

The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

August 2020





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.



A few words from the CEO...



Happy August, friends. I thought I'd do a quick Q&A on some questions I have received recently—hope they're helpful.

Q: When will visitors be allowed for York and Coventry residents?

A: We are working on a plan for that right now, including looking at a mockup of a clear “visiting screen.” That being said, we cannot move past our current state until community and state infection rates start to head in the right direction (a decline of new infection rates for 14 consecutive days is one of the requirements). Our goal right now is to be ready just as soon as the local health department confirms the infection rate is decreasing.

Q: IL residents have asked, “If I choose to leave the campus for a non-essential outing, and I need to quarantine upon return, does this mean that I cannot use the fitness center, walk through the garden, or attend exercise classes?”

A: By choosing to engage in a non-essential outing, you are in turn choosing to remain in your apartment for 14 days following your return and checking in with the Madison concierge.

Q: IL residents and families have also asked, “When will visits be allowed more than one time every two weeks?”

A: This was initially put in place to ensure we had enough visiting spots for everyone. We will look at the visiting logs next week to see if we have open slots—if we do, we'll be able to offer more visits. Stay tuned for more information.

Those are three popular questions from the last couple of weeks. I'm happy to answer additional questions in upcoming issues. Please submit questions to me directly.

Thank you and be well,
Dee

At 10 a.m. on Friday mornings in August, tune in for 30 minutes of stretch and strengthening moves with Janet and Laura from Saint Luke's East Hospital. They made recordings of their classes, so you can exercise on your own!

Boys in Blue Are Back!
Kansas City Royals Game Schedule for August
Subject to change. For updated schedule, check mlb.com/royals/schedule/2020-07.

Aug. 1	vs. Chicago White Sox	6:05 p.m.
Aug. 2	vs. Chicago White Sox	1:05 p.m.
Aug. 3	at Chicago Cubs	7:15 p.m.
Aug. 4	at Chicago Cubs	7:15 p.m.
Aug. 5	at Chicago Cubs	7:05 p.m.
Aug. 6	at Chicago Cubs	6:07 p.m.
Aug. 7	vs. Minnesota Twins	7:05 p.m.
Aug. 8	vs. Minnesota Twins	6:05 p.m.
Aug. 9	vs. Minnesota Twins	1:05 p.m.
Aug. 11	at Cincinnati Reds	5:40 p.m.
Aug. 12	at Cincinnati Reds	5:40 p.m.
Aug. 14	at Minnesota Twins	7:10 p.m.
Aug. 15	at Minnesota Twins	6:10 p.m.
Aug. 16	at Minnesota Twins	1:10 p.m.
Aug. 17	at Minnesota Twins	7:10 p.m.
Aug. 18	vs. Cincinnati Reds	7:05 p.m.
Aug. 19	vs. Cincinnati Reds	7:05 p.m.
Aug. 21	vs. Minnesota Twins	7:05 p.m.
Aug. 22	vs. Minnesota Twins	6:05 p.m.
Aug. 23	vs. Minnesota Twins	1:05 p.m.
Aug. 24	at St. Louis Cardinals	7:15 p.m.
Aug. 25	at St. Louis Cardinals	7:15 p.m.
Aug. 26	at St. Louis Cardinals	7:15 p.m.
Aug. 28	at Chicago White Sox	7:10 p.m.
Aug. 29	at Chicago White Sox	1:10 p.m.
Aug. 30	at Chicago White Sox	1:10 p.m.
Aug. 31	vs. Cleveland Indians	7:05 p.m.



A welcome surprise last month was Bill Buckner's written history of our unique herb garden distributed with the July Ambassador. His care-taking for the last 14 years, now with the assistance of resident and Garden Committee member Cathy Campbell, is without equal. That garden is a trove of usefulness to Chef Chris as well as those of us who still enjoy cooking. When you locate the chocolate mints, please leave some. We want to try them, too.

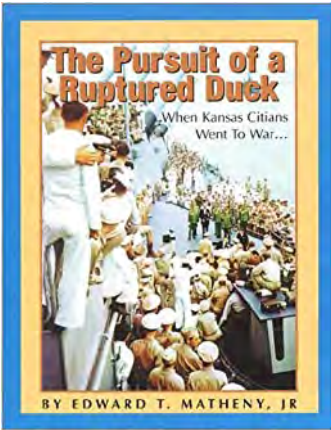
The addition of the iron chairs to augment the cement bench in the Garden is being welcomed by the residents. Many here are enjoying their location and comfort for the first time. Welcome! If you should happen to witness interesting or unusual activity of birds in or near the bird bath, write me a note about it. The new visitors who now stop by and enjoy life here indicate that the Garden Committee made the right decision.

If we start to have any days with lower than 90 degrees this month, please come and visit the Garden and meet your friends there—we hope to see masks and six feet of social distancing between all. There will continue to be an exhibit of blossoms waiting for your appreciation. Did you see the white lilies last month?

—Bobbie Ellis

A photograph of a garden bed. In the foreground, there is a brick path leading to a garden bed. The garden bed is bordered by a wooden planter box on the left and a brick path on the right. The garden bed contains several plants, including lavender, rosemary, and other green herbs. A small wooden post is visible in the center of the garden bed. In the background, there is a hedge and a building.

The Pursuit of a Ruptured Duck: When Kansas Citians Went to War
Channel 1851, Friday, August 7, 1 p.m.



BSP Resident Ed Matheny has graciously allowed us to show a presentation featuring Ed discussing his book, *The Pursuit of a Ruptured Duck: When Kansas Citians Went to War* on our in-house Channel 1851. The book chronicles the WWII stories of several of Ed’s friends and clients. Unfortunately, Ed is off camera during this presentation, but it’s truly an informative and enjoyable movie.

Ed Matheny has recorded—and witnessed—history. MU and Harvard graduate, WWII veteran, history lover, and retired lawyer, Ed has given so much to Kansas City, most notably by helping establish our beloved local television station, KCPT. Be sure to tune in and talk with Ed sometime about his story!

*“Shall I Compare Thee
To a Summer’s Day?”*

Sonnet No. 18 by William Shakespeare

Shall I compare thee to a summer’s day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer’s lease hath all too short a date:
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm’d,
And every fair from fair sometime declines,
By chance, or nature’s changing course untrimmed;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow’st,
Nor shall death brag thou wand’rest in his shade,
When in eternal lines to time thou grow’st,
So long as men can breathe, or eyes can see,
So long lives this, and this gives life to thee.



Chemo days, in my experience, follow a defined order. I show up at the appointed time, they infuse different drugs over the course of a (very long) day and send me on my way at a roughly predictable hour in the afternoon. It’s a routine, and routines can be comforting when everything else is out of control.

So last week I arrived at the appointed time only to be told that they needed to do my bloodwork over again, which meant waiting for the lab report to come back. An hour and a half later we got the new results—great! But they also needed a new order from my doctor, and that took a fair bit of time as well. My routine was shot, I was looking at a much longer day in a deep freeze—why are hospitals always so cold?—and I could feel a snit coming on.

Grace intervened by way of other patients in the infusion center that day. One lady with a stunning red turban and a zillion-watt smile told me she was in remission, and that she would pray for my remission as well. The woman next to me knew that her odds were not good. The man across from my cubicle asked the nurse about his chances of getting his doc to let him play golf again.

All of us there, on that day, in that place, were facing our mortality. All of us everywhere, whatever our state of health, know that life is finite. Sometimes grace intervenes to point us in a more life-giving direction. The grace I experienced that particular day helped me to keep my yap shut except to thank the many staff who stopped to ask how I was doing, offered me blankets, brought me water, and extended God’s love to me.

I will end with my paraphrase of a very old hymn:

*When Love is Lord of heaven and earth,
how can a soul be snitty?*

—Chaplain Kathy Hall



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

Simplicity, patience, compassion. These three are your greatest treasures. Simple in actions and thoughts, you return to the source of being. Patient with both friends and enemies, you accord with the way things are. Compassionate toward yourself, you reconcile all beings in the world.

—Lao Tzu, Tao Te Ching

HAPPY BIRTHDAY



Jennifer Lucas, Aug. 1

Richard Jungck, Aug. 2

Stephen Dill, Aug. 4

JoAnn Field, Aug. 6

Robbie Levi, Aug. 8

Bob Steinbach, Aug. 10

Bernie Jones, Aug. 10

Carol Leveridge, Aug. 11

Rena Jonathan, Aug. 12

Doug Rushing, Aug. 17

Katie Vogel, Aug. 20

Dorothy Lockridge, Aug. 20

Evelyn Wilkinson, Aug. 22

Nancy Duboc, Aug. 26

Jerry Wheeler, Aug. 28

Ruth Moss, Aug. 30

Fran Weeks, Aug. 30

