



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

September 2020

 **Saint Luke's**
BISHOP SPENCER PLACE



More Fitness!

Senior Fitness with Meredith
bit.ly/3aek1uK
bit.ly/34BxBXU

(a selection of videos)

These come highly recommended by our exercise friends. Online classes using resistance bands.

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. From the comfort of your own home, you can support the new home of our Nelson-Atkins museum theater—movies are only \$10.

eBooks

Amazon Free Kindle Books
amzn.to/31k8PMm

Take advantage of a variety of free eBooks, including many classics, available for download or reading online.

A few words from the CEO...



"When life hands you lemons, make lemonade!"

We've all heard that saying and, in my opinion, it could not be more relevant than it is today. We've certainly been handed a lot of lemons this year, but I try to take a few moments each day to consider how much lemonade there is, too.

The Bishop Spencer Place community provides for so many opportunities to consider the positive side of our current crisis. Within our own place in this world, we have our beautiful gardens, the great food (now coming to you!), the beautiful community to stroll through, our amazing team of staff who are here because they truly care about our mission, the engaging programming that continues (in spite of a global pandemic), and the friendships and community amongst our residents that endures.

It makes my heart so happy and puts a smile on my face when I see a (masked and socially-distanced) visit taking place with a family member or a couple of residents chatting (safely) in the library or walking outside. As we continue to move through this ever-changing and fluid situation, we will surely continue to be handed some more lemons. As long as we are able to let our thoughts and actions turn them into lemonade, we will arrive at whatever our "new normal" has in store for us—together, maybe with a glass of lemonade!

Yours in health,
Dee

Country Club Christian Church Daily Prayer Line

*G*racious God, Thank you for neighbors who generously welcome strangers into their midst. Help each of us to remember to show kindness and respect to all people, neighbors and strangers alike. Amen.

Listen to daily prayers at 816-333-4920

In Loving Memory



Katie Vogel

International Day of Charity Saturday, Sept. 5

Charity, like volunteerism and philanthropy, provides social bonding and contributes to the creation of inclusive and more resilient societies. Charity can alleviate the worst effects of humanitarian crises, supplement public services in health care, education, housing and child protection. It assists the advancement of culture, science, sports, and the protection of cultural and natural heritage. It also promotes the rights of the marginalized and underprivileged and spreads the message of humanity in conflict situations. Could there be a better day to celebrate and lend a hand to your neighbors near and far?

Some of our wonderful residents' favorite local charities include:

- Doctors Without Borders
- Kansas City Symphony
- United Way
- The Nelson-Atkins Museum of Art
- Wayside Waifs
- Of course, Saint Luke's Bishop Spencer Place Benevolent Care



Our Garden Time columnist, Bobbie Ellis, is taking a hiatus this month, but she's reminding everyone to walk through the gardens and enjoy the winning beauties of this season. And take a fellow resident with you!

Thanks to the rains and abundant sunshine, we have been fortunate to enjoy the lovely garden (and an occasional concert) from our apartments.



HAPPY



BIRTHDAY

Moulton Green, Sept. 1

Wanda Sanders, Sept. 9

Edora Stell, Sept. 11

Dru Breidenthal, Sept. 14

John Barnard, Sept. 17

Joan Ridge, Sept. 17

Charlotte Gibson, Sept. 20

Kenya Donohue, Sept. 22

Carol Hudson, Sept. 23

Mercer Gilmore, Sept. 26










Margaret Burke, Sept. 27

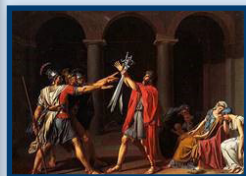
Barbara Ponder, Sept. 27

Joan Betz, Sept. 30



September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>AC Activity Center (above Bistro)</div> <div>CDR Canterbury Dining Room</div> <div>CH Chapel</div> <div>WR Westport Room</div> <div>Ch 1851 Channel 1851 on your Spectrum TV</div>		<div>1</div> <div>10 a.m. Strength & Balance—AC</div>	<div>2</div> <div>10 a.m. Stretch—AC</div> <div>3 p.m. Great Courses: America's Founding Fathers—Ch 1851</div> <div>Final class of series</div>	<div>3</div> <div>10 a.m. Strength & Balance—AC</div>	<div>4</div> <div>10 a.m. Stretch—AC</div> <div>1 p.m. Friday movie—Ch 1851</div>	<div>International Day of Charity</div> <div>5</div> <div></div>
<div>6</div> <div>10 a.m. Holy Eucharist—CH</div>	<div>LABOR DAY</div> <div>7</div> <div></div>	<div>8</div> <div>10 a.m. Strength & Balance—AC</div> <div>12:30 p.m. Resident Council—WR</div>	<div>9</div> <div>10 a.m. Stretch—AC</div> <div>3 p.m. Great Courses: The World's Greatest Paintings—Ch 1851</div> <div></div>	<div>10</div> <div>10 a.m. Strength & Balance—AC</div>	<div>PATRIOT DAY</div> <div></div> <div>11</div> <div>10 a.m. Stretch—AC</div> <div>3 p.m. Keyboardist Michael Pagan in the Bishop's Garden</div>	<div>12</div>
<div>Grandparents Day</div> <div>13</div> <div>10 a.m. Holy Eucharist—CH</div>	<div>14</div> <div>10 a.m. Stretch & Balance—AC</div> <div>2 p.m. Monday Movie—Ch 1851</div>	<div>15</div> <div>10 a.m. Strength & Balance—AC</div>	<div>16</div> <div>10 a.m. Stretch—AC</div> <div>3 p.m. Great Courses: The World's Greatest Paintings—Ch 1851</div>	<div>17</div> <div>10 a.m. Strength & Balance—AC</div>	<div>ROSH HASHANAH</div> <div></div> <div>18</div> <div>10 a.m. Stretch—AC</div> <div>1 p.m. Friday movie—Ch 1851</div>	<div>National Talk Like a Pirate Day</div> <div>19</div> <div></div>
<div>Falls Prevention Awareness Week</div> <div></div> <div>20</div> <div>10 a.m. Holy Eucharist—CH</div>	<div>21</div> <div>10 a.m. Stretch & Balance—AC</div> <div>2 p.m. Monday Movie—Ch 1851</div>	<div>22</div> <div>10 a.m. Strength & Balance—AC</div> <div></div>	<div>23</div> <div>10 a.m. Stretch—AC</div> <div>3 p.m. Great Courses: The World's Greatest Paintings—Ch 1851</div>	<div>24</div> <div>10 a.m. Strength & Balance—AC</div> <div>3 p.m. Resident Town Hall Ch 1851</div>	<div>25</div> <div>10 a.m. Stretch—AC</div>	<div>26</div>
<div>27</div> <div>10 a.m. Holy Eucharist—CH</div>	<div>YOM KIPPUR</div> <div>28</div> <div>10 a.m. Stretch & Balance—AC</div> <div>1 p.m. Garden Comm.—CDR</div> <div>2 p.m. Monday Movie—Ch 1851</div>	<div>National Coffee Day</div> <div>29</div> <div>10 a.m. Strength & Balance—AC</div>	<div>30</div> <div>10 a.m. Stretch—AC</div> <div>3 p.m. Great Courses: The World's Greatest Paintings—Ch 1851</div>	<div></div>		



After weeks of our Founding Fathers series, we're shifting gears to the world of art. In 24 lectures, **The World's Greatest Paintings** leads you in a discovery of some of the most significant paintings in Western art. Taking you from the 14th century to the 20th, distinguished art historian and veteran Great Courses Professor William Kloss reveals a group of works that, in his expert judgment, rank among the greatest paintings ever made.

Professor Kloss demonstrates that his aim is “to make you feel welcome and comfortable in the company of paintings.” With this focus, he guides you in a direct and engaging encounter with the images themselves, challenging you to consider how and why these paintings affect us, and inviting you to join him in looking deeply into the painter’s multidimensional visual realm.

Falls Prevention
Awareness Week
Sept. 20-26

Falls are the top cause of injuries in seniors, so maintain a dialogue with your doctor at least once a year to discuss risks. On your own, you can:

- 1. **Identify the top home hazards**
- 2. **Take a walking tour of your home**
 - Are the pathways clear?
 - Is there room for you and, if you have one, an ambulatory device like a cane or walker?
 - Are there loose rugs that could cause you to trip?
 - Is the lighting bright enough to see any hazards clearly?
- 3. **Ask for safeguarding help**
 - Medicare Part B might help cover the cost of some ambulatory devices like canes or walkers.
- 4. **Give yourself a steady foundation**
 - Studies show that footwear can make a difference to avoid falling.
 - Shoes with good support, low heels, and a back (no slip-ons) are best.
 - Even if you spend most of your time at home, what you have on your feet matters.
 - Bare feet, socks, and slippers can increase your risk of falls.
 - Supportive shoes can help keep you steady.
- 5. **Improve your strength, balance, and flexibility**
 - Staying strong is critical, since people who are weak are four times as likely to fall as people who are strong.
 - Simple exercise, like trying to stand from a chair without using your hands, can help build your leg muscles.

History of Grandparents Day
Grandparents Day | Sunday, Sept. 13

In 1969, nine-year-old Russell Capper sent the President a letter suggesting that a day should be set aside in order to celebrate grandparents. On June 12, 1969, he received a letter back from Rose Mary Woods—Personal Secretary to the President—reading, “Dear Russell, Thank you for your letter to President Nixon. Your suggestion regarding a Grandparents Day is appreciated, but the President ordinarily issues proclamations designating periods for special observance only when a Congressional resolution authorizes him to do so. With best wishes, Sincerely, Rose Mary Woods Personal Secretary to the President.”

Following this letter, Marian McQuade was recognized nationally by the U.S. Senate and by President Jimmy Carter as the founder of National Grandparents Day. McQuade wanted to educate the youth about the importance of seniors and the contributions they have made throughout history. She urged the youth to “adopt” a grandparent and learn more about their lives, challenges, and desires for the future.

In 1977, Senator Randolph, with the help of other senators, introduced a joint resolution to the senate requesting the president to “issue annually a proclamation designating the first Sunday of September after Labor Day of each year as ‘National Grandparents Day’.” Congress passed the legislation, proclaiming the first Sunday after Labor Day as National Grandparents Day. On August 3, 1978, Jimmy Carter signed the proclamation, and the day was finally celebrated the following year.

The official flower of this day is the “forget-me-not”—and on average 4 million cards are sent out to loved ones! In these challenging times, we hope you schedule a FaceTime call or Skype call with your family. Let us know if we can help!



From residents Moulton and Jean Green:
This photo is of our granddaughter, Lara Green, who now is 33 and is Lara Green Pryor, a lawyer in Dallas, TX and a mother herself.



I’m b-a-a-ack! If you don’t recognize me behind the two masks I wear, I’m the one with a head scarf and a clergy collar.

It’s great to be back at Bishop Spencer Place, to be one step away from what had become a new (and unwelcome) normal: life revolving around cancer and related appointments and procedures and medications. That normal, thank God, is coming to an end, so—time to start thinking about a new normal.

Most of you did not have my particular distraction from the new (and unwelcome) normal of a COVID world. A new normal has changed and limited life in ways we could not have imagined. And it seems like this COVID normal may be the forever normal—but it won’t. Eventually COVID will come to an end, so—time for us to think about a new normal.

Specifically, time to think about what we want that new normal to look like. If this pandemic has taught us nothing else, it has taught us that what we do and don’t do impacts others near and far. When we engage in social behavior without masks, without sanitizing, and without appropriate distancing, the numbers go up. When we take the necessary precautions, the numbers go down. In a sense, this virus is a social disease. It waxes and wanes as we, social beings, choose to be part of the problem or choose to be part of the solution.

In scriptural terms, we are each others’ keepers.

Let’s bear that in mind when this pandemic is behind us and we’re shaping a new normal. If its foundation is care for our neighbors—well, to quote Louie Armstrong:

What a wonderful world...
—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
*The way to happiness:
Keep your heart free from
hate, your mind from worry.
Live simply, expect little,
give much. Scatter sunshine,
forget self, think of others.
Try this for a week and you
will be surprised.*

—Norman Vincent Peale

