



The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

July 2020

 **Saint Luke's**
BISHOP SPENCER PLACE



Fitness

Sit and Be Fit

bit.ly/2A2Jds8

This PBS exercise program, featuring slow and gentle movements, is also available to stream on YouTube.

Movies at Home

Fine Arts Theatres

fineartsgroup.com

\$10 per movie rental

Fine Arts Group, which operates independent theatres, including the Rio and Glenwood Arts, offers virtual screenings of art and independent films.

eBooks

Amazon Free Kindle Books

amzn.to/31k8PMm

A variety of free ebooks, including many classics, available for download or reading online.

Outside of a dog, a book is man's best friend. Inside of a dog, it's too dark to read.

—Groucho Marx



A few words of thanks to our CEO...



Happy July! The leadership team hijacked this month's column from our CEO, Dee Dunn, before this issue went to print. We wanted to take this opportunity to thank Dee for her never-ending, tireless work during the most trying time ever experienced at Bishop Spencer Place. We were fortunate to have her begin her role as CEO at the beginning of last

year as she helped make the transition to Saint Luke's more meaningful to all of us. And now, the BSP team is beyond grateful for Dee's guidance and the support of Saint Luke's Health System during this pandemic.

Who would have seen this crisis coming? Dee has taken the reins, handling an unfathomable amount of issues, trials, and questions with incredible grace and quiet confidence, resulting in our safe and secure community. With Dee's leadership and our System support, we will get through this together!

Please join us in thanking Dee for all she has done and continues to do for all of us: residents, families, and staff!



HAPPY

BIRTHDAY

Mary Jo Hornaday, July 3

Les Palmer, July 22

Marilyn Thiel, July 3

Phill Levi, July 23

Betty Adams, July 7

Richard Coopersmith,
July 25

Nancy With, July 10

Sally Chapple, July 29

Jerry Dawson, July 13

Sally Kampfe, July 29

Jeannette Nichols, July 14

Sarah Oliver, July 29

Ethel Jianas, July 15

Margie Elliott, July 31

Ed Matheny, July 15

Louise Glotzbach, July 31

Dave Fiola, July 17



Stella & Co

stelladocumentary.com

This 50-minute documentary is a fun, lighthearted, nostalgic, and inspiring look at what it's like to be older. The film features charismatic people in their 80s, 90s, and 100s who are experts on aging. It is available online and on select PBS stations.



A Capitol Fourth

KCPT, Channel 19, Saturday, July 4, 7-8:30 p.m., 9:30-11 p.m.

Celebrate America's 244th birthday with the 40th anniversary of *A Capitol Fourth*, an evening of musical performances capped off by a fireworks display set to Tchaikovsky's *1812 Overture*.



National WWI Museum: Behind the Scenes of 1917

Thursday, July 9, 12:30-1:30 p.m.

Register for this FREE Zoom conference at my.theworldwar.org

Join Paul Biddiss, former British paratrooper and military technical advisor to the blockbuster film *1917*, for a conversation about behind-the-scenes knowledge of the smash hit.

IN LOVING MEMORY



John Wagner

Wayne Warlick



We have had a colorful display in our Memorial Garden. Hope you had the opportunity to enjoy the lilies!

The Garden Committee has developed a new area for flowers to the south and next to the small driveway leading to the Westport Room. Two large pots are now on either side of the rose bush which is already flourishing there. Two new large trellises in the pots will serve as support for



special climbing flowers. At the June meeting, the committee discussed planting morning glory and moon flower vines. Early risers can enjoy the first, and yes, the second vine really does open after sunset.

While you're strolling through our garden, you'll notice newly-painted iron chairs among our flowers. Maintenance was very helpful in this project. We hope that you will be enticed to stay longer and enjoy observing our birds; several pairs are busily raising their brood in our trees. A few weeks ago, a father wren guided four of his fledglings into our bird bath. He perched on the rim; the fledglings followed him, one by one. Another day, two starlings flew to the bath. One fluttered his wings in the water. He then hopped up to the edge, and the other bird, politely waiting, took his turn fluttering. Sometimes little things can make our day. Enjoy.

—Bobbie Ellis

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AC Activity Center (above Bistro)</p> <p>CDR Canterbury Dining Room</p> <p>CH Chapel</p> <p>Ch1851 Channel 1851 on your Spectrum TV</p>	<p>* PLEASE NOTE</p> <p>You will need to sign up with the concierge for activities with asterisks!</p>		<p>1</p> <p>3:00 Great Courses: America's Founding Fathers <i>Ch 1851</i></p>	<p>2</p> 	<p>3</p> <p>OUTDOOR CONCERT!</p> <p>Betse Ellis & Clarke Wyatt Duo</p> <p>1:30 Bishop's Garden</p> <p>2:00 Jefferson Parking Lot</p> <p>2:20 York Place Lot</p> <p><i>Weather Permitting</i></p>	<p>Independence Day 4</p> 
<p>5</p>	<p>National Fried Chicken Day 6</p> <p>10:00 Stretch <i>AC *</i></p> <p>2:00 Monday Movie <i>Ch1851</i></p>	<p>7</p> <p>10:00 Strength & Balance <i>AC *</i></p>	<p>8</p> <p>10:00 Stretch <i>AC *</i></p> <p>3:00 Great Courses: America's Founding Fathers <i>Ch 1851</i></p>	<p>9</p> <p>10:00 Strength & Balance <i>AC *</i></p>	<p>10</p> <p>9:00 Standing Stretch in the Garden <i>*</i></p> <p><i>(in CDR if raining)</i></p> <p>2:00 Friday Movie <i>Ch1851</i></p>	<p>11</p>
<p>Pecan Pie Day 12</p>  <p>10:00 Church Service <i>CH *</i></p> <p>11:00 Church Service <i>CH *</i></p>	<p>13</p> <p>10:00 Stretch <i>AC *</i></p> <p>2:00 Monday Movie <i>Ch1851</i></p>	<p>14</p> <p>10:00 Strength & Balance <i>AC *</i></p>	<p>Tax Day 15</p> <p>National Hot Dog Day</p> <p>10:00 Stretch <i>AC *</i></p> <p>3:00 Great Courses: America's Founding Fathers <i>Ch 1851</i></p>	<p>16</p> <p>10:00 Strength & Balance <i>AC *</i></p>	<p>17</p> <p>9:00 Standing Stretch in the Garden <i>*</i></p> <p><i>(in CDR if raining)</i></p> <p>2:00 Friday Movie <i>Ch1851</i></p>	<p>18</p>
<p>National Ice Cream Day 19</p> <p>10:00 Church Service <i>CH *</i></p> <p>11:00 Church Service <i>CH *</i></p>	<p>20</p> <p>10:00 Stretch <i>AC *</i></p> <p>2:00 Monday Movie <i>Ch1851</i></p>	<p>21</p> <p>10:00 Strength & Balance <i>AC *</i></p>	<p>22</p> <p>10:00 Stretch <i>AC *</i></p> <p>3:00 Great Courses: America's Founding Fathers <i>Ch 1851</i></p>	<p>23</p> <p>10:00 Strength & Balance <i>AC *</i></p>	<p>National Amelia Earhart Day 24</p> <p>9:00 Standing Stretch in the Garden <i>*</i></p> <p><i>(in CDR if raining)</i></p> <p>2:00 Friday Movie <i>Ch1851</i></p>	<p>25</p> 
<p>Aunt & Uncle Day 26</p> <p>10:00 Church Service <i>CH *</i></p> <p>11:00 Church Service <i>CH *</i></p>	<p>27</p> <p>10:00 Stretch <i>AC *</i></p> <p>2:00 Monday Movie <i>Ch1851</i></p>	<p>28</p> <p>10:00 Strength & Balance <i>AC *</i></p>	<p>National Lasagna Day 29</p> <p>10:00 Stretch <i>AC *</i></p> <p>3:00 Great Courses: America's Founding Fathers <i>Ch 1851</i></p>	<p>30</p> <p>10:00 Strength & Balance <i>AC *</i></p>	<p>31</p>  <p>9:00 Standing Stretch in the Garden <i>*</i></p> <p><i>(in CDR if raining)</i></p> <p>2:00 Friday Movie <i>Ch1851</i></p>	

Word Clues

Can you use these word clues to puzzle out each phrase? We've completed the first one for you.

A big thank you to our smart and clever resident Midori for creating this puzzle!

1. Keets
Keets

parakeets

2. Stayed
Schedule

3. Paid
Grossly

4. Grossly
Paid

5. Guest
Night

6. O
D.Min
Ph.D
Th.D

7. iii
OO

8. Knee
Lights

9. Herself She She

10. Poy Poy
IV

11. Death Life

12. Flying
CCCC

13. I Sing
Cake

14. Die
Die

15. Stand
I

16. Catch Catch
Quickly

17. Gaw
Gaw Rapt Gaw
Gaw

18. The I'm Dark

19. Sime
Says Says

20. Taste No

21. Balc
EE

22. Idea Torn Idea

23. Ham & Cheese
Rye

24. I'll
I'll Rolling I'll
I'll

Answers

1. parakeets; 2. stayed on schedule; 3. grossly underpaid; 4. grossly overpaid; 5. overnight guest; 6. three degrees below zero; 7. circles under eyes; 8. neon lights; 9. she's beside herself; 10. poison ivy; 11. life after death; 12. flying overseas; 13. icing on the cake; 14. paradise; 15. I understand; 16. catches on quickly; 17. wrapped in gauze; 18. I'm in the dark; 19. Simon says; 20. no aftertaste; 21. balconies; 22. torn between two ideas; 23. ham & cheese on rye; 24. rolling in the aisles.



Livestreaming SUNDAY SERVICES

St. Andrew's Episcopal

8 a.m., 10:15 a.m.
standrewkc.org/live-worship

All Souls Unitarian Universalist

11:10 a.m.
bit.ly/3g7G62f

Immaculate Conception

11:00 a.m.
facebook.com/golddomekc

Community Christian Church

10:30 a.m.
facebook.com/Community4KC

Conception Abbey

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

St. Paul's Episcopal

10 a.m.; Wednesday, 6 p.m.
facebook.com/StPaulsKCMO

Unity Temple on the Plaza

10:30 a.m.
bit.ly/2yfspgE

Village Presbyterian Church

9:30 a.m.
villagepres.org/online

Thoughtful Quote

*R*ivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is. . . Life is good when you are happy, but much better when others are happy because of you.

—Pope Francis



Chaplain's CORNER

Scripture says that a woman's hair is her crowning glory. Some scholars attribute this statement to Paul, others to a student of his, but wherever we fall on the authorship debate, the language is clearly biblical. A woman's hair is her crowning glory.

That has not been my experience. My mother told me I clocked in as a blond, but my hair was so fine and thin that I looked bald. Eventually my hair turned brown so at least it was obvious that I did have hair, albeit not much.

These days I'm back to bald, courtesy of the chemo that is (hopefully) making me well. Does this bother me? Of course it does, but it's not like I'm obsessing about it.

For example, I am fully cognizant that Independence Day is upon us. A day to celebrate and give thanks for the freedoms we enjoy, and to be mindful of the many who still do not fully enjoy those freedoms. In his letter to the Galatians, Paul adds another dimension to our thoughts about independence. He writes, "For freedom Christ has set us free," meaning that our freedom is of divine origin and that we are to use it in ways that give witness to God's love for us through our love for one another. So Independence Day is a day for reflection on multiple levels.

I get that, I really do, but honestly? Now that my hairdo has declared itself independent of my head, I seem to be a teensy bit preoccupied with the loss.

And yet, in the midst of my hairy (or, more accurately, hairless) obsession, I have come to my own insight about independence. Nothing particularly new, just something worth remembering from time to time. We are not so much independent as we are interdependent. I could not walk this path without the love, help, and sacrifices of my family and friends, without the wisdom of my doctors, without the encouragement I get from my BSP family, without the kindness of so many strangers who have shared their stories and their strength and their encouragement with me.

Precisely because this family is the Christ-and-Spirit people, they are set free from the destructive powers and solidarities (including social solidarities) of evil, and are under the obligation of freedom, namely, to sustain this life by Spirit-given love for one another.

—ntwrightpage.com/2016/07/12/the-letter-to-the-galatians-exegesis-and-theology/

On the one hand, I am a woman of faith. I know that all things are in God's hands and all will be well.

—Chaplain Kathy Hall

Our Graduates

Many of our high school and college graduating seniors had to postpone May graduations for this month. Some of our residents pulled out the old yearbooks to reminisce and support these graduating seniors with a throwback to their graduation year. We love that Ed Matheny was voted “best all-around boy” and “most scholarly” but “third best-looking boy”—and now we’re all wondering, who were the first and second best-looking boys at Southwest High School?



Ed Russell



Bill Buckner



Ed Matheny



Frances Weeks



Una Creditor



Clark Achelpohl



Mary Abbott



Michael Walling

