

# ROADRUNNER

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MARCH 2025

VOLUME 2025-03



## FROM THE DIRECTOR ~ BRIAN GRAYBEAL

Thank goodness spring is almost upon us! Soon, we'll be enjoying warmer weather, blooming flowers, and longer, sunnier days that lift our spirits. With spring comes a renewed sense of energy and the chance to gather and celebrate the season of growth and new beginnings. There's something truly magical about this time of year – a sense of hope and optimism that fills the air as nature awakens from its winter rest. Trees begin to bud, flowers burst into vibrant color, and the melodies of birdsong return, reminding us of the beauty that surrounds us. It's as if the world itself is smiling, encouraging us to do the same.

Spring invites us to step outside, breathe deeply, and embrace the simple joys that come with the season – the warmth of the sun on our faces, the soft breeze carrying the scent of fresh blooms, and the cheerful buzz of life returning all around us. It's a time to reconnect, recharge, and reflect on the endless possibilities ahead.

As we welcome this season of renewal, let's take a moment to celebrate the positive energy it brings. Whether it's spending time with loved ones, exploring the great outdoors, or simply enjoying the longer, brighter days, spring offers countless reasons to feel grateful and inspired. So, let's open our hearts to the beauty of the season and let its positivity guide us forward into new beginnings filled with hope and happiness!

And what better way to kick off this joyful time than with St. Patrick's Day – that special time of year when we all seem to rediscover our distant Irish roots (even if only for the day) and embrace the festive spirit! It's a celebration steeped in tradition, from the wearing of green and the shimmering parades to the laughter, music, and stories that bring people together.

Whether you're indulging in classic Irish fare, searching for that elusive four-leaf clover, or simply enjoying the camaraderie that St. Patrick's Day inspires, it's a time to celebrate community, good fortune, and the promise of spring. So let's raise a glass, share a smile, and welcome the season with open arms and festive hearts!

## New Residents

New residents coming soon to a neighborhood near you.

**Michael & Elena  
Wellman, #144**

**Alan Walters, #147**

**Jim & Kimberly  
McGoldrick, #228**

**John & Dana  
Kalosis, #811**

**Elizabeth Green, #1605**

## FROM BRIAN CONT'

As we welcome this beautiful season of renewal, I'd also like to take a heartfelt moment to thank each and every one of you for your incredible patience and understanding during the recent renovations in Towers 1 & 2. We know the changes have been significant and, at times, disruptive, but your grace and flexibility through it all have truly been appreciated. Please know that every effort is being made with care and intention to upgrade these spaces, ensuring they reflect the warmth, comfort, and sense of community that makes this place so special. Our goal is to create an environment that not only meets your needs but also brings joy and pride to everyone who calls this home.

Your support during this time has been invaluable, and we're excited about the positive changes ahead. Together, we're building something even better — a space where we can continue to grow, connect, and celebrate the wonderful community we share.

Here's to brighter days ahead and a little extra luck this spring! 🌸🍀

## Save the Date:

**Monday, March 3 – AFIO Chapter Meeting, RR Lounge, 12pm**

**Tuesday, March 4 – Mardi Gras King Cake & Coffee, Main Lobby, 2:30pm**

**Tuesday, March 4 – Rotary Club Presentation, RR Lounge, 12pm**

**Wednesday, March 12 – DFCS Presentation, RR Lounge, 10am**

**Thursday, March 13 – DRAC Meeting, RR lounge, 1:30pm**

**Thursday, March 20 – RC Meeting, RR Lounge, 1:30pm**

**Friday, March 28 – S.A. Fiesta History Presentation, 10am**



## Fact or Fiction?

Fact or Fiction: Blues Skies of Texas West will start charging for water softener salt.

Fiction. Blue Skies will continue to supply salt for your water softeners at no cost to our residents.



Fact or Fiction: Blue Skies of Texas West will take over Thrift Store profits?

Fiction. Our Thrift Store, powered by the dedication of our incredible volunteers, continues to play a vital role in supporting our residents, their families, and our employees through their heartfelt contributions. These volunteers have built a remarkable legacy rooted in generosity and service—a tradition that traces back to our military origins, where base thrift stores provided military families with access to affordable clothing, furniture, and household items, especially during frequent permanent change of station seasons.

We are truly blessed and honored to carry on this tradition here at Blue Skies, ensuring that our Thrift Store remains a cornerstone of community, compassion, and care.

# Resident Services Announcements

## Battle of Adams Hill ~ Heather Ransom

History surrounds us, and some pieces of it come with significant weight—both in importance and sheer mass! The Texas Historical Commission (THC) marker commemorating the “Battle” of Adams Hill, which once stood on Montgomery Road near Highway 90, has begun a new chapter. This marker, installed in 1965, tells the story of a unique Civil War standoff in May 1861, where U.S. federal troops and Texas Confederate forces faced off in what was more of a strategic encounter than a battle. Not a



single shot was fired, but the event remains a critical piece of Bexar County history. For decades, the marker stood on the edge of Blue Skies of Texas West, but changes to the surrounding property in 2018 required its removal. In a gesture of stewardship, Blue Skies ensured the marker’s preservation by placing it into safekeeping within our community. Blue Skies worked closely with the Texas Historical Commission and the Bexar County Historical Commission to protect the marker until a new, accessible location could be identified. After years of planning, a new home for the marker has been selected: Adams Hill Park at 2003 Hunt Lane. This relocation will allow the public to better engage with this piece of history, ensuring its story continues to be shared and appreciated.



The relocation process, which required specialized equipment due to the marker’s impressive 10,000-pound weight, was completed on 26 January 2025. Blue Skies, along with historical commissions, ensured the move was done with the utmost care and respect for its historical significance. We encourage everyone to visit Adams Hill Park to see the historical marker in its new home. It stands as a reminder of Texas’ rich history and the importance of preserving and sharing our heritage.

Blue Skies of Texas is proud to have safeguarded this vital piece of history and is honored to support its continued legacy.



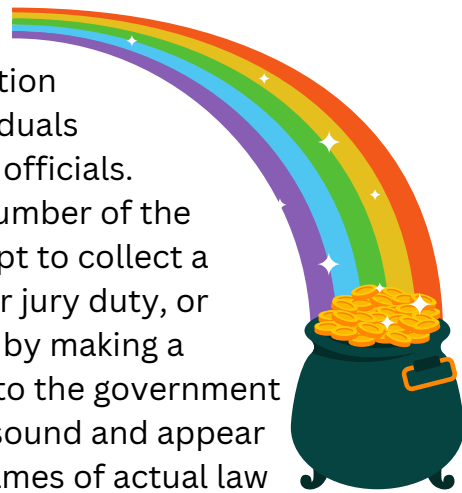


# Resident Services Announcements

## Don't be the Scammers Pot of Gold!! ~ Ashlie Maltos

The U.S. Marshals Service (USMS) and the Federal Bureau of Investigation (FBI) are alerting the public of several imposter scams involving individuals claiming to be U.S. marshals, court officers, or other law enforcement officials. During these calls which are displaying on the caller ID as the office number of the U.S. Marshal's Service and a specific judicial district, scammers attempt to collect a fine in lieu of arrest due to a claim of identity theft, failing to report for jury duty, or other civil process issues. They then tell victims they can avoid arrest by making a payment first. Often that means withdrawing cash and transferring it to the government by depositing cash into bitcoin ATMs. Scammers use many tactics to sound and appear credible. They sometimes provide information like badge numbers, names of actual law enforcement officials and federal judges, and courthouse addresses. They also spoof government phone numbers to appear on caller IDs as if they are calling from a government agency or the court. The scammer provides identity confirming information to the victim by reading old residential addresses, phone numbers, and other personally identifying information that seem to make their claims legitimate. The scammer then provides a fake personal ID number, case number for the investigation, and warrant number. The call then ends with the scammer advising the victim that they will be re-contacted by an investigating official. A short time later, the victim is contacted by another individual identifying himself as a United States Marshal who is looking into the case. U.S. Marshal for the Western District of Texas Susan Pamerleau's name has often been used by the scammers. The scammer reviews the previous conversation the victim had and tells the victim there are two ways to resolve the issue: 1) hire a criminal lawyer to represent the victim or option 2) pay the cash fine. The victim is instructed to stay on the phone so the conversation can be recorded and used as proof of the victim's compliance. The victim is then instructed to withdraw "80% of their physical assets" and deposit them into a personal digital wallet (Bitcoin) while saving withdrawal receipts and deposit receipts to be reviewed by the investigating official once a meeting can be established. The victim is then told their money will be transferred back to them once the process is completed and the victim will be cleared of any criminal wrongdoing. The victim is also instructed to confirm the authenticity of the caller by visiting the USMS website. The final step in the scam is that the scammer instructs the victim to send a photo of their driver's license to a phone number provided by the scammer. The victim is then instructed to send the QR code scanned at the Bitcoin deposit kiosks.

If you believe you were a victim of such a scam, you are encouraged to report the incident to your local FBI office and to the Federal Trade Commission (FTC).



### In Memoriam

James Russel - January 31

Juanita Ivy - February 9

Michael McGinty - February 10

Mary Holland - February 17

Johnnie Covert - February 22

Elizabeth Ann Wood - February 24



## Resident Services Announcements

### Pest Control Schedule

	Friday, March 7	Friday, March 14	Friday, March 21	Friday, March 28
<b>Tower Apts.</b>	331-338, 314-348, 431-438	411-418, 421-428	511-518, 521-528	531-538, 541-548
<b>Cottages</b>	1700	1800	1900-2000	2100-2200
<b>Ranch Homes</b>	811, 813, 815, 817	821, 823, 825, 826	827, 828, 829, 830	831, 834, 835, 836, Pavilion 1
<b>Specials</b>	Village Center, Kitchen, The Vista Office and A Wing	Exterior of Main Tower Building	Liberty House, The Vista B and C Wings	Freedom House: Int. and Ex.

## *Employee Anniversaries*

	Location	Anniversary Date	Years of Service
Charlyne Gonzales	Hospice	March 3	2
Cynthia Escobar	Human Resources	March 3	5
James Looby	Hospice	March 7	1
Austin Diaz	Dining Services	March 8	3
Ivonne Torres	Hospice	March 8	3
Leonard Herrera	Hospice	March 9	4
Damion DeLeon	Maintenance	March 12	1
Katheryn Malone	Liberty House	March 12	1
Michelle Sosa	Freedom House	March 12	1
Leslie Cisneros	Marketing	March 12	28
Sherry Woodard	Liberty House	March 12	29
Christina Riney	Freedom House	March 17	3
Freddie Cervera	Marketing	March 18	6
Roswitha Tucker	Freedom House	March 18	9
Lizeth Valdez	EVS Housekeeper	March 19	1
Beatrice Castillo	Dining Services	March 21	1
Abbie Ortiz	Freedom House	March 22	2
Darwin Guray	Freedom House	March 22	3
Jacqueline Rivera	Freedom House	March 24	5
Andra Griffin	Dining Services	March 31	3

# Resident Updates

## Jerry Garcia Tie Sunday ~ Leo Bell

The Jerry Garcia Tie Sunday Brunch Society will hold its quarterly meal at 12:15pm, Sunday, **March 2**. All one has to do is wear a Jerry Garcia (Grateful Dead) tie, join the group for a photo opportunity, and dine well. We all know the food always tastes better when the diners are finely dressed. Looking forward to having new members that Sunday!

## AFIO Chapter Meeting

The Association of Former Intelligence Officers invites you to a special program transmitted from California by Ricky Deutch, a former member of the Hexagon Program. Now a declassified program, Mr. Deutch's presentation is about his experiences working on the Top-Secret reconnaissance program. Sixty feet long this reconnaissance system took its photographs from 100 miles above the restricted areas of the Soviet Union to monitor their compliance with the Nuclear Arms Treaty.

The San Antonio Chapter of the Association of Former Intelligence Officers offers this program to inform the public of some of the fantastic technical achievements accomplished to enhance the security of the United States. The AFIO programs are presented as a free public service. The national office of AFIO is a 501(c)3 non-profit, non-political, educational association for current and former intelligence professionals and supporters of the US intelligence community.

The presentation starts at noon, on Monday, **March 3** in the Roadrunner Lounge. AFIO Members attending should identify themselves to the gate guard as coming for the intelligence meeting in the Roadrunner Lounge. Blue Skies Texas West is located at [5100 John D Ryan Blvd, San Antonio, TX 78245](#). AFIO members attending should park in front of the Main Building. You may come early and have lunch in the dining room adjacent to the Roadrunner Lounge. Please pay for lunch with a credit card.

## Thank you ~ Connie Conolly

My heartfelt thank you for the overwhelming support shown to me and the Connolly family upon Mike's passing. A special thank you to Blue Skies Hospice and the entire staff in the Bowie household at The Mission for the care Mike received during his brief time there.





# Resident Updates

## Rotary Corner ~ Debby Cox

All residents are welcome to attend any of the meetings of the San Antonio West Rotary Club, which meets right here at Blue Skies of Texas West, to hear one of our great speakers or to learn more about our service projects. We meet the first and third Tuesday of every month in the Roadrunner Lounge from 12-1pm, and you are welcome to bring your lunch.

On Tuesday, **March 4**, FBI Special Agent in Charge, Aaron Tapp, will speak on the FBI mission in South Texas. Topics we expect that he will touch upon include area gang murder convictions, a Veterans Administration bribery conviction, and the recent shots fired at the Lackland Medina Annex entry gate.

On Tuesday, **March 18**, our speaker will be Dr. Emily Neff, Kelso Director of the San Antonio Museum of Art. Dr. Neff will be sharing with us unique stories about the San Antonio Museum of Art that demonstrate why our city's artistic legacy matters and what you can do to help elevate the arts in San Antonio.

We are also partnering with the Wellness Group to sponsor a very special speaker series on Alzheimer's. Our first speaker will be the Director of the Biggs institute, Dr. Seshadri, so mark your calendars for Thursday, **March 27** at 1:30pm in the Roadrunner Lounge. See the related article dedicated to this topic in this newsletter to learn more.

Rotary is celebrating its 120th birthday this month. We know that everyone at Blue Skies loves Birthday Parties so stay tuned for more detail on time and place and please join us for cake and champagne, and of course to learn a little about Rotary.

Web Site:

<https://www.RotaryClubofSanAntonioWest.org>

Facebook Page:

<https://www.facebook.com/RotarySAWest>

<https://www.RotaryClubofSanAntonioWest.org>



## Freedom House Dementia Caregivers Support Group



Are you a caregiver for someone affected by Alzheimer's/dementia? Do you want an opportunity to share your experiences and receive support? Join the Freedom House Support Group!

The Freedom House Support Group will meet on Thursday, **March 6**. The meeting begins at 1:30pm at the Freedom House Chapel. We invite you to join the group for lunch at noon in the Lakeview Dining Room. We reserve the long table in the back corner for our group. The Support Group is open to those whose loved ones are residents of Freedom House and to those who are caring for loved ones in their homes. If you wish to bring your loved one to Freedom House during the meeting, arrangements for care can be made by contacting Freedom House in advance at 210-838-6300. We spend an hour talking about personal questions or issues, sometimes listening to speakers and watching videos. If you have questions about the group or are interested in joining, please contact Jane Hill (see resident roster).

## Rudy's ~ Mike Durack

I recently ordered lunch at Rudy's BBQ on HWY 151/ Westover Hills and was advised that because I was a Vietnam veteran, the meal was FREE (my favorite price). They allow a max of \$18/meal, and your spouse (if not a Vietnam vet) also receives a 10% discount. If you qualify, give it a shot! Not sure how long this deal will last. By the way, the deal does not seem to be listed on their website, just ask the cashier to verify. There is more to the story, but I'm tired of typing. If you need more info ask me about it.



# Resident Updates

## February Concert Review

### ~ John MacIntyre

The Agarita Chamber Players started our 2025 Resident Concert Series off with more than a bang. They were terrific. They gave a superb performance of pieces by composers from Mozart to Gershwin. The quartet plays in a variety of venues around San Antonio and has members that often appear with internationally known artists such as Itzhak Perlman. If you missed this performance, you really missed something. But don't worry. They will be invited back next year.

## Technology Support Volunteer Openings

Do you have general knowledge of things technological? Do you have a desire to help your fellow residents with their technology issues? Are you willing to research, when necessary, for resolving technology questions? The Technology Support Group has volunteer openings.

What are the types of issues do your neighbors have? Mostly 'how to' questions involving TV remotes, printers, smart phones, and computer systems. To reiterate, you don't have to be an expert in any technology area . . . just the ability to research and a desire to help will do. And our current volunteers have a wealth of group knowledge to tap into. Contact Keith Shumaker with questions, or to volunteer.

## Distinguished Flying Cross Society ~ Robert Certain

The Alamo Chapter of the Distinguished Flying Cross Society will hold its monthly open meeting on Wednesday, **March 12** at 10am in the Roadrunner Lounge at Blue Skies West. This month we will feature Jack Briggs talking about the history of the Douglas B-66 Destroyer. Jack flew the EB-66 in the Vietnam war. The presentation will include the story of the rescue of Bat 21, the largest rescue operation of the Vietnam war. All residents of Blue Skies East or West are welcome to attend.

## BST Low Vision Club

Join the Low Vision Club on Wednesday, **March 12**, at 10am, in CC3 for a presentation from Vibrant Works. Vibrant Works, formerly known as the S.A. Lighthouse, will be here to explain the services provided to those with low vision which includes a grant Vibrant Works received for a fall prevention program for low vision.

## Gadabouts ~ JoAnn Oldham

On Friday, **March 14**, the Gadabouts will travel to Mare e Monte and enjoy their delicious Italia Cuisine. Please be in the Main Lobby by 10am. The bus will leave promptly at 10:30am.

## Red Hat Luncheon ~ Vivian Ray

This month's lunch is hosted by Joy Hough and JoAnn Oldham. On Friday, **March 21** at 11:15am, we will dine at Mare e Monte Italian Ristorante, 9390 Huebner Road, San Antonio, TX 78240. Please be in the lobby by 10:15am. The bus leaves at 10:30am. If you sign up, you need to ride the bus. If the bus fills up, you can then drive yourself. When you sign up on the sheet, you must indicate "W" if you are using a walker or wheelchair because the bus only accommodates one wheelchair. If you sign up and can't go, it is essential that you remove your name from the sheet by Wednesday morning before the luncheon. If you do not remove your name, you will be considered a "no call, no show," and will be charged the transportation cost.





# Resident Updates

## Restorative Sound Meditation – A Time of Rest and Renewal for Your Soul

Restorative Sound Meditation is a profound practice that invites individuals into a space of deep relaxation and rejuvenation. It is a practice that combines the ancient art of sound healing with modern techniques to foster a sense of peace and renewal. This introductory session will be led by the esteemed Rev. Rebecca “Becky” Hamaan an ordained Deacon in the United Methodist Church, who holds a Master of Theological Studies and a Certificate in The Art of Spiritual Direction. Join us at High Flight Chapel at 10am on Monday, **March 10** for a transformative experience. This session is designed to help attendees quiet the body, heart, and mind, allowing for a deeper connection with the divine and with oneself. As Rev. Becky guides you through this journey, you will be invited to embrace the stillness and listen to the gentle, healing sounds that facilitate a meditative state.

Two powerful scriptural excerpts will serve as the foundation for our meditation: “Be still and know that I am God.” “Come away with me.” These words remind us of the importance of stillness and the invitation to retreat from the noise and busyness of everyday life. Through sound meditation, we create a sacred space where we can connect with these truths and experience a sense of divine presence and peace.

Restorative sound meditation has been shown to offer numerous physical, mental, and emotional benefits, including:

- Reduction in heart rate: The soothing sounds and the meditative state encourage a slower, more rhythmic heart rate, promoting cardiovascular health.
- Lowering of blood pressure: As the body relaxes and tension is released, blood pressure levels can decrease, contributing to overall well-being.
- Decreased respiratory rate: Deep, mindful breathing is a key component of sound meditation, which helps to slow the respiratory rate and enhances oxygen flow to the body.
- Calming of brain activity: The meditative state induced by sound can lead to decreased brain activity, reducing stress and promoting mental clarity and focus.

During the session, participants will be guided through a series of soundscapes created by various instruments such as singing bowls, and chimes. These sounds are carefully chosen to resonate with different parts of the body and to facilitate a state of deep relaxation. You will be invited to lie down or sit comfortably, and simply allow the sounds to wash over you, encouraging a sense of peace and renewal.

To make the most of your restorative sound meditation experience, consider the following tips:

- Wear comfortable clothing: Loose, comfortable clothing will help you relax and fully engage in the meditation process.
- Bring a mat or blanket: Lying down can enhance the experience, so bring a mat or blanket for added comfort.
- Hydrate: Drinking water before and after the session will help you stay hydrated and support the body’s natural detoxification processes.
- Arrive early: Arriving a few minutes early will give you time to settle in and prepare for the session.

Restorative Sound Meditation is a powerful practice that offers a sanctuary of peace and renewal for the soul. Under the compassionate guidance of Rev. Becky, participants will embark on a journey of stillness, reflection, and healing. We invite you to join us at High Flight Chapel for this special session and to experience the profound benefits of sound meditation.



**B & A**  
**CELEBRATE!**



## **Feel Luck o' the Irish at March 12 B&A ~ Corlea Plowman**

All BST West residents and guests are invited to green at the Wednesday, **March 12**, Birthday and Anniversary event (B & A). Doors open for the hosted Social Hour in CC1-3 Rooms at 5pm. Dinner service in the Lakeview Room is at 6pm. Cactus Country will be the entertainment.

Al Johnson will be available to take Birthday & Anniversary pictures 4-5:30pm in the Helen LeMay Room. Please check in with Ruth Ann Taylor.

The dinner includes:

*Starter:* Spring mix, cucumber, green apple, onion, feta cheese with avocado ranch

*Entrée:* Corned Beef and Cabbage with leek colcannon potatoes, carrots & green cabbage served with horseradish sauce

*Bread:* Rye

*Dessert:* Irish apple cake

Water, Coffee, or Iced Tea

\$30 Per Person

*Alternative:* Grilled Chicken

Dinner reservations are required. All those planning to attend, including guests, must sign up on the Sign-Up List in CC3. If you need to cancel after 11am Monday, **March 10**, call the Dining Services Office (210-568-3232). If you wish to create a table of 6-8, call Bonnie Gardner or Donna Bowman. Seating will be assigned for all others. Reservations are not taken through the Dining Room for this event.

Sponsors for the Social Hour before dinner are Jim Byrd, Valerie Byrd, Lorrie Cappellino, Rudy Carson, Janet Croce, Sharon Dera, Tom Dera, Jack Fair, KathyFair, Paul Flynn, Nancee Langley, Audrey Logeman, Don Logeman, John MacIntyre, Pat MacIntyre, Joe Mancini, Ton McKenzie, Merlin Miller, Pat Miller, Annie Moore, Ron Moore, Rick Nollenberger, Pat Perry (chair), Steve Perry, Bill Ramunas, Darlene Ramunas, Sue Robert, John Siebert, Ellen Skiba, Don Skucas, Gina Skucas, Rebecca Vallejo, Pat Wagner (chair), Al Wesson and Gil Wolfe.

# Resident Updates

## Introduction to Tai Chi 24Form

Are you interested in improving your balance, coordination, and flexibility? Tai Chi is a gentle, low impact exercise performed slowly and purposefully. Class will be on Wednesdays and Fridays at 2pm, in CC2. Instructor Garrie Gillaspie, Blue Skies Resident, has been teaching Tai Chi since 2015, on cruise ships and in small groups. Come join us!

## Winning with CogSpeed ~ Layne Perelli



Compete against your fellow residents...and yourself, for great prizes, and have fun doing it! You can download the free App to your Smart Phone and use it

anywhere, any time to try to beat your highest score.

The introductory training session will be held in the Roadrunner Lounge on Friday, **March 14**, at 1:30pm. CogSpeed is easy to learn, hard to fool, and usually takes only 45 to 90 seconds to complete the challenge. Contact Layne Perelli for more information. Think Fast! “A Speedometer for the Brain!”

## Blue Skies Color Guard

To open the Veterans Day Ceremony, the Blue Skies Color Guard presents the colors. I’m looking for volunteers who have a uniform they can wear and would like to honor our veterans by posting the Colors to open the Veterans Day Ceremony on Tuesday, **November 11**. I will conduct 1-2 short training sessions, so you feel confident in performing this role. If you would like to participate, please contact Jim Conner using information listed in the Resident Directory.

## Congress Supports Amateur Radio

### ~ Betty Overacker

Homeowner associations have often prevented the installation or use of Amateur Radio antennas. This has hindered voluntary training for emergency situations, and blocked access to necessary communications when disaster strikes. With bi-partisan support, Congress recently passed “The Amateur Radio Emergency Preparedness Act of 2025 (H.R. 1094 S. 459)” that requires homeowner associations to accommodate the needs of licensed Amateur Radio Operators to install or use Amateur Radio station antennas. Amateur Radio Operators praised Congressman August Pfluger, who summarized the need to pass this law: “Natural disasters and other emergency situations that hinder our regular lines of communications are unfortunately unavoidable, which is why we must bolster our emergency preparedness by removing the barriers Amateur Radio Operators run into when installing antennas. Amateur radio plays a vital role in public safety by delivering critical information to people at all times”. The national American Amateur Radio organization, the American Radio Relay League (ARRL), responded with appreciation for Congress’ leadership and bipartisan effort to support and protect all Amateur Radio Operators. All are welcome to attend the next Amateur Radio Club meeting on Tuesday, **March 18** in Meeting Room 110 at 11am. Please contact Bob Stuckert for more information. 73—Best Regards in Ham Language

**Deadline** for the next Roadrunner is Saturday, **March 22**

Send articles to [roadrunner@blueskiestx.org](mailto:roadrunner@blueskiestx.org)

Next Publication Date is Friday, **March 28**



# Resident Updates

## Party Time at Blue Skies!

Blue Skies residents are a lively bunch, often creating their own parties and entertainments. Some Tower halls have gatherings in their lobbies (shared with all apartments on their floor), some reserve a larger space in the Towers public area free of charge.

The 7th floor of Towers 3&4 is just one example. They recently reserved the Helen LeMay room to celebrate 2 Feb. birthdays.

Carolyn Opfer enjoys decorating so the room had a Valentine theme, Rona Bonn organizes the parties and makes a cake if it's a birthday. One Sept. it was a "Back to School" party, and everyone brought school photos, lunch box food, and tales of one room school houses, districts too poor for buses, and riding your horse to school.

Another time it was an Elvis theme party for a resident born on Elvis' birthday, and in Oct. it was a Halloween party. Carolyn also decorates the lobby on their floor according to the season and if there are birthdays in a month, those names are posted in the lobby. It all brings the residents closer together and helps them get to know each other. Just one more reason to love living at Blue Skies!



## Forget-Me-Not, A Series of Presentations on Alzheimer's Disease and Related Dementias



### DID YOU KNOW?

- that nearly 7 million Americans are living with Alzheimer's disease?
- that 1 in 9 seniors aged 65 and older have Alzheimer's disease?
- that Texas ranks 4th in the nation in the number of Alzheimer's cases?
- that the most significant risk factor for Alzheimer's is age?

Alzheimer's is the most common form of dementia, a syndrome marked by memory loss, confusion, and inability to manage activities of daily living. Alzheimer's disease threatens the essence of who people are by taking away their memories and connections. It is devastating not only for those suffering, but for family, friends, and caregivers.

Whether you have been affected in some way by Alzheimer's disease or just want to learn more, join us for this important presentation. We are privileged to have Dr. Sudha Seshadri, the founding Director of the Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases at UT Health San Antonio as our

speaker on Thursday, **March 27**, 1:30pm in the Roadrunner Lounge. The Glenn Biggs Institute is one of 33 Institutes in the US and the only one in Texas designated by the National Institute on Aging as a center of excellence for Alzheimer's research.

Be sure to mark your calendars: Thursday, **March 27**, at 1:30pm in the BST West Roadrunner Lounge. Sign-up is available on Uniguest under Activities. There will be a bus for East residents.



# Resident Updates

## Magazine Update ~ Carol Conkey

After sorting and weeding, we will have 51 titles, some of which are new donations. Making new labels and positioning them – leaving spaces for new items – is the next step. If you're thinking of bringing something new to the collection, please let me know so the title can be inserted. Or just drop them off. A couple of newspapers have also been donated. The plan is keep them no more than a week, depending on how much shows up. Magazines with photos and other eye-catching graphics are circulated to Freedom House. To make donations for this service, either label them or get in touch with John Siebert. And thank you.

## Art Group ~ Sandi Snyder

Art and creating is an important aspect of life. BSTW has a wonderful space for such activities. New and seasoned artists and creators are invited to use the Arts and Crafts Room (located in the hallway across from Elevators serving Towers 1 & 2). The only reserved time that precludes art activities is Thursday morning 10:30-11:30am when hand bell practice takes place. All other days and evenings are open for residents to use for painting, drawing and crafting. Since COVID, our community has shrunk, it's time to gather together once again! Many have begun creating at home or stopped entirely. If this is you, come back and let's get inspired again. The Arts and Crafts Room is where we can share ideas, get energized and enjoy making friends. In January Sandi Snyder was asked to help coordinate the art group. If you are a seasoned creator or new or even thinking about starting to create, you are invited to contact Sandi via email or phone. Please use Uniguest Resident Directory, search for Sandi Snyder for contact information. The front desk can also get you the information. Let's get active again and grow the BSTW Art Group.

## Rodeo Hoedown Video on Uniguest

### ~ Layne Perelli

Everyone loved our recent Rodeo Hoedown (on February 17). In case you missed it, or want to see it again, or if the singers and dancers want to see how good they looked, the video is now available for viewing on Uniguest.

- Just Scroll down to GALLERY, and click on BSTW Entertainment Productions.
- Then click on "Rodeo Hoedown 2025" to view.

You'll also find additional entertainment videos from years gone by. Our newer residents will have an opportunity to be amazed at what they missed, and our old hands can reminisce about their past accomplishments and bygone performers they knew. There are also plans to show it on in-house TV at some future date. If you would like the challenge of helping create venues to showcase our many talented residents in the future, consider joining the Entertainment Committee. You'll find it's a rewarding (and fun) way to engage with the Community. Our valuable Blue Skies traditions won't continue without the next generation of enthusiastic newcomers getting involved.

## Village Voices ~ Nancy Sowada

The Village Voices are really enjoying our music for the spring, and we hope you will too! We are going to be singing a variety of songs that remain our favorites or have become new favorites. These include Danny Boy, Country Roads Take Me Home, River in Judea, Amazing Grace and many others. We are excited that Jane Radigan will join us on her oboe for 4 of the pieces. Reserve these dates on your calendar for our concerts for independent living: Blue Skies East, Thursday, **May 8**, at 2pm and Blue Skies West, Friday, **May 9**, 2pm. We will also be singing at the Mission, Freedom House and Liberty House in May, as well as singing for the Blue Skies West Memorial Day program on **May 23**. We hope you will join us often in May for beautiful singing!

# Resident Updates

## Uniguest ~ Jan Olsen

Make Uniguest part of your daily morning routine. Opening the Feed icon will provide you with the daily Activities on both campuses and Daily Menu for Cochran's for the present day and the next 6 days. Notification of new unread messages will be at the top. If you are registered for an event there will be a green check mark on the slide for the Activity.

Think of Uniguest as a Reference Library for information about Blue Skies. Check out what is available under each icon on the Home Page. The Search icon allows getting information based on a word or name.

Under Information Icon is a folder of Uniguest Training Info. These are guides and useful information of what is available.

Uniguest is for us residents. If the information you are looking isn't there ask about getting it posted. It can always be improved with our requests.

## Blue Skies West Handbells ~ Nancy Sowada

The Blue Skies West Handbell Choir is busy rehearsing for our performances for you in May. About 3 years ago, 7 of us started playing together and at that time we only played with 8 handbells. At our May performances this year, we will be playing 16 to 18 handbells, and we will also play pieces with 14 to 16 hand chimes. You will enjoy the hand chime and handbell music. Our programs will consist of patriotic music, folk songs, and classical pieces. We are even playing a piece that one of handbell players, Susan Stuckert, arranged for us! Reserve these dates on your calendar for our concerts for independent living: Blue Skies East, Thursday, **May 15**, at 2pm and Blue Skies West, Friday, **May 16**, at 2pm. We will also be playing at Freedom House and Liberty House in May. We hope you will join us for our concerts in May!



## SAVE the Computer and Electronics Activity of the BSTW Thrift Shop!

Due to the upcoming relocation of the Computer Electronics Shop and the retirement of its longtime manager, Keith Shumaker, the BSTW Thrift Shop urgently needs a dedicated resident to take over the refurbishing and sale of donated computer and electronic items. Keith is more than willing to explain the current process and assist with setting up the new facility (location TBD). The new manager will have full autonomy over operations. If no one steps up, this valuable and profitable service—serving the community for over two decades—will come to an end. If you are interested, contact Keith Shumaker (contact info in resident directory).



# Resident Updates

## Library News ~ Barbara Folkeson and Peggy Durack

### RESHELVING

With Bryan Graybeal's assistance and BSTW maintenance, the library added 2 additional bookcases next to the music CD's. The Military, Military Biography and President Biographies are now shelved on the new bookcases. This will allow us to expand the Fiction shelving areas.

### RESIDENT WRITTEN BOOKS

Blue Skies of Texas has many talented, creative residents, some of whom have written books. Over the years, we have collected a variety of resident written books – biography, short stories, fiction. Resident written books have a green dot and gold star on the spine of the book. For 6 months, the donated books are shelved on the New Books area (to the left of the Large Print Books by the 2 library tables). After 6 months, they are moved to the long table by the windows. We gladly continue to accept books written by Blue Skies of Texas residents.

### MAGAZINES

The library maintains a collection of magazines. The magazines are all donations from Blues Skies residents. The only subscription that we pay for is Readers Digest, Large Print. This is paid for with money received from the Activities Council. We keep current magazines for 3-6 months. Residents are free to read magazines in the library or take them home (on the honor system). When you are finished reading the magazine, please return to its storage bin. If you would like to donate magazines, please contact Carol Conkey (see resident directory). Carol has taken over management of the magazine area.

### DVD DATABASE

The DVD database (accessed from the Resident Portal) is now updated. A new list has been printed for the blue notebook (on shelves in DVD area). We are not accepting donations of DVD's until we understand the circulation pattern of existing DVD's in the collection.

### BOOK DONATIONS

*Texas Murders* (Patterson); *Secret War of Julia Child* (Chambers); *Resurrection Walk* (Connolly)  
Large Print -- *Out of Nowhere* (Brown); *Presumed Guilty* (Turow); *See How They Hide* (Brennan)  
Liberty House – *Mind Games* (Roberts); *Goat Diaries* (June Reedy); *Gathering of Secrets* (Large Print, Castillo)



# Sports, Games, & Scores

## Friday Night Games ~ Karen Tidler

We've been having fun on Friday nights, starting at 6:30pm in CC3, playing games. This particular night included two tables of 5 Crown, Chicken Foot (a dominos game), Phase 10, Scrabble, Rummikub and a table learning bridge. New folks are welcome, even patient to teach you how to play the games.



## Tennis & Pickleball ~ Linda Prose

Our Tennis and Pickleball courts offer a great opportunity for fun and exercise. Please come out and join us for Tennis on Monday and Friday mornings and for Pickleball on Tuesday, Thursday, and Saturday mornings. Beginners are welcome; guidance and equipment available. Please contact Linda Prose (see resident directory) for details on the start times. See y'all out there!



## Blue Skies Hand Elbow and Foot ~ Gaye True

Six tables of players are participating in this game on Monday Evenings at 6:30pm in CC3. We welcome all levels of players with willing coaches and teachers to assist new players in learning the game. Space for 2 more tables (8 players) is available. Come join the fun and learn a new game. You won't need to bring a partner, money or make a reservation but be on time to draw your spot. Hope to see you on Mondays.

## BSTW Poker Clubs ~ Ron Rickard

We have Monday night and Tuesday night Poker Clubs here at BSTW. Both Clubs meet in the game room across from the Thrift Shop, and both Clubs are looking for new regular and substitute players. All qualified games are both high hand and low hand split pots. We gather and play from about 6:30pm until 9:30pm.

Both Clubs play with a \$5.00 chip buy-in and have nickel/dime/quarter---3 bet limits.

Clubs play with a deck including a joker (which can be an ace or used as a wild card in straights and flushes). Games include OMAHA/5 Card Draw or Stud/7 Card Stud & 10 Card Stud. Texas Hold-em is not played because of betting limits.

The Monday night Club also plays several additional various wild card games which can be challenging. Stop by either night and check out the play to spur your interest.

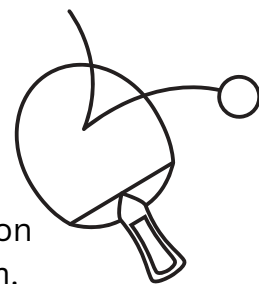


## Ping Pong ~ Bob Stuckert

There is a ping pong table, located in Vista Room 19, for community use. Paddles and balls are in the first wardrobe on the right as you enter the room.

Play is on a first come, first served basis.

Please cover the table when you are finished.



## Mahjong ~ Nan Smith

Wright Patterson Mahjong meets every Tuesday at 1pm in CC3.

National Mahjong meets every Wednesday at 12:30pm and Friday at 1pm in CC3. All are welcome. Please come and join us. We will teach you to play, if you are new to the game.



# Sports, Games, & Scores

## Bridge

The bridge group meets on Mondays starting at 1pm to play Party Bridge. Showtime is 12:30pm. This is an open game, but you need a partner please. We meet in CC3. There is a sign-up book in CC3. The bridge club also plays Duplicate, one Tuesday a month. This is a limited space game. There is a sign-up book. Contact Joy Hough with questions.



Winners for Contract Bridge on Monday, February 17: (1) Don Skucas & Joy Hough, (2) Paul Higginbotham & Rusty Newman, (3) Camille Sweigart & Arlean Graves, (4) Mary Jane Caudill & Dottie Cowan.

Winners for Duplicate Bridge on Tuesday, February 18: (1) Joy Hough & Don Skucas, (2) Susan Woodrow & Winston Padgett, (3) Gail Gant & Eleanor Frisch.

## Ladies BUNCO Group ~ JoAnn Oldham

🎲🎲🎲 In March we will test our IRISH LUCK rolling the dice on Tuesdays, **March 4 and 18**. You might want to bring a Four-Leaf Clover for luck along with \$1 and a friend. Following play, plan to join us in the Bistro for dinner.

The February winners were: Bernice, JoAnn Oldham, Jane Hill and Betty Chalfont.

## RoadRunner Golf Association ~ Mark Wessman

Spring is about to be sprung and the RoadRunners Golf Association is beginning its season of golf. We're looking for new members to join us for a good time on the course.

The RoadRunners is a group of both men and women who play Monday and Thursday mornings year around. We play at the Golf Club of Texas, near our campus just off highway 211. Our members have handicaps ranging from low teens to mid-thirties, and we play under a set of local rules that accounts for both course conditions and the varying skill levels of our members. We play a relaxed social game with just enough competition to keep the game interesting. Golf Club of Texas offers Blue Skies residents a special rate for membership that is advantageous for those who play often, but those who play less frequently pay as they go at the senior/military rate for the course. For more information, please contact Mark Wessman, Kathleen Raymond, or Rona Bonn (see resident directory). We hope to see you on the course!





# Sports, Games, & Scores

## Adventures of the Seasoned Soles ~ John and Pat MacIntyre

In late January, Tom and Cynthia Cochran, John and Pat MacIntyre, Harlan Sager, and James Schuster took on one of the most difficult trail runs in the San Antonio area...the Winter Dragon races at Pearsall Park. Tom, Cynthia and Harlan all won awards in their age groups in the 5K, and Pat, John and James won awards in the 10K races in their age groups. It was a tough way to start the year.

We then had twelve runners/walkers and one photographer show off their Blue Skies Seasoned Soles shirts at the San Antonio Rodeo Stampede. Just to be clear, we walked and ran in front of the cattle drive, not behind it. Harlan Sager led the group by winning first place in his age group. John MacIntyre and John Paul Sullivan also placed in their age group. Tom and Cynthia Cochran, Pat MacIntyre, Brenda Perry, Pat Perry, Ellie Ray, James Schuster, and Dan Van Syoc all completed the 5K. Lu Schuster took the photo.

This month we also had the largest group so far for one of our morning walks here on campus, when over twenty-three walkers participated in our traditional two groups...the casual walkers and the faster walkers.

The last race of the month was the 16th Annual Street 2 Feet 5k which supports wellness programs for homeless individuals. Pat Perry represented the Seasoned Soles and Blue Skies of Texas.



# Spiritual News

## Catholic News

**Ash Wednesday** - 4pm Mass in the High Flight Chapel

**Saturdays** - 11am Mass (For Sunday by special dispensation of the San Antonio Archbishop) in the High Flight Chapel

**First Saturday** of the Month - Anointing of the Sick following Saturday Mass

**Second Saturday** of the Month - Birthdays and Anniversaries will be recognized with a special blessing at Saturday Mass

**Saturdays/Sundays** - Freedom House: Catholic residents will be visited, beginning about 1:30pm, with Holy Communion and prayers

**Third Tuesday** - 9am, Catholic Council meets in Conference Room #110. Guests are welcome.

**Wednesdays** - 9am, Communion Service in the Vista Willow Chapel

**First Wednesday** - 9:30am, Benediction and Adoration following Communion Service in the Vista Willow Chapel

**Third Wednesday** - 9:30am, Rosary following Communion Service in the Vista Willow Chapel

**Fridays** - 3-4pm, Eucharistic Exposition and Adoration, and Divine Mercy Chaplet in the Vista Willow Chapel

**Pastoral Care** - To meet privately with a priest for Reconciliation or Anointing, please contact Fr. Richard Bendorf (see Resident Directory)

**Homebound** - If you are homebound and unable to attend Mass but would like to receive Holy Communion, you may contact John Siebert, Barbara Wilson, Mary Tucker, or Gil Wolfe by phone, text, or email and they will arrange for a Lay Eucharistic Minister to bring the Holy Eucharist to your apartment/cottage (see Resident Directory).

**Hospital Visits** - Most hospitals have a Catholic priest available; ask a staff member to contact a priest.

**Episcopal Church Services** with the Holy Eucharist continue on Thursdays at 3pm in the High Flight Chapel.

## Centering Prayer at Blue Skies West ~ Linda Ricketts

We will meet in the Willow Chapel at 8:30am on Fridays, **March 7 and 21**.

Questions: Contact Jena Hatchett or Robert Ferre.

## Regular Worship Services

**High Flight Chapel** - Sundays at 9:30am & 11am; Fellowship Time - 10:30-11am; Missed Sunday? Watch the service broadcast on Wednesday at 10:30am (in-house channel 1890 or Towers lobby monitors).

**Freedom House** - Sundays at 10:45am Liberty House (3rd Level) - Thursdays at 10:30am

**Pray for Our Nation** - 1st & 3rd Fridays at 10am (Helen LeMay Room)

Lenten Services (All services held in High Flight Chapel)

**Ash Wednesday** - **March 5** at 10:30am  
Mid-Week Lenten Services -  
Wednesdays, **March 12, 19, 26 and April 2, 9, and 16** at 10:30am.

**Maundy Thursday** - **April 17** at 7pm (Holy Communion Service)

**Good Friday** - **April 18** at 10:30am

**Easter Sunday** - **April 20** (Regular Sunday Service Hours)

STAY CONNECTED: Weekly YouTube links, bulletins, and announcements are emailed. Not receiving them? Let us know to add you to the list!

CONTACT US: If you are interested in joining our congregation, would like to speak with Pastors Wayne Knutson Jr. or Clift Perry, or have any questions, please contact Kayla Ramsey, our Church Administrator, at 210-568-3372 or email

kaylaramsey@blueskiestx.org. She will be happy to assist you or discreetly arrange an appointment.