landscapes.

Please see Mitch and Erika in the Development office or call us at (210) 568-3211 or (210) 568-3206 for more information. We are happy to provide you with confidential, no-obligation calculations, or assist you in setting up a CGA before year's end if desired.

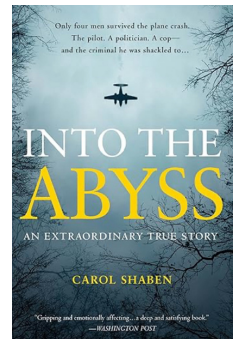
Air Force Villages Charitable Foundation

Book Club ~ Nancy Jones Sowada

We welcome everyone to join our Blue Skies East Book Club. Just come to a meeting, even if you haven't read the book! We had a lively discussion of *The Gentleman in Moscow* and we thank Paul Chapman for leading our discussion on December 4.

Our book club schedule is as follows: Thursday, **January 11** at 3pm in the Sky Lounge. There will be a presentation by resident Paul Chapman entitled *Who Killed Jessica; Decision Making Under Stress*. This will be an entertaining presentation which will also be a prelude to our January book, *Into the Abyss*. Join us for this presentation and stay for Thirsty Thursday!

January 15 *Into the Abyss*
(narrative non-fiction)
by Carol Shaben



February 12 *Track of the Cat* (Anna Pigeon Mysteries Book 1) by Nevada Barr

March 18 *Longitude--The True Story of a Lone Genius Who Solved the Greatest Scientific Problem of His Time* by Dava Sobel

April 22 *The Beekeeper's Son* (The Amish Of Bee County Book 1) by Kelly Irvin

The meetings (except for Thursday, January 11) are held in the Legacy Room and they all start at 10am. Please join us!

Resident Updates

Village Voices ~ Nancy Jones Sowada

Thank you for attending the performances of the Village Voices in December. We sang concerts at both campuses, as well as at Freedom House, Liberty House and the Mission. We appreciate the support of residents who donate to the BSTW Activities Coordinating Council and the AFV Charitable Foundation to keep us performing great music! We are taking some time off, but will begin rehearsals again on Tuesday, **January 9**, at 1:30pm in the Blue Skies West chapel. We have residents from both campuses. If you are resident on the East Campus and want to sing with us, please catch the bus at 1pm. In the spring we will be singing favorites from Broadway! On with the show!



Distinguished Flying Cross Society ~ Bob Certain

The Alamo Chapter of the Distinguished Flying Cross Society will hold our monthly meeting on Wednesday, **January 10** at 10am in the Roadrunner Lounge at Blue Skies West. This month Gerhard Frisch will present an Airbus A400 briefing on Avionics, performance, and capability. The Airbus A400M Atlas is a European four-engine turboprop military transport aircraft. It was designed by Airbus Military, now Airbus Defense and Space as a tactical airlifter with strategic capabilities to replace older transport aircraft, such as the Transall C-160 and the Lockheed C-130 Hercules. The A400M is sized between the C-130 and the Boeing C-17 Globemaster III; it can carry heavier loads than the C-130 and can use rough landing strips. In addition to its transport capabilities, the A400M can perform aerial refueling and medical evacuation when fitted with appropriate equipment.

MOAA CEO to Visit Blue Skies ~ Jim Conner

Blue Skies of Texas will host Lt Gen Brian Kelly, President and CEO of the Military Officers Association of America, on Thursday, **January 11** at 9am in the BST West Roadrunner Lounge. He will speak on the latest affecting the military community and the priorities of MOAA for the coming year. There will be time for a Q and A following. All MOAA members and those interested are encouraged to attend. A sign-up sheet will be posted in CC3 or register using Touchtown. Preregistration is not required but will help with the room logistics. Following this presentation, Lt Gen Kelly will speak at the Alamo Chapter luncheon at 11:30am at the Ft. Sam Golf Course. Registration for this event is required through www.alamomoaa.org. For more information, contact Jim Conner or Dan Van Syoc (see resident directory).

Resident Updates

White Elephant Thrift Shop ~ Ricci Fitzpatrick

The White Elephant shop and Furniture Store will be closed December 30 through January 25 for inventory and organization. If you must contact someone from the White Elephant during that time about an urgent issue, please call Ricci Fitzpatrick or Peggy Parker (Furniture) (see Resident Directory for contact info). No new donations will be accepted during the month of January. Donations may be dropped off beginning Thursday, February 1.

The shop and Furniture Store will have a Grand Reopening on Friday, **January 26**. The shop and Furniture store will also be open on Saturday, **January 27** from 1-3pm. We welcome friends and family to the White Elephant!

Remember, the White Elephant accepts cash, personal checks, credit and debit cards, Cash App, and other touch-pay options. We thank all our generous donors as proceeds from White Elephant sales are used for BSTE resident betterment.

Handbells ~ Nancy Jones Sowada

Thank you for attending the performances of the Blue Skies West Handbell Choir in December. We performed at both campuses, as well as at Freedom House and Liberty House. We are taking some time off, but will begin rehearsals again on Thursday, **January 18**, at 10:30am in the Blue Skies West craft room. If you can read music and can have good attendance every Thursday, please join us as we learn new music in the spring.



Friends of The Village Library

~ Sharon Rider

The 2024 membership roster for Friends of the Village Library will be printed at the end of January. If you wish to continue your membership and help support your library, please place a \$25 check made out to the above organization in internal mail posted to Sharon Rider, Treasurer. New members are always welcomed. Donations go to support the purchase of new books. Thank You.



Resident Updates

DRAC - Dining Room Advisory Council ~ Carol Hernandez, Chair

DRAC.BSTE@outlook.com

Happy New Year! Upcoming DRAC meetings are:

- Tuesday, **January 2** at 2pm in the Sky Lounge
- Tuesday, **February 6** at 2pm in the Sky Lounge

Please tell your preferences for food when you order. Examples: sauce on the side, tails off shrimp, plate and not a tray, etc. They will work hard to follow through with your requests. Also, before you leave with your To-Go order please check that everything is there. It is the person that delivers the food who is responsible for accuracy. It is much easier to solve an issue at that time than when you get home!

The 3rd weekend of January (Friday and Saturday, January 19 and 20) the chef returns with his special menu in the Sky Lounge. He will have your taste buds enjoying these tasty dishes. Below is a peak at the menu. Please note that some items are subject to change.

Somewhere, but NOT in the Middle of the Sand Dunes - Menu

The Oasis Lounge (Sky Lounge)

Mezze (appetizer) NOT Messy

Smoother than Sand, Tahini Hummus- Traditional Hummus made with pureed chickpeas, tahini(sesame seed paste), lemon juice, garlic, and olive oil, served with grilled pita bread toast points - 6

A "Sinful" Start (pork product is considered tainted)- Bacon wrapped dates, served with a mildly spicy and tangy goat cheese dipping sauce-7

Wherever you go...Bourak (Middle Eastern name for their style of egg rolls) filled with ground beef seasoned with secret spices and herbs. Served with yogurt dipping sauce - 9

Cool and Refreshing- Salads

Cucumber and Pomegranate salad with fresh herbs, lemon juice, olive oil and feta cheese- with grilled pita bread

Cous Cous salad with tomatoes, olives, red onions, olives with mint and parsley tossed in a lemon garlic vinaigrette

Continued on next page

What you gonna use...a knife, a fork,... my fingers?

Baklava Fried Chicken Wings - 8 Crispy fried chicken mildly spiced chicken wings, tossed with honey, pistachios , ginger, cinnamon, and basil...comes with olives, cucumber sticks-served as an entrée - 12

Shish or "Shush" Kabob - Grilled marinate beef tenderloin skewers, topped with a grilled tomato, pepper and onion relish - 32

Straight from Tagine, Braised Lamb - Tender Leg of lamb, braised with traditional herbs and spices, with spinach, tomatoes, and chickpeas...comes with Naan Bread to sop up the juices - 25

From the Parted Red Sea - Citrus Sumac Roasted Red Fish filet, topped with roasted onions, tomatoes, herbs and lemons - 20

Could Be a Part of the Spread...Sides

Saffron Basmati Rice pilaf with almonds

Grilled Veg Medley (zucchini, asparagus, red onions, squash)

Batata Harra (but not spicy) Skillet potatoes with garlic and lots of fresh herbs

Baba ghanoush - smashed roasted eggplant with tahini, garlic salt, and olive oil

Desert (I know, intentional)

Mint Chocolate Chip ice cream with crushed pistachios

Baklava- Baked layered Filo Dough with nuts, raisins, cinnamon and honey

The regular Sky Lounge menu will not be available on Friday or Saturday, **January 19 and 20.**

Deadline for the next Friday Flyer: Monday, **January 22**

Send articles to flyer@blueskiestx.org

Next Publication Date: Wednesday, January 31

Friday Flyer deadline is the 22nd of each month

COMING SOON

A survey team from CARF International* will be visiting on

FEBRUARY 19-21, 2024

We invited the surveyors to evaluate how well we meet international standards for quality. The survey will tell us what we are doing well and ways we might improve. As a result of this survey, we may earn or continue accreditation.

As part of the survey, the surveyors will interview people who receive services, their families, our staff, and others. Some questions the survey team members might ask people are:

- Do we provide a clean and safe setting?
- Do you receive the services you need and want?
- Are you treated with respect?
- Do you take part in planning your services?
- Are you told what you need to know about your services?
- Are your questions answered in a way you understand?
- Do you know where to go with questions or concerns?

If you would like to talk with one of the survey team members or want to learn more about CARF International, please let one of our staff members know. You may also contact CARF International directly.

- Internet: www.carf.org/contact-us
- Email: feedback@carf.org
- Mail: CARF International, 6951 East Southpoint Road, Tucson, AZ 85756
- Toll-free telephone: (866) 510-2273
- Fax: (520) 318-1129



* CARF International — A group of companies that includes CARF, CARF Canada, and CARF Europe.