

WELLNESS & LIFE ENRICHMENT

WEST

FEBRUARY 2025



NOTES FROM THE DIRECTOR ~ SHARI PROCTOR



BST Low Vision Club

Join the Low Vision Club on Wednesday, **February 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.

PAM Health at Home

On Friday, **February 14**, at 10am, in the Roadrunner Lounge, Cathy Guajardo, VP of Business Development for PAM Home Health, will be here to introduce their services as a Medicare skilled home health agency. The presentation will also explain the difference between private pay in-home services and home health services covered by Medicare. Please sign up on Uniguest.

Parkinson's Support Group

On Tuesday, **February 25**, at 1pm, at BST East in the Legacy Room. Our monthly Parkinson's Support Group will meet to watch a webinar from PMD Alliance (Parkinson & Movement Disorder Alliance) titled "The Role of Genetics in Parkinson's / Proactive Brain Health" with a follow-up group discussion.

Wine Down with Rehab

On Friday, **February 28**, at 2pm, in the BST West Roadrunner Lounge, please join Legacy Physiatry Group and Rehabilitation Institute of South San Antonio for a wine & cheese event to discuss a new option for acute rehabilitation services. Acute rehabilitation is an in-patient program and differs from outpatient therapy delivered by Select Rehab, come find out how both can benefit you. Please sign up on Uniguest.

Personal Affairs Advisor ~ Ashlie Maltos

Hours for West Campus:

Monday - Friday 1-5pm

Peace in Estate Planning

On Tuesday, **February 11** at 2pm, come and join Broadway Bank in the Roadrunner Lounge to discuss financial and legal planning and how it is a quality-of-life issue. This seminar will touch on estate planning topics such as legal documents we need while we are alive. A brief overview of a Last Will and the Texas probate process will be presented by attorney Monica Bonilla. A discussion on the benefits of Revocable Trusts will be presented by attorney Liz Strait. Question and answer session will also be available. Sign-Up available in Uniguest.

Medicare Advantage Open Enrollment, January 1 thru March 31.

Current Medicare Advantage Plan recipients are allowed to make changes to their current Medicare Advantage Plan such as switching to another Medicare Advantage Plan or dropping the Advantage Plan and reverting to original Medicare during this Medicare's Open Enrollment period. The changes made during Open Enrollment become effective the following month. In addition, changes to Medicare Plan D (Prescription Drug Coverage) can be made during Open Enrollment. Those residents interested in changing their current Medicare Advantage Plan or have questions about their current Medicare Advantage 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, **April 1**. 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>.

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 Monday, **February 17** in observance of President's Day. Please plan accordingly when ordering med refills and new prescriptions

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, **February 6, 13, 20, and 27**. Please call 210-201-2429 for appointments.

Alsace Family Practice - Dr. Neel or Nurse Practitioner Karina Owens, 830-538-3550. Will be at West on Wednesdays in Specialty Clinic.

MD VIP Dr. Patrick Peters, 210-521-7676. Will be at West on Tuesdays, **February 4, 11, 18, and 28** from 8am-12pm in the Specialty Clinic.

Zarate Medical Group Dr. Jocelyn Zarate, 210-587-8787. Tuesdays, **February 4 and 18** in Specialty Clinic Too.

Specialists

Audiology

Audicles Hearing Aid Service Dr. Garcia and Dr. Crank see patients at BST WEST, by appointment, on Thursdays, **February 6 and 20** (Dr. Garcia) and **February 13** (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 Friday, **February 14 and 28** 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, **February 4, 6, 11, 13, 18, 20, 25, and 27** 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, **February 7**, 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, **February 28**, 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, **February 10** from 9am-12pm.

Life Enrichment ~ Hope Santos

Family & Friends CPR Class

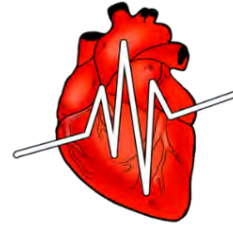


On Wednesday, **February 19** at 1pm in CC1-2, we will be offering a CPR Class. This is a classroom-based course that teaches the lifesaving skills of adult

Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR and mild and severe airway block for adults, children, and infants. Please sign up in Uniguest.

The Heart Walk, 1-2 & 5K

February is Heart Health Awareness

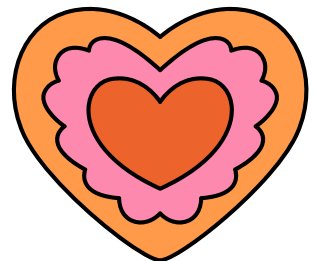
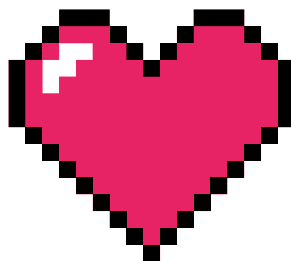


Month. Heart disease is the number one killer of Americans. Every year more than 600,000 Americans die from

heart disease; it affects all ages, genders, and ethnicities. The Walk starts at the Main Lobby. Wear your red shirt and walk with us! Wednesday, **February 26**, at 8:30am.

West Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Water Therapy (Pool)		Water Therapy (Pool)		Water Therapy (Pool)
10am	Cardio & Strength (CC 1-2)	Line Dancing (Persimmon Rm) Yoga (CC 1-2)	Cardio & Strength (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)
2pm		Pilates (CC 1)			
2:30pm				Water Exercise (Pool)	
3pm		Water Exercise (Pool)			



BSTW Activities Information

When Signing Up for Activities - Pay Special Attention

Be sure when you utilize Uniguest you are signing up under the correct campus, if you sign up under the wrong campus this could inadvertently cause you to lose your seat on the bus if the correct campus list is full. This is due to the fact we need to ensure the correct number of seats are allocated per campus.

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 concert listed below that BST will provide transportation for is the ***April 25** concert.

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



Jersey Boys

Saturday, **March 1** - Jersey Boys at San Pedro Playhouse Theater's Russell Hill Rogers Theater.

We will have a Blue Skies Bus scheduled for this event. Ticket cost for senior adults range from \$33-\$38. Purchase your tickets now by visiting www.sanpedroplayhouse.org/shows/.



Be sure to select the Saturday, March 1, 2025 7:30pm showtime. If you have any ADA/wheelchair accommodation needs please call 210-733-7258.

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

- Uniguest 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

WEEKLY 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

FEBRUARY

Tuesday, **February 4** – Museum of Art & Dinner at Tre Trattoria Restaurant (offers house-made pastas) – bus departs at 3:15pm. The tour begins at 4pm. Free for Blue Skies Residents. Our group docent will be our very own BST resident Suzane Yarbough. Be enriched and beyond through art.

Wednesday, **February 5** – Create a Display for Black History Month (African Americans and Labor) is the theme – Main Lobby area at 9:30am. If you would like to help or would like to add display like photos, etc. Please stop by the main lobby. All memorabilia will be displayed for the month of February.

Wednesday, **February 5** – Black History Month Celebration-Presentation along with refreshments and music – Main Lobby at 2pm. Come join our very own residents Joanne Johnson, Linda McMillion, and Charles Jones for a spectacular open ceremony. Hot tea and coffee along with bite size sweet potato pies (traditional desert) will be served.

Friday, **February 7** – Early Super Bowl Sunday Party – Main Lobby at 2pm. Let's have a little celebration for the two top NFL teams playing in the Super Bowl on Sunday, February 9. Wear your favorite team's shirt and join me for some football snacks.

Monday, **February 10** – Musical Bridges Around the World brings you The Quilt, Starring Cynthia Freeman Gibbs and Lauren Anya Jwahir Hunter with an ensemble cast of musicians, this educational documentary explores the music genres born and formed by African American history and culture and how music of the past connects with that of the present, just like layers of a quilt. This is a Free event – Bus departs at 8:45am. Just sign up on Uniguest. Your activity coordinator will get tickets for you.

Monday, **February 10** – Cruise Planners Meeting along with Princess Cruise Line Representative will be here to talk about November Cruise in November - Roadrunner at 2pm.

Tuesday, **February 11** – Terry will be at East working for Caitlin today.

Wednesday, **February 12** - Northminster Presbyterian Church presents: Sunshine Singers - Main Lobby at 1:30pm. The Sunshine Singers will be here to sing Ole Folk music.

Friday, **February 14** – Valentine's Day Potluck with IL & LH at Liberty House – at 2pm.

Monday, **February 17** – Day Trippers Austin Trip: Bullock Museum & the State Capital Tour. Bus departs at 7:30am. Enjoy President's Day with a self-guided tour at Bullock Museum that consists of 3 floors then lunch at the Museum Café or state capital followed by a short docent-led tour of the capital. You must fill out the form from your Activity Coordinator and pay \$71 before the deadline, which is February 12th. For more details see the registration form that can be picked up from your activity coordinator.

Wednesday, **February 19** – Castroville Café. The bus departs at 10:45am. Located in Castroville, Texas, this quaint café offers freshly made sandwiches, vibrant salads, hearty hot meals, and irresistible desserts.

Wednesday, **February 19** – CPR for Family & Friends – Hope as instructor – CC1-2 at 1pm. Space is limited. Please sign up on Uniguest, deadline is **February 12**.

Friday, **February 21** – Wine Tasting Event – Roadrunner Lounge at 1pm. Sign up on Uniguest. Limited spaces available. The cost is \$28 which includes a personal charcuterie board and wine tasting. Our guest speaker will be Lauren Dishong from Southern Glazer's.



FEBRUARY

Sunday, **February 23** – Rodeo Grounds with Bullfighters only event – Lots of food, attractions, and animals galore. On this day you can see the premier league of American Bullfighting Only. These elite athletes are from all over the country. The bus departs at 11:45am. We are obtaining complimentary grounds tickets, please just be sure to take credit/debit card for your food/shopping wants.

Tuesday, **February 25** – Grey Moss Inn – Cocina Mexicana – Known for its rustic, romantic, and mysterious ambiance, guests can expect to enjoy a flavorful menu while dining in a place steeped in history. Bus departs at 4pm

Tuesday, **February 25** – Movie: *Harriet* – Roadrunner Lounge at 1pm - This is a 2019 American biographical film directed by Kasi Lemmons is based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Wednesday, **February 26** – The Heart Walk – Starts at the Main Lobby at 8:30am. Join us!

Friday, **February 28** – Basic Spanish Word Lessons with Terry. Rm 110 at 1:30pm. Want to learn basic Spanish words, enough to get you by in everyday life. Please join us for a fun learning experience.



March

Sneak Peek at March Activities

Saturday, **March 1** – Jersey Boys – Bus departs at 6:15pm. San Pedro Playhouse (Russell Rogers Theater) brings you this iconic hit and gripping story. Get ready to embark on a musical journey with this premiere of the Broadway sensation Jersey Boys, where you will step into the vibrant world of Franki Valli and the Four Seasons. Ticket cost for senior adults range from \$33-\$38. Purchase your tickets now by visiting www.sanpedroplayhouse.org/shows/. Be sure to select the Sat Mar 1, 2025, 7:30pm showtime. If you have any ADA/wheelchair accommodation needs, please call 210-733-7258.

Tuesday, **March 4** – Mardi Gras King Cake & Coffee – Main Lobby at 2:30pm. Join us to celebrate Fat Tuesday! You are welcome to come in your favorite Mardi Gras themed attire and/or mask.

Saturday, **March 8** – Night in Vegas at JBSA Lackland Gateway Club – Bus departs at 5:45pm. You can bet on a perfect night out consisting of casino-style gaming, \$2,000 in chips Hors d'oeuvres, music, auction with prizes for your winnings and beverages (for purchase). All this for just \$40 pre-sale or \$45 at the door. Ticket registration now, open please (see flyer posted with QR code or see your Activity Coordinator to help with your pre-sale ticket. To purchase tickets, you should be a DOD/ID card holder. If you are not a DOD/ID card holder, a person with a DOD/ID can purchase the ticket on your behalf, however, keep in mind non-DOD/ID card holders cannot participate in prize auction at the end of the night.

Select Rehab

January Rehab Topic: Digestive Health and Aging

Your digestive system works hard every day to absorb and utilize the nutrients in your food and eliminate the waste daily. After years of hard work, you may begin to see some changes in your digestive health. As we age, these processes slow down and our digestion is not as efficient. Just like any other health problem, prevention is the best medicine when it comes to keeping your digestion running smoothly. The following tips can help you ensure good digestive health as you age.

- Talk with your doctor to see if your medications could be causing any digestive symptoms.
- Exercise at least 30 minutes 5 days week can help prevent many age-related health problems.
- Eat more fiber, including fruits and vegetable, whole grains, and beans which can help prevent constipation and ease symptoms of diverticulosis.
- Maintaining a healthy weight can help prevent many age-related health problems such as heart disease, diabetes, and high blood pressure.
- Avoiding health problems can reduce the number of medications you need to take, which means less worry about digestive side effects.

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

Select Rehab West Campus Save the Dates:

Tuesday, **February 18** – 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, **February 21** – 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.

H A P P Y
Valentine's Day 

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.

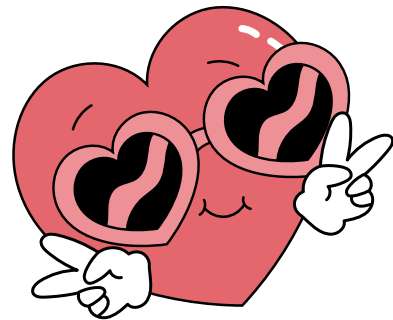
Deadline to sign up for trips: 7 days prior to event/trip date unless otherwise noted.

Cancellation 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.



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.