

# WELLNESS & LIFE ENRICHMENT

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WEST

JUNE 2025



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## Notes from the Director - Ashlie Maltos

New Additions to the Wellness Team – We have some exciting news for the Wellness Department! Sharon Walls and Judith Gil have joined our Wellness Team as the Health & Wellness Liaison's for both the East and West Campus. You will see both of these ladies fluctuating between both campuses. Judith Gil is no stranger at the West Campus since she has been working in Dining Services for the last seven years! Please stop in and give a big Welcome to both Sharon Walls and Judith Gil since they are new to Blue Skies East!

**Alzheimer's Caregivers Support Group, New Day & Time** - Thursday, **April 4** at 1:30pm, Freedom House Chapel

## BST Low Vision Club

Friday, **June 27** residents can take a trip to Vibrant Works from 10-11:30am. Bus pickup at West is at 9am & pick up from East is at 9:30am. Residents can sign up through Uniguest.

## Parkinson's Support Group

Monday, **June 23**, 1pm, 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.

## 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All Military ID Cards will need to be updated and replaced by 2026.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, **Aug 5**. 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**

REID Pharmacy Changes- Effective **June 1**, Caitlin will begin picking up medications from Wilford Hall. Please stop by the Wellness Department to receive information on how to activate new medications along with requesting refills or you can find the PowerPoint presentation and summary fact sheet in Uniguest under the Resident Guide section, Lackland Pharmacy tab. ESCRIBE address to provide to your physicians:  
DOD JBSA LACKLAND PHARMACY: NCPDP 5912236, NPI 1063829414

West Campus medication pick-up times in Wellness Office #102: Mon & Wed 1pm-4pm and Fri 2:30pm-4:30pm. Please be sure to fill out forms located outside Wellness med pick up door for all refills and activation of 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 the 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 East 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 Providers Schedule:**

- **Alsace Family Practice** – Nurse Practitioner Karina Owens, 830-538-3550 Wednesdays in the Specialty Clinic. Please call to schedule an appointment.
- **MD VIP** – Dr. Patrick Peters, 210-521-7676. Tuesday, **June 10, 17, and 24** – 8am-12pm, Specialty Clinic.
- **Zarate Medical Group** – Dr. Jocelyn Zarate, 210-587-8787, **June 10 and 24**, Specialty Clinic Too.
- **Alamo Visiting Physicians** – Thursday, **June 5, 12, 19, and 26**, please call 210-201-2429 to schedule an appointment.

## Specialist:

- **Audiology: Audicles Hearing Aid Service** – Dr. Garcia and Dr. Crank see patients at the West BST location, 210-820-0525. By appointment on Thursday, **June 5, 12 and 25** (Dr. Garcia); (Dr. Crank), 9am-12pm, Specialty Clinic Too.
- **Cardiology: Heart and Vascular Institute of Texas (HAVIT)** – Dr. Bruce Kuo, 210-920-7220. Friday, **June 13 and 27**. Please call ahead to confirm appointment. – 9:30am-12:30pm at BST WEST campus only.
- **Dental: Emerald Crossing Family Dentistry** – Dr. Julian Martinez, DDS, 210-674-3122 or [blueskiesoftxdental@gmail.com](mailto:blueskiesoftxdental@gmail.com) Tuesday and Thursday, **June 3, 5, 10, 12, 17, 19, 24 and 26**, 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 specialty clinic Friday, **June 6**, 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 Jarmillo, 972-881-4688. Friday, **June 27**, time is by appointment @ BST WEST campus only.
- **Podiatry: At Home Foot Care** – Dr Jason Mireles, DPM and Dr. Diane Trevino, DPM, 210-852-2427. Monday, **June 9**, 9am-12pm.

## Select Rehab Information

Barbara Freeman is your PT, Director of Rehab Services.

- Tuesday, **June 17** – ID Distribution – 11am to 12pm – Located near lunchroom entrance – ID's to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.
- Friday, **June 20** – Free Fall Risk Assessment – 11am to 12pm – Located in the lobby near the mailboxes

On the above dates, the Therapist will be available to answer questions and discuss the monthly rehab topic.

For further information. Call your friendly neighborhood rehab dept. at 210-568-3408.

## **Select Rehab News: Growth & Renewal – A Time for Personal Transformation Through Therapy**

As summer begins, June brings with it a natural theme of Growth and Renewal. The world around us blossom trees are full, flowers bloom, and the days stretch longer. This same energy of transformation can be mirrored within us. It's the perfect time to pause, reflect, and consider where we might want to grow or heal. In therapy, June offers a symbolic starting point—a gentle invitation to nurture your mental, emotional and physical well-being just as nature nurtures its own renewal.

Therapy services during this season can help individuals explore areas where they feel stuck, reconnect with forgotten goals, or process emotions that may have been buried during the busyness of previous months. Whether it's overcoming anxiety, wanting to return to forgotten hobbies, or rediscovering a sense for overall wellness, therapists provide tools and support tailored to your personal growth journey. Just as a plant needs the right environment to thrive, we too need space, care, and guidance—and therapy can be that fertile ground.

Let June be your month of renewal. Step into the season with intention and consider how therapy can support the growth you deserve.

To learn how therapy can help promote overall wellness, call your friendly neighborhood therapy department at 210-568-3408.

## **LIFE ENRICHMENT TEAM**

**Hope Santos, Life Enrichment Manager, Carol Estala, BST Lead Activities Coordinator  
and Terry Elizondo, BSTW Activities Coordinator**

## **Blue Skies of Texas Fitness News**

**Summer Solstice Walk “The Longest Day of the Year”** - Friday, **June 20** – Step into the fullness of the summer season! Join us on this 1-2-mile walk with Hope and help from our very own bike club. The walk starts outside the Main Lobby at 7am. Refreshments will be served.

**New Class: Chair Zumba** - This is a moderate-intensity workout that combines strength and resistance training with innovative dance moves. It uses a chair and focuses on defining muscles, improving cardiovascular health, and burning calories. Join Hilda Fridays at 1pm, CC 1-2.

### **West Fitness Classes –**

9am Water Therapy – Monday, Wednesday and Friday, Pool  
10am Cardio & Strength – Monday, Wednesday and Friday, CC 1-2  
10am Line Dancing w/George – Tuesday, Persimmon Room  
10am Yoga – Tuesday and Thursday, CC 1-2  
11am Chair Yoga – Tuesday and Thursday, CC 1-2  
11:15am Zumba Class – Monday, Wednesday and Friday, CC 1-2  
1pm Balance – Monday, CC 1  
1pm Tai Chi – Wednesday, CC 1-2  
1pm Cardio & Strength – Tuesday and Thursday, CC 1-2  
1pm Chair Zumba – Friday, CC 1-2  
2pm Pilates – Tuesday, & Thursday, CC 1-2  
2:30pm Water Exercise – Thursday, Pool  
3pm Water Exercise – Tuesday, Pool

## **BSTW ACTIVITIES INFORMATION**

Uniguest App is where you will find all on and off campus activities.

**Sign-up Tip:** For bus and certain in-house activities requiring sign up, it is best to sign up as soon as possible via Uniguest as space is limited. Please note that each person **MUST** sign up on their own, as writing in the note section someone else is attending is not considered a sign up for the other person.

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

**Uniguest App Information:** Please note for any event in which you ride a bus, the listed time on app and on Uniguest slides is the bus departure time, not the actual time 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.

**Signing up for Activities - Please pay close attention:**

Please check Uniguest for 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. Seats are allocated for each campus.

**Tickets/Entry fee/Supply fees:** Some in-house activities are charged a small supply fee, if applicable, it will be noted below as well as on Uniguest. Bus trip outings that require a ticket for the event will be indicated, you need to purchase a ticket on your own on the website or phone number provided. If your Activities Coordinator pre-purchases a ticket or pays for entry fee, the ticket cost/entry will be billed to your resident account and this information will be indicated below and on Uniguest.

**Blue Skies Bus Transportation:** Bus trips do require a minimum of 10 residents (East & West combined). Transportation fees do apply and are calculated/based on the number of people, miles, and hours for the trip. When you sign up to ride a BST bus, please be in the Front Lobby 10-15 minutes prior to the departure time so our buses can depart at the scheduled time. For questions on transportation, please contact Katrina at 210-568-3300.

**Deadline to sign up for trips:** 7 days prior to an 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 required, you need to cancel 7 days prior to the event date or you will be charged for the cost of ticket/fee.

**Meals on outings:** For trips/outings that involve a meal, the cost of the meal is your own.

## **Mark Your Calendars – Special Events and Important News**

### **GET YOUR TICKETS NOW!**

San Antonio 2025 Majestic Theater Events - Tickets are available to purchase online at majesticempire.com or by calling (888) 246-3185. Please note, for all events starting April 1, 2025, the prices, including the fees are the same if purchased online or in person at the box office. These are shows if you want to go on your own. No Blue Skies bus transportation will be provided.

**May 27**–June 8 Moulin Rouge Musical at Majestic Theater

**Sept 23-28** - Kimberly Akimbo Musical at Majestic Theater

**Oct 28** – The outsiders at Majestic Theater

**Nov 19** – Beauty and the Beast Musical at Majestic Theater

**Dec 23** – Elf: The Musical at Majestic Theater

### **Suggestions Welcome!**

Have a suggestion for a great activity or outing, let your Activities Coordinator, Terry Elizondo know. You can either stop by the Life Enrichment office or send an email to [teresaelizondo@blueskiestx.org](mailto:teresaelizondo@blueskiestx.org)

### **Weekly Recurring Activities:**

Bingo - Every Monday – BSTW Main Lobby - 3pm

The Great Courses – Mondays – Roadrunner Lounge – 7pm

Scrabble – Every Tuesday & Friday BSTW Bistro area - 11am

Hand, Foot, and Elbow Card Game – Thursday's – CC3 – 3pm

## **May Activity Highlights**

Monday, **June 2** – Clear Captions representative will be here – Main Lobby at 12:30pm. See on-screen captions of what your caller is saying with a Clear Captions phone. This service is available at no cost to qualified users. If you have one already and have questions, please come by the main lobby.

Tuesday, **June 3**– Newsletter Review with Residents – at 1pm – Bistro area. Come to hear all about what's in store for activities this month and beginning of next.

Wednesday, **June 4** – Bobby's Southern Kitchen – bus departs at 9:45am. Sign up to go to out for a nice brunch at Bobby's Southern Kitchen where you will be served Southern flavors with a Texas Hill Country twist. Bobby's serves up home-cooked favorites made fresh, hot, and just the way you like it.

Thursday, **June 5** – A Tribute to Abba – Tobin Center – bus departs at 6:45pm. The ultimate ABBA tribute show throughout North America, for well over 20 years. The audience and press all agree– “This is the closest to ABBA you'll ever get!” Tickets start at just \$29.50 and can be purchased at: <https://www.tobincenter.org/abba>. After purchasing your ticket be sure to sign up via Uniguest.



Friday, **June 6** – Market Day - 9am-2pm -Main Lobby - Everyone is welcome to visit all the booths showing such things as jewelry, handmade items, crafts, and more.

Monday, **June 9** – AARP Senior Plant Presentation: “Is that AI”? at the San Antonio Library Johnston Branch – They will teach you tips and tools to help you determine if an image was generated by AI and show you how to do a reverse image search to find out the internet history of any image you find online. These tools will make you a tech savvy internet user. The bus departs at 1:15pm.

Tuesday, **June 10** – Thinking with CogSpeed Game – A FUN way to keep your brain active. Join your activity coordinator and Layne Perelli with instructions on how to use this function on your smart devices – 2pm in the Main Lobby

Thursday, **June 12** – Women’s Veteran Luncheon at American Legion Post 160 in Castroville, Texas. Bus departs at 10:30am. Seeking all women who served in the military to sign up to enjoy this free luncheon to honor and recognize your service. Participants are encouraged to bring a picture of themselves in their uniform to the event. Please note the deadline for the event is June 4, so that we may give a proper RSVP.

Friday, **June 13** – Let’s celebrate Father’s Day with ice cream sundaes – 2pm in the Main Lobby. “Because dads deserve more than one scoop.”

Monday, **June 16** –Day Trippers & Travel Club Meeting BST West Roadrunner Lounge at 2pm. Everyone is invited to come to learn what exciting things are being planned for this partnership.

Tuesday, **June 17** – Juneteenth Songs of Freedom – 2pm in the Main Lobby Join us for this special celebration with some light treats.

Wednesday, **June 18** - Shiner Bock Tour - Day Trippers/Cruise Planners Group Event - We don’t have all the information yet. As soon as we do, your activity coordinator will let you know.

Thursday, **June 19** – Tony G’s Soul Food. Bus departs at 8:30am. Juneteenth, also known as Freedom Day and Emancipation Day, is a holiday that commemorates the liberation of those who were enslaved in the United States. Let’s honor this history of Juneteenth with a celebratory brunch of classic African American soul food dishes offered at Tony G’s. Sign up in Uniguest now.

Friday, **June 20** – One- or two-mile Summer Solstice Walk with Hope and help from our very own bike club – Outside Main Lobby - walk starts at 7am. Refreshments will be served.

Sunday, **June 22** – Resident Concert Series: New Braunfels Piano – Main Lobby at 3pm

Monday, **June 23** – Bingo -Main Lobby at 3pm will be taken care of by Carol Estala.

Tuesday, **June 24** – Luigi's Italian Restaurant. Bus departs second at 5:00pm. Come out for a nice Italian dinner at Luigi's new location in Lacoste, Texas.

Thursday, **June 26** – Basilica of the National Shrine of the Little Flower, also called Our Lady of Mount Carmel and St. Therese Church, is a historic Catholic church in San Antonio - pending information on a 10:30am tour and lunch afterwards. As soon as we get confirmation, we will let residents know so you can sign up on Uniguest.

Friday, **June 27** – First Light Home Care presentation on Aging & Place – Come join Retired Col. Jason Scott with some wine and cheese as he talks about two important topics at 1:30pm - Roadrunner Lounge.

Monday, **June 30** – Uniguest: How to search and signup for activities on your device plus Q&A with Jan Olsen – at 1pm – Sunroom.

**Please Note:**

June 18-25 - Your Activity Coordinator will be on vacation. Contact Hope Santos at 210-568-3296 or Carol Estala at East Campus - 210-568-5028 if you need assistance with activities or to schedule a room.

**Sneak Peek at July 2025 Activities**

Tuesday, **July 1**- Reading of the Newsletter – 1pm – Main Lobby. Come to hear all about what's in store for activities this month and the beginning of next.

Wednesday, **July 2** – Golden Corral Buffet and Grill (1604/Bandera location). Bus departs 10:45am. Sign up to go to this American all-you-can-eat buffet and grill where you can enjoy a variety of fresh delicious choices as well as made to order sirloin steaks, desserts, and more.

Friday, **July 4** – Happy Independence Day. Please keep in mind this is a holiday with limited staff on campus.

Monday, **July 7** – USAF Band of the West at Central Christian Church. The bus departs at 6pm. The band has performed for presidents, heads of state, and dignitaries from around the world, earning an outstanding reputation among America's military bands. This is a complimentary performance. Sign up in Uniguest now!