

February 2024

The Mission Messenger

The Mission at Blue Skies of Texas | 4949 Ravenswood Drive San Antonio, Texas



Celebrating February

Wear Red Day

February 2

2nd Time Around

February 8

Superbowl Sunday

February 11

Mardi Gras

February 13

Valentine's Day

King & Queen of Hearts

Blind Date Games

February 14

Resident Council Meeting

February 15

Residents' Birthday Party

February 19

Casablanca-Style Luncheon

February 21

Wine Circles & Stories

February 26

Rodeo Breakfast

February 28

***Activities are subject to change
without prior notice.***

Message from the Administrator

By: Colonel Sally A. Kelly-Rank

Carpe Diem: Seize the Day

This February 26th is Carpe Diem Day. *Carpe diem* is a Latin phrase that means "seize the day." It inspires people to focus on the present, appreciate the value of every second in life, and avoid putting things off unnecessarily. Most Latin scholars translate the phrase as "pluck the day, it is ripe." Horace, the Latin poet, first coined the term *carpe diem* in his *Odes*, published in 23 BC. The complete phrase is "*carpe diem, quam minimum credula postero,*" which means "pluck the day, trusting as little as possible in the future." Horace supported Epicureanism, a viewpoint taught by Epicurus around 307 BC, which reinforced the idea that pleasure is the most important thing in life and can be achieved through simple living.

Psychological research on the concept of "*carpe diem*" suggests an active *carpe diem* life approach consists of two main facts: 1. centering on what is happening now, and 2. awareness of the distinctiveness and value of every minute in life. *Carpe diem* does not mean forgetting your past or ignoring the consequences of your actions. Rather, it's about concentrating on the present-day, and not letting thoughts about your past or future control you. It's about re-directing your attention and actions to the current moment, which is the only thing you can directly control. When it comes to the past, focusing on the now may free you from the burden of negative past experiences. Likewise, when it comes to the future, focusing on the now may encourage you to act in a way that will help you achieve your goals later.



Message from the Administrator

(Continuation)

People often misinterpret the concept of “carpe diem” and view it as simple encouragement to engage in careless behavior. However, the concept of “carpe diem” revolves around thinking about the present as much as possible, and taking desirable action now, instead of delaying it. In other words, be present in your life and enjoy each occasion.

So how can you implement “carpe diem” into your life and seize the day? Don't postpone things, rather take advantage of the moment. Perhaps you have always wanted to start a new hobby, then choose to start it now, as soon as possible, rather than waiting for another day. Other examples of how you can include carpe diem in your life could include the following:

- Start a business or project that you want to work on now instead of spending months fantasizing about doing it later.
- Go to an event you've always wanted to go to instead of repeatedly promising yourself you'll do it later.
- Take that class or course you've always wanted to take rather than coming up with excuses why you can't do it.
- Learn a new language and take that trip you've always dreamed of taking rather than staying home.

Carpe diem reminds us that when we seize each day, no matter how routine, suddenly, our lives become filled with meaning and purpose. We don't have to do anything special or grand, simply being mindful of what is happening right now can lead to extraordinary and unexpected experiences. So, let's take a step back from our hectic routines and embrace each precious second as if they were gifts given exclusively to us. Seize the day. Carpe diem!

Making A Difference



Bridgette Hastings

Hello, I'm Bridgette Hastings, with over 22 years in the dining services industry. For the past 7 years, I've been part of Blue Skies of Texas, specifically spending the last 2 at The Mission. From starting as a dietary aide at the West Campus, I now proudly serve as a Cook here. I take pride in being part of a team that ensures our BSTX residents receive nutritious and delightful meals. At 47, born and raised in Military City San Antonio, Texas, I have a wonderful 25-year-old daughter named Chastity and a handsome 23-year-old son, John, who mean the world to me. Family time is precious, and I cherish moments with them. During my downtime, I love creating memories with my family, enjoy roller skating, and on lazy days, indulge in movie marathons. I consider myself truly blessed.

Holistic Nursing

By: Kurt Riedel, Director of Nursing Services

The American Holistic Nurses Association defines holistic nursing as aiming for the healing of the whole person. Initially skeptical during my time as an infantry medic in the army, I associated it with practices like meditation and acupuncture. However, over the years working in different nursing fields, I've recognized the genuine connection between physical, psychological, spiritual, and social aspects of our lives. When one area suffers, they all suffer. Unhealthy environments pose risks, mental health affects overall well-being, and spiritual pain impacts life quality. While I don't embrace all holistic practices, research supports the positive impact of activities, healthy relationships, and religious services on well-being, without needing a prescription. I encourage everyone to explore the activities at The Mission; personally, interacting with residents always lifts my spirits on a bad day.



Rockin' Seniors

By: Dennis Guray, APC

As we step into the month of love, the Activities Department is thrilled to share the exciting plans and events we have in store for February.

Art Extravaganza: Celebrating Creativity

Join us every Tuesday for our Art Extravaganza! Engage in various art activities, from canvas painting to craft projects. Unleash your creativity and enjoy a colorful time together.

Valentine's Day King & Queen of Hearts

Save the date for our Valentine's Day Coronation Day on the 14th! Wear your red attire and join us in the gathering room for an afternoon filled with music, laughter, and love.

Wellness Delights

Take a mindful break with our Wellness sessions. From gentle yoga to relaxing meditation, these sessions are designed to promote physical and mental well-being.

Book Club Delights

For our book enthusiasts, our Book Club meets every Saturday afternoon. Share your thoughts on the latest literary gems and discover new reads in a cozy and friendly atmosphere.

Once Upon a Tale

Get ready for some theatrical fun! We'll be hosting entertaining performances and skits. Join us for a dose of laughter and drama.

Tea Time Talks

Enjoy a cup of tea and engaging conversations every 2nd Thursday of the month during our Tea Time Talks. It's the perfect opportunity to connect with fellow residents and share stories.

Stay tuned for more surprises and delightful activities throughout February. We look forward to creating wonderful memories together!



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

Introducing our MSW Intern



"Hello, I'm Kathleen Martinez, and I'm thrilled to be interning at The Mission until this Fall. With a background in Literature and experience as a freelance copywriter, I recently served as a caretaker for my elderly father. Currently a graduate student in Social Work at the University of Texas, San Antonio, I look forward to meeting everyone. In my leisure, I enjoy reading, writing, gardening, and fostering kittens. Oliver, my cat, is great company at home. I've already enjoyed my time at The Mission and look forward to continuing my internship with you in the months ahead!"

Workplace Wonders



Cynthia Escobar is our Human Resources Senior Generalist at Blue Skies of Texas, a Senior Living Community bringing over 13 years of valuable experience in the field within the healthcare sector in 2020 she joined Blue Skies of Texas initially based at the West campus for a year before transitioning to the East campus in November 2021. She is currently pursues her bachelor's degree in Business Administration with a concentration in Human Resources Management at Texas A&M University-San Antonio demonstrating her dedication to staying current in her field she is set to undertake the Human Resources certification (SHRM) in February 2024. Cynthia's has a passion in connecting with others and will be expanding her time at The Mission. Cynthia is committed to fostering relationships within her community and being an advocate for others. Her dedication extends beyond the professional realm, and in her free time, she is an avid member of the local San Antonio cycling community. Additionally, she loves the outdoors, enjoying activities such as hiking and trail walks, often accompanied by her Goldendoodles Diesel and Nugget. Through her multifaceted interests, Cynthia continues to grow both professionally and personally, making a positive impact on those around her.

New Office hours

The Mission

Wednesday: 8:30 a.m. -5:00 p.m.

Friday: 1:30 p.m. – 5:00 p.m.

BST East Main Building

Monday: 8:00 a.m.-5:00 p.m.

Tuesday: 8:00 a.m.-5:00 p.m.

Thursday: 8:00 a.m.-5:00 p.m.

Friday: 8:00 a.m.-12:00 p.m.

February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

RESIDENTS	STAFF
	16 – Sonia Garcia
	21 – Patricia Brock
	27 – Sonya Castillo



Love is on the Air

As Valentine's Day approaches, love fills the air at The Mission. It's more than just chocolates and flowers; it's about celebrating the connections that make our community special. We've planned delightful activities, from heartwarming crafts to special treats, creating an atmosphere of love and joy. Our dedicated staff is adorning communal spaces, and residents can join crafting sessions for creative fun. On the day, the gathering room transforms into a haven of love, offering special atmosphere. We invite family and friends to join and share messages of love, adding joy to our residents' day. Let's embrace love, kindness, and compassion, defining The Mission family. Wishing everyone a day filled with heartwarming connections.



The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

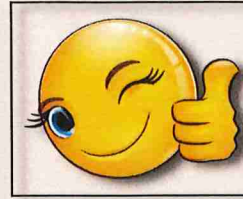
In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

Join us on February 13th, Tuesday at 2:30pm in the gathering room. Hope to see you all there!

Work Milestone



We are thrilled to share the exciting news that we've reached a significant work milestone! 🎉

Your dedication, teamwork, and unwavering commitment played a pivotal role in achieving this milestone. It's a testament to your hard work and expertise. Let's use this achievement as motivation to reach even greater heights in our future endeavors. Thank you for your outstanding contributions. Congratulations, and let's keep up the fantastic work!

Staff	Years of Service
Michelle Decker	20 years
Virginia Morado	16 years
Jamie Herrera	3 years
Jean Ballet	2 years
Juan Rocha	1 year

Congratulations

Casablanca-Style Luncheon and Rodeo Breakfast this February



***Join us for a unique luncheon on Wednesday, February 21, at noon in the gathering room. The Resident Council has chosen a menu featuring tabouli salad, naan bread, chicken green curry, biryani rice, and strawberry parfait. Come and enjoy a Casablanca-style dining experience with us.

***Attention all staff and residents, a country breakfast will be served on Wednesday, February 28, at 8 am in the gathering room. Put on your western-cowboy attire and join us for a hearty meal – let's hear those yehawwwws!



Announcements:

Here are some announcement for you to know:

1. Nikki, our pet therapy dog that used to visits us on Wednesday is taking a year break and she will be back next year. The PAWS is currently training dogs and will be done their session this spring and they will try to assign for us here at the Mission. For the meantime, Bella will still be visiting us here every Friday.
2. As a spring is on its way, get ready for a morning fun and socialization with animals, Happy Trails will bring their farm animals to spend time with us all.
3. We thank everyone who supported our chili cook off and supporting our frito pie sale. The money will go to our Christmas party for staff.
4. Valentines is coming up and it's time for us to choose our 3rd Annual King and Queen of Hearts. There will be a box and ballot located at the reception and feel free to choose your next King and Queen of hearts. Coronation day will be on Valentines Day at 2:30pm in the gathering room.
5. Spot a jar of chocolate kisses at the reception? Don't take them! Guess the number of kisses, put your name and guess in the folder. The reveal will be on February 14, and you might take home the chocolate kisses.



King Queen

Blind Date Game



Attention to all staff and residents! You're cordially invited to our inaugural Blind Date Game on February 14, Wednesday, precisely at 10:30 pm. Join us in the quest to find the missing piece of your heart. When you discover a heart piece, seek out its matching half. Once matched, we encourage you to spend time together during lunch, relax in the mother's room, or simply share a friendly hug or handshake. This event aims to foster camaraderie and strengthen our team at The Mission. Join us for a fun and heartwarming experience!

Lunch Sale: Mexican Pozole



Hello, staff!
We're having a pozole sale on February 16, Friday, from 11 am to 1 pm in the gathering room. Make sure to sign up at the reception area so we can prepare enough for everyone. The sale is \$10, inclusive of side dishes and a soda. Your support in this sale will contribute to our annual Christmas party. Thank you for participating!

Heartfelt Well: Nurturing Healthy Hearts in February

By: Elena Vazquez, LMSW



As we step into the month of February, we not only celebrate love but also turn our focus to matters of the heart—literally. February is American Heart Month, a time dedicated to raising awareness about heart health and preventing cardiovascular diseases.

Physical Activity Challenges: Physical activity is a cornerstone of heart health. Whether it's a daily step challenge or seated exercises, the goal is to keep our hearts pumping and bodies moving, consult with your Household Nurse and challenge yourself.

Nutrition Spotlight: Our culinary team continues to craft heart-healthy menus throughout February. Delicious nutrient-rich meals and mindful eating, we will ensure that residents are not only enjoying their meals but also fueling their bodies with the right nutrients for heart health.

Blood Pressure Monitoring: Regular blood pressure checks are a crucial step in maintaining heart health, and our healthcare team will continue to assist, educate, and monitor these vital signs.

Heartwarming Activities: Continue to challenge yourself to try a new activity offered this month. Activities are designed to foster a sense of community and joy within our facility.

Open Hearts, Open Conversations: Our commitment to heart health extends beyond physical well-being. Emotional well-being is equally vital. Our social services team may facilitate open discussions about managing stress, finding joy, and building emotional resilience—a holistic approach to heart health.

February is not just about Valentines; it's about celebrating the beating hearts that keep our community vibrant. Let's embark on this journey to heart health together, supporting one another every step of the way.

Wishing you all a heart-healthy February filled with love and wellness. Happy American Heart Month!

Embracing Self-love Through Fitness

By: Barbara Freeman, DOR

As February unfolds, the month of love is also an opportune time to embrace self-love through a commitment to fitness. Beyond the traditional expressions of affection, prioritizing one's well-being becomes an act of self-care and love. In the chilly days of February, fitness routines can warm the heart and invigorate the body. Whether it's cozy indoor workouts or brisk outdoor activities, taking steps towards a healthier lifestyle can be a gift to oneself. If there are any aches or pains that are keeping you from participating in a fitness program, therapy can contribute to those alleviations by addressing underlying issues. By fostering a holistic approach to well-being, therapy can enhance overall physical resilience and support sustained participation in a fitness program.

To learn more about therapy, call your friendly neighborhood therapy department. 210-568-3408

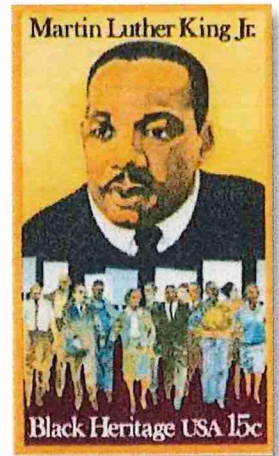
Compassion for All

Exciting news!!! Medical students from the University of Texas Health Science Center, San Antonio, under the group "Compassion for All," will commence volunteering at the Mission starting this February. With a dedicated team of 13 volunteers every Saturday, their presence will provide valuable support for our residents' activities. On behalf of all of us at The Mission, a heartfelt thank you for your interest and generosity in sharing your time with us.



Civil Rights

Unscramble the letters to reveal words associated with civil rights. Then search vertically, horizontally, diagonally, forward, and backward to find the words in the puzzle.



TBOOTYC _____

GHECNA _____

ODSGLUAS _____

RMDAE _____

AQETLYIU _____

JTISEUC _____

KGNI _____

HARSCME _____

NRGAEIZDO _____

SSPIEAV _____

EACPE _____

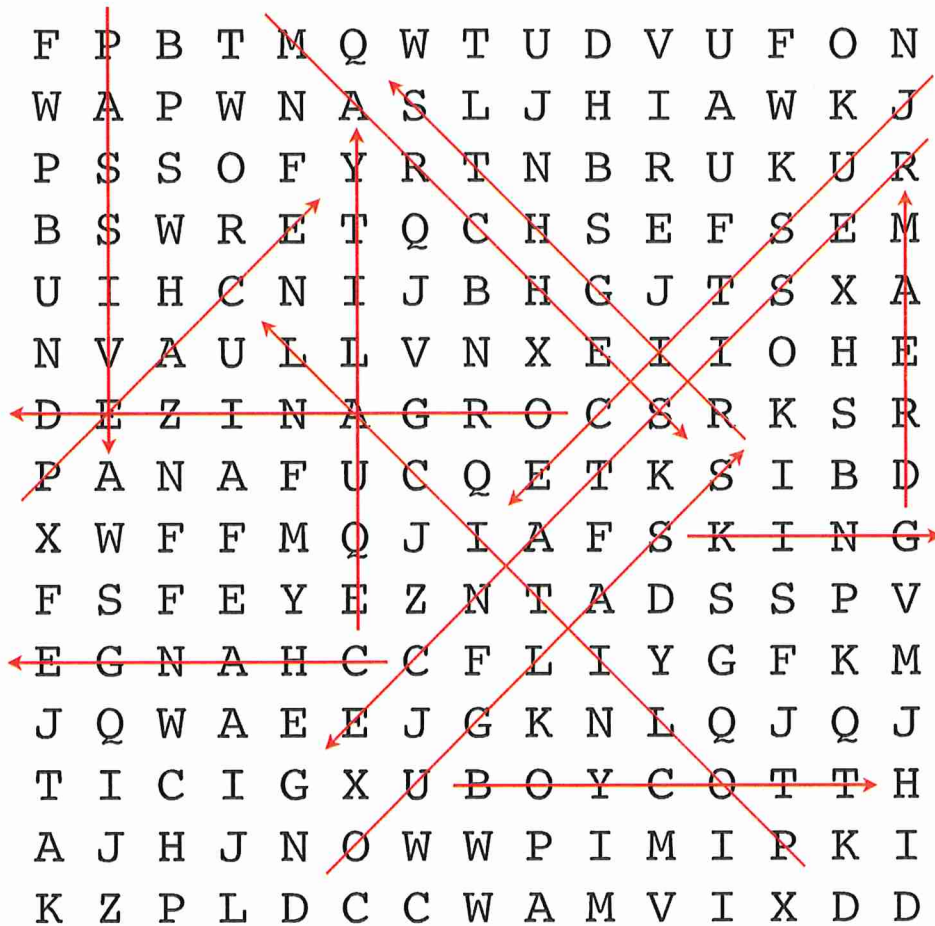
LCPLATOII _____

CREAETSNIS _____

GSRTIH _____

Civil Rights

(solution)



TBOOTYC - BOYCOTT

HARSCME - MARCHES

GHECNA - CHANGE

NRGAEIZDO - ORGANIZED

ODSGLUAS - DOUGLASS

SSPIEAV - PASSIVE

RMDAE - DREAM

EACPE - PEACE

AQETLYIU - EQUALITY

LCPLATOII - POLITICAL

JTISEUC - JUSTICE

CREAETSNIS - RESISTANCE

KGNI - KING

GSRTIH - RIGHTS

Who's Who on the Chinese Zodiac Calendar?

Animal Sign	Birth Years										Chief Characteristics
Rat	1912	1924	1936	1948	1960	1972	1984	1996	2008	2020	Witty, clever, charming, sharp, funny, generous, good friend, excellent taste, loyal, artistic, curious, money conscious, welcomes challenges, seeks knowledge
Ox/Bull	1913	1925	1937	1949	1961	1973	1985	1997	2009	2021	Steady, solid, natural leader, goal-oriented, detail-oriented, sometimes stubborn, serious, hard-working, reliable, protective, focused on family and friends
Tiger	1914	1926	1938	1950	1962	1974	1986	1998	2010	2022	Self-assured, authoritative, strong leader, charming, ambitious, courageous, warm-hearted, intense
Rabbit/Hare	1915	1927	1939	1951	1963	1975	1987	1999	2011	2023	Enjoys being with family and friends, popular, compassionate, sincere, avoids conflict, sometimes seen as a pushover, likes to be at home, diplomatic
Dragon	1916	1928	1940	1952	1964	1976	1988	2000	2012	2024	Energetic, warm-hearted, natural leader, charismatic, self-assured, lucky at love, dominant nature, artistic
Snake	1917	1929	1941	1953	1965	1977	1989	2001	2013	2025	Generous, charming, good with money, analytical, sometimes insecure, smart, hard-working, has a dangerous side, intelligent
Horse	1918	1930	1942	1954	1966	1978	1990	2002	2014	2026	Energetic, self-reliant, good with money, adventurous, loyal, sharp-witted, impatient, loves to be in love
Sheep/Ram	1919	1931	1943	1955	1967	1979	1991	2003	2015	2027	Creative thinker, elegant, can be unorganized, warm, charming, can be anxious, intuitive, needs lots of love, reassurance, and support
Monkey	1920	1932	1944	1956	1968	1980	1992	2004	2016	2028	Likes to have fun, energetic, upbeat, good listener, impulsive, likes being active, charming, adaptable
Rooster	1921	1933	1945	1957	1969	1981	1993	2005	2017	2029	Practical, resourceful, observant, analytical, trusting, honest, direct, perfectionist, flexible, flamboyant
Dog	1922	1934	1946	1958	1970	1982	1994	2006	2018	2030	Loyal, faithful, honest, temperamental, giving, adaptable, good listener, attentive, courageous, compassionate
Pig/Boar	1923	1935	1947	1959	1971	1983	1995	2007	2019	2031	Nice, good-mannered, tasteful, perfectionist, likes to help others, intelligent, seeks knowledge, likes finer things, philanthropic, determined, sincere, sociable

Zodiac Circle and Compatibility Chart



Who Do You Love?

The three animals that are evenly spaced from one another around the circle are generally good matches.

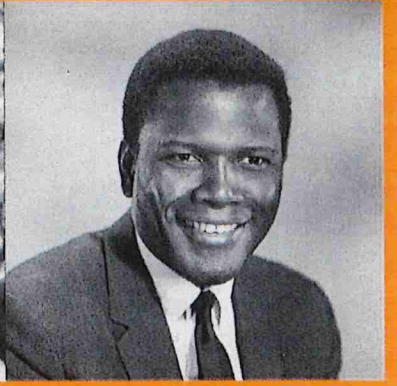
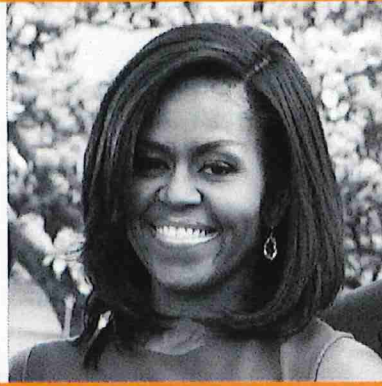
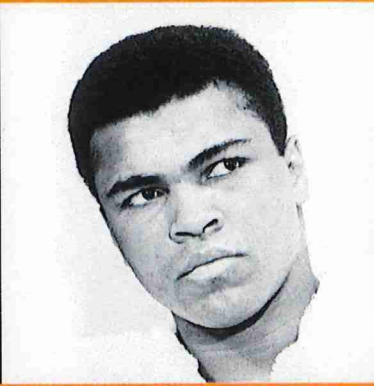
1. Rat, Dragon, Monkey (pink sections)
2. Ox, Snake, Rooster (yellow sections)
3. Tiger, Horse, Dog (green sections)
4. Rabbit, Goat, Pig (blue sections)

Who Don't You Love?

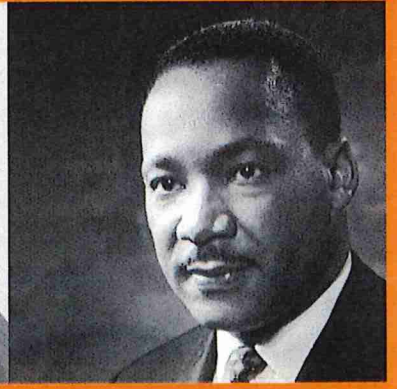
The animals opposite each other on the circle are generally poor matches:

1. Rat and Horse
2. Ox and Goat
3. Tiger and Monkey
4. Rabbit and Rooster
5. Dragon and Dog
6. Snake and Pig

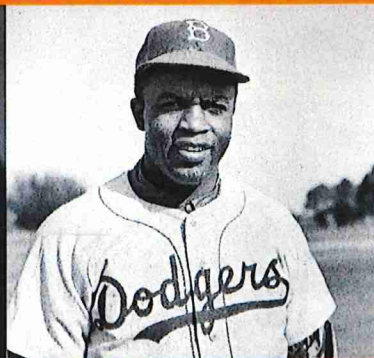
CELEBRATE



BLACK



HISTORY



HAPPY
Valentine's
DAY



HAPPY
PRESIDENTS'
DAY

