

# WELLNESS & LIFE ENRICHMENT

WEST

JANUARY 2024



## NOTES FROM THE DIRECTOR



### Update to BST Isolation Protocols for COVID, Flu, and RSV

BST has set the following isolation protocols for Independent Living residents with COVID, Flu, and RSV:

- COVID – No change - isolate at home for 5 days, then if symptoms are improved and no fever for 24 hours without taking fever reducing meds, wear a mask in public for the next 5 days, no dining in public venues.
- Flu – isolate at home for 5 days, then return to normal activities as long as symptoms have improved and no fever for 24 hours without taking fever reducing meds.
- RSV – isolate at home for 5 days, then return to normal activities as long as symptoms have improved and no fever for 24 hours without taking fever reducing meds.

Just as we have asked of COVID positive residents, please report to the Front Desk if you have tested positive for COVID, flu, or RSV. Once reported to the Front Desk, the Wellness Staff will contact you regarding isolation protocols and instructions.



## SAVE THE DATE:

Monday, January 1 – New Year's Holiday – Minimal Staff, No Transportation

Saturday, January 13 - Volksmarch - Main Lobby - 8am-12pm

Friday, January 19 - Independent Living 101 - Roadrunner Lounge - 10am

Wednesday, January 24 - Assisted Living and Memory Care 101 - Roadrunner Lounge - 11am

Friday, January 26 - Cowboy Breakfast - Roadrunner and The Lakeview - 7am

Friday, February 2- Skilled Nursing 101 - Roadrunner Lounge - 10am

# Wellness and Life Enrichment Director

## ~ Shari Proctor

### Flu vs. COVID-19

Wondering how to tell if you have the flu vs COVID? Unfortunately, the symptoms are the same, so the only way to know is to get tested. COVID home test kits are readily available, but you need to go to a medical professional to be tested for the flu. There are some differences in how long a person is contagious. According to the CDC, those with the flu may be contagious for up to one day prior to showing symptoms; however, those positive for COVID can be contagious for 2-3 days prior to showing symptoms, and the most contagious the day prior to symptoms. In addition, the flu can be contagious for the first 3-4 days, those with a weakened immune system can be contagious longer. With COVID, infected individuals can be contagious for up to eight days from the start of symptoms. This is why it is important to get tested when you are experiencing cold or flu like symptoms!

### Continuum of Care 101 Sessions

Back by popular demand, we are holding our Continuum of Care 101 Sessions. Each session will cover a level of care offered at Blue Skies of Texas – Independent Living, Assisted Living, Skilled Nursing, Rehab, and Hospice. These sessions will focus on what services and care are provided at each level of care. The Continuum of Care is one reason that residents move to BST. This educational series is for the newbies and the not so new anymore residents; we can all benefit from a refresher course! Below is the schedule. All sessions will be held in the Roadrunner Lounge.

Independent Living 101 - Friday, **January 19** at 10am

Assisted Living and Memory Care 101 - Wednesday, **January 24** at 11am

Skilled Nursing 101 - Friday, **February 2** at 10am

Outpatient Rehab 101 - Wednesday, **February 7** at 1pm

Hospice 101 - Friday, **February 23** at 10am

Please sign up using your Touchtown App. If you don't have access to Touchtown, you can sign up by calling Jackie Farnsworth at 210-568-3416.

### New Addition to the Wellness Team

Jackie Farnsworth has joined our Wellness Team as the Health & Wellness Liaison at the West Campus. Many of you know Jackie as one of our fitness instructors, but what you may not know is that she has vast experience in working in the home health industry prior to becoming a fitness instructor, in addition she holds a master's degree in Gerontology. We are excited to have her join our Wellness Team.

### Medication List

Whether you are going to the ER or a doctor's appointment, the first thing they request is a list of medications you take, this is particularly important when going to the ER. So, please maintain a list of your medications readily accessible in your home and also in your wallet or purse should an emergency occur outside of your home.

## Personal Affairs Advisor ~ Ashlie Maltos

**Hours for West Campus:**  
**Monday - Friday 1-5pm**

### **Military ID Card Renewals –**

All Military ID Cards will need to be updated and replaced by 2026. Go online to <https://idco.dmdc.osd.mil/idco/locator> to schedule an appointment. Once you receive your new Military ID card, please stop by the Wellness Office so we can make a copy and update your records. If you need assistance in scheduling an online appointment, please call Ashlie Maltos.

### **Lackland Legal**

Lackland Legal will be at West to meet individually with West residents on Tuesday, **February 6**. If you have a military identification card, cannot drive, and wish to change or update your will, please call Ashlie Maltos at (210) 568-3282 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>.

## Medication Liaison ~ Caitlin Brennan

### **Medication Distribution Schedule**

WEST Campus Residents medication pick-up times in wellness office #102: Monday and Wednesday from 1-4pm and Friday from 2:30-4:30pm. Please be sure to fill out forms located outside wellness med pick up door for all refills and new scripts. For any questions, please contact Caitlin Brennan, Medication Liaison at 210-568-3417.

### **Reid Pharmacy**

Will be closed on Monday, **January 1**, in observance of the 2024 New Year Holiday, and Monday, **January 15**, in observance of the Martin Luther King Jr. Holiday; therefore, medication service will not be available. Please be sure to pick up your medications on the Friday before New Years.

### **PLEASE NOTE**

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.

## **BLUE SKIES OF TEXAS PHILOSOPHY OF WELLNESS**

Wellness is the balancing of mind, body, and spirit to achieve a state of health and happiness. Blue Skies of Texas understands that the pursuit of wellness is a lifelong commitment, and Life Enrichment is an important component of Wellness. With a focus on the 7 Dimensions of Wellness – physical, emotional, spiritual, environmental, intellectual, occupational, social - Blue Skies of Texas takes a holistic approach that enriches the quality of life for every resident in independent living, assisted living, rehabilitation, skilled nursing and memory care.



PHYSICAL



EMOTIONAL



SPIRITUAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL

# Medical & Wellness Schedule

**Please Note:** For information regarding acceptance of specific insurance plans, please contact the Provider directly. To schedule an appointment with a Physician or Specialist, please call the telephone number listed for each individual provider below. See dates and times below that each will be at the BST West Campus.

## Primary Care Physicians

**Alamo Visiting Physicians** - Nurse Practitioner Joshua Novotny, 210-201-2429. Will be at West Thursday, **January 18** from 8:30am-12pm in Specialty Clinic. Please call for appointments.

**Alsace Family Practice** - Nurse Practitioner Karina Owens, 830-538-3550. Will be at West on Wednesdays, **January 3, 10, 17, 24, and 31** in Specialty Clinic.

**MD VIP** — Dr. Patrick Peters, 210-521-7676. Will be at West on Tuesdays, **January 2, 16, 23 and 30** from 8am-12pm in the Specialty Clinic.

**Zarate Medical Group** — Dr. Jocelyn Zarate, 210-587-8787. Tuesdays, **January 2 and 16** in Specialty Clinic Too.

## Specialists

### Audiology

**Audicles Hearing Aid Service** Dr. Tracy Board, 210-820-0525. Will be at the West Campus on Thursdays, **January 4, 11, 18, and 25** from 9am-12pm, at the Specialty Clinic Too.

### Cardiology

**Heart and Vascular Institute of Texas (HAVIT)** Dr. Bruce Kuo, 210-920-7220. Will be at the West Campus on Fridays, **January 11 and 25** from 9am-4pm. Again, only at the West campus.

### Dental

#### **Emerald Crossing Family Dentistry**

Dr Julian Martinez, DDS, 210-674-3122 or [blueskiesoftxdental@gmail.com](mailto:blueskiesoftxdental@gmail.com). Will be at the West Campus on Tuesdays and Thursdays, **January 2, 3, 9, 11, 16, 18, 23, 25 and 30**, from 9am-5pm.

## Massage Therapy

Jacqui Crow, Licensed Massage Therapist, 210-818-5242 for massage at East & West campuses. Tina Payton, Licensed Massage Therapist, 210-830-446-9380 for massage at West campus only.

Both therapists can be contacted via text or phone call.

## Mental Wellness

**Counselor** Judy Wessley, provides one-on-one counseling in the privacy of your own home. For information or assistance in obtaining mental wellness services, please contact Shari Proctor or Ashlie Maltos.

## Occupational, Physical and Speech Therapy

**Select Rehabilitation** provides therapy services on campus. For more information see the Select Rehab information piece below.

## Optometry

**Valley Hi Optical** - Jessica Campos will be in specialty clinic Friday, **January 5**, from 10-11am to adjust eyeglasses and clean eyeglasses at no charge.

To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

## Physiatry

**Legacy Physiatry Group** - Dr. Carlos Jaramillo, 972-881-4688. Will be at the West Campus on Friday, **January 19**, by appointment only.

## Podiatry

**At Home Foot Care** - Dr Jason Mireles, DPM and Dr. Diane Trevino, DPM, 210-852-2427. Will be at the West Campus on Monday, **January 8**, from 9am-12pm.



## West Fitness Classes

9am Water Therapy – Monday / Wednesday / Friday – Pool

9am Chair Yoga – Tuesday / Thursday – CC 1-2

10am Total Conditioning – Monday / Wednesday / Friday – CC 1-2

10am Line Dancing w/George – Tuesday – Persimmon Room

10am Yoga – Tuesday / Thursday – CC 1-2

11am Chair Yoga – Tuesday / Thursday – CC 1-2

11:15am Zumba Class – Monday / Wednesday / Friday – CC 1-2

1pm Balance – Monday and Wednesday - CC 1

1pm Chair Exercise – Tuesday / Thursday – CC 1-2

1:30pm Cardio - Tuesday / Thursday - CC 1-2

2:30pm Balance - Wednesday - CC 1

3pm Water Aerobics - Tuesday / Thursday - Pool

**May you have an amazing year filled with love and good health.**

**Happy New Year!**

**~ Hope Santos**

### **Volksmarch**

On Saturday, **January 13**, Blue Skies of Texas West will host a Volksmarch (“people walk”). Sign-in will be from 8am-12pm. This is a non-competitive fitness event. There are brochures at the Front Desk with additional information. There is no charge for this event. Put on your walking shoes and join us!!

### **CPR for Family and Friends Class**

This is a classroom-based course that teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR and mild and severe airway block for adults, children, and infants. Class at BSTW, Tuesday, **January 16**, 2-3:30pm, in CC1. Please sign up in Touchtown.

# Life Enrichment

**Blue Skies will have a bus for the following events; purchase your tickets now!!**

## **SA Philharmonic Symphony Orchestra**

The season is underway! For remainder of season tickets or individual tickets (starting at \$35), please visit <https://saphil.org/events/> or call 210-201-6006. BST Buses are scheduled for Friday nights, for the following shows: January 19 – Villa-Lobos and Mahler; February 23 – Carrasco conduct Mussorgsky; March 22 – Mozart & Schumann; April 19 – Gluzman plays Beethoven; May 10 – Brahms & Dvorak; and May 31 – Goosby Returns & Beethoven 5.

All shows are held at the beautiful First Baptist Church.

## **YOSA (Youth Orchestra of San Antonio)**

Concerts are at the Tobin Center at 7pm. With BST bus departing BSTW at 5:45pm and BSTE at 6pm. You can find concert info and ticket links here: [www.yosa.org/concerts](http://www.yosa.org/concerts) ; Mezzanine and Balcony seating is \$18.00, Orchestra seating is \$24, Seniors receive a 10% discount. Dates and concert information is below.

American Rhapsodies – Sunday, **January 28** - Show is celebrating the centennial of Gershwin's famous "Rhapsody in Blue" and will feature the Grammy award winning pianist Michelle Cann and the winner of YOSA's internal soloist competition.

Wild Symphony – Sunday, **May 12** - This concert will have music all about animals, featuring brand new music by the Composures Alliance of San Antonio based on animals from the San Antonio Zoo. This show will also include special guests San Antonio Brass Band.

## **BSTW Activities Information**

**How to sign up:** Please sign up for Activities and Bus Trips via Touchtown app or by contacting your Activity Coordinator, Terry Elizondo at 210-568-3310 or [teresaelizondo@blueskiestx.org](mailto:teresaelizondo@blueskiestx.org).

**Bus trips** do require a minimum of 10 residents (East & West combined). Transportation fees do apply and are calculated/based on number of people, miles, and hours for trip. For questions on transportation please contact Katrina at 210-568-3300.

**Deadline to sign up for trips:** 7 days prior to event/trip date unless otherwise noted.

**Cancellation Policy:** You must cancel 48 hours in advance of the trip, or you will be charged transportation fees. If a ticket or entry fee is involved you would need to cancel 7 days prior to the event date, or you will be responsible for the cost of ticket/fee.

**Meals:** For trips/outings that involve a meal, the cost of meal is on your own.

## **Special Inquiry**

Terry wants to know what kind of activities you would like to see and do here at Blue Skies West. Please stop by the Wellness Office to let her know.



## Weekly Recurring Activities

BINGO - **Every Monday** - 3pm - BSTW Main Lobby - Come have fun and perhaps win a prize

Scrabble - **Every Tuesday** and Friday - 11am - BSTW Main Lobby - Great game for your mind

Boccia Ball - **Every 2nd and 4th Thursday** - 2:45pm in CC2 and 3 - A game of precision



## January Highlights

Monday, **January 1** - New Years 2024 - Staff Holiday

Wednesday, **January 3** - Newsletter Review with Residents - Bistro area - 2pm

Thursday, **January 4** - Trivia Fun on National Trivia Day - Bistro area - 2pm

Friday, **January 5** - Fitness Work-A-Thon/Back on Track- Main Lobby - 10am with Hope

Friday, **January 5** - Build a Bird House/National Birds Day - Main Lobby/Mailbox area - 2pm

Thursday, **January 11** - Luigi's Restaurant- Bus departs at 11:15am

Tuesday, **January 9** - Come Make Posters for MLK Day - Room 110 - 1-3pm

Saturday, **January 13** - Volksmarch ("people walk") at BST West - Sign-in from 8am-12pm - Put on your walking shoes and join us!

Monday, **January 15** - Martin Luther King, Jr. Walk - Main Lobby, outside - 10am - With Hot Dogs after the walk

Tuesday, **January 16** - CPR for Friends & Family - Hope as instructor - CC1 - 2pm

Wednesday, **January 17** - KENS5 studio tour - Lunch location TBD - Bus departs at 10:45am

Thursday, **January 18** - Stillwell House Guest Speaker: Chaplain (Maj Gen Ret/) Lorraine Potter

First Woman Chief of AF Chaplains at Ft Sam Houston - Bus departs at 10:30am

Friday, **January 19** - SA Philharmonic Symphony Orchestra - Villa Lobos and Mahler -Bus departs at 6:15pm - Individual tickets, starting at \$35, can be purchased through the web site

Wednesday, **January 24** - Chili Cook Off - Main Lobby - 1pm

Thursday, **January 25** - Season 52 Restaurant - Bus departs at 4:30pm

Friday, **January 26** - Cowboy Breakfast - Roadrunner and The Lakeview - 7am

Sunday, **January 28** - YOSA -American Rhapsody concert -Tobin Center - Bus departs at 5:45pm

Tuesday, **January 30** - Gateway Appreciation Night at Lackland - Bus departs at 4:30pm

Wednesday, **January 31** -Art/Crafts Show - Main Lobby - 9am



## Sneak Peek at February Activities

Monday, **February 5** - Guide Dogs of Texas Presentation at BST East - Bus departs to East at 1pm

Friday, **February 9** - Valentine Ice Cream Sundaes - Main Lobby/Bistro area - 2:30pm

## Select Rehab

### January Rehab Topic: New Years Resolutions

As we embark on the journey into 2024, let's set our sights on cultivating a healthier and more resilient version of ourselves. Embracing a commitment to better fitness is not just a resolution, but a lifestyle choice. In the coming year, let our goals be rooted in the pursuit of holistic well-being – nurturing both the body and the mind. Whether it's through regular exercise, mindful nutrition, addressing our aches and pain, or fostering positive mental habits, let's strive to create a sustainable and balanced approach to fitness and well-being. By setting realistic and achievable goals, we can pave the way for lasting transformations that extend beyond the calendar year, ensuring a foundation of vitality and strength for the years to come. Here's to a year of embracing challenges, surpassing milestones, and becoming the healthiest and happiest version of ourselves. Happy New Year!

*To learn more, call your friendly neighborhood therapy department:  
210-568-3415 for the West campus*

### Select Rehab West Campus Save the Dates:

Tuesday, **January 16** – ID Distribution – 11am to 12pm - Dining Hallway. Photo IDs provided by Select Rehab to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, **January 19** – Free Fall Risk Assessment – 11am to 12pm – Lobby area near mailboxes.

On above dates, Therapists will be available to answer questions and discuss monthly rehab topics. Come say hello. For further information Call your friendly neighborhood rehab dept. at 210-568-5415