

# WELLNESS & LIFE ENRICHMENT

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WEST

SEPTEMBER 2025



**Alzheimer's Caregivers Support Group** - Thursday, **September 4** at 1:30pm, Freedom House Chapel

**Notes from the Director** - Ashlie Maltos

**Flu & Covid Vaccinations** – Flu vaccine dates have been confirmed with Carvajal Pharmacy. Those dates for the flu vaccine only are as follows:

**West Campus** - Thursday, **September 25**, 8:30am, check-in at CC 1

**East Campus** - Friday, **September 26**, 8:30am, check-in at CC 1

Consent Forms must be completed PRIOR to the date of vaccinations; the forms are available at the Wellness Offices and Front Desks. Deadline to turn in consent form is **September 8**.

**BST Low Vision Club** – **September 9 & 11** at 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** – Thursday, **September 18** at 1pm - BST East 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**Military ID Card Renewals** – All Military ID Cards will need to be updated and replaced by 2026.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, **October 7**. 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, **September 9, 16, 23, and 30** – 8am-12pm, Specialty Clinic.
- **Zarate Medical Group**- Dr. Jocelyn Zarate, 210-587-8787, Tuesday, **September 16 and 30**, Specialty Clinic Too.
- **Alamo Visiting Physicians**- Thursday, September **4, 11, 18, and 25**, 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, **September 11, 18 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, **September 12 and 26**. Please call ahead to confirm appointment. – 9:30am-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, **September 2, 4, 9, 11, 16, 18, 23 and 25**, 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 Marla Casanova 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, **September 5**, 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, **September 26**, 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, **September 8**, 9am-4pm.

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

Next ID Distribution and Free Fall Risk Assessment will be held in October 2025 - IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

For further information call your friendly neighborhood rehab department at 210-568-3408..



## Select Rehab News: Living with Dementia

Dementia is a progressive decline in cognitive functioning that interferes with a person's ability to perform everyday activities. It typically affects at least three of the following five domains: memory, language, visual-spatial skills, emotional regulation and personality, and higher-level cognitive functions such as reasoning and judgment. Common symptoms of dementia include impaired memory, reduced judgment, disorientation, mood changes, and difficulty with abstract thinking, such as "what if" scenarios, and language. Behavioral changes such as agitation, paranoia, hallucinations, rummaging, and inappropriate social or sexual behavior may also occur. While there is no cure for dementia, certain lifestyle interventions may help slow its progression or improve quality of life. These include:

- Aerobic exercise at least three times per week
- Balanced nutrition with emphasis on brain-healthy foods
- Mental stimulation through puzzles, games, crosswords, or reading

At Select Rehab, our therapy team is dedicated to enhancing each individual's ability to live as independently and meaningfully as possible. Through Personalized rehabilitation plans, we aim to support cognitive function, physical mobility, and emotional well-being in individuals affected by dementia. To learn more, 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

**Inaugural Cha-Cha 1-2 Mile Walk** – Tuesday, **September 16**. We will be celebrating Mexican Independence Day with a fun, colorful walk. Wear bright Mexican colors, bring your flashlights, and wear reflecting clothing. Hilda, our Zumba instructor, will lead us on a Mexican Dance. Carol and Terry will prepare Mexican refreshments for you to enjoy. Walk start at 7:30pm, from the Main Lobby. 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](mailto: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.

The Adventures of your traveling palate is back! Join us for a 5-month series of dining out for dinner at a variety of restaurants that will take you to places offering food from different countries or ethnic groups. These dinner outings will take place either on the last Tuesday or Wednesday of the month from September through January.

### GET YOUR TICKETS NOW!

Friday, **September 19** - The Fab Four: Beatles' Help - Bus depart at 6:15pm. Enjoy a night at the Tobin experiencing the Best Beatles tribute ever, you won't want to miss. The Fab Four – The Ultimate Tribute. The 2025 tour brings their all-new show to the stage, celebrating The Beatles' second film, HELP! with performances from the movie soundtrack, as well as the Beatles' greatest hits of every era. The Emmy Award Winning Fab Four is elevated far above every other Beatles tribute due to their precise attention to detail. With uncanny, note-for-note renditions of Beatles' classics such as "Help", "HELP!" "Yesterday", "A Day in The Life," "Twist and Shout", "Here Comes the Sun", and "Hey Jude", the Fab Four will make you think you are watching the real thing. You will see the cost of the ticket up front including fees and taxes with prices starting at \$38.00. Please visit <https://www.tobincenter.org/fabfour> to purchase tickets or call 210-223-8624 and then be sure to sign up for the bus using your Uniguest app.

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 60<sup>th</sup> 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 Zoo Locals Day is Friday, **October 10** with tickets just \$8 each. This is a great saving as Senior tickets are generally around \$22 for the day. Better news is Blue Skies is planning for a bus! The bus will depart from BSTE on 10/10/25 at 9:15am. Please keep a look out for the Uniguest slide with sign up starting last week September Get ready for a wild adventure at San Antonio Zoo! Reminder, this special a local's day ticket is just \$8 a person; you need to purchase your own ticket; please go to: <https://sazoo.org/local-days/> to purchase your tickets then sign up for the bus on Uniguest. This is truly a great deal as regularly priced tickets are \$22-\$28. If you need help in purchasing your ticket, please see your Activity Coordinator. Bus return from the zoo will be at 12:30pm. If you want a quick bite to eat while there you can visit one of the zoo's snack huts or stop at the Beastro Restaurant or Changos Café. Please keep in mind the zoo has gone cashless, so please be sure to take your debit/credit card with you on the trip.

**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](mailto: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

## **September Activity Highlights**

Monday, **September 1**- Happy Labor Day! 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.

Friday, **September 5** – Wreaths Across America Presentation – 1pm – Sunroom – Join Lettie Sanchez as she speaks about some exciting ideas and working hand in hand with us and continuing the tradition of honoring veterans by laying wreaths on their graves.

Monday, **September 8** – AAPR Presents: Protecting Your Personal Information Online – A free technology class – The bus departs at 1:30pm – at the Johnston Branch Library.

Monday, **September 8** – Bingo with Terry – 3pm – Main Lobby

Tuesday, **September 9**- Axe Throwing Game – 1:30pm – Sunroom – Let's have some fun with this fantastic activity, offering physical benefits, social interaction, and a fun way to stay active.



Wednesday, **September 10** – B&A Dinner Day

Thursday, **September 11** – Honoring our Heroes Presentation – 9:30am – Main Lobby. On this Patriots Day, join fellow resident and guest speaker Dan Clarke for a special presentation on the remembrance of 9/11. Cake sponsored by Broadway Bank and punch will be served after the presentation.

Thursday, **September 11** – Band of the West performance at the East Campus – Bus departs at 1:30pm – Held in the Legacy Room & Main lobby. Another great opportunity to honor our heroes on Patriots Day.

Friday, **September 12** – Cuba 1918 restaurant – Taste of your Traveling Palate – Bus departs at 4pm – Located in historic Quintana neighborhood this restaurant brings on the full flavor of Cuba. Please note this kickoff to the 5-month series of your Traveling Palate will be the only Friday in the series, all others will be the last Tue or Wed of the month.

Monday, **September 15** – AAPR Presents: Managing Privacy Settings on an iPhone – A free technology class – the bus departs at 1:30pm – at the Johnston Branch Library.

Monday, **September 15** – Bingo with Hilda – 3pm – Main Lobby

Tuesday, **September 16** – Diez y Sies de September CHA-CHA light up walk – 7:30pm – Outside main lobby – We will be celebrating Mexican Independence Day with a fun, and colorful walk. Wear your bright and colorful Mexican colors. A Mexican dance led by Hilda, our Zumba Instructor, and enjoy Mexican refreshments.

Thursday, **September 18** – Healing Hearts Together Monthly Luncheon. This month's lunch will be held at Black Bear Diner - bus departs at 12pm – 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 our September birthdays. If you are a widow and widowers and wish to attend, please sign up in Uniguest. The cost of lunch is on your own.

Friday, **September 19** – Loteria Bingo – 2:30pm – Main Lobby - We celebrated Mexico's Independence on September 16, so why not end the week in celebration with the Mexican Bingo game of Loteria, along with some Agua Fresca which is a Mexican inspired drink using fresh fruit. This event will not only be fun but perhaps you will win a prize as you learn a few Spanish words too.

Friday, **September 19** – The Fab Four: Beatles' Help - Bus depart at 6:15pm. Enjoy a night at the Tobin experiencing the Best Beatles tribute ever, you won't want to miss. The Fab Four – The Ultimate Tribute. The 2025 tour brings their all-new show to the stage, celebrating The Beatles' second film, HELP! with performances from the movie soundtrack, as well as the Beatles' greatest hits of every era. The Emmy Award Winning Fab Four is elevated far above every other Beatles tribute due to their precise attention to detail. With uncanny, note-for-note renditions of Beatles' classics such as "Help", "HELP!" "Yesterday", "A Day in The Life," "Twist and Shout", "Here Comes the Sun", and "Hey Jude", the Fab Four will make you think you are watching the real thing. You will see the cost of the ticket up front including fees and taxes with prices starting at \$38.00. Please visit <https://www.tobincenter.org/fabfour> to purchase tickets or call 210-223-8624 and then be sure to sign up for the bus using your Uniguest app.

Monday, **September 22** – Day Trippers Trip: Texas State Aquarium. Join our friends with Cruise Planners for a day at the Coast! On this trip you will be going to Corpus Christie to visit the Texas State Aquarium. Please look forward to more information on this trip coming soon.

Monday, **September 22** – Paesano's and Whole Foods – Bus departs at 10am – Have lunch and explore their storied history, unique capabilities, and delicious cuisines. Then get ready to walk off your food by shopping at Whole Foods where there is something for everyone. Easy meal solutions, organic and non-GMO choices.

Monday, **September 22** – Bingo with Terry – 3pm – Main Lobby

Tuesday, **September 23** – The Temptations plus The Four Tops – Bus departs 6:15pm – Enjoy a night at the Tobin Center HEB performance hall with these bands on their celebrating 40-year tour. Did you know it is the 60<sup>th</sup> 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.togincenter.org/temptations> to purchase tickets or call 210-223-8625 and then be sure to sign up for the bus via Uniguest.

Wednesday, **September 24** – James Cox Magician and Mind Reader – 1:30pm – Main Lobby – come and see this high-energy blend of mind-blowing tricks, razor sharp wit, and audience-driven fun. From astonishing feats of mind reading to laugh-out-loud interactive magic.

Thursday, **September 25** – It's that time for flu shots – 8am-10am – Roadrunner Lounge – see newsletter for more information.

Friday, **September 26** – Fall into Fitness Event – 10am-12pm – CC1&2 – this event will take place during Cardio & Strength plus Zumba class. Come join Hope and Hilda on a fun exercise class along with some refreshments.

Monday, **September 29** - AARP Presents: Technology for Aging in Place – Bus departs 1:30pm – Another free technology class offered – the bus departs at 1:30pm – at the Johnston Branch Library.

Monday, **September 29** – Bingo with Terry – 3pm – Main Lobby

Tuesday, **September 30** – Lunch at Gristmill River Restaurant & Bar – Bus departs 10:00am – Enjoy fresh fish, steaks, burgers, and more. A Texas landmark overlooking the Guadalupe River.

### **Sneak Peek at October 2025 Activities**

Friday, **October 3** – Dinner at Laguna Madre Seafood Restaurant – Bus departs at 4:15pm – Let Laguna Madre serve up a fresh catch of their tastings from fish and shrimp Mexican style to grilled fish plates including salmon, gumbo & salads, to sandwiches and tacos.

Monday, **October 6** – SA Fall Senior Expo at Botanical Gardens - Bus departs at 9:15am – This is a free admission event held indoors with health screening, refreshments, and prizes every hour giveaway This will be a great event that will connect you with local organizations dedicated to helping seniors & their families.