

ROADRUNNER

JUNE 2025

VOLUME 2025-06

Blue Skies
of Texas
AT AIR FORCE VILLAGES

FROM THE DIRECTOR ~ DANIELLE WEINTRAUB

June is here, and with it comes the energy and brightness of summer! At the West Campus, we're embracing the season with progress, participation, and continued improvements to the West Campus.

This month, you may notice updates across the grounds and buildings as we move forward on projects that support both comfort and quality of life. Thank you for your ongoing engagement; it's your feedback that helps guide our efforts. We hope you take time this month to enjoy something that brings you joy, whether it's a group activity, quiet time outdoors, or a visit with friends and neighbors. Resident Services is always here to support you, so please don't hesitate to reach out. Wishing you a wonderful June!

SAVE THE DATE:

Monday, June 2 – AFIO Chapter Meeting, RR Lounge, 12pm

Tuesday, June 3 – Rotary Club Presentation, RR Lounge, 12pm

Friday, June 6 – Spring/Summer Market Day Event, Main Lobby, 9am

Tuesday, June 10 – Thinking with Cog Speed, Main Lobby, 2pm

Wednesday, June 11 – DFCS Presentation, RR Lounge, 10am

Thursday, June 12 – DRAC Meeting, RR lounge, 1:30pm

Thursday, June 13 – Let's celebrate Father's Day with ice cream sundaes, Main Lobby, 2pm

Friday, June 13 – The Village Voices performance, Main Lobby, 3pm

Saturday, June 14 – The Buffalo Soldiers History Reenactment, RR Lounge, 1:30pm

Sunday, June 15 – 323rd Army Band presentation, Main Lobby, 3pm

Sunday, June 15 – Happy Father's Day!!

Monday, June 16 – Day Trippers & Travel Club Meeting, RR Lounge, 2pm

Tuesday, June 17 – Juneteenth Songs of Freedom, Main Lobby, 2pm

Thursday, June 19 – RC Meeting, RR Lounge, 1:30pm

Friday, June 20 – Summer Solstice Walk with Hope and Bike Club, Main Lobby, 7am

Sunday, June 22 – Resident Concert Series, Main Lobby, 3pm

Tuesday, June 24 – Biggs Institution Presentation on Alzheimer's, RR Lounge, 1:30pm

Tuesday, June 25 – Parkinson's Support Group, BSTE Legacy Room, 1pm

Friday, June 27 – First Light Home Care presentation on Aging in Place, RR Lounge, 1:30pm

Monday, June 30 – Uniguest: How to search and sign up for activities with Jan Olsen, The Vista Sunroom, 1pm



New Residents

Please give the following new residents a warm Blue Skies West "Welcome" in your respective neighborhoods.

Peter & Cindy Klein, #243

John Ackerman & Barbara

Baruch, #328

Gary & Gloria Alexander, #518

Leigh Premarano, #646

Resident Services Announcements

Preserving Our History: Lower Level Artwork

As we prepare for upcoming renovations on the lower level, you may notice some of the historical artwork being taken down temporarily. Don't worry – it will be back!

We're working with a historian to ensure these meaningful pieces are properly identified, preserved, and displayed with care. This is part of our commitment to honoring the legacy of Blue Skies while making thoughtful improvements to the campus.

Thank you for your understanding as we take these important steps. We're excited for what's ahead!

Stay Informed with SARA Mass Notifications

Blue Skies uses the SARA Mass Notification System to keep residents informed during emergencies or important campus updates. Notifications are sent in three ways:

- Voice call
- Text message
- Email

If you would prefer to receive messages only one way, please contact Resident Services and we'll be happy to update your preferences. Staying connected helps keep everyone safe and informed!

Golf Cart Parking

Golf cart parking areas are designated exclusively for short-term use. Long-term or overnight parking in these spots is prohibited. If you require extended parking, please use one of our general parking areas or contact Resident Services so that a carport spot may be assigned to you.



Streamlining How We Handle Work Orders

As part of our continued rollout of the EQUIPS work order system, we're streamlining how maintenance requests are submitted and making it easier for both staff and residents to report issues quickly and accurately.

If you visit the front desk to report a maintenance concern, our team will now use EQUIPS to submit the request. A QR code will also be available at the front desk. Residents are welcome to scan the code and submit a work order directly from their mobile device – and you can even attach photos to help our maintenance team better understand the issue. As always, you can also call, email, or stop by the Maintenance Office to request service. EQUIPS is simply an added option to help speed things along.

Thank you for your continued support as we improve how we serve the community!

To maintain the safety and aesthetics of the community, please observe the following guidelines:

- Articles may not be hung over balconies.
- Balconies are not to be used as storage areas.
- Be considerate of your neighbors regarding items that may cause disturbances, such as wind chimes or other noise-producing objects.
- Bird feeders are not allowed on balconies, and residents should not feed birds or any other small animals from their balconies.

Your cooperation helps maintain a safe, attractive, and harmonious environment for everyone. Thank you for being a considerate neighbor!

No Pets in Food Areas

No pets are allowed in/near any food venues. Pets on a leash may pass through lobbies and common areas for brief stops only. Exceptions are typically made only for certified service animals, as defined by applicable law.

Resident Services Announcements

Visiting Your Home and Blue Skies of Texas Very Soon:

Snakes, and perhaps plenty of them. With warm temperatures and upcoming spring rainfall, experts say it's getting that time of year when snakes are on the prowl, or at least on the slither.

Sighting of a Snake on Campus or in a Resident's Home:

- Leave the snake alone!
- Calmly take a few steps backward
- Observe the snake's markings and direction the snake goes and then calmly walk away
- Vacate the area if able
- Call the Front Desk or Maintenance (if there is a sighting)



Your Health and Safety Remain Our Priority

At Blue Skies of Texas, we're all about keeping your drinking water safe and clean, so you can enjoy it with confidence every day. We check chlorine levels daily to make sure everything's properly disinfected, and each month, we send samples off to a certified lab to test for things like total coliform, E. coli, and chlorine. We also share quarterly updates with the Texas Commission on Environmental Quality (TCEQ) and send out a yearly Consumer Confidence Report that breaks down where your water comes from and how it's doing. Every three years, we test for lead and copper, just to keep things extra safe. From time to time, you may receive notices from our team, do not worry, that's just us keeping you in the loop, and sometimes test results can naturally fluctuate. If you ever have questions, just give our Maintenance team a call at 210-677-8978... we're here to make things better!

Volunteer Drivers Needed – Help a Neighbor, Make a Difference!

Our Volunteer Driver Program is in urgent need of Resident Volunteer Drivers. We've seen our number of drivers decrease, and we're reaching out to our community to help keep this vital service going strong.

This free service is provided by residents, for residents, offering transportation to medical appointments outside the boundaries of Blue Skies Transportation.

The program exists to assist residents who:

Do not own a vehicle

Are unable to drive

Are temporarily or permanently restricted in their ability to drive

Without this service, some of our neighbors are left with no option but to hire a taxi, Uber, or private transportation—an expensive and sometimes unreliable alternative.

By volunteering, you'll be offering more than just a ride—you'll be giving peace of mind, support, and friendship to those who need it most.

Can you help? Whether you're available once a week or once a month, your time can make a real impact.

For more information or to sign up, please contact Aleisha Dillard at the Front Desk or email her at Aleishadillard@blueskiestx.org. Together, we can keep our community connected and cared for.



Resident Services Announcements

June is proof that summer is on the way, but we need to do our best to keep those scammers away! ~ Ashlie Maltos

Don't fall for a fake Frost call or text! We want to make you aware of a recent fraud scheme affecting some Frost customers. Scammers are pretending to be Frost employees – calling or texting people and asking for sensitive information that could compromise their online banking or Frost account.

Please remember, Frost will never reach out to you and ask for the following by phone, text or email:

- Your debit card number, expiration date, PIN, or CVV
- Your online banking username or password
- Any one-time passcode sent via text or email

These scams are becoming more common. In 2024, the Federal Trade Commission reported that imposter scams were the #1 reported fraud scenario – and scam calls led to the highest losses per person.

If something doesn't feel right, trust your gut.

Hang up and call us at (800) 513-7678, 24/7. They're always here to help. And remember: Frost will never call you and ask for sensitive information. Ever.



HELLO
SUMMER

Deadline for the next Roadrunner is Sunday, **June 22**

Send articles to Roadrunner@blueskiestx.org
Next Publication Date: Monday, **June 30**

Resident Services Announcements

HAPPY WORKIVERSARY

Name	Location	Position	Years of Service	Hire Date
Ramona Terrazas	Freedom House	Nurse Administrative Assistant	26 years	1999-06-15
Monica Villa	The Mission	Administrative Services Manager	22 years	2003-06-03
Liz Airington	Freedom House	PCG Med Tech	19 years	2006-06-13
Pauline Guardiola	BST East	BST East Desk Clerk	19 years	2006-06-13
Cynthia Donato	Arnold House	Administrative Assistant	17 years	2008-06-27
Maria Antonia Garcia	Freedom House	Personal Care Giver - FT	16 years	2009-06-26
Leonides Michael Morales	BST East	BST East Desk Clerk	15 years	2010-06-17
Blanca Cerda	BST East	EVS Coordinator	11 years	2014-06-27
Olga Escobar Rodriguez	BST West	Housekeeper	10 years	2015-06-26
Eduardo Marasigan	The Mission	LVN - TM	9 years	2016-06-15
Jennifer Ann Idrogo	The Mission	Registered Nurse	9 years	2016-06-24
Margie Trevino Castillo	BST West	Beauty Shop Operator	7 years	2018-06-13
Yvonne Angela Doerfler	BST West	BST West Wait Staff	6 years	2019-06-07
Stacy Kay Ramirez	Freedom House	FH Staff Development Coordinator	6 years	2019-06-25
Noemi Reyna	BST West	Beauty Shop Operator	4 years	2021-06-14
Rachel Campbell	The Mission	Director of Nursing (TM)	2 years	2023-06-06
Christina Pacheco	BST East	Housekeeper	2 years	2023-06-22
Micaela Romero	Freedom House	Personal Care Giver - FT	2 years	2023-06-28
Amy Lyons	Administration	Chief Financial Officer	1 year	2024-06-03
Lisa Winbolt	Marketing	Sales Counselor	1 year	2024-06-04
Daniel Roberto Gonzalez	BST West	Maintenance Tech III	1 year	2024-06-20
Nikole Olivarri	Freedom House	Personal Care Giver - FT	1 year	2024-06-26

**We appreciate
all that you do**

Resident Updates

Blue Skies Garden Club's Annual Open House ~ Jim Conner

The Garden Club's open house on May 2nd came with a few memorable events; the beautiful new sign made by American Home Builders was installed, the HAM Radio club's president, Bob Stuckert, demonstrated HAM radio in action, Jere Griffin had his drone buzzing above, and several Blue Skies staff came calling.

Shock Shockley came by to visit the fig tree he had planted in his garden plot years ago and to thank Jill Garza for the garden she helped him plant at Freedom House, and tell her that his tomato plant is doing well.

The weather was perfect and more than 70 people were on hand to see the fruits of the gardeners' labor in full production. Many came away with bags of fresh produce, plants, gourds, and/or books, plus goodies from "CC"

Ungphakorn and Marti Wessman.

Many thanks to everyone who helped to make it a success!



AFIO Chapter

The **June 2**, 2025 San Antonio AFIO Chapter will present a program focusing on the longtime dispute between Pakistan and India. Both are nuclear-armed nations and both have long-range missiles. Intervention by other world powers has so far been unsuccessful in ending the 75-year dispute over the Kashmir region, claimed by both nations.

The San Antonio Chapter of the Association of Former Intelligence Officers offers this program to inform the public of the achievements of the intelligence services that were not publicly known at the time. 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 in the Roadrunner Meeting Room.



Resident Updates

Let's get serious about driving in San Antonio ~ Paula Haley

It's time to take the AARP Safety Driving Course. We need to take this course just to figure out how to drive on Highway 90 early in the mornings! Have you noticed the new houses that now surround us? We even have a McDonald's across the road from Blue Skies. More than 83,000 people have died on the roadways in Texas during the last twenty years, and that should concern us. At the defensive driving course, you will learn ways to avoid being in a very serious wreck. The class will be on **June 6** at 12:30 in the Roadrunner Room. The signup roster will be in CC3, and you may also sign up on Uniguest. In addition, you can receive a discount on your auto insurance once you attend this course. Hope to see you there.



Gadabouts Luncheon

On Friday, **June 13**, 2025, our monthly luncheon will be held at Five Guys Restaurant. It is located at 8603 HWY151/410. They offer fresh (not frozen) made to order beef burgers, hot dogs, sandwiches, milkshakes, and fries. Plus, free peanuts while you wait! Singles, widows, widowers, and caregivers are eligible for this trip. Others may sign up on the waitlist. The sign-up folder in CC3. The bus departs at 10:45am. Please check-in with your hostess 15 minutes early.

Summer Field Day ~ by Betty Overacker

During the last full weekend in June, more than 40,000 Amateur Radio Operators establish temporary radio stations in public locations to demonstrate ham radio's capability to provide communication, demonstrate this science, skill, and service to our communities and nation when electrical power fails. This event is "Field Day", an annual event since 1933 sponsored by the Amateur Radio Relay League (ARRL) to enhance practice for emergency situations, and provides friendship, cooperation, and fun for the participants. BST's Amateur Radio Club members will join the Medina County Amateur Radio Club members to construct and operate a field station with four functioning radios at Castroville Regional Park. Transmission commences at 1pm on June 28 and continues uninterrupted until 1pm on June 29. "Field Day" demonstrates and highlights ham radio's ability to work reliably under any conditions from any location to create a wireless communication network. Drop by and view this spectacular event! All are welcome to attend the next Amateur Radio Club meeting on Tuesday, **June 17**, in Meeting Room 11 located in the Vista at 11am. Please contact Bob Stuckert for more information.
73—Best Regards in Ham Language

SAVE THE DATE: June 22

Sunday, **June 22**-Classical Piano Concert, Main Lobby, 3:00-4:00pm

Blue Skies presents Grace Xu Schott, classical pianist and composer in concert.

The artist's repertoire includes Bach, Beethoven and Chopin. She concludes the program with her own composition entitled "Poetry without Words".

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 Noon until 1:00 PM, and you are welcome to bring your lunch.

Topics for June Rotary club meetings will be about Peace Building in our lives and world, plus a program about Habitat for Humanity in San Antonio.

Rotary International has a focus on Peace and Conflict Resolution, and that includes like-minded individuals in action groups around the world. Rotarian Jim Deuser presents this topic on **June 3**. In addition to talking about Rotary's program, Deuser will also review the history of peace poles and their availability in San Antonio.

Our **June 17** meeting will feature speakers Stephanie Wiese and Ivette Gray from Habitat for Humanity. The first Habitat home in the world was built in San Antonio in 1976. They are now one of the top 5 largest producing Habitat affiliates, having built 1,366 homes to date. Habitat is an empowerment program that provides a hand up and not a hand out. Come hear details about the program and how you can volunteer your time and money.

Look for additional information about a Biggs Institute presentation on Alzheimer's research scheduled for the Road Runner Room on **June 24**. Four scientists on the Biggs team will be here for the next in the series of Alzheimer's and dementia presentations being hosted by the Rotary Club. We had over 100 people for the March talk by Biggs Executive Director Dr. Sudha Seshadri and anticipate the success of that event will bring many more for this follow-on presentation by the experts.

If you would like to learn more about our Rotary Club, please call Debby Cox (see Resident Roster), or you can visit our website or Facebook page:

Website: <https://www.RotaryClubofSanAntonioWest.org>

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

“Winning with CogSpeed” ~ Layne Perelli

The “Winning with CogSpeed” Contest has been scheduled for Tuesday, **June 10**, from 2:00 to 3:00 in the Main Lobby of the Towers.

CogSpeed is free, easy to learn, hard to fool, and it usually takes only 45 to 90 seconds to complete the challenge. You will be assisted in downloading the web app to your smart phone and taught how to take the CogSpeed test. Then you can compete against your fellow residents for great prizes.

In between contests you can always exercise your brain as often as you like, anywhere, any time, and have fun doing it! Try to find your highest score, then each day try to beat it! Download instructions for CogSpeed are also available on UniGuest and from Terry Elizondo. Feel free to contact Layne Perelli for more information. “A Speedometer for the Brain!”



Resident Updates

HAPPY BIRTHDAY

Happy Anniversary

June 11 B&A Celebrates Summer – Corlea Plowman

All BST West residents and guests are Welcomed to Summer Wednesday, **June 11**, at the Birthday and Anniversary event (B&A). Doors open for the hosted Social Hour in CC1-3 Rooms at 5 pm. Dinner service in the Lakeview Room is at 6 pm. Cactus Country Trio will be the entertainment.

Al Johnson will be available to take Birthday & Anniversary pictures 4:00-5:30 pm in the Helen LeMay Room. Please check in with Ruth Ann Taylor.

The dinner includes:

Starter: Acapulco Shrimp Cocktail; baby shrimp in tomato-lime broth, capers, cilantro & parsley.

Entree: Crab Cruster Halibut with 2 grilled shrimp, lemon olive oil broccolini, sweet corn chive risotto.

Dessert: Vanilla Pudding Mouse with fresh strawberries.

Bread: Focaccia.

Water, Coffee or Iced Tea Included

\$40 Per Person

Alternative Entrée: NY Strip Steak

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 11 am Monday, June 9, 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.

Hosts for the Happy Hour are Leo and Elaine Bell, Jeff and Rona Bonn, Gary and Donna Bowman, David and Sherry Brands, Ken and Sally Brockway, Lois Clark, Bonny and Julie (chair) Conrardy, Pat Drake, Sam and Mary Hergert, Joy Hough, Red and Pat Natkin, Quino and Pilar Ontiveros, Carolyn Opfer, Babs Rapalee, Dave Root, Sue Rowland, Brett and Debbie White.



Red Hat Luncheon ~ Celia Kellogg

Friday, **June 20** at 11:30 am at TASTY Modern Asian Kitchen, 9502 Interstate 10, San Antonio 78230

Please be in the lobby by 10:30 am. The bus leaves at 10:45 am.

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 in CC3, INDICATE "W" if you are using a Walker or a Wheelchair because the bus only accommodates one wheelchair. If you sign up and can't go, you must remove your name from the sheet by the Wednesday morning before the luncheon because you will be charged the transportation cost if you are a "no call, no show."

Resident Updates

DRAC- JERRY PIERCE, CHAIR

The meal allowance carryover policy was discussed at the May 8 DRAC meeting. In attendance at the meeting were the CEO, COO, and CFO. After a presentation by the CEO and some discussion by the DRAC representatives, the CEO announced that there would be no change in the carryover policy due to an RFP to contract for food services having been distributed to potential food service providers. It seems that the current carryover policy is used to arrive at the amount of subsidy provided from the general fund to subsidize the cost of food, which is greater than the meal allowance. Since it appears that a subsidy is needed, are we paying more for rent? The money must come from somewhere. Maybe a fix is to find out if raising the food allowance causes hardship for some residents. We could then use some of the restricted foundation money to help those needy residents. After all, almost none of the restricted money is being used, and the income on the fund is equal to or greater than the use. Also, let us hope that in the RFP for food service, there is a requirement for the provider to use quality ingredients and not seconds. After all, the best marketing tool is providing quality food ingredients, professional preparation, and attentive service. The next DRAC meeting is **June 12**, at 1:30pm in the Roadrunner.

The Celebration of the 250th Birthday of the U.S. Army

Don't miss out!

The 250th Birthday of the United States Army will be celebrated at Blue Skies of Texas the weekend of **June 13-15** on the West campus.

Friday, June 13, 2025

3pm. The Village Voices in the Main Lobby (West Campus) followed by the Army's birthday cake. open to all residents of both campuses.

Saturday, June 14, 2025

1:30pm A presentation by the Buffalo Soldiers reenactors in the Road Runner Lounge (West Campus) is open to all residents of both campuses.

5:00pm A cocktail party followed by dinner. (West Campus)

Open to all of the following: Army veterans of all ranks, Army vets who joined other services, Army National Guard and Army Reserve veterans of all ranks, graduates of Army schools such as the Command and General Staff College and the Army War College of all services, residents who grew up as "Army Brats", parents and grandparents of children preparing to enter the Army such as West Point cadets or ROTC cadets, Dept. of the Army civilians and contractors who served with the Army.

Any resident of Blue Skies who feels a connection with the United States Army is invited to attend. Reminder, there are several of our residents who grew up in US Army Air Corps families before 1947.

All Army attendees are requested to wear their Army uniform: Greens, Blues, or Mess Dress, if possible. Not required. Other services may wear their appropriate uniforms.

West residents sign up for cocktail party and dinner before June 7 in CC3 on the West Campus. East residents contact Rob Lindsey.

Sunday, June 15, 2025

3:00 pm The performance by the 323rd Army band has been cancelled due to an unforeseen operational requirement.

Any questions to Johnmacintyre@mac.com or 210-677-0742

Resident Updates

Village Voices

We so enjoyed seeing you at our performances in May and we thank you for attending. We also appreciate your monetary support to the BSTW Activities Coordinating Council and the Air Force Village Charitable Fund, so that we can continue to purchase great music like this and afford a great accompanist, like Marianna Tanguy. The Village Voices also sang for the Memorial Day program at the west campus and we hope you sang the National Anthem, America the Beautiful, and God Bless America with us. We will be singing as part of the Army's birthday celebration on Friday, **June 13** at 3pm in the Blue Skies West lobby and we hope to see you there! We are now taking off from rehearsals until August 19. We will be rehearsing some fun and beautiful music for the holiday season, as well as for Veterans Day at that time. If you can sing and read music and/or have sung in a choir, we invite you to join our rehearsals starting Tuesday, **August 19**, from 1:30-3:30pm in the Blue Skies West chapel. Great attendance is a must at rehearsals because we sing challenging music and it is fun to be at every rehearsal. The picture is from our performance at BSTW in May. We thank you!



Handbells

Thank you for attending the performances of the Blue Skies West Handbell Choir. We enjoyed playing a variety of music for you with our hand bells and hand chimes. We also appreciate your monetary support to the BSTW Activities Coordinating Council for the purchase of new music and the servicing of our handbells. We are taking off from performing until August 28, when we resume rehearsals and start on a variety of holiday music. If you can read music and have very good attendance at rehearsals, we invite you to join us for rehearsals on Thursdays. We will begin on Thursday, **August 28**, from 10:30-11:30am in the Blue Skies West craft room, where we store our bells and equipment and where we rehearse. We appreciate your support! The picture is from our performance at Freedom House in May.



Resident Updates

Upcoming Hospice Volunteers/11th Hour Volunteer Training Session

June 18, 19, and 20 from 9am to Noon at Freedom House Chapel.

Are you looking for a meaningful way to help others? Consider becoming a hospice volunteer. Our motto is "No one should ever die alone." When a resident in hospice care is nearing the end of life, our volunteers offer comfort by taking turns sitting at the resident's bedside. Whether you are only interested in volunteering for end-of-life comfort (11th Hour) or if you are interested in additional visits with hospice residents, the gift of your time will be valued and appreciated. No experience is necessary, and specialized hospice training will be provided by our Volunteer Coordinator, Leo Herrera, Licensed Clinical Social Worker. To learn more about this opportunity, please call: Kathy Byers, Kathy Griffin, or Dan VanSyoc (directory for #s).



Thank You from Peggi & Buzz Parkhill

Thanks to all who supported the Parkhill family and came out to remember our beloved Ellen as we celebrated her life. Your cards, prayers, wishes, hugs and smiles have been most appreciated. Special shout-out to the church crowd (especially Fr David, Bonnie, Karl, and Pat et al) for a lovely service, and to the staff (especially Darrell, Ashlie, Aleisha, Larissa, Judith, Bea & the kitchen crew) for a lively gathering. Blue Skies is the BEST!

FORGET-ME-NOT

Alzheimer's Speaker Series – Part II Panel on Alzheimer's Research

The San Antonio West Rotary Club and Blue Skies Wellness are pleased to present the second part of our series on Alzheimer's and related dementias. Our focus for Part II will be on research and developments related to Alzheimer's. We are honored to have four (4) researchers from the Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases at UT Health SA as our guest panelists. They are: Ashley LaRoche, CCRC, Clinical Research Project Manager; David Martinez, MSc, PhD, Clinical Research Project Manager, Neuroimage Analytics Laboratory; Alicia Parker, MD, Assistant Professor and Cognitive and Behavioral Neurologist; Hector Trevino, MPH who manages epidemiological research studies. We will learn about the latest advancements and developments in Alzheimer's research. With the future health of millions resting in their hands, we are privileged to have these specialists share their work, their insights, and their hopes. Don't miss this vital and informative presentation.

Date: Tuesday, **June 24**, 2025

Time: 1:30pm – 3:00pm

Place: Blue Skies West, Roadrunner Room

Signup: Uniguest Activities

If you have questions for the panelists, please forward them to: janelukehill@gmail.com



Resident Updates

Sunday Hymn Sing - June 29

-3:00-4:00 PM-

Singing makes you feel better
Singing enhances lung function
Singing helps you beat stress and relax
Singing helps improve memories
Singing builds a sense of community
Singing is for everyone

Singing is good for the soul, but it has been proven that singing is good for health! Give yourself a boost and join us on this Sunday afternoon, **June 29**. Choose your favorite hymn. We will even work in some patriotic songs to celebrate the upcoming July 4th holiday. A fun fellowship time will follow with cookies and cold drinks. David Sweigart, our leader and emcee, always makes it a fun afternoon. Grab your neighbor and join the crowd! You'll go home whistling a tune!

Jerry Garcia Tie/Scarf Brunch Society

The Jerry Garcia Tie/Scarf Sunday Brunch Society met and dined on 4 May 25. Don't we look appetizing?

Our group is growing, as the Grateful Dead gained fame and listeners for its music. Please join us next quarter, **August 3**, 2025 at 11:45am.

Food tastes better and we act better wearing our Jerry Garcia Sunday Best.



THESE SHOES WERE MADE FOR WALKING.... BUT NOT WITH HOLES IN THEM SHOE DRIVE FOR AGORA MINISTRIES

AGORA is in the lowest income, lowest fed, lowest education, and highest violent crime area of San Antonio. Though the statistics are more than troublesome, this organization is making a BIG difference in the lives of these residents. From its inception, AGORA Ministries has been and still is an outreach organization. AGORA Ministries partners with local and nationwide churches and organizations to see life changes in the inner-city of San Antonio. AGORA is not a church but a mission center. Through weekly programs like AGORA Kids, Revolution Youth, Hope Pantry, Women's Ministry, mentoring, tutoring, and youth programs, they are able to reach families in the Westside. They partner and extend their mission through seasonal events and mission trips. One of the seasonal events is providing children with a pair of new shoes for the coming school year. It is hard for us to even comprehend children heading to school in siblings' hand-me-down shoes that do not fit or have a hole in the sole of the shoe. The Protestant Congregation of Blue Skies will be having a shoe drive for these children in late June. Please watch for the posters and consider putting a smile on their face. You will be provided with names and sizes to purchase, of course, financial donations to purchase shoes are always appreciated. Watch for the posters with lots of little shoe prints.



Resident Updates

AFVII Thrift Shop

As I see many new faces around Blue Skies of Texas-West (BSTW), I would like to extend an invitation to visit the Thrift Shop as it was renovated last summer. It is a little larger and easier to navigate around while you are checking things out and decide if we have the “treasure” you might need. The purpose of the Thrift Shop is not just to sell items donated by our very generous residents but to put those funds back into different Village West items that benefit our residents, our health care communities, employees, and other worthy causes. Since its doors opened early 2003, the thrift shop has donated over \$500,000.00. It also self-funded the expansion/renovation from two rooms to three rooms which was a savings of \$22,500 to BSTW. We're extremely grateful for the added room that BSTW allowed us to have for the expansion!

Here are some of the ways the Thrift Shop has made a difference through the years:

- Freedom House - \$45,000 for of upgrades
- High Flight Chapel Fund - \$20,000
- Liberty House - \$16,725 for healthcare equipment and resident activities
- Employee Appreciation Fund - donation every six months has increased from \$2,500 - \$15,000 this year
- Fitness Center - \$6,500 for fitness equipment
- Beauty Shop - \$5,000 for two pedicure chairs
- 2021 Big Give - \$6,000 for BST employees education assistance
- Mary Opal Wolanin Endowment Fund - \$5,000
- Play for Freedom Golf Tournament - since 2015 our contribution has increased from \$1,5000 to \$2,000 annually
- Cowboy Breakfast - since 2006, we have provided the musical entertainment
- Wellness Upgraded - committed \$50,000
- BSTW Wood Shop - approved \$30,000 towards their expansion
- Physical Therapy - \$600 for water therapy equipment, \$350 for a smart TV for the PT room, and \$1,019 for Pilates Equipment
- Provided the following BST West: \$10,698 for 18 benches; \$5,800 for shopping carts; \$2,349 for dog waste stations; \$2,000 for the Oaks dock by the lake
- Sound Equipment System at a cost of \$3,727.

Of all those donations, \$92,925 was during this current fiscal year.

These are highlights, i.e., there are even more projects for which the Thrift Shop has made donations. Bottom line, thanks to all our residents who have been generous in providing items for the Thrift Shop and Furniture Store, we have been able to give back to the Village, and everyone living or working here ultimately benefits from our sales.

NOTE: The Furniture Store is now in the main building and located in rooms 110 and 112. It is directly across from the Thrift Shop, which means that you'll be able to do “one stop shopping”. Their hours of operation are 8:00am - 12:00pm every other Friday (employee pay days). More information will be provided later by internal postings and on the In-House Channel.

Who is eligible to shop: Blue Skies of Texas (BST) employees and their family members, BST residents and their family members and guests, contractors who are working on site the day the Thrift Shop is open, and Marketing guests. BST employees must wear their ID badges and also accompany their family members for shopping at the Thrift Shop.

We can't thank enough ALL our residents for their generosity of donated items to the Thrift Shop and Furniture Store. Without that we would not be able to give back to the Village where everyone benefits from our sales.

Resident Updates

The Adventures of the Seasoned Soles

by John and Pat MacIntyre

In April, a fantastic group of seventeen Seasoned Soles went to Castroville to compete in the Tour de Castroville 5K and 10K which started and finished in the Castroville Park, after running through the streets of Castroville including passing under US 90. We had three first place winners: Tom and Cynthia Cochran and Pat MacIntyre. Pat Perry and Roger Hansen won second place awards, Harlan Sager and Susan Woodrow won third place awards.

Pat Perry and Tom Cochran won for the 10K race. All the other Seasoned Soles finished the 5K race. They were Kathy Bader, Dottie and Jim Conner, John MacIntyre, Brenda Perry, Ellie Ray, John Siebert, John Paul Sullivan, Dan Van Syoc and Pam Westwood. Beer, coffee and breakfast tacos were available for all participants.

The next weekend, both Tom and Cynthia Cochran garnered second place awards in the Outlaw 5k in Luckenbach, Texas. Willie and Waylon didn't get there in time to see the race but greeted them at the finish.

The same weekend, Pat Perry ran another 10K race, at the San Jose Mission in the San Antonio Road Runners Mission Run.

To finish off the races for April, Tom and Cynthia Cochran, Stu Flood, John Paul Sullivan and Dan Van Syoc ran the virtual version of the Coast Guard 5K here on the Blues Skies West campus. Unfortunately, we didn't get photos of Stu and John Paul. Perhaps they were going so fast they couldn't be captured on film. May started off with Tom and Cynthia Cochran, John and Pat MacIntyre, Pat Perry and John Paul Sullivan all winning age group awards in the May the Fourth Be With You four miler, and James Schuster completed his first half marathon in several years.

Tom and Cynthia Cochran won first place awards in the Girls on the Run 5K, while Pat Perry won second place in her age group. Pat MacIntyre, John MacIntyre, and Pat Perry all completed the virtual Cinco de Miler (five-miler) here on campus. Pat Perry also won a first-place award in the first of five 5K Summer Races here in San Antonio.



Resident Updates

Find Your Pickleball ~ Larry & Linda Prose

This is an article that our son, Jeremy, wrote about his visit to Blue Skies --

I recently traveled to San Antonio to visit my parents at Blue Skies of Texas, a retirement community about 30 minutes out of town. Friday morning, I learned to play Pickleball for the first time. Having a background in racket sports and being 30 years younger than everyone else on the court kept me in the game, but I didn't dominate. And I was truly amazed at the athleticism of the crew. reaction time, change of direction, lunging, bending over to pick up the ball, walking, or riding their bike to the courts. All at 80+. That was really pretty cool to see. But what was equally cool was the community, the camaraderie, the laughs, a little smack talk, and how welcoming they were to me. They were outside, they were active, and they were together. You can't ask for much of a better longevity combination than that! Good job, Mom (I know you're reading this), and good job to her crew out there, truly inspiring in so many ways. What can you do to find your "pickleball"?



4th of JULY CELEBRATION ~ By: Cathy Bee

Celebrate the birth of our nation with your friends at the Blue Skies of Texas West 4th of July Party. We've been having this fun get-together for more than 20 years. We have a great time and the dining room staff gets to spend the day with their families.

Here are the highlights:

- 3:15pm – Decorate your tables with 4th of July red, white, and blue
- 4pm - Enjoy your own Happy Hour (BYOB and snacks, etc.)
- 5pm – Program begins with Patriotic Song Sing-Along
- 5:30pm – Buffet lines open and To-Go is available for pick up
- 6pm Dancing to DJ Tony Styles

*Happy
4th of July*

Menu with BBQ from Rudy's: Brisket, Sausage, chicken, baked beans, cream corn, coleslaw, peach cobbler. Water and tea will be available. \$30.46 pp charged to your catering account (i.e., out-of-pocket)

Please feel free to bring your own snacks and refreshments!

Just like for B&A, sign up in CC3. Look for the special sign-up list decorated for the 4th. Indicate Dine-In or Take-Out. SIGNUP WILL BE AVAILABLE FROM May 15th to June 19th, or when capacity has been reached. Additions or cancellations will not be accepted after sign-up sheets are picked up.

For tables of 6 to 20, Email Al Wesson awesson@earthlink.net. Include the names of all your guests. Or come on your own, and you will be seated with other Blue Skies friends.

Uniguest Tip – Ms. Uniguest

Have you checked all the options in Uniguest? The Home Screen has 29 icons, sorted by frequency of use. Explore each icon to find useful information quickly. This month, please dedicate time to exploring the Information Icon.

There are four sections: BSTE, BSTW, Uniguest Training Info, and Vote. Review the resources available under each section. The Uniguest Training Info provides various topics on utilizing Uniguest effectively.



SPORTS, GAMES, & SCORES

Hand, Elbow, and Foot

The game has grown in the number of players, times, and places to participate: Monday evening at 6:30, Thursday afternoon at 3:00 and Friday evening at 6:30 all in CC3. As always, new players are welcome and no reservation, cost or partner necessary. Just show up and enjoy. The rules for the game are available to anyone who wants to set up a game with neighbors and friends, and players are available to instruct and guide new players. It is important that everyone plays by the same rules to keep confusion to a minimum.

A tournament is in the planning stage, and this will inject additional challenge for the experienced players. Watch for information as to time, place, and how to participate. Look forward to seeing you at Blue Skies Hand, Elbow, and Foot.



SPIRITUAL NEWS

CATHOLIC NEWS ~ By Annie Moore

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, Lorrie Cappellino, 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.

SPIRITUAL NEWS

Centering Prayer / Silent Meditation

We will meet in the Willow Chapel at 8:30 A.M.

Friday, June 6th

Friday, June 20th

Everyone is welcome to join us.

Questions: Contact Jena Hatchett or Robert Ferre

Air Force Village II Protestant Church

REGULAR WORSHIP SERVICES:

High Flight Chapel – Sundays at 9:30 AM & 11:00 AM

- Fellowship Time: 10:30–11:00 AM

- Missed Sunday? Watch the service broadcast on Wednesday at 10:30 AM (in-house channel 1890 or Towers lobby monitors).

Freedom House – Sundays at 10:45 AM

Liberty House (3rd Level) – Thursdays at 10:30 AM

Pray for Our Nation – 1st & 3rd Fridays at 10:00 AM (Helen LeMay Room)

UPCOMING BIBLE STUDY:

Pastor Jim will begin leading a new Bible study through RightNow Media starting Monday, June 2nd at 1:30 PM in the Persimmon Room. All materials will be provided! We hope you'll join us for this meaningful time of study and connection.

SECOND CUP – WEDNESDAY MORNINGS AT 9:00 AM

Join Pastor Clift for Second Cup—a relaxed midweek gathering held every Wednesday at 9:00 AM in Vista Room 11. Bring your coffee from the bistro and settle in for thoughtful conversation as we reflect on Sunday's message and explore how scripture speaks into our lives today.

Everyone is welcome!

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., Clift Perry, or Jim Sweet, 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.