

WELLNESS & LIFE

ENRICHMENT

WEST

NOVEMBER 2024



NOTES FROM THE DIRECTOR



Congratulations to our BST Childcare Director!

This news is a great follow up to our recent Big Give in which donations were collected for our BST Childcare Center. Sam Hardin is our director who joined us in July 1013. In a very short period of time, Sam has successfully created a new and innovative approach to our Childcare Center, it's not just a place where employees can "drop off" their children while they work, it's a true learning center. Sam has managed to take our childcare to a new level by enrolling BST Childcare Center in the Texas Rising Star Child Care Program. This program exceeds the minimal State standards by offering a standard that positively affects the physical, social-emotional, and cognitive development of children. Sam has also ensured that all of her staff members have obtained the training and certification for the STARS program. We are very proud Sam and her accomplishments at BST, and her dedication to improving childcare has been recognized the by the Early Learning Shared Services Alliance (ELSSA), a collaborative network of childcare centers dedicated to elevating the quality of early childhood education as she has been elected to the ELSSA Advisory Council. Join us in congratulating Sam on her success.



SAVE THE DATE:

- Friday, November 1 - Dia de los Muertos - 2pm Main Lobby
- Friday, November 8 - Market Days - 9am-2pm - Main Lobby
- Saturday, November 9 - Jon Wayne Heating & Air Veteran's Day BBQ - Bus departs at 2:15pm (sign-up deadline has passed)
- Monday, November 11 - Veteran's Day Ceremony - 11am - Main Lobby
- Friday, November 15 - Friendsgiving Potluck - 2pm - Main Lobby
- Friday, November 22 - Turkey Trott - 9am - Main Entrance
- Thursday & Friday, November 28 & 29 - Thanksgiving Holiday - Minimal BST Staff, no activities

Personal Affairs Advisor ~ Ashlie Maltos

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

Bexar County Veterans Service Officers Presentation

The Bexar County Veterans Service Office will be at BST on Tuesday, Nov 26 at the West Campus, Roadrunner Lounge 10am, to host a presentation and Q&A on VA claim types, survivor benefits and other compensation opportunities. This presentation will be beneficial to both Veterans and spouses. For more information, please contact, Ashlie Maltos, at 210-568-3282.

Medicare Open Enrollment

Medicare Open Enrollment is **October 15 thru December 7**. Medicare recipients are allowed to make changes to their Medicare plan during Medicare's Open Enrollment period. The changes made during Open Enrollment become effective January 1, 2025. Those Medicare recipients with Medicare Advantage Plans can switch plans or disenroll to return to Original Medicare. In addition, changes to Medicare Plan D (Prescription Drug Coverage) can be made during Open Enrollment. Those residents interested in changing their current Medicare plan or have questions about their current Medicare plan are encouraged to meet with Shari Proctor or Ashlie Maltos prior to making any changes, as a change could affect use of Medicare services at Blue Skies of Texas.

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. For residents who reside in a Blue Skies healthcare facility, we have made arrangements with Pass & ID to provide updated ID Cards for those who are physically unable to go to Pass & ID as the deadline grows closer.

Lackland Legal

Lackland Legal will be at West to meet individually with West residents on Tuesday, **December 3**. 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. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.



Health & Wellness Liaison

~ Jackie Farnsworth

Parkinson Support Group -

The Parkinson's Support Group meets at BST East monthly. The next meeting is on Thursday, **November 14** at 1pm at BST East in CC2-3. West Campus residents, please contact the Front Desk to sign up for bus transportation.

Please call Jackie at 21-568-3416 with any questions.

Medication Liaison

~ Caitlin Brennan

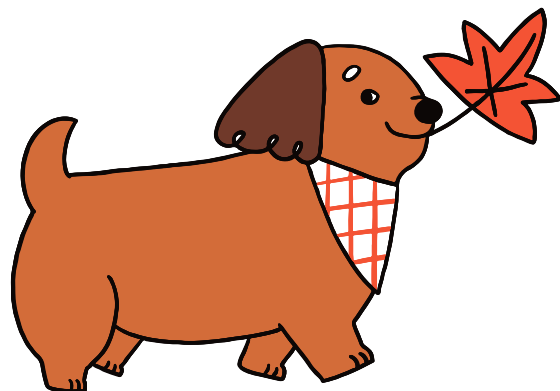
Medication Distribution Schedule

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.

Reid Pharmacy will be closed on Thursday, **November 28** and Friday, **November 29** in observance of the Thanksgiving Holiday. Please plan accordingly when ordering medications from Reid.

PLEASE NOTE

Reid Pharmacy is unable to fill prescriptions on an emergency basis. If you need 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 West 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 - Will be at West on Thursdays, **November 7, 14, and 21**. Please call 210-201-2429 for appointments.

Alsace Family Practice - Nurse Practitioner Karina Owens, 830-538-3550. Will be at West on Wednesdays, **November 6, 13, 20 and 27** in Specialty Clinic.

MD VIP — Dr. Patrick Peters, 210-521-7676. Will be at West on Tuesdays, **November 5, 12, 19 and 25** from 8am-12pm in the Specialty Clinic.

Zarate Medical Group — Dr. Jocelyn Zarate, 210-587-8787. Tuesdays, **November 5 and 19** in Specialty Clinic Too.

Specialists

Audiology

Audicles Hearing Aid Service Dr. Garcia and Dr. Crank see patients at BST WEST, by appointment, on Thursdays, **November 7 and 21** (Dr. Garcia) and **November 14** (Dr. Crank) from 9am-12pm in Specialty Clinic Too. Please call 210-820-0525 for an appointment.

Cardiology

Heart and Vascular Institute of Texas (HAVIT)
Dr. Bruce Kuo, 210-920-7220. Will be at the West Campus on Fridays, **November 8 and 22** from 9am-12:30pm. 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, **November 5, 7, 12, 14, 19, 21, and 26** 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 campus. For more information see the Select Rehab information piece below.

Optometry

Valley Hi Optical - Jessica Campos will be in the Specialty Clinic Friday, **November 1**, from 10:30-11:30am to adjust eyeglasses and clean eyeglasses at no charge. To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

Pain Management (non-pharmaceutical) / Physiatry

Legacy Physiatry Group - Dr. Carlos Jaramillo, 972-881-4688. Will be at BST West on Friday, **November 22**, by appointment only.

Podiatry

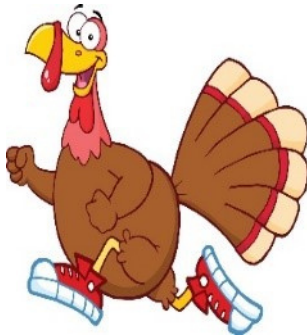
At Home Foot Care - Dr Jason Mireles, DPM and Dr. Diane Trevino, DPM, 210-852-2427. Will be at the West Campus on Monday, **November 11** from 9am-12pm.

Life Enrichment ~ Hope Santos

2024 Blue Skies Turkey Trot

On Friday, **November 22**, at 9am- Join fellow turkey lovers and friends for a 1- 2 mile walk around campus, and bring your pup. The walk will start and finish at the Main Entrance. If you are looking for a great trot to help make room for the turkey, come join us!!

Please sign up no later than Friday, **November 15**.



New Yo-Chi Class

If you are wondering what Yo-Chi is, it is standing and floor-based Yoga postures with Chinese Tai-Chi movement patterns for the arms and legs. It is a fusion program that gives you benefits in both stability or strength and mobility or flexibility. It combines the two oldest mind body programs that still exist today. So much of Yoga depends on being still and finding stability, and so much of Tai-Chi involves slow, controlled never ending mobility, but by doing these disciplines together- either alternating or in combination can help increase your overall wellness. Furthermore, the fact that these two disciplines have survived for hundreds of years attests to the fact they truly offer something for everyone. Yo-Chi is perfect for teaching both the new-to fitness and the experienced elite. Join instructor Michelle, Tuesdays and Thursdays at 10am.



West Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Water Therapy (Pool)	Chair Yoga (CC 1-2)	Water Therapy (Pool)	Chair Yoga (CC 1-2)	Water Therapy (Pool)
10am	Cardio & Strength (CC 1-2)	Line Dancing (Persimmon Rm) Yo-Chi* (CC 1-2)	Cardio & Strength (CC 1-2)	Yo-Chi* (CC 1-2)	Cardio & Strength (CC 1-2)
11am		Chair Yoga (CC 1-2)		Chair Yoga (CC 1-2)	
11:15am	Zumba (CC 1-2)		Zumba (CC 1-2)		Zumba (CC 1-2)
1pm	Balance (CC 1)	Strength & Balance (CC-1-2)	Tai Chi (The Vista)	Strength & Balance (CC-1-2)	Pilates (CC 1-2)
2:30pm			Pilates (CC 1)		
3pm		Water Exercise (Pool)		Water Exercise (Pool)	

BSTW Activities Information

Activities in the Community (*On Your Own Events*)

San Antonio Philharmonic

Tickets for the San Antonio Philharmonic concerts range between \$50 - \$105. To purchase tickets you can call 888-246-3185 or visit www.saphil.org. All concerts will be held at First Baptist Church unless otherwise indicated. Concert show times are 7:30pm. The only concerts listed below that BST will provide transportation for are the ***December 7**, and ***April 25** concerts.

November 16/17 – Beethoven 9

***December 7** – Folklorico Nutcracker at the Majestic Theater, BST bus departs at 6:30pm

January 3/4/5 – Selena Vive at the Majestic Theater

January 17/18 – Classics IV

January 31/February 1 – Classics V

February 21/22 – Classics VI

March 21/22 – Classics VII

April 4/5 – Classics VIII

May 2/3 – Classics IX at the Majestic Theater

May 23/24 – Classics X at the Majestic Theater

April 13-20 (Holy Week) at the OLLU Chapter/Pearl Stable Hall

***April 25** – Fiesta Pops at the Majestic Theater, BST bus departs at 6:30pm



Wreaths Across America

will take place on Saturday, **December 14** at Fort Sam Houston Cemetery. We are taking orders to honor our veterans through the laying of Remembrance Wreaths on the graves of our country's fallen heroes. The price of wreaths is \$17. You can order one to be placed on a loved one's grave or just for a fallen veteran's grave site. Please see Terry (Activity Coordinator) for a form. There will also be specific dates and times when a table will be placed in the main lobby or down by the entrance of The Lakeview dining area to order. Please see Uniguest for dates and times. The deadline for ordering is Tuesday, **November 26**.



BSTW Activities Information

Please visit the last page of the Wellness & Life Enrichment Newsletter for information on the following:

- Uniquet app information
- How to sign up
- Sign up tips
- Tickets / Entry Fees / Supply Fees
- Bus trips
- Deadline to sign up for trips
- Cancellation policy
- Meals
- Suggestions



Adventures of your Traveling Palate

We will plan lunch and dinner outings throughout San Antonio that will allow you to explore the world through your palate. During the “*Adventures of Your Traveling Palate*” series, we will select at least one dinner and one lunch outing each month that will take you on an adventure to a different country or ethnic culinary experience. Please look for the outings that state they are part of the *Adventures of Your Traveling Palate* series. Bon Appetite!



EXCITING NEWS!

Blue Skies Life Enrichment/Activities Department is happy to announce a new partnership with Cruise Planners lead by franchise Owner Jeffrey Almoney, MCC, DS, VTA. Beginning the month of October you will start seeing a day trip entitled “Blue Skies Daytrippers.” These trips will be a coordinated collaboration between your Activities Coordinators and Cruise Planners. You will still sign up for the trips in Uniquet, however, before the deadline you will need to pick up your reservation form from your Activities Coordinators Carol Estala or Teresa Elizondo. You need to fill out and return the reservation forms with payment (via check), by the registration deadline. For Blue Skies Daytripper trips the deadline will generally be 10 days prior to the trip.



RECURRING ACTIVITIES

Bingo - Mondays - BSTW Main Lobby - 3pm

Scrabble - Tuesdays and Fridays - BSTW Bistro - 11am

Boccia Ball - 2nd and 4th Thursday - CC1/CC2 - 2:15pm

Classic Canasta - Every Saturday - CC3 - 1pm



November

Friday, **November 1** – Dia de los Muertos (Day of the Dead) – Join us in the Main Lobby at 2pm - as we learn how the Mexican American culture honors loved ones past as we enjoy some Mexican hot chocolate and Pan Dulce (Mexican sweet bread.)

Monday, **November 4** – Bingo – Main Lobby at 3pm.

Tuesday, **November 5** – Scrabble – Main Lobby at 11am.

Tuesday, **November 5** – Newsletter Review with Residents – Main Lobby/Bistro area at 1pm. Hear what's in store for activities in November.

Tuesday, **November 5** - Tardif's American Brasserie – Bus departs BSTW at 4:15pm – Sign-up deadline has passed.

Wednesday, **November 6** – Ping Pong Table Tennis – It offers a range of physical and mental benefits – Vista Room #19 at 2:30pm

Thursday, **November 7** – Holiday Wreath making – Conference room 110 at 1pm - Cost is \$7

Friday, **November 8** – Mark your calendar for Market Day – Main Lobby at 9am – You can still sign up with Terry if you are interested in joining the seller's bunch, tables start at \$15. Or you can just come and shop with a variety of vendors. This is a great place to start your holiday shopping.

Saturday, **November 9** - Jon Wayne Heating & Air Veterans Appreciation Program and BBQ in Lavernia Texas. The bus departs at 2:15pm. The deadline to sign up in Uniguest is Friday, November 1. Please make sure to include in notes: rank, number of years in service and branch. If you did not, please see Terry for this information. Thank you!

Monday, **November 11** – Veterans Day Ceremony – Main Lobby at 11am.

Monday, **November 11** – Bingo – Main Lobby at 3pm.

Tuesday, **November 12** – Scrabble – Main lobby at 11am.

Monday, **October 14** – Bocchia Ball with Terry – CC1 & CC2 at 2:45pm.

Friday, **November 15** – Friendsgiving Potluck – Main Lobby at 2pm – Join us for a Pre-Thanksgiving celebration and music with Pete Martinez. Bring a dish and let's have fun with friends and neighbors.

Monday, **November 18** – Mission San Juan & El Camino de San Antonio Pilgrimage Tour with lunch on site – bus departs at 8:45am. San Antonio Missions National Historical Park is a National Historical Park and part of a UNESCO World Heritage Site preserving four of the five Spanish frontier missions in San Antonio, Texas, US. On this trip you will have a tour of Mission San Juan as well as the El Camino pilgrimage center where you will also be able to purchase a light lunch.

Monday, **November 18** – Bingo – Main lobby at 3pm.

Tuesday, **November 19** – Scrabble - Main lobby at 11am.

Wednesday, **November 20** – Jewelry making with Hope and Terry – Craft Room at 2pm
Come make earrings, bracelets, or even necklaces.

Wednesday, **November 20** – Dinner at Hermann Sons Steakhouse in Hondo, TX – Bus departs at 4:15pm – This is the last of the *Adventures of Your Traveling Palate* series. Let's go ALL American style.



November

Thursday, **November 21** – Wreaths Across America for sale – Main Lobby at 10am. We will have advance sales of wreaths for delivery to Ft Sam Houston National Cemetery during the holiday season.

Friday, **November 22** – Turkey Trot Walk – Main Lobby Entrance at 9am – Please sign up on Uniguest.

Monday, **November 25** – Bingo – Main lobby at 3pm.

Tuesday, **November 26** – Scrabble – Main lobby at 11am.

Tuesday, **November 26** – Uniguest training with Jan Olsen – Roadrunner Lounge at 1pm. Do you need help with the Uniguest app, or how to navigate it on your phone? Then join us for this tutorial given by a fellow resident.

Thursday & Friday, **November 28 & 29** – Thanksgiving Holiday – Just a reminder Thursday and Friday is a staff holiday with minimal staff on duty, and all fitness classes are cancelled.

Saturday, **November 30** – A CHRISTMAS in COMFORT, TX. Chartered motorcoach bus will depart BSTW 6:45am. This trip is the second trip for The Blue Skies Daytrippers which is a collaboration between BST Life Enrichment, Activities and Cruise Planners. For this trip you will need to pick up a form from your activities coordinator and return with payment. More details will follow soon. Please monitor Uniquet for more information.



Sneak Peek at December Activities

Tuesday, **December 3** – Airis'El Winery and Woerner Café - bus departs at 9am. On this trip we will venture into beautiful Fredericksburg. Wine tasting along with an individual charcuterie board is just \$45 per person; payable at Airis El Winery. Lunch to follow at Woerner Café.

Wednesday, **December 4** – Christmas Piano & Soprano Duo from Northminster Presbyterian Church – Main Lobby at 2pm.

Friday, **December 6** - Annual Tree Lighting Celebration – Main Lobby from 11am to 1pm. Come join the fun for the Christmas Tree Lighting Ceremony and Marketing event with refreshments and a Chili Cook-Off too. Please see Terry (Activity Coordinator) if you are interested in participating in the Chili Cook-Off.

Friday, **December 6** – Village Voices to perform in the Main lobby at 2pm following the Annual Tree Lighting Celebration.

Friday, **December 6** – Folklorico Nutcracker at the Majestic Theater – Bus departs at 6:15pm. This is a SA Philharmonic concert. To purchase tickets, call 888-246-3185 or visit www.saphil.org.

Sunday, **December 8** – Resident Concert Series: Opera SA Singers – Main Lobby at 3pm

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

November Rehab Topic: Exercise and Cooler Weather

As cooler weather approaches, it's important for older adults to stay active while adapting to the changing temperatures. Exercise remains a crucial part of maintaining mobility, strength, and overall well-being. Engaging in regular exercise helps maintain muscle strength, flexibility, and balance, which are key to preventing falls and maintaining independence. Cooler temperatures can also be refreshing, making outdoor activities like walking, cycling, or light jogging more enjoyable with proper clothing layers. For those preferring to stay indoors, there are plenty of options like stretching, strength exercises, and low-impact cardio. Activities such as chair yoga, light weightlifting, or even dancing in place can keep muscles engaged and improve balance. Staying active during the colder months helps to prevent stiffness, boosts mood, and supports overall health, making it an essential part of healthy aging. However, cold weather can sometimes lead to stiffness and discomfort, making it harder to stay active. Therapy can create personalized exercise plans that are safe and effective, ensuring seniors maintain mobility while avoiding injury. By focusing on low-impact exercises that can be performed indoors or outdoors with appropriate gear, therapy helps older adults stay engaged and reduce fall risk.

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

Select Rehab West Campus Save the Dates:

Tuesday, **November 19** – ID Distribution – 11am to 12pm – Located near Dining Room entrance. IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, **November 22** – Free Fall Risk Assessments – 11am to 12pm – Located in the Main Lobby near the mailboxes.

On above dates Therapists will be available to answers questions and discuss monthly rehab topics.

BSTW Activities Information

Uniguest App Information

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

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

Sign-up Tip: For bus trips and certain in-house activities requiring sign-up, it is best to sign-up as soon as possible via the Uniguest app, as space is limited. Each person must sign up individually.

Tickets / Entry Fees / Supply Fees: Some in-house activities are charged a small supply fee; if applicable, it will be noted in the newsletter as well as on the Uniguest app. For outings where a ticket is required, it will be indicated if you need to purchase a ticket on your own or if the Activities Coordinator will pre-purchase tickets. If you need to purchase a ticket on your own, the cost, the website and a phone number will be provided in the newsletter. If the Activities Coordinator is pre-purchasing tickets, the cost will be noted in the newsletter and then billed to your resident account.

Bus trips 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 meal is on your own.

Suggestions Welcome!

Have a suggestion for a great activity or outing? Let your Activities Coordinator, Terry Elizondo, know by stopping by the Life Enrichment Office, or send her an email at teresaelizondo@blueskiestx.org.

THANKFUL

