

# WELLNESS & LIFE ENRICHMENT

EAST

May 2024



## NOTES FROM THE DIRECTOR



### DO NOT RESUSCITATE!

Texas law provides its residents the right to say DO NOT RESUSCITATE me in the event I go into cardiac arrest. This right can only be exercised by signing a directive entitled “Texas Out-of-Hospital Do-Not-Resuscitate (OOH-DNR) Order,” commonly referred to as a “DNR.” As the title of the OOH-DNR states, it is effective anywhere outside the hospital and even in the emergency room.

However, once a person is admitted to the hospital, a separate law governs hospitals relating to DNR orders. Please note, a Directive to Physician does not constitute a DNR.

In addition to your signature, your attending physician/primary care physician must also sign the OOH-DNR Order. Once the directive is signed, you MUST wear an identifying device in the form of a necklace or bracelet which clearly states, “OOH Do-Not-Resuscitate.” This necklace or bracelet is the only way emergency personnel know you are a DNR. If you have signed an Out-of-Hospital DNR Order and do not wear your bracelet or necklace, then be aware that emergency personnel will take all measures possible to resuscitate you. We also strongly recommend placing a copy of the OOH DNR Order on the front of your refrigerator so a copy can be transported with you to the hospital. You cannot order the bracelet or necklace without first having a fully executed OOH DNR Order. The Wellness Center is the point of contact for residents wishing to discuss and sign an OOH DNR Order and order the identifying bracelet or necklace. If you need more information on OOH DNR directives, please contact Ashlie Maltos at 210-565-3282 or Shari Proctor at 210- 568-3355.

### BST East Market Days

Friday, **May 10** - Do you have a vendor you might want to come out to BST? Pick up an application from your Activity Coordinator.

## SAVE THE DATE:

Thursday, May 2 - Alzheimer’s Caregivers Support Group - 1:30pm - Freedom House Chapel

Monday, May 6 - Dermatology Presentation - 1:30pm - CC Rooms

Friday, May 10 - Market Days 9am-2pm - CC Rooms

Friday, May 17 - USAF Band of the West - 1:30pm - Main Lobby

Tuesday, May 21 - Drumming Circle - 2pm - Vitality & Fitness Center

## **BSTE CONTINUUM OF CARE 101 SESSIONS**

It's time to hold our Continuum of Care (COC) 101 Sessions at the East Campus. As requested, we will hold all sessions at the monthly Resident Council Meetings. Each session will cover a level of care offered at Blue Skies of Texas – Independent Living, Assisted Living, Memory Care, Skilled Nursing, Rehab, and Hospice. These sessions will focus on what services and care are provided for each level, which is the reason our residents move to BST. This educational series is for the newbies and the not so new anymore East Residents, we can all benefit from a refresher course! Below is the schedule for each session that will be conducted at the Resident Council Meetings in the Sky Lounge:

- The Mission – Thursday, June 27, 2pm, Sky Lounge
- Arnold House – Thursday, July 25, 2pm, Sky Lounge
- Freedom House – Thursday, September 26, 2pm, Sky Lounge
- Hospice – Thursday, October 31, 2pm, Sky Lounge

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### **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.

# Medical & Wellness Schedule

**Please note:** For information regarding acceptance of specific insurance plans, please contact the Provider directly. To schedule an appointment with Physician Group or Specialist, please call the telephone number listed for each individual provider below. Please see dates and time below that Physician Groups or Specialists will be at BST East Campus. As always, please call ahead for an appointment. It is best not to assume a clinic will be available on a walk-in basis.

## Primary Care Physicians

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

**MD VIP** — Dr. Patrick Peters, 210-521-7676. Will be at East on Friday, **May 17**, from 8am-12pm, Specialty Clinic II.

**Harmony Cares** — Dr. Pham, for appointments call 210-733-5072. Will be at East on Mondays, **May 6, 13 and 20**.

**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, by appointment only, on Wednesday, **May 1 and 22**, from 9am-12pm.

### Cardiology

#### **Heart and Vascular Institute of Texas (HAVIT)**

Dr. Bruce Kuo, 210-920-7220. Will be at West on Fridays, **May 10 and 24**, 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](mailto:blueskiesoftxdental@gmail.com). Will be at East on Fridays, **May 3, 10, 17, and 24**, 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, **May 3**, 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, **May 24**, 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, **May 13** 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 – Monday / Wednesday / Friday – 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

V & F = Vitality & Fitness Center

### Drumming Circle

Drum circles are a fun and engaging way to connect with people and create music together. This event is for people of all ages and musical abilities.

Benefits of a Drum Circle:

Drumming has been shown to lower stress levels and promote relaxation. The rhythmic vibrations of the drums can help to calm the nervous system and reduce anxiety, improve cognitive function, boost the immune system, enhance social connections, and increase creativity. Do you want to know more about this circle? Join us Tuesday, May 21 at 1:15pm, V & F.



### Older Americans Month (OAM)

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection. This month at BST we will be celebrating OAM with a variety of events and activities throughout May. Here at Blue Skies of Texas we see so many powerful senior citizens and it reminds us, every day, that age is just a number. During this month we would like to encourage and inspire you to share what connection means to you in social media using the hashtags #PoweredByConnection and #BlueSkiesofTexas. Please look for events listed below with the beginning title OAM Event and let's celebrate all of us Older Americans!



# BSTE Activities Information

**Touchtown App is now Uniguest!**  
*Same app, just different name.*



Uniguest  
Community Apps

**How to sign up:** Please sign up for Activities and Bus Trips via **Uniguest app** or by contacting your Activity Coordinator, Carol Estala at 210-568-5028 or [carolestala@blueskiestx.org](mailto: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. When you have signed up to ride a BST bus, please be in the front lobby 10-15 minutes to the departure time, to ensure our buses can depart upon the scheduled departure time. 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.

**Uniguest App Information:** Please note for any event in which you ride a bus, the listed time on app and on Uniguest slides is the bus departure time, not the actual time event takes place. Please ensure you are signing up for the correct campus, either **BSTW** or **BSTE** and note the correct time for that campus.

## **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 for Friday nights for the following shows: Friday, **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](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.

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.





## May Highlights

Wednesday, **May 1** – Bending Branch Winery & Distillery, lunch at High's Café & Store. The bus departs BSTE at 10:45am.

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

Thursday, **May 2**, Newsletter Review & Older Americans Month (OAM) Events information session – 1:30pm – Main Lobby.

Sunday, **May 5**, Olmos Ensemble Concert: Pianist Jon Nakamatsu – This is a free concert at the Chapel of the Incarnate Word, featuring Jon Nakamatsu, a world-renowned artist and gold medalist in the Van Cliburn International piano competition as well as selections from the Olmos Ensemble. Bus departs at 3:30pm

Monday, **May 6**, May is Melanoma Risk and Overall Skin Cancer Awareness Month. Dermatology Presentation: Lt. Col (Dr) Bandino from Wilford Hall will speak on Melanoma Risk and Overall Skin Cancer Awareness. – 1:30pm – CC2/CC3. We are honored to have Dr. Bandino here on this Melanoma Awareness Day and Skin Cancer Awareness Month.

Wednesday, **May 8**, Popcorn & Movie: Wonder– 2pm – CC2/CC3

Thursday, **May 9**, Mimosas & Muffins with Moms – 9:30am – Main Lobby. Let's Celebrate and Honor all of our mothers at BST in honor of Mother's Day.

Thursday, **May 9**, Left, Right, Center Dice Game – 2:45pm – CC2/CC3. Have fun & perhaps win a prize.

Friday, **May 10**, Market Days – Main Lobby – 9am to 2pm. Please come shop with a variety of vendors. Great opportunity for last minute Mother's Day gifts.

Friday, **May 10**, SA Philharmonic: Brahms & Dvorak – Bus departs at 6:30pm. Please see section above for ticket information.

Sunday, **May 12**, YOSA Concert: Wildlife Harmonies. 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 – Bus departs at 6pm.

Monday, **May 13**, Coffee, and Company – 9:45am – Main Lobby.

Monday, **May 13**, OAM event: Fitness Demo with Kevin – Main Lobby – 1:00pm.

Wednesday, **May 15**, OAM Event: ACOG (Alamo Agency Council on Governments) Presentation -- 10:30am – CC3/CC3. Please come join guest speaker Emily Ortiz regarding the Alamo Veterans Network and Alamo & Bexar County Area Agencies on Aging.

Thursday, **May 16**, Mission Baseball: SA Missions Corpus Christi Hooks – Cost of tickets are \$18.50 (special price for Thursday night box seats) and will be billed to your account. At the ballpark special \$2 price for beer, soda, and hotdogs - Bus departs at 6:30pm.

Friday **May 17**, USAF Band of the West – 1:30pm – Main Lobby – In recognition of Armed Forces Day please come enjoy the concert along with refreshments to follow.



## May Highlights

Monday, **May 20**, OAM Event: Food Bank Volunteer Opportunity – A fun and rewarding way for BST to get involved in serving and giving back to our community. Group will work together to sort and/or pack produce, non-perishable foods, and household items, preparing them for distribution. Duties may include checking for expiration dates, opened packages and spoilage, labeling cans, and packing bags of food or household items Sign up now! Once you sign up, your Activity Coordinator, Carol Estala will be sending you a link to register your spot with the food bank. Space is limited. Bus departs at 1:00pm.

Tuesday, **May 21**, OAM Event: Drumming Circle – 1:00pm – Vitality & Fitness Center. Studies have shown group drumming is beneficial to our health. Join us!

Wednesday, **May 22**, The Blue Zones Lifestyle – 1:30pm – CC2/CC3 - Come learn from our BST Resident, Edith Kuzbik, all about Blue Zones methods that may contribute to a longer, healthier, happier lifestyle.

Thursday, **May 23**, Pioneer Museum, and lunch at Burger-Burger. Cost of Museum tour is \$15 and can be paid upon arrival. Please note, this trip will consist of a good amount of walking and many of the exhibits have a couple of stairs going into them and walking surfaces may be uneven on parts of the tour. Bus departs at 9am.

Friday, **May 24**, Memorial Day BBQ and Music – 11:30am to 1:30pm – Heritage Park.

Monday, **May 27**, Memorial Day – Thank you to all who gave the ultimate sacrifice, we honor and remember each of them. Please note this is a staff holiday, limited staff will be on campus.

Tuesday, **May 28**, Arlean the Riverboat Player – 2pm – Arnold House. Come enjoy the musical talents of the Riverboat singer as you enjoy wine and social hour with our friends at Arnold House.

Wednesday, **May 29**, OAM Event: Building a Stronger Brain – 10:30am – CC2/CC3. Please join Carol for this interactive presentation as we learn how to keep our brain healthy.

Friday, **May 31**, OAM Event: Boccia Ball re-introduction– V & F – 2pm. Boccia Ball has many physical & mental health benefits.

Friday, **May 31**, SA Philharmonic: Goosby Returns & Beethoven 5 – Bus departs at 6:30pm. Please see section above for ticket information.



## Sneak Peek at June Activities

Wednesday, **June 5**, San Antonio Shoe General Store and Lunch at Chili's Grill & Bar. Shop then enjoy lunch. Bus departs at 9:30am

Friday, **June 7**, AARP Defensive Drivers Class – 12:30pm – CC2/CC3. The cost of class is \$20 for AARP members and \$25 for non-members (will be collected the day of class via check or cash). Sign up in Uniguest (Touchtown) App to join AARP representative Rocky Dewan for this fun, interactive, informative class that could possibly save you money on your insurance.

## 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.



## Select Rehab

### May Rehab Topic: Celebrating 10 Years Together

We are thrilled to commemorate a decade of the partnership between Select Rehab and Blue Skies of Texas! As we celebrate this remarkable milestone, we extend our heartfelt gratitude to our dedicated team members and loyal clients who have been integral to our success journey. Over the past ten years, we've forged enduring partnerships, tackled challenges head-on, and achieved milestones together. This anniversary marks not just a celebration of longevity, but a testament to our shared commitment to excellence, innovation, and integrity in every project we undertake. Looking ahead, we are excited to continue building upon this foundation of trust and reliability, embracing new opportunities, and shaping a future filled with continued success. Here's to the next milestones of collaboration and achievement!

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

### Select Rehab East Campus Save the Dates:

Thursday, **May 9** – 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, **May 10** – Free Fall Risk Assessments – 11am-Noon – Lobby area outside the Library

Wednesday, **May 15** - Celebrating 10-year Partnership between Select Rehab and Blue Skies of Texas - 1:30pm in the Main Lobby. Cake will be served; come by and say hello to your therapists.

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.