



COVID-19: July 9, 2020 Community Information

Community Status

This week, we received confirmation a Saint Luke's Bishop Spencer Place staff member recently tested positive for COVID-19. While we can't share specific information about this employee's status, please know your well wishes are deeply appreciated.

As a reminder, we have detailed processes and protocols in place to protect the health of our community. As part of this, we have reviewed this staff member's schedule and contacted any team member or resident who may have had prolonged contact with this individual.

As COVID-19 continues to spread within the Kansas City community, we are reminding our team to take precautions both inside and outside of BSP, including wearing masks, practicing diligent hand hygiene, and social distancing.

Hand Hygiene, Masks, Social Distancing

Twenty seconds is all it takes to practice hand hygiene and one of the simplest ways to prevent the spread of germs and infection. Wearing masks is an easy way to say "I respect you and want to keep you safe." Finally, six socially-distanced feet apart make a difference in the health of our community!

Social Distancing Activities

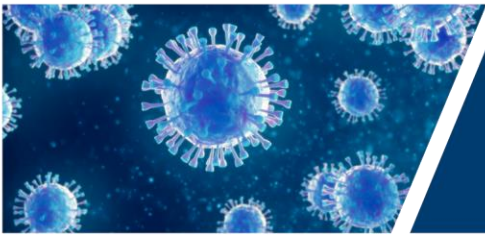
Mental Health

Taking care of yourself should be a priority so you can protect your energy and protect those around you. Everything will be ok – just wait – you'll see! We are loving following the Mantra Co for guidance on empowering us to live our best lives and stay emotionally fit. Here is your mental health checklist for the week:

- Acknowledge your feelings
- Journal out your thoughts
- Talk to people who make you smile
- Work on something you're passionate about
- Listen to your favorite tunes
- Set limits around news

Physical Health

Don't forget to drink water and get some sun. "You're basically a complicated houseplant." Speaking of plants. On Thursday we delivered a lovely and informative



article about our beloved Herb Garden authored by Bishop Spencer Place resident, Bill Buckner. Make sure you read the “Herb Garden Story” and sample some of our herbs when you are out on the grounds enjoying the summer sun.

What’s Ahead? This week at Bishop Spencer Place

Friday Movie Matinee – 2 p.m. Channel 1851

Don’t miss this 1991 drama *Enchanted April*. After World War I, four British women go on holiday to a beautiful villa in Italy. They sit in the shade and think of better times for one enchanted April.

Monday Movie Matinee – 2 p.m. Channel 1851

Ocean’s Twelve is on the cinematic ticket for the week. Who did George and Brad add to their terrific team of 11? Hint: she’s pretty and a woman – Pretty Woman. It’s Julia Roberts. What happens when they pick up and move their show over to Europe? Find out on Monday.

Lifelong Learners – Wednesday 3 p.m. Channel 1851

We left off at Patrick Henry’s convention and the first presidential inauguration with ... drum roll please ... General George Washington. But it wasn’t in Washington D.C. and it wasn’t in January. It was in New York and it was in April – but you probably already knew that because you’ve been keeping up our favorite series – Founding Fathers.

Opus 76 Concert – Thursday, 4 p.m. Channel 1851

I believe the British call it “Thirsty Thursday.” Thanks to Bernie Jones! And thank you to Opus 76 for filming this concert for us to enjoy! In the comfort of your own private residence, pour yourself a libation and watch and listen to this fantastic foursome.

Continued Diligent Precautions

Other communities have experienced tragic outbreaks and it has been a sobering reminder of how easily this virus spreads. We have taken intentional steps to protect one another and one seemingly small slip of letting our guard down would be detrimental to the hard work, commitment, and sacrifices many have made.