

WELLNESS & LIFE ENRICHMENT

WEST

AUGUST 2025



Alzheimer's Caregivers Support Group, New Day & Time - Thursday, **August 7** at 1:30pm, Freedom House Chapel

Notes from the Director - Ashlie Maltos

Flu & Covid Vaccinations – It's that time again! CDC does not recommend getting the flu shot before early September. Wellness will be scheduling the flu shots for both employees and residents in late September, so be on the lookout for information on the date and time. Stay tuned for further information on the Covid Vaccine.

BST Low Vision Club – Thursday, **August 21** - 1pm - BST West HLR. 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.

Parkinson's Support Group – No Meeting for August

Military ID Card Renewals – All Military ID Cards will need to be updated and replaced by 2026.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

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 1-4pm and Fri 2:30-4:30pm. 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: Wilford Hall 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 Wilford Hall Pharmacy.

Medical & Wellness Schedule

Please note: For information regarding acceptance of specific insurance plans, please contact the Provider directly. To schedule an appointment with a Physician Group or Specialist, please call the telephone number listed for each individual provider below. Please see dates and time below that Physician Group or Specialist 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 Providers:

- **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, **August 5, 12, 19, and 26** – 8am-12pm, Specialty Clinic.
- **Zarate Medical Group**- Dr. Jocelyn Zarate, 210-587-8787, Tuesday, **August 5 and 19**, Specialty Clinic Too.
- **Alamo Visiting Physicians**- Thursday, **August 7, 14, 21, and 28**, please call 210-201-2429 to schedule an appointment.

Specialists:

- **Audiology:** Audicles Hearing Aid Service– Dr. Garcia and Dr. Crank see patients at the West BST location, 210-820-0525. By appointment on Thursday, **August 14 and 28** (Dr. Garcia); (Dr. Crank), 9am-12pm, Specialty Clinic Too.
- **Cardiology:** Heart and Vascular Institute of Texas (HAVIT), Dr. Bruce Kuo, 210-920-7220. Friday, **August 8 and 22**. Please call ahead to confirm appointment. – 9:30-12:30pm -BST WEST campus only.
- **Dental:** Emerald Crossing Family Dentistry – Dr. Julian Martinez, DDS, 210-674-3122 or blueskiesoftxdental@gmail.com Tuesday and Thursday, **August 5, 7, 12, 14, 19, 21, 26 and 28**, 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 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, **August 1**, 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, **August 29**, 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, **August 11**, 9am-4pm.

Select Rehab Information - Barbara Freeman is your PT, Director of Rehab Services

Tuesday, **August 19** – ID Distribution – 11am to 12pm – Located near lunchroom entrance - IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, **August 22** – Free Fall Risk Assessment – 11am to 12pm – Located in the lobby near the mailboxes.

On the above dates, Therapist is available to answer questions and discuss monthly rehab topics.

Select Rehab News: Pool Therapy - An Added Bonus to Physical Therapy

Select Rehab News: Therapy for Dizziness and Vertigo: A Key Part of Recovery

Dizziness and vertigo can significantly impact a person's ability to move safely and confidently. It is important to note that dizziness, vertigo, and imbalance are not a normal part of aging. Dizziness or vertigo can lead to disequilibrium, fear of falling, inactivity, and increased fall risk. The source of dizziness or vertigo can be caused by one or more reasons, including: inner ear or vestibular problems, neurological conditions, migraines, circulation problems, and/or medication use. A licensed therapist will assess symptoms, identify the underlying cause, and tailor a program that may include balance retraining, gaze stabilization exercises, and head movement techniques. With a physician's order, a therapist will perform a thorough examination to determine the cause of symptoms and devise a unique treatment plan to eliminate or minimize dizziness and its consequences. If the origin of the dizziness is from the inner ear, vestibular rehabilitation may be indicated. The goals of vestibular rehabilitation include reducing fall risk, screening for and correcting the vestibular disorder, stabilizing balance, retraining the proprioceptive system, gait training, and enabling optimal function. If you would like to receive more information on how therapy can address dizziness and vertigo, while promoting overall wellness, call your friendly neighborhood therapy department at 210-568-3408.

LIFE ENRICHMENT TEAM

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

Blue Skies of Texas Fitness News

Barre Class Demo & Healthy Smoothies – Wednesday, **August 6**, CC Rooms at 8:15am. Barre class is a low-impact but effective exercise regimen that mixes elements of Ballet, Pilates, Yoga and strength training. Barre classes emphasize core engagement, balance and posture while using light resistance to sculp and tone muscles. Want to know more? Join us!

Blue Skies Group Fitness Classes - We offer Water Therapy, Water Fitness, Barre, Cardio, Line Dancing, Yoga, Strength Training, Balance, Tai Chi, Pilates and Zumba. You don't need to sign up, just show up.



West Fitness Classes

8:15am Barre Fitness – Monday, & Wednesday, CC 1-2

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 up to date on and off campus activities.

How to sign up: Please sign up for Activities and Bus Trips via Uniguest app, if you require assistance please contact your Activity Coordinator, Terry Elizondo, 210-568-3310 or teresaelizondo@blueskiestx.org.

Sign-up Tips and information: Signups for trips and sign-up required activities are done through the Uniguest app. If you require assistance, please contact your Activity Coordinator.

Signups are individual

For bus trips 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.

East/West Campus:

Check Uniguest listing 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. Please ensure you are signing up for the correct campus, either BSTW or BSTE.

Utilizing a rollator, Walker or Wheelchair on bus trips?

If you are needing to use a walker, rollator, wheelchair or powerchair on a bus trip please be sure to include this information on the NOTES section in Uniguest upon signing up as we monitor this information to ensure these devices can safely be transported with you and if need be to modify number of residents on the trip to allow for these devices on the bus.

Tickets/Entry fee/Supply fees/meals on trips: 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.

Minimum requirement for bus trips in the community: Bus trips 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 trip. When you sign up to ride the BST bus, please be in the front lobby 10-15 minutes prior to the departure time to ensure our buses depart at the scheduled time. Bus costs are calculated by BST transportation department and vary based on multiple factors involved. Transportation fees are billed to your resident account.

For questions on transportation please contact Katrina Cantu, 210-247-6119 or at extension 1085.

Bus trips between campuses: For special events bus trips between campuses there is no transportation charge. However, if these between campus trips are after 4:30pm, or anytime on a weekend or holiday and if the number of residents is below 8 passengers the bus between campuses will cancel and you will need to find alternative transportation options.

Cancellation Policy: You must cancel 48 hours in advance of the trip, or you will be charged transportation fees. If a ticket, entry fee, or supply fee is required, you need to cancel 7 days prior to the event date or you will be charged for the cost of ticket/entry or supply fee. Meals on outing: For trips/outings that involve a meal, the cost of the meal is your own.

Deadline to sign up for trips: 7 days prior to an event/trip date unless otherwise noted. Please don't wait until the last minute to sign up via Uniguest.

Mark Your Calendars – Special Events and Important News

Thursday, **September 11** – USAF Band of the West Brass and Percussion will be at BST EAST in the Legacy room at 2pm to help us honor and recognize our heroes on Patriots Day. Cake following the concert is sponsored by Broadway Bank. There will be a bus from West to East for those wanting to attend this special concert event.

GET YOUR TICKETS NOW!

Tuesday, **September 23** – The Temptations + The Four Tops – Bus departs at 6:15pm. Enjoy a night at the Tobin centers HEB performance hall with these bands on their as these bands on their celebrating 40 years tour. Did you know it is the 60th anniversary of the hit song “My Girl”? This event uses all-in pricing. This means the price you see is the price you pay. You will see the cost of the ticket up front including fees and taxes with prices starting at \$63.00. Please visit <https://www.tobincenter.org/temptations> to purchase tickets or call 210-223-8624 and then be sure to sign up for the bus via Uniguest.

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 effective 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.

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.

Weekly Recurring Activities:

The Great Courses – Mondays – Roadrunner Lounge – 7pm

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

Hand, Foot, and Elbow Card Game – Mondays – CC3 – 6:30pm and Thursdays – CC3 – 3pm

August Activity Highlights

Friday, **August 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.

Monday, **August 4** – Shiner Bock (Spoetzl) Brewery Tour and Sunken Garden Restaurant – Bus departs at 8:45am. A lot has changed at the Shiner Brewery since 1909, come tour this state-of-the-art brew house and learn the history of the Spoetzl Brewery and its support to charities. The tour cost is \$30 and will be billed to your account. Sunken Garden restaurant is buffet/cafeteria style eatery where food cost is based on weight \$8.99 a lb.; the manager stated meals normally run from \$5 (small portions) to \$30 (large/hefty portions).

Monday, **August 4** – Bingo with Terry – 3pm – Main Lobby

Wednesday, **August 6** – Barre Class Demo & Healthy Smoothies, at 8:15am, CC1&2 – Come and join Hope Santos for a demonstration on a new class which is a low-impact but effective exercise that mixes elements of Ballet, Pilates, Yoga and Strength training.

Thursday, **August 7** – Hermann Son Steakhouse – The bus picks up East residents first, departing at 3:45pm. Enjoy a nice steak dinner or other great options from the menu in nearby Hondo, Texas.

Friday, **August 8** – National Kool-Aid Day – 2pm – Main Lobby - Come cool off from the Texas Heat with Kool Aid as we learn some fun facts about this refreshing drink.

Monday, **August 11** – Bingo with Terry – 3pm – Main Lobby

Tuesday, **August 12** – Ping Pong Table Tennis – 2:30pm – Persimmons Rm – It offers a range of physical and mental benefits.

Thursday, **August 14** – BST Healing Hearts Together in House Gathering – 9:30am – New Vista Conference room #11 – Healing Hearts is a new supportive widow and widower's group. This is a special introduction and informational meet and greet. The group plans to meet every other month, alternating campuses and will enjoy a special monthly luncheon. If you are a widow/widower, please join us; or if you know of a widower who could benefit from the group, please share the information and invite/encourage them to attend.

Friday, **August 15** – Jewelry Making with Hope Santos and Terry – 1:30pm – Arts and Crafts room.

Friday, **August 15** – San Pedro Playhouse “Hairspray Musical Play” - The bus departs at 6:00pm. Tickets are \$28 billed to your account.

Sunday, **August 17** – Residents' Concert Series: Bazzani Trio + One – 3pm – Main Lobby

Monday, **August 18** – 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 between BST & Cruise Planners.

Monday, **August 18** – Bingo with Terry – 3pm – Main Lobby

Tuesday, **August 19**- Tink-a-Tako (Sandra's Mexican Restaurant). The bus departs at 4:30pm. How about Taco's on Tuesday or try the Tuesday special of either the Mole Enchilada plate or Flauta's plate for \$8.99 each. Sign up in Uniguest now.

Thursday, **August 21** – BST Healing Hearts Together Monthly luncheon: Willie's Grill and Icehouse. The bus departs at 12:00pm. Healing Hearts is a new supportive widow and widowers' group of residents here at Blue Skies who share the common bond of losing a spouse. On this lunch outing we will be celebrating August birthdays. If you are a widow/widower and wish to attend, please sign up in Uniguest. The cost of lunch is on your own.

Thursday, **August 21** – FORGET-ME-NOT Speaker Series on Alzheimer's: Dr Neela Patel, MD, MPH, CMD Blue Skies Medical Director and Chief of Geriatrics at Ut Health San Antonio – 1:30pm – Roadrunner Lounge. Sign up on Uniguest.

Monday, **August 25** – Uniguest Q&A with Coffee – 10am – Sunroom – this is a great time to come by and talk with Jan Olsen if you have any questions about Uniguest.

Monday, **August 25** – Bingo with Terry – 3pm – Main Lobby

Wednesday, **August 27** – Let's go Bananas – 2pm – Main Lobby – Let's go bananas and dance like no one is watching with live music, banana themed sweets, treats and drinks.

Thursday, **August 28** – Engage Your Minds – 9:30am – Roadrunner Lounge – Let's rise and shine and engage our minds! This is sure to be a fun brain stimulation morning as we have fun engaging in a variety of word-related games as a group. Coffee, donuts, and juice will be served.

Sneak Peek at September 2025 Activities

Monday, **September 1** – Happy Labor Day. Labor Day is a federal holiday in the United States to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. Just a reminder this is a staff holiday with only a minimal number of staff on duty, all fitness classes are cancelled. Please have a safe and fun holiday!

Tuesday, **September 2** - 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, **September 3** – NorthStar Mall & Cheesecake Factory. The bus departs at 10am. A fun day of lunch and shopping at NorthStar Mall, home of The Big Boots. On this trip you will have time to shop a little then meet up by 11:45am at The Cheesecake Factory to enjoy lunch, after lunch you will have a little more time to shop a bit before catching the bus back to BST at 2pm.

Monday, **September 8** – AARP Free Technology Class: Protecting Your Personal Information Online. The bus departs at 1:30pm. This free class is part of a collaboration with Senior Plant San Antonio and will be held at San Antonio Public Library's Johnston Branch.