

The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

April 2020



 **Saint Luke's**
BISHOP SPENCER PLACE



Exercise with Online Fitness Classes

Classical Stretch

Miranda Esmonde-White is a Canadian fitness trainer and former ballerina.

www.youtube.com/user/ClassicalStretchTET

Body Chair Yoga

Sherry Zak Morris
bit.ly/3dovBXf

Silver Sneakers

bit.ly/2QLaLHw
bit.ly/39kwIUu
bit.ly/3dr7JCa

Get Groceries Delivered

If you need help, please contact 816-595-5014 and our staff will help you place your order.

Learn Something New

Crash Course World History

bit.ly/39isFlb

Duolingo Language Courses

www.duolingo.com

Khan Academy

www.khanacademy.org

Smithsonian Open Access

bit.ly/3dohDod

Dive into a Good Book

New York Public Library

nypl.org/about/remote-resources

Bookbub

Great deals on ebooks
www.bookbub.com/welcome



A few words from the CEO...

Well, these are certainly unprecedented times. Please continue to check our website BishopSpencerPlace.org as we update often to keep everyone informed with what's happening within our community. COVID-19 has left many feeling overwhelmed by the number of changes at an unprecedented rate. It's times like these we realize we take for granted the ease of our lives, how simple it is to join friends for cocktails in Vern's Pub or meet a loved one for brunch in the Canterbury Dining Room. We also realize how grateful we are to have you as part of the BSP family and thank you for your grace and patience during this trying time. You have all been simply wonderful and understanding.

Watch for activities updates—we have some great ideas to engage you physically, emotionally, and intellectually while keeping everyone safe and healthy. In this unique edition, check out the number of virtual activities we've pulled together. Never had an opportunity to see the natural wonders that lie below at the Great Barrier Reef? How about catching a Broadway show without having to battle the traffic of NYC? And when is the last time any of us had time to just sit and watch penguins frolic at the Kansas City Zoo? I encourage each of you to reach out by phone for a simple chat to check on one another or take a walk outside through the gardens on a nice day—they are about to explode with color. You can also visit the libraries and launch into a good book, or hang out in any of the sitting areas—just to be out of your apartment. We simply ask that we all practice social distancing with six feet between each other.

Please be assured we are here for you and are following every guideline and precautionary measure to keep you and our staff healthy. Do not hesitate to reach out to anyone on the leadership team with questions.

To your health,
Dee



HAPPY BIRTHDAY

Clark Achelpohl, April 1

Jerry McKeehan, April 19

Vicki Johnson, April 10

Henry Tharp, April 23

Bert Bates, April 14

Lisa Tostevin, April 27

Sylvia Billington, April 14

Sue Russell, April 29

Maya Coopersmith, April 19



Garden TIME

March gave us a preview of April's showers. Except it was untimely. The many bulbs in our Memorial Garden made a good showing of greenery regardless of the extra rain. Now it is April and the bulbs are beginning to flower and would appreciate April's normal precipitation. Be sure to save some time for a stroll around your Memorial Garden to see the new flowering bulbs. There could be surprises any day now.



One surprise was watching a male robin work to separate a dead tiny limb from others in our garden. He succeeded and flew

with the addition to a nest in one of the evergreen trees opposite the Windsor Care back door.

You never know when you'll share nature's bounty; hope springs eternal.

—Bobbie Ellis

In Loving Memory



Jean Quinn

Thoughtful Quote

Do what you can, with what you have, where you are.

—Theodore Roosevelt



Chaplain's CORNER

Goldie is a black kitty with gold markings, hence the name. Five years ago, she was a shy stray hanging out in my friends' back yard. When no one claimed her, they began leaving food out, each day closer to the house. On day three they put the food just inside the kitchen door. Goldie came in for lunch and stayed for good.

Until she went walk-about last month. Her humans posted pictures in the neighborhood and online, spoke with neighbors, shelters, and local vets, and we prayed. Days passed, and then, there was Goldie, hiding under a shed in the back yard. We started putting out food and once again it took three days to get her back into the house, where she has settled in very nicely.

What a difference three days can make! Recently three days changed the life of a lost cat and the lives of those who care about her. Long ago, three days changed the lives of those who mourned the death of Jesus and hoped against hope that he would rise as he said he would. Those three days have changed countless lives over the centuries. May they continue to change ours.

Christ is risen; the Lord is risen indeed. Alleluia!

—Chaplain Kathy Hall

Livestreaming Church Services

Links to some local church services you can access online:

All Souls Unitarian Universalist Church—Sunday, 11:10 a.m.
www.youtube.com/user/AllSoulsUUChurchKC/live

Cathedral of the Immaculate Conception—Sunday, 11:00 a.m.
www.facebook.com/golddomekc

Community Christian Church
Sunday, Piano Prelude 10:00 a.m., Worship Service 10:30 a.m.
www.facebook.com/Community4KC
bit.ly/2WGqsDH

Conception Abbey—Sunday, 7:45 a.m., 10:30 a.m., 5:30 p.m.
www.conceptionabbey.org/live

St. Paul's Episcopal Church—Morning Prayers, 10 a.m.
www.facebook.com/StPaulsKCMO

Unity Temple on the Plaza—Sunday, 10:30 a.m.
www.unitytemple.com/services-and-meditations/live-broadcast

Village Presbyterian Church—Sunday, 9:30 a.m.
www.villagepres.org/online

Virtual TOURS

Missing our usual BSP outings? Here are some exhibits you can visit through online virtual tours.

Kansas City Zoo Live Animal Cams

www.youtube.com/user/kansascityzoo

American Museum of Natural History

bit.ly/2UjL4Aa

British Museum

britishmuseum.withgoogle.com

Buckingham Palace

www.royal.uk/virtual-tours-buckingham-palace

The Georgia Aquarium

www.georgiaaquarium.org/webcam/ocean-voyager

Great Barrier Reef

www.attenboroughsreef.com

Guggenheim Museum

www.youtube.com/user/guggenheim

Hawaii Volcanoes National Park

bit.ly/2Jby5KF

Highclere Castle (where Downton Abbey was filmed)

bit.ly/3ahZAOn

Louvre

www.louvre.fr/en/visites-en-ligne

The Met

www.metmuseum.org/art/online-features

National Aquarium

aqua.org/media/virtualtours/baltimore/index.html

Sistine Chapel

bit.ly/2JggnFO

Smithsonian Museum of Natural History

naturalhistory.si.edu/visit/virtual-tour

Taj Mahal

bit.ly/2QJOMkg

That's Entertainment!

BroadwayHD

bit.ly/2WKjn5o

Opéra National de Paris

www.operadeparis.fr

Acorn TV

Called Netflix for Anglophiles—TV shows and movies from Britain and many other countries

30-day free trial

acorn.tv

