



COVID-19: September 18, 2020 BSP Community Information

Community Status

CMS Updates Impacting York and Coventry

CMS is committed to continuing to take critical steps to ensure America's healthcare facilities are prepared to respond to the Coronavirus Disease 2019 (COVID-19) Public Health Emergency (PHE). On September 17, 2020 CMS issued new guidance for visitation in nursing homes during the COVID-19 PHE. Bishop Spencer Place is reviewing the guidance to understand and prepare for how we can safely facilitate in-person visitation to address the psychosocial needs of our residents.

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

The day you've all been waiting for. Tune into Channel 1851 for informative communication. Watch from the comfort of your own personal space! A little different than in town halls past but you'll still get your updates on the state of the community, activities, what's happening with sales (as well as the move-ins since February), community improvement projects, and the state of finances at Bishop Spencer Place. You won't want to miss it!

PS Salon

PS Salon will be open M, Tu, Th, Fr 9:30 a.m. – 4 p.m. until further notice. The stylists are rearranging their schedules. Thank you for understanding! Please call 816-595-5085 to make your appointments. And remember to get screened at the concierge before you enter.

Voter Registration at Bishop Spencer Place – Wednesday, Sept. 23 11:30 a.m. – 2 p.m.

Volunteers from the League of Women Voters will be here to help register voters and do change-of-address/name. If you have questions about the process, they will be happy to assist in any way they can. Most of you have already sent in your request to the Election Board for absentee ballots. You should be receiving those within the next two weeks. Weather permitting, volunteers will be outside the Chapel door entrance.

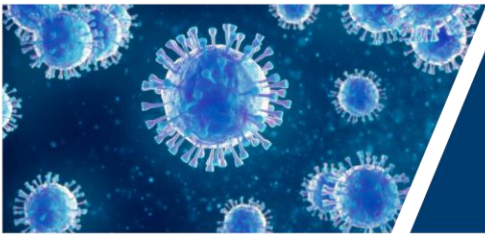
Be Well

Mental Health – Six Simple Tips

Staying physically healthy, socially active, and mentally engaged are keys to boosting your mental health. These might sound familiar (because we give you ideas for most of them weekly): just keep moving, phone a friend, turn to technology to stay involved with family gatherings virtually, never stop learning, play mindbenders!

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.



What's Ahead? This week at Bishop Spencer Place

Channel 1851 community broadcast programming

Cross your fingers. Cross your toes. Let's all hope we can get back to our shows! As you know, the electrical outage "took out" the equipment used to broadcast our shows. We're tracking this shipment and installation like an excited kid tracking Santa on Christmas Eve and *hope* to be back in time for lifelong learning...

*Lifelong Learners – Wednesday 3 p.m. Channel 1851 (*tentative*)*

Only one more week of Founding Fathers. Stay tuned for our release of the new lifelong learning series. Share with us a fun fact you've learned on any particular Wednesday. Tell our marketing director, Erin at emannig@SaintLukesKC.org what you've learned this semester!

Puzzler

Riddle me this...

I am full of holes, but I hold water. What am I?

What gets wet when drying?

What are two things people never eat for breakfast?

What becomes larger the more you take away?

That has two hands and a face, but no arms or legs?

What can't be used until it's broken?

What has four legs and only one foot?

What has many keys but can't open any doors?

Can you name it – solution from last week

Can gives off light - **candle**

Sweet can - **candy**

Truthful can - **candid**

A country - **Canada**

The way a horse moves –

canter

You row in this can - **canoe**

An astrological sign - **Cancer**

Taken on hikes - **canteen**

A fruit can - **cantaloupe**

A Chinese language -

Cantonese