



COVID-19: September 11, 2020 BSP Community Information

Community Status

How 'bout them CHIEFS?!

Congrats to the Chiefs for a game-opening win against the Houston Texans. But guess who has a better team? We do! The way we all work together to ensure the safety and health of our friends and family is proof we are champions in this fight against an invisible opponent. Keep up the good work.

*Social Media – Follow **and Like** Away!*

Check out the Bishop Spencer Place Facebook page www.facebook.com/BishopSpencerPlace to see the latest from our residents. This week we spotlighted residents who imparted their wisdom on having a successful academic year despite the adversity students face this year. Thank you to the residents who participated and shared their experiences with students throughout the metro.

We've had fun with the residence of the month and are grateful for the Zollers and Ms. Jenifer Lucas for sharing the character of each of their homes. You may also have noticed some of our four-legged residents have gotten the recognition they deserve as family members within the community. If you would like your home or pet featured on our social media, please email emanning@saintlukeskc.org with photos and what makes your home or pet unique and special to you!

Resident Town Hall – Thursday, September 24, 2020 Channel 1851, 3 p.m.

Our town hall is happening a little differently than in the past with promises of equally good and informative communication. Watch from the comfort of your own personal space and we will broadcast over our community channel – 1851.

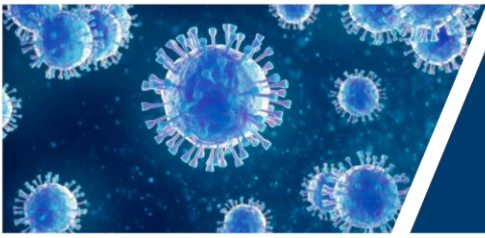
Be Well

*Mental Health – Aromatherapy***

There are several essential oils used for mental (and some for physical) health from thousands of years ago. While no one single essential oil has been proven to treat anxiety or depression alone, many can help reduce symptoms of depression or even extreme fatigue, and if nothing else – they smell good. You don't need a fancy diffuser or anything special. Many you can apply to pulse points or even your pillow (lavender on your pillowcase for a deep sleep – how dreamy does that sound?), room spray, hair and skin products are some simple ways to infuse aromatherapy into your life. Five oils you could try: lavender, cedarwood, frankincense (if it's good enough as a gift from the Wise Men...), chamomile (reasons why chamomile tea is so popular for decompressing), and grapefruit as an uplifting scent. **As with any alternative therapy, aromatherapy shouldn't be a replacement for a prescribed treatment plan – always check with your doctor first!

Physical Health – Get the shot not the flu

Flu shots are on their way – stay tuned for flu shot arrival announcement. Being part of the Saint Luke's Health System certainly has its privileges – one being first dibs at these life-saving flu shots. If you have not indicated if you plan to get your flu shot at BSP, please let the concierge know as soon as possible.



What's Ahead? This week at Bishop Spencer Place

Housekeepers Week – starting 9/13

Let's hear it for our incredible crew of housekeeping staff who keep our community and homes not only clean, but most importantly these days – safe. It's this week and every week we acknowledge them for their hardwork. A genuine thank you shows our housekeeping staff how much we appreciate and rely on them.

On hold! Channel 1851 community broadcast programming

We're still working diligently on resuming our movie matinees, lifetime learners, and televised stretch classes. Stay tuned for regularly scheduled programming and thank you for your patience! The recent electrical outage damaged some of our equipment; the necessary part has been ordered and is on its way.

Puzzler

Can you name it – identify the words beginning with "can"

Can gives off light	You row in this can	Paints on this can
Sweet can	An astrological sign	Can deep in the valley
Truthful can	Taken on hikes	Can used for irrigation
A country	A fruit can	Can, also a bird
The way a horse moves	A Chinese language	Can as a card game

We don't have a solution for this week's puzzler so we hope someone "can" reveal the answers by Tuesday, else we'll just never know some of the answers – send your answers to emanning@saintlukeskc.org

Brain Games – solution from last week

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

What's the cost of renting a DODGE? **\$35**

Which costs more – a **FORD \$43** or a FIAT? \$36 a **MAZDA \$45** or a HONDA? \$42

Finish spelling the names of these models made by Pontiac. Some go back to the 1960s:

T + **E** + **M** + **P** + **E** + S + **T** = \$98 **L** + E + **M** + **A** + **N** + **S** = \$64

G + **R** + A + **N** + **D** **P** + **R** + **I** + **X** = \$111 (two words)

Put these Fords in order from least to most expensive: FAIRLANE, GALAXIE, MUSTANG

Galaxie (\$59), Fairlane (\$66), Mustang (95\$)

What's the difference between: a YUGO \$68 and a JAGUAR? \$58 - **\$10** an ACURA \$44 and an EDSEL? \$45 - **\$1**

Think of two models, not already mentioned, that cost more than \$100 **Volkswagen, Corvette, Bonneville**

Find two models that cost exactly \$83 **Prius and Porsche**

What's the lowest make or model you can think of? **KIA \$21**