



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

May 2020

 **Saint Luke's**
BISHOP SPENCER PLACE



More Fitness!

Kristin, our Arthritis Exercise instructor on Tuesday/Thursday recommends these online classes using resistance bands—until her return!

Senior Fitness with Meredith

bit.ly/3aek1uK

bit.ly/34BxBXU

(a selection of videos)

Relax

UCLA Guided Meditations

bit.ly/34OE4R

Audio Dharma

bit.ly/3bhO4mU

Apps for Phone or Tablet

Calm

Headspace

Have Fun

Art Trivia Games

sporcle.com/games/tags/art

Word Games

earlyaccess.pogo.com/

Travel at Home

Viking Cruises Videos

viking.tv

House Beautiful Garden Tours

bit.ly/3cjsH4C



A few words from the CEO...



If I've said it once, I've said it a thousand times: "It feels like we're living Bill Murray's Groundhog Day." Without the landmarks in our routine helping us differentiate timelines, it seems we are living the same day over and over.

In normal times, we would be getting outside and going to shows or baseball games or any number of other things we love to do in Kansas City in the spring. But these are not normal times, and I don't know about you, but the monotony can get to me. What do I do to break up my routine? I have video calls with my children and grandchildren who are spread across the country. I take a bike ride. Or I just sit on my patio with a book and a glass of wine.

The point to these activities is to break up the day so they don't all feel the same. We've included some activities and ideas in this month's Ambassador to help you break up your day—check out the puzzles and the BINGO card! We hope you have fun playing along, and I can't wait to see the artwork (see the BINGO card and you'll know what I'm referencing). I'm so proud of everyone in our community and how we are taking care of each other—let's keep up the good work!

Yours in health,

Dee



HAPPY BIRTHDAY

David With, May 1

Inge Brooks, May 24

Tanya Palmer, May 6

Midori Houston, May 24

Michael Walling, May 6

Mary Esther Weishaar,
May 25

Emily Dawson, May 15

Dahlgren McElwain,
May 28

Mary Abbott, May 16

Bess LeFevre, May 17

Dorrie Virden, May 31

Pat Russell, May 23

See if you can fill in every square!

B	I	N	G	O
Watch a new program on KCPT-TV.	Enjoy a piece of fresh fruit at least once a week.	Call a friend or family member and talk for 10 minutes.	Stand in front of a chair and try to balance on one foot for 10 seconds. Repeat with other foot.	Sing some of your favorite songs—OUT LOUD! Every day.
Start a new book.	Finish that book!	Clean out one of your most-cluttered drawers.	Watch a funny movie—laugh out loud!	Donate to your favorite cause.
Write a haiku and turn it in to Helen. Anonymity is fine!	Handwrite three letters this month and mail them.	FREE	Start a crossword puzzle and try to finish it.	Read and act on a spiritual passage or meaningful quote.
Have a fun conversation with two fellow BSP residents—at a distance!	Have a bowl of ice cream or two cookies!	Drink at least 4 glasses of water today.	Do 20 leg marches and 20 bicep curls each day this month.	Wash your hands for 20 seconds each time throughout the day.
Sit up straight, close your eyes, and breathe deeply for 10 breaths each day.	Listen to KCUR radio to support Kansas City's gem!	Try to draw your favorite famous work of art and turn it in to Helen. No skills needed. Just have fun! *	Take part in our Great Courses series "America's Founding Fathers." See Ch. 1851 for details.	Dance in your chair or in your kitchen for five minutes a day.

* If we have enough participation, we'll have a fun(ny) exhibit in the BSP Art Gallery! You can sign your work or not. Thank you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					May Day  1	2
3	4 2:00 Movie Monday Channel 1851	Cinco de Mayo  5	National Nurses Day 6 3:00 Great Courses "America's Founding Fathers" Channel 1851	7	National Have a Coke Day 8	Lost Sock Memorial Day 9
Mother's Day  10	11 2:00 Movie Monday Channel 1851	12	13 3:00 Great Courses "America's Founding Fathers" Channel 1851	 14	OUTDOOR CONCERT! 15 A La Mode Jazz Quartet 3:00 p.m. Madison Garden/Jefferson Parking Lot <i>Weather Permitting</i>	Armed Forces Day  16
17	18 2:00 Movie Monday Channel 1851	19	20 3:00 Great Courses "America's Founding Fathers" Channel 1851	National Waitstaff Day 21 Thank your PB&J server!	22	23
24	Memorial Day  25 2:00 Movie Monday Channel 1851	26	27 3:00 Great Courses "America's Founding Fathers" Channel 1851	National Hamburger Day 28	29	National Mint Julep Day  30
Pentecost  31						

Puzzles!

ARE YOU UP TO THE CHALLENGE?

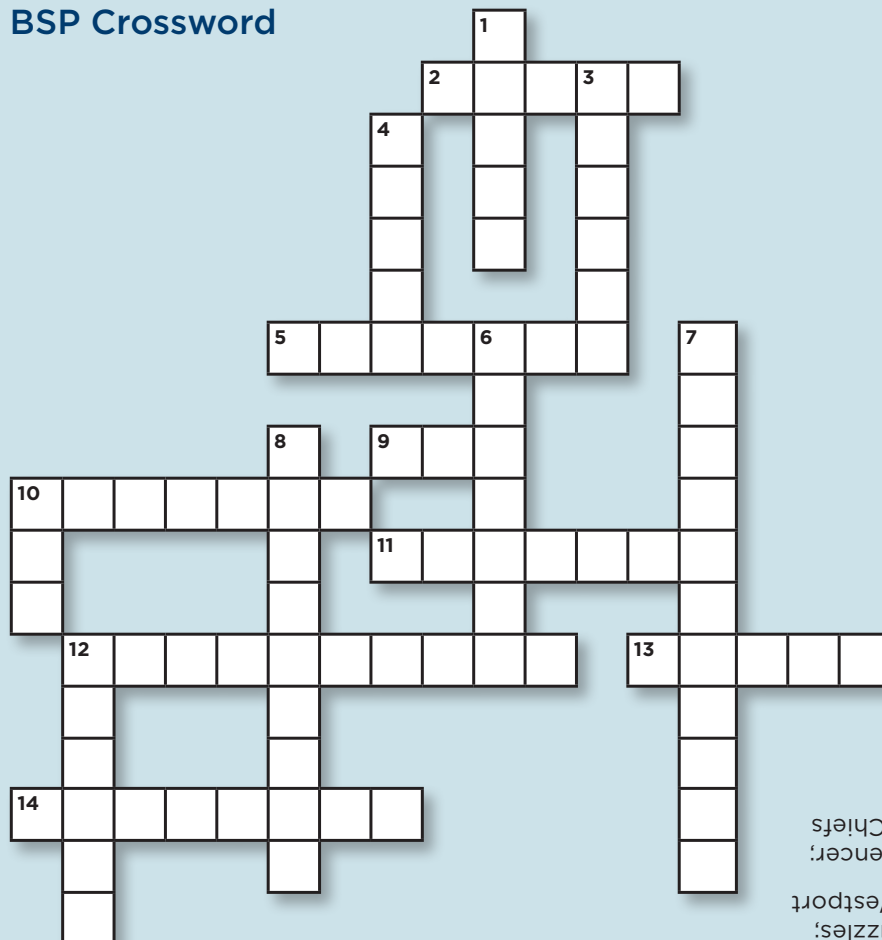
Sudoku

1	4	2		9				5
7			4				8	9
8		5					2	4
2					4	8		
	3				1	2	6	
	8			7	2	9	4	1
	5		2		6			
	2	8			9	4	1	
	7	9	1		8	5	3	

Answer

2	3	5	8	7	1	6	7	9
9	1	4	6	5	7	8	2	3
8	6	7	9	3	2	1	5	4
1	4	6	2	7	3	9	8	5
7	9	2	1	8	5	4	3	6
3	5	8	4	9	6	7	1	2
4	2	3	7	1	9	5	6	8
6	8	1	5	2	4	3	9	7
5	7	6	3	6	8	2	4	1

BSP Crossword



Across

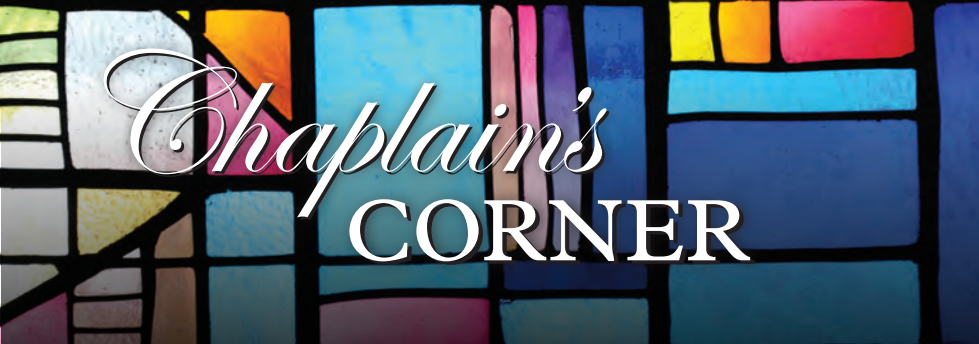
2. BSP activity director
5. Square gardens
9. BSP CEO
10. Corners in BSP
11. Kansas City developer
12. Dining room
13. New administrator in York
14. Conference room

Down

1. Jayhawk lover
3. New nurse director in York
4. Can't wait for this virus to be eradicated
6. Bishop's name
7. In-home nursing care
8. Four-story apartment building
10. Dining partner
12. Super Bowl winner

Answers

Across: 2. Helen; 5. Madison; 9. Dee; 10 puzzles; 11. Nichols; 12. Canterbury; 13. Frank; 14. Westport
Down: 1. Mendi; 3. Evelyn; 4. COVID; 6. Spencer; 7. Windsor Care; 8. Jefferson; 10. PBJ; 12. Chiefs



Ah, the month of May, memorialized in poetry and art and song, including this well-known (slightly modified) ditty popularly known as “While Strolling Through the Park One Day:”

*While strolling through the park one day (6 feet away
from everybody else)
In the merry merry month of May (when will this end?)
I was taken by surprise by a pair of great big eyes
O'er a face mask in an ugly shade of gray (or green or
yellow...I repeat, when will this end?)*

Whether or not we're feeling merry these days, we are now in the month of May, named after one or two goddesses who shared the same name—Maia—and were associated with fertility, growth, and spring. The Latin poet Ovid claimed that the month was named after the Latin word “maiores,” meaning elders—woo hoo, senior citizens, there's a month named after us!

There is no connection between “May,” as in the month of, and “may,” as in “Please, may we go back to normal?” But “may” the verb is particularly à propos in our Covid-19 world. May we come through it safely. May we be thankful for all those who have sustained us on the way and may the kindness of others inspire us to pass it on. May we learn to be more gracious, especially when it comes to golden rule as applied to shopping in a pandemic: leave something for others just as you would like others to leave something for you. May we revel in hugs and handshakes and visits when we are once again able to do those things.

As we make our way through this challenging time, my mother's favorite blessing (slightly modified) seems à propos:

*May the road rise up to meet you. May the wind be always
at your back.
May the sun shine warm upon your face and the rains fall
soft upon your fields.
And until we can meet again face to face, until we can
again hold each other,
may God hold you (and me and everybody else) in the
palm of God's hand.*

—Chaplain Kathy Hall

April showers are supposed to bring May flowers. But ours have nobly fought the challenge due to the fact that our Memorial Garden had to withstand April records of rain, snow, and freezing temperatures.

Another problem is that the current virus pandemic has prohibited meetings of the Garden Committee.



Only the first meeting was possible. The committee's normal meetings include the planning, purchase, and planting of plants. It normally purchases many annual flowering plants to retain desired beauty of our garden.



An aside—If April showers bring May flowers, what do Mayflowers bring?

Pilgrims!

—Bobbie Ellis

In Loving Memory



Ken Kampfe

Anita O'Connell

Sylvia Billington

*We make a living by what we get.
We make a life by what we give.*

—Winston Churchill

Livestreaming SERVICES

St. Andrew's Episcopal—Sunday, 8 a.m., 10:15 a.m.
standrewkc.org/live-worship/

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

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

Community Christian Church—Sunday, 10:30 a.m.
facebook.com/Community4KC
bit.ly/2WGqsDH

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

St. Paul's Episcopal
Sunday, 10 a.m.; Wednesday, 6 p.m.
facebook.com/StPaulsKCMO

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

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

Today

by Billy Collins
U.S. Poet Laureate, 2001–2003

If ever there were a spring day so perfect,
so uplifted by a warm intermittent breeze
that it made you want to throw
open all the windows in the house
and unlatch the door to the canary's cage,
indeed, rip the little door from its jamb,
a day when the cool brick paths
and the garden bursting with peonies
seemed so etched in sunlight
that you felt like taking
a hammer to the glass paperweight
on the living room end table,
releasing the inhabitants
from their snow-covered cottage
so they could walk out,
holding hands and squinting
into this larger dome of blue and white,
well, today is just that kind of day.

