

WELLNESS & LIFE

ENRICHMENT

EAST

April 2024



NOTES FROM THE DIRECTOR



CDC Updates Guidelines for Respiratory Illness

The CDC updated their guidelines to encompass all respiratory illnesses that include COVID, Flu, and RSV. The new guidelines for isolation consider the varying time it takes for symptoms to improve in each individual, and therefore, the need for isolation from others. Attached to this Wellness & Life Enrichment section is a detailed checklist of the updated BST guidelines for Independent Living residents and staff who test positive for COVID, Flu, and RSV. Please remove the attached guidelines and keep it available to refer to should the need arise.

Additional Dose - COVID-19 Comirnaty Vaccine Now Recommended

The CDC is now recommending adults 65 years and older as well as people who are immunocompromised receive an additional dose of the COVID vaccine received in the Fall of 2023, due to possible waning effects of the vaccine. The second dose is the same vaccine offered at BST last October, and at this time it is the most current vaccine available. Carvajal Pharmacy will be at both campuses to provide the Comirnaty (Pfizer) Vaccine only on Thursday, **April 25** at the following times:

East Campus – 9-11am, CC2 & 3

West Campus – 12:30-3pm, Roadrunner Lounge, check-in at CC1.

Please sign up for the vaccine by completing a Consent Form located on the Front Desk of each campus. Return the completed Consent Form to the Wellness Office.

Total Eclipse

The eclipse is scheduled to arrive in San Antonio at approximately 1:32pm on Monday, **April 8**. Check out the article in the Friday Flyer for more information on the BST Eclipse Event.

SAVE THE DATE:

Thursday, April 4 - Alzheimer's Caregivers Support Group - 1:30pm - Freedom House Chapel

Monday, April 8 - Eclipse Event - 12:45pm - Portico

Monday, April 15 - Fiesta Event - 10am - Location TBD

Thursday, April 25 - COVID Vaccine Clinic - 9-11am - CC2 & 3

Personal Affairs Advisor ~ Ashlie Maltos

New Hours for East Campus:
Monday - Friday 8am - 12pm

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All Military ID Cards will need to be updated and replaced by 2026.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 the East campus to meet individually with East residents on Tuesday, **May 7**. 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

Medication pick-up times in Wellness Office #112: Tuesdays and Thursdays from 1-3pm and Fridays from 12-2pm. Please be sure to fill out forms located outside wellness med pick up door for all refills and new scripts. For any questions contact Medication Liaison, Caitlin Brennan at 210-568-3417.

PLEASE REMEMBER

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.



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 East Campus.

Primary Care Physicians

Alamo Visiting Physicians — For the month of April, please call 210-201-2429 to schedule an appointment.

MD VIP — Dr. Patrick Peters, 210-521-7676. Will be at East on Friday, **April 19**, from 8am-12pm, Specialty Clinic II.

Harmony Cares — Dr. Pham, for appointments call 210-733-5072. Will be at East on Mondays, **April 1, 8, 15, 22 and 29**.

Visiting Practitioners — PA Jacob Frost and M.P. Andrea Williamson, 210-960-2833, are now only doing Tele-health appointments over the phone, by appointment only.

Specialists

Audiology

Audicles Hearing Aid Service

Dr. Tracy Board, 210-820-0525. Will be at East on Wednesday, **April 3 and 27**, from 9am-12pm.

Cardiology

Heart and Vascular Institute of Texas (HAVIT)

Dr. Bruce Kuo, 210-920-7220. Will be at West on Fridays, **April 12 and 26**, from 9am-4pm. Again, only at the BST WEST campus.

Dental

Emerald Crossing Family Dentistry

Dr Julian Martinez, DDS, 210-674-3122 or blueskiesoftxdental@gmail.com. Will be at East on Fridays, **April 5, 12 and 19**, from 9am-5pm.



Massage Therapy

Jacqui Crow, Licensed Massage Therapist, 210-818-5242 for massage at East & West campuses. *Tina Payton*, Licensed Massage Therapist, 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 the East Campus in the Vitality & Fitness Center. For more information see the Select Rehab information piece below.

Optometry

Valley Hi Optical - Jessica Campos will be at East in specialty clinic on Friday, **April 5**, from 1-2pm 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 only be at the BST WEST campus on Friday, **April 26**, by appointment only.

Podiatry

At Home Foot Care – Dr Jason Mireles, DPM and Dr. Diane Trevino, DPM, 210-852-2427. Will be at East on Monday, **April 1** from 1-4pm.

East Fitness Classes

6:45am Walking Club – Tuesday / Thursday – V&F

9:00am Water Fitness – Monday / Wednesday / Friday – Pool

9:00am Pilates– Tuesday / Thursday – V&F

10:00am Be Fit/ Chair Class – Friday – V&F

10:15am Be Fit/ Chair Class – Monday / Wednesday – V&F

10:15am Tai Chi – Tuesday / Thursday – V&F

1:00pm Balance – Monday/Wednesday/ Friday – V&F

2:00pm Line Dancing – Tuesday / Thursday – V&F

5:00pm Walking Club – Monday/Tuesday /Wednesday/ Thursday/Friday – V&F

V & F = Vitality & Fitness Center



Thursday, **April 11** is World Parkinson's Day and Blue Skies is excited to join the National Institute for Fitness and Sport (NIFS) in Pump it for Parkinson's! This event joins senior living providers across the country to help raise awareness on what Parkinson's Disease is and how exercise can help ease the symptoms people experience every day! We will be hosting a NuStep-A-Thon in the Fitness Center to challenge our residents to achieve 30,000 steps per NuStep running! There is a nationwide goal to accumulate 10 million total steps representing the 10 million people worldwide living with Parkinson's. Please sign up for 15-20 minute spots between 7am – 4pm, to get as many steps as we can to contribute to our goal! We will also be hosting an info booth where you can learn more about what your neighbors, family and friends who live with Parkinson's experience every day and why exercise is so important for them. Also, during the all-day event, be sure to stop by during 8am -3pm, to enjoy refreshments in the fitness center for attendees. Sign up in the Wellness Center in person or by calling 568-3296.

BSTE Activities Information

How to sign up: Please sign up for Activities and Bus Trips via TouchTown app or by contacting your Activity Coordinator, Carol Estala at 210-568-5028 or carolestala@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.

Cancelation 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 the meal is your own.

TouchTown App Information: Please note for any event in which you ride a bus, the listed time on app and on TT slides is the bus departure time, not the actual time event takes place.

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

San Antonio Zoo – We are planning a day at the zoo for Friday, **April 12** as this is Local Days at the Zoo and tickets are just \$8 each (regularly priced at \$35.99). With such a big savings we wanted to make sure to offer a bus to allow our residents to take advantage of this special price. You must go online to purchase tickets, please visit: <https://sazoo.org> – click on the EVENTS TAB, then onto the LOCAL DAYS tab, then onto the PURCHASE tickets tab, select date of **April 12**, 2024, then continue prompts for how many tickets and payment information. Don't wait! Order your tickets now! Contact your Activity Coordinator if you need any assistance.

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 for Friday nights for the following shows: Friday, **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 Orchestras of San Antonio) – 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. Mezzanine and Balcony seating is \$18.00, Orchestra seating is \$24, Seniors receive a 10% discount. Dates and concert information is below.

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.



April Highlights

Monday, April 1, Shaved Ice- 2pm - Main Lobby – No fooling, we have 10 flavors to choose from!

Tuesday, **April 2**, Friday Flyer BSTE Newsletter Review – 10:30am – Main Lobby

Wednesday, **April 3**, SA Fiesta History: an insider's look – 10am – CC2/CC3. Join our very own BST staff members Freddie Cervera and Calista Burns as they talk about the history of Fiesta in San Antonio and their personal experiences as volunteer with the Fiesta Commission and as Miss Fiesta as well as information on the medals of Fiesta.

Wednesday, **April 3** – National Walking Day – 3pm – Meet in VFC Lobby. Let's join the walking club and take a walk around campus on this National Day of Walking. Your walk can be as long or as short as you desire, every step counts! Light snacks provided.

Thursday, **April 4** – FBI Presentation: an Overview of FBI Priorities or Top Threats and Elder Fraud (defining it + preventing it) – 10am – BST West Roadrunner Lounge. Bus departs BST East @ 9:30am. Please sign up in TouchTown to ride the bus.

Thursday, **April 4** – Loteria – 2:45pm – Sky Lounge Bar Area– As we continue to head into the Fiesta San Antonio season join us for this fun game of Mexican Style Bingo in the Sky Lounge then stay for Thirsty Thursday if you'd like as they will feature specials on Margarita's and select beers.

Friday, **April 5**, Great American Air Show – Randolph AFB – Bus departs at 12pm.

Monday, **April 8**, Total Eclipse Event– 12:45pm – Portico. According to Google, the eclipse should reach SA at 1:32pm, Come out for a special ice cream treat and watch the eclipse. Remember the front desk still has eclipse viewing glasses for sale, just \$2 a pair.

Tuesday, **April 9**, Material Cutting for Pet Bed Making – 10am – Arnold House. This is a great volunteer opportunity as Ms. Potter needs your help to prepare material for the dog beds she makes for the pet shelters.

Wednesday, **April 10**, Preserving Family Treasures: Genealogy Class – 10am - CC2/CC3. Join Andrew Crews from the San Antonio Public Library for this interesting free class. Please sign up in TouchTown to attend.

Wednesday, **April 10**, Movie: Tender Mercies – 2pm – CC2/CC3

Thursday, **April 11**, National Pet Day: Pictures with your Pet – 9:30am – Arnold House Courtyard.

Thursday, **April 11**, Left, Right, Center Dice Game – 2:45pm – CC2/CC3

Friday, **April 12**, San Antonio Zoo – Tickets are just \$8 and can be purchased at <https://sazoo.org>. Bus departs at 9am.

Sunday, **April 14**, Resident Concert Series: USAF Woodwind Sextet – 3pm – BST West Main Lobby– Bus departs at 2:15pm

Monday, **April 15**, Taste of Blue Skies East Fiesta – 10am-12pm – Main Lobby/HR Lobby – Join us for Fiesta Royalty, Ballet Folklorico Dancers, Mariachi's, Fiesta themed food and fun!

Tuesday, **April 16**, JBSA Lackland Gateway Club Customer Appreciation Dinner – Cost of dinner is \$14.50 for members and \$17.50 for non-members. Bus departs at 4:45pm.

Wednesday, **April 17**, Cheese Ball Making Demo for National Cheese ball Day – 3pm – Arnold House. We will demonstrate how to make a few different types of cheeseballs, after the demo you will be able to enjoy the cheeseballs with crackers, some wine and more. Cost is just \$7 per person (Billed to your account). Demo is limited to 12 IL residents – sign up in TouchTown now!

APRIL

April Highlights

Thursday, **April 18**, Ruby City Museum, and lunch at Piedras Negras de Noche – Bus departs at 9:30am.

Friday, **April 19**, National Hang out day: Fiesta with Friends at The Mission – 2-3:30pm Everyone is invited to come enjoy the festivities and simply hang out together! One bus is available to transport IL residents down the hill; if you plan to ride the bus you must sign up in TouchTown.

Friday, **April 19**– SA Philharmonic: Glazman plays Beethoven – Bus departs at 6:30pm. Please see section above for ticket information.

Saturday, **April 20**, Viva Botanica at Botanical Gardens – This official Fiesta event includes hands-on activities, culinary tastings, and music, theater, and dance performances with drinks and food available for purchase. You will purchase your own ticket at the gate. Ticket cost is \$22 (\$20 with Military ID), or free for Botanical Garden members - bus departs at 9:45am.

Monday, **April 22**, Book Club: The Beekeepers Son by Kelly Irvin – 10am – CC2/CC3. Paul Chapman will lead the discussion.

Monday, **April 22**, Earth Day: Simple Gardening and Rock Painting – 1:30pm – Arnold House Courtyard.

Tuesday, **April 23**, Movie: Harvey – 1:45pm – CC2/CC3.

Wednesday, **April 24**, Unaccompanied Veterans Memorial (Fort Sam Houston) – Bus departs at 8:15am. Memorial held at Fort Sam Houston National Cemetery to Honor Veterans who died with no known relatives. With Blue Skies background, we should consider this our duty and an honor to attend and pay honor to those who served.

Thursday, **April 25**, Brisco Middle School Band Performance – 10:30am – CC2/CC3.

Thursday, **April 25**, Mission Baseball: SA Missions VS Wichita Wind Surge – Cost of tickets are \$18.50 (special price for Thursday night box seats) - Bus departs at 6:30pm.

Friday, **April 26**, Alien Day – 1:45pm – CC2/CC3. Let's celebrate and learn all about Aliens and UFO's.

Monday, **April 29** – Popcorn & Movie by Moonlight: Trading Places – 6:15pm – CC2/CC3.

Tuesday, **April 30** – Concert: Life of Jesus– 2pm – Sky Lounge. Come join Christ Episcopal Church's 2 member group, "We are with Him," for this special concert. Hot Tea and Light Refreshments will be served, feel free to wear your Sunday best and tea hats too.

Tuesday, **April 30** – Village Voices Spring Concert: Playbill – 7pm – CC2/CC3.





Sneak Peek at May Activities

Wednesday, **May 1** – Bending Branch Winery and lunch at High's. On this trip to Comfort, Texas you will enjoy a nice lunch in the hill country, then proceed to Bending Branch for a tour of the winery & distillery where you will learn about their unique wine making techniques, receive a souvenir wine glass and 6 tastings for just \$45. The bus departs BSTE at 10:45am.

Thursday, **May 2** – Spring/Patriotic Crafts with Gianna & Leslie – 9:30am – CC2/CC3

Friday, **May 3** – Handbells Spring Concert – 2pm – CC2/CC3.

Saturday, **May 4** - Presentation on Pain Management by Dr. Ellen Lin – 1:30pm – CC2/CC3

Monday, **May 6** – Dermatology Presentation: Melanoma Risk and Skin Cancer Awareness – We will have a member from Wilford Hall Medical Center come out as this is Melanoma Awareness Day and Skin Cancer Awareness Month. Time/location and guest speakers name to be determined.

Thursday, **May 9** – Mother's Day Event – Details to come.

Friday, **May 10** – Market Days – Main Lobby – 9am - 2pm. Please get applications for vendors in asap.

Select Rehab

April Rehab Topic: Spring is Here

April is a month of renewal and rejuvenation, and it serves as a fitting backdrop to highlight the invaluable role of therapy services in restoring health and vitality. Whether recovering from injury, managing chronic conditions, or simply striving for optimal health, therapy embodies the spirit of growth, empowerment, and the promise of a healthier future. Therapy combines a range of techniques and interventions to target specific limitations and enhance overall function. These strategies may include targeted exercises to improve strength, flexibility, and balance; pool therapy; as well as manual therapies such as massage or joint mobilization to alleviate pain and enhance mobility. Reach out to learn how therapy can help you.

*To learn more, call your friendly neighborhood therapy department:
210-568-3408 for the East campus*

Select Rehab East Campus Save the Dates:

Thursday, **April 11** – ID Distribution – 12-1pm – Hi-Rise Lobby. IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, **April 12** – Free Fall Risk Assessments – 11am-Noon – Lobby area outside the Library

On above dates Therapists will be available to answers questions and discuss monthly rehab topics. Come say hello. For further information Call your friendly neighborhood rehab dept. at 210-568-3408.

Blue Skies Respiratory Virus Response

The CDC has combined safety measures for COVID, Flu, and RSV in order to simplify steps to take if you are showing symptoms of a respiratory virus. Blue Skies has established the following prevention strategies to protect our Independent Living Residents and Staff. If you are showing signs of common viral respiratory illnesses, get tested for COVID, Flu and/or RSV. If you are confirmed positive for any of these viruses, follow these steps:

STEP 1:

- Stay at home and away from others.
- Notify the Front Desk immediately. Delivery service for meals will be put into place. Housekeeping and Maintenance will be put on hold.
- The Wellness Dept will contact you regarding your timeline to stay at home.
- Has it been 24 hours since your symptoms improved, and no fever without the use of a fever-reducing medication?
- Contact Wellness to be cleared to leave your home.

STEP 2:

- Wear a mask for 5 days to protect your friends and staff.
- Maintain distance from others for the next 5 days.
- Be sure to get plenty of fresh air.