

WELLNESS & LIFE

ENRICHMENT

WEST

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 – 9am-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 Roadrunner 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 - Gazebo

Tuesday, April 16 - Fiesta Event - 2pm - Main Lobby

Thursday, April 25 - COVID Vaccine Clinic - 12:30-3pm - Roadrunner Lounge / CC1

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All Military ID Cards will need to be updated and replaced by 2026.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, **June 4**. 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 #102: Mondays and Wednesdays, from 1-4pm and Fridays 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 contact Medication Liaison: Caitlin Brennan at 210-568-3417.

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.



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 - for the month of April, please call 210-201-2429 for appointments.

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

MD VIP — Dr. Patrick Peters, 210-521-7676. Will be at West on Tuesdays, **April 2, 9, 16, 23, and 30** from 8am-12pm in the Specialty Clinic.

Zarate Medical Group — Dr. Jocelyn Zarate, 210-587-8787. Tuesdays, **April 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, **April 4 and 18 (Dr. Garcia), April 11 and 25(Dr. Watson)** 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, **April 12 and 26** 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. Will be at the West Campus on Tuesdays and Thursdays, **April 2, 4, 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, 830-446-9380 for massage at West campus only. Both therapists can be contacted via text or phone call.

Mental Wellness

Counselor Judy Wesley, 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, **April 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, **April 26**, by appointment only and at BST West campus 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, **April 1** from 9am-12pm.



West Fitness Classes

9am Water Therapy – Monday, Wednesday, and Friday – Pool
9am Chair Yoga – Tuesday and Thursday - CC 1-2
10am Total Conditioning – Monday, Wednesday, and Friday – CC 1-2
10am Line Dancing w/George – Tuesday – Persimmon Room
10am Yoga – Tuesday and Thursday – CC 1-2
11am Chair Yoga – Tuesday and Thursday – CC 1-2
11:15am Zumba Class – Monday, Wednesday, and Friday – CC 1-2
1pm Balance – Monday – CC 1
1pm Tai Chi – Wednesday – CC 1-2
1pm Pilates – Friday – CC 1-2
1pm Chair Exercise – Tuesday and Thursday – CC 1-2
1:30pm Cardio – Tuesday and Thursday – CC 1-2
2:30pm Balance – Wednesday – CC 1
3pm Water Exercise – Tuesday and Thursday – Pool



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.

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 @ 210-568-3310 or 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 @ 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 meal is on 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.

Special Inquiry: Terry would like your input as to what kind of activities you would like to see at Blue Skies. Please stop by the Wellness office and let her know or send her an email at teresaelizondo@blueskiestx.org

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.

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



April Activity Highlights

Tuesday, **April 2** – Newsletter Review with Residents – Lobby/Bistro area at 1:30pm

Wednesday, **April 3** – Fiesta Earrings & Bracelet making with Hope & Terry – Room 110 at 2pm – sign up on TouchTown

Thursday, **April 4** – FBI Presentation – RR Lounge at 10am. Overview of FBI Priorities or Top Threats and Elder Fraud (defining it + preventing it).

Friday, **April 5** – Great American Airshow – Randolph AFB – Bus departs at 11:45am – sign up on TouchTown

Monday, **April 8** – Eclipse Event- Gazebo at 12:45pm – According to Google, the eclipse should reach SA at 1:32pm. We will be giving out assorted ice cream for both residents and employees before the event. Get your safety glasses at the front desk for \$2.17.

Tuesday, **April 9** – Hangout Day with Liberty House residents. Come enjoy wine & cheese and play memory games with friends at 2:30pm – Sign up on TouchTown

Friday, April 12 – San Antonio Zoo – Tickets are just \$8 and can be purchased at <https://sazoo.org> – Bus departs at 8:45am – sign up on TouchTown

Sunday, **April 14** – Resident Concert Series presents: USAF Woodwind Sextet – Main Lobby at 3pm

Tuesday, **April 16** – Fiesta & Marketing Event: Taste of Blue Skies West Fiesta – Main Lobby at 2pm

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 4:30pm – sign up on TouchTown

Thursday, **April 18** – Ruby City Museum & Piedras Negras De Noche – Bus departs at 9:15am – sign up on TouchTown

Friday, **April 19** – SA Philharmonic Orchestra featuring: Gluzman Plays Beethoven – Bus departs at 6:15pm – sign up on TouchTown



April Activity Highlights

Saturday, **April 20** – Viva Botanical Gardens & Lunch – 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 9:30am – sign up on TouchTown.

Monday, **April 22** – Maggiano’s Little Italy Restaurant – Bus departs at 4:15pm – sign up on TouchTown

Wednesday, **April 24** – Unaccompanied Veterans Memorial Services at Fort Sam Houston – Bus departs at 8am – sign up on TouchTown. 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** – Missions Baseball game – SA Missions vs Wichita Wind Surge – Cost of tickets are \$18.50 (special price for Thursday night box seats). Bus departs at 6:15pm

Sunday, **April 28** – Bill Ball’s Picture/Musical slide show – Main Lobby/Piano area at 2pm

Monday, **April 29** – SA Chamber Music Society presents Viva Tango – Main Lobby at 10am



Sneak Peek at May Activities

Wednesday, **May 1** – Bending Branch Winery & Distillery – Bus departs at 10:30am -Sign up on TouchTown

Thursday, **May 2** – Village Voices Spring Concert – Main Lobby at 7:30pm

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:
210-568-3415 for the West campus*

Select Rehab West Campus Save the Dates:

Tuesday, **April 16** – ID Distribution – 12-1pm – Dining Hallway, near piano. Photo IDs provided by Select Rehab can be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

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

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 department at 210-568-3415.



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.