

WELLNESS & LIFE ENRICHMENT

WEST

APRIL 2025



Covid Vaccinations UPDATE

The CDC recommends that those 65 and over should receive a vaccine every 6 months. Our last vaccination clinic was in October 2024, which means we will be having a COVID vaccination clinic day in April.

West Campus – Tuesday, **April 15**, 9am – 11am, check-in at CC 1

East Campus – Tuesday, **April 15**, 1pm – 3pm, check-in at Legacy Room

Only those who submitted a Covid Consent Form can receive their Covid vaccine during this time.

BST Low Vision Club

The Low Vision Club will meet on Wednesday, **April 23**, 10am, BST West CC 3.

Proper Disposal of Syringes & Needles – Protecting Our Staff

If you are using an injectable medication or using a needle device such as an Accu-Chek machine for blood sugars, please take safety precautions when disposing of used syringes and needles.

Used syringes and needles should never be placed in regular trash, as this poses a serious risk to our housekeeping and EVS staff. You should dispose of used syringes and needles in a puncture-proof container that can be purchased at any pharmacy. Some people use empty washing detergent jugs to hold their used syringes and needles, but be sure to keep the cap on the jug. Once your container is full, you can bring it to the Wellness Department for proper medical waste disposal.

If you have any questions or need to request a container, please contact the Wellness Department at 210.568.3356. Your cooperation helps keep everyone safe!



Personal Affairs Advisor

~ Ashlie Maltos

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

Military ID Card Renewals

All Military ID Cards will need to be updated and replaced by 2026. Go online to

<https://idco.dmdc.osd.mil/idco/locator> to schedule an appointment. Once you receive your new Military ID card, please stop by the Wellness Office so we can make a copy and update your records. If you need assistance in scheduling an online appointment, please call Ashlie Maltos. *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.*

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Lackland Legal

Lackland Legal will be at West to meet individually with West residents on Tuesday, **June 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>.

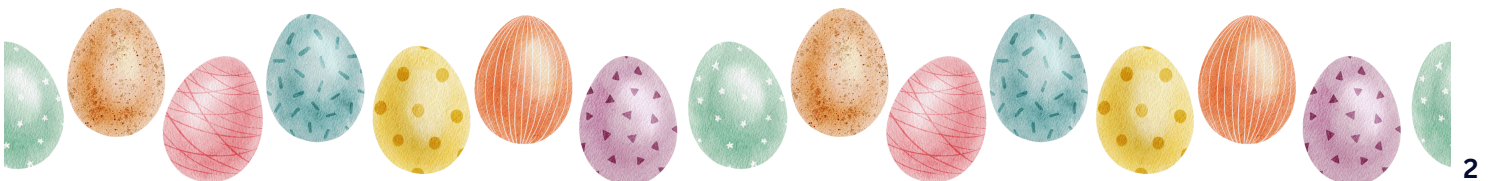
Medication Liaison

~ Caitlin Brennan

Medication Distribution Schedule

Medication pick-up times in wellness office #102: Mondays and Wednesdays, from 1-4pm and Fridays from 2:30-4:30pm. Please be sure to fill out forms located outside Wellness med pick up door for all refills and new scripts. For any questions contact Medication Liaison: Caitlin Brennan at 210-568-3417.

PLEASE NOTE: Reid Pharmacy is unable to fill prescriptions on an emergency basis. If you need 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, **April 3, 10, 17, and 24**. 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, **April 2, 9, 16, 23, and 30** from 8am-12pm in the Specialty Clinic.

Zarate Medical Group — Dr. Jocelyn Zarate, 210-587-8787. Tuesdays, **April 1 and 15** in Specialty Clinic Too.

Specialists

Audiology

Audicles Hearing Aid Service Dr. Garcia and Dr. Crank see patients at BST WEST, by appointment, on Thursdays, **April 3 and 24** (Dr. Garcia) and **March 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, **April 11 and 25** 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, **April 1, 4, 8, 10, 15, 17, 22, 24, and 29** 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, **April 4** 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, **March 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, **March 10** from 9am-12pm.

Life Enrichment ~ Hope Santos

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)	Yoga (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)			

I love the 80's Fitness Party

Join us on Friday, **April 11**, at 1pm in the Main Lobby for a fun time! The colors were bright, the music was happy. The shoulder pads were big, and the hair was even bigger. Wear your neon colors and join us for a fun exercise class. Prize for the best 80's outfit. We will serve healthy snacks!



Brackenridge Park, Train Ride & Sunken Gardens



Historic Brackenridge Park is a perennial favorite with San Antonio natives and visitors alike. The park is home to a stretch of the San Antonio River, the Japanese Tea Garden, and Sunken Garden Theater. Enjoy walking the 3 mile trails or a ride on the train. Join us on Thursday, **April 10**, bus departs West at 9am. Tickets for the train are \$6.50. Please sign up in Uniguest.

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.



April 4/5 – Classics VIII

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

May 2/3 – Classics IX at the Majestic Theater

May 23/24 – Classics X at the Majestic Theater

Bingo - Mondays - BSTW Main Lobby - 3pm



**RECURRING
ACTIVITIES**

The Great Courses - Mondays - Roadrunner Lounge - 7pm

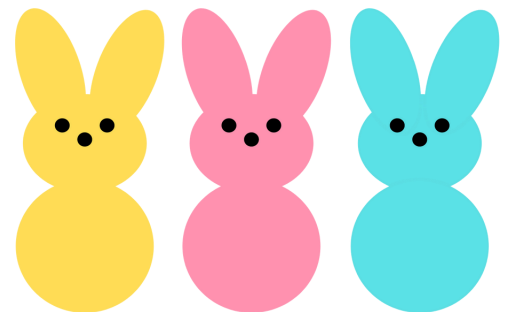
Scrabble - Tuesdays and Fridays - Main Lobby (next to the mailboxes) - 11am

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

Classic Canasta - Every Saturday - CC3 - 1pm

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



April

Tuesday, **April 1** – Newsletter Review with Residents – at 1pm – Bistro area

Wednesday, **April 2** – Doe-Re-Mi Lavender Farm Experience– bus departs at 8:45am. We are excited to take you to see this beautiful Lavender farm. For this experience your account will be charged \$32.50 which includes Tour of the Lavender Farm and green house, petting and feeding of the animals to include silkies, goats, donkeys, emus and more, special lunch at the farm café consisting of homemade veggie/bacon/cheese quiche, fresh from the farm salad w/lavender vinaigrette dressing, choice of Lavender coffee, tea or lemonade beverage and choice of homemade ice cream or a homemade pastry. There is also a gift shop featuring lavender products and garden gift items. The day at the Lavender Farm will be a private event just for Blue Skies residents. The deadline to sign up is Wed March 26. Any cancelation after the deadline will result in being liable for the \$32.50 charge for the farm experience and meal.

Friday, **April 4** – Quote that Quote Walking Quest – It's blooming quotes around campus! Put a spring in your step as you walk in, out and around the campus. Quest will be through Thursday, **April 17** with winners announced on Friday, **April 18** on Uniguest. See instructions and playing sheets put out on small table in Main Lobby starting at 10am today.

Monday, **April 7** – Wildseed Farms Wine Tasting – bus departs at 9am. Sign up to head over to beautiful Fredericksburg Texas for a lovely day enjoying wine tasting and the beauty of the hill country wildflowers. The cost of the wine tasting is just \$25 per person. Please stay tuned via Uniguest for more information.

Tuesday, **April 8**– Fiesta Flower Making – 1:30pm – Craft room. Fiesta is quickly approaching, and we would love to have your help in making beautiful Fiesta Flowers to decorate for the event. These flowers are made from tissue paper and are super easy to learn how to make as well as being a great way to practice dexterity in your fingers.

Thursday, **April 10** – Brackenridge Park/Sunken Gardens Walk with Hope and Terry – bus departs West at 9am. Let's stroll around the park and get our steps in, maybe ride the train around the park, and then lunch at Good Time Charlie's Bar & Café.

Friday, **April 11** –"I love the 80's Fitness Party" –at 1pm, Main Lobby. Wear your neon colors and join us for a fun exercise class. Prize for the best 80's outfit. We will be serving healthy snacks!

Tuesday, **April 15** – Missions Baseball – bus departs at 6:15pm. Missions vs NW Arkansas. It is \$2 Tuesday at the ballpark featuring \$2 Beer, Hot Dogs and Popcorn. Price for these BOX SEAT tickets are at a group rate of \$25.50 a person (regular price is \$32+tax); we will bill ticket price to your BST account. Please note the stadium has a cashless system so please take your credit/debit cards with you on this trip. Sign up now as tickets for this event are limited to just 16 between both campuses.

Wednesday, **April 16** – St. Louis Catholic Church 4th & 5th graders School Easter Play – at 10am in Main Lobby. Please don't miss out on this special play.

Wednesday, **April 16**– Thinking with CogSpeed Game – A FUN way to keep your brain active. Join Dr. Layne Perelli with instructions on how to use this function on your device (for Smartphone users only) – at 2pm in the Roadrunner Lounge. Also, there will be prizes as well. FREE! FAST! OBJECTIVE! Not an IQ Test. It's just for FUN.

April

Thursday, **April 17** – Walking Quest ends at 1pm. Don't forget to make sure you turn in your forms in the box.

Friday, **April 18** – Walking Quest winners will be announced on Uniguest.

Monday, **April 21** – Day Trippers & Travel Club Meeting – at 2pm in the Roadrunner Lounge. Everyone is invited to come to learn what exciting things are being planned for this partnership between BST & Cruise Planners.

Tuesday, **April 22**, Chair Volleyball Fun with Hope, Michelle & Terry at 2:15pm – Sunroom. Great for upper body mobility and joint flexibility. Healthy snacks will be provided.

Wednesday, **April 23** – Mark your calendar for our West Campus Fiesta Party at 2pm in the Main Lobby. Everyone is invited to come to enjoy food, fun and our Blue Skies Family along with live music from Mariachi de Amador. Viva Fiesta!

Thursday, **April 24** – Loteria (Mexican Bingo) – Main Lobby at 2pm – In celebrating Fiesta this month. Let's play some Mexican Bingo. It's an iconic version of bingo with a Mexican twist that adds images relative to folk tales and general culture.

Sunday, **April 27** – Resident Concert Series with Andrew Seigel & Jeong-Eun Lee – at 3pm Main Lobby.

Wednesday, **April 30** – Day Tripper Group Outing: Dr. Pepper Museum and Silos ---Cost will include Coach Bus transportation, tour and more! The sign-up deadline is Wednesday, **April 23**. Stay tuned for more details and information on Uniguest and/or check with your Activity Coordinator for forms.



Sneak Peek at MayActivities

Thursday, **May 1** - Reading of the Newsletter – 1pm – Bistro area. Come to hear all about what's in store for activities this month and the beginning of next.

Friday, **May 2** – Botanical Gardens– bus departs at 9:45am. Enjoy a beautiful at your own pace spring outing at San Antonio's Botanical Gardens. You will pay entry at the gate, tickets are \$22 for adults, \$20 w/military ID and free for sabot members. Starting at 11am you could join the drop in the guided tour: Reflections of Nature. The tour will walk you through the magic of unique large-scale murals in the garden. While at the garden stop by Jardin restaurant for brunch or lunch.

Monday, **May 5** – Cinco de Mayo Event – Roadrunner Lounge at 2:30pm. Join us for a cultural event with Mexican inspired treats.

Tuesday, **May 6** – Witte Museum and Hung Fong Chinese Restaurant – bus departs at 2:30pm. It is Bexar County Free Tuesday at the Witte starting at 3pm, what a perfect time to emerge yourself into the history, art and culture the museum offers. Be sure to check out the special Fiesta exhibit. You will leave the museum at 5:30pm and head to dinner at the oldest Chinese restaurant in Texas as Hong Fong was founded in 1939!

Thursday, **May 8** – Missions Baseball – bus departs at 6:15pm. Enjoy Missions VS Frisco Rough Riders for a special Thursday night discounted rate of \$15 per ticket for Box Seats (billed to your account). At the ballpark enjoy special \$2 beers, soda and hot dogs. Please note the stadium has a cashless system so please take your credit/debit cards with you on this trip. Sign up now!

Select Rehab

April Rehab Topic: Living Well With Diabetes

Diabetes is a condition where blood sugar levels become too high, leading to complications such as eye, kidney, nerve, and foot disorders. It also increases the risk of high blood pressure, heart disease, and stroke. The risk of type 2 diabetes rises with age, affecting about one in four people over 60 in the U.S. While there is no cure, diabetes can be managed through a balanced diet, exercise, and medication if needed. Eating on schedule, controlling portions, choosing nutritious foods, and reading food labels are key dietary strategies. Consulting a doctor or dietitian can help create a personalized nutrition plan.

Exercise is also essential for managing diabetes, as it helps lower blood sugar levels and improves overall health. Aerobic exercise, such as brisk walking or swimming, can reduce the risk of heart disease by lowering blood sugar and blood pressure while improving cholesterol levels. Strength training enhances insulin sensitivity and helps regulate blood sugar. The American Diabetes Association recommends at least 30 minutes of moderate-to-vigorous aerobic activity five days a week and strength training at least twice a week to support diabetes management.

At Select Rehab, therapists can assess foot sensation; address physical, visual, and auditory impairments; and enhance self-care independence.

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

Select Rehab West Campus Save the Dates:

Tuesday, **April 15** – 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, **April 18** – 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.



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.