



The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

November 2020

 **Saint Luke's**
BISHOP SPENCER PLACE



This simple home exercise is the best for mobility and independence.

The ability to stand up from a chair makes a huge difference in everyday life for seniors. It helps with essential activities like getting up out of bed.

Basic sit-to-stand exercise

1. Scoot/walk hips up to the edge of the chair
2. Bring toes back underneath knees
Optional: Use arms to push off the chair or off knees
3. Lean forward a little to bring nose over toes and push up with legs to a standing position.
4. To sit, bend a little at the knees to push hips toward chair and lower the body to a seated position.
5. Pause before doing the next repetition.

Intermediate level sit-to-stand exercise

Same steps as in basic exercise, but keep arms crossed over chest the whole time.

Advanced level sit-to-stand exercise

Same steps as in intermediate exercise, but place a relatively flat pillow under the feet to challenge balance.

Over time, slowly build up to 10 or more repetitions and increase the difficulty when the exercise isn't challenging enough.

A few words from the CEO...



Before you know it, the holidays will be upon us. We're getting questions about plans for the holidays and while we're still working out the details, I can share a preview of what we're considering. I'm happy to share that we will be decorating for the holidays. It may or may not be by an outside service, we may need to do much of it ourselves—but it WILL happen. Maybe you'll

join us? I know there are conversations about holiday get-togethers with fellow residents and family. Madison and Jefferson residents can certainly enjoy each other's company in a variety of locations throughout the community, but it's looking unlikely we'll be able to invite visitors in to dine with us or to have family gatherings. Kansas and Missouri are currently posting some of the highest test rates we've seen, putting our community at risk and necessitating the continuation of our precautions.

This also means leaving the community poses the same risks. We'll be continuing in the re-opening phase we are currently in for the foreseeable future unless something unexpected happens. Please rest assured we are watching what is happening in our community very closely and will adjust very quickly if conditions warrant it. Thank you for your continued support.

Yours in health,
Dee



World Kindness Day is Friday, Nov. 13

World Kindness Day is an international holiday formed in 1998 to promote kindness throughout the world. It is observed annually on November 13 as part of the World Kindness Movement and is observed in many countries, including the United States, Canada, Japan, Australia, and the U.A.E. World Kindness Day is an opportunity for us to reflect upon one of the most important and unifying human principles. On a day devoted to the positive potential of both large and small acts of kindness, try to promote and diffuse this crucial quality to bring people of every kind together. and their staff.

History of World Kindness Day

World Kindness Day was first introduced as a day of observation by the World Kindness Movement. In 2019, the organization was registered as an official NGO under Swiss law, but the history of the group stretches back to a Tokyo-based convention in 1997. An array of institutions and associations from various countries assembled at this conference to champion kindness in society. The World Kindness Movement formed as a result of this event, with the written declaration of their inception stating their "pledge to join together to build a kinder and more compassionate world." In 1998, in pursuit of this aim, they would facilitate the launch of the inaugural World Kindness Day.



We've had one of our very best seasons for celebrating our beautiful Memory Garden. The harvest was worth the loving efforts of members of the Garden Committee. Those beginners and experienced gardeners enjoyed their labor-promising glorification and remembrance of our residents who enjoyed their final days in Bishop Spencer Place.

Those in the know are promising even more beauty next year as some of the flowers, especially the climbers on our new trellises, show their appreciation for our selection and assistance in their joining our living memorial. These climbing flowers will show us how happy they are to open each flower as they surpass their lovely beginnings of this year.

A surprise beauty of some cannas became a centerpiece in front of a southern-facing apartment. Not a shy plant, the large leaves and, finally, the large flowers out-showed the giant leaves. The local insects didn't know what to do to this newcomer. Thankfully, they hadn't seen this plant before—it's a native of the deep south tropical and subtropical lands. Our normal summer garden visitors, hungry insects, seemed to satisfy themselves by sampling every Joe Pye leaf.

There are a few surprises in our Memorial Garden awaiting your discovery. We would be happy to add them to our "Garden Time." Some quiet and relaxing observations while resting in our chairs could add to the delight of a happy life or several. I watched a grown male blue jay jump out of the no-where and hop into our birdbath. Pure joy watching him! Just a minute or two but I can still see his happiness!

Bobbie Ellis

HAPPY



BIRTHDAY

Audrey Zollars, Nov. 1

Louise Nyberg, Nov. 11

Janette Rushing, Nov. 11

Jean Murray, Nov. 14

Julia Murray, Nov. 14

Marvin Newton, Nov. 14

Virginia O'Brien, Nov. 14

Niki Ehernberger, Nov. 20

Mary Beveridge, Nov. 23

Katie Gusewelle, Nov. 25

Shirley Wagner, Nov. 25

Joan Zoller, Nov. 25

Willadean Berglund, Nov. 26

Joe Kincaid, Nov. 27

Robert McElwain, Nov. 28

Joe Brennan, Nov. 30

November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daylight Savings Time Ends 1  10 a.m. Holy Eucharist-CH	2 10 a.m. Stretch—AC	Election Day 3  10 a.m. Strength & Balance—AC	National Check Your Blood Pressure Day 4 10 a.m. Stretch-AC 3 p.m. <i>Great Courses: The World's Greatest Paintings</i> —Ch 1851	5 10 a.m. Strength & Balance—AC 2 p.m. Dining Committee—CDR	6 10 a.m. Stretch—Ch 1851 3 p.m. Keyboardist Tim Whitmer—Bishop's Garden (weather permitting)	7
10 a.m. Holy Eucharist-CH 8	9 10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851	10 10 a.m. Strength & Balance—AC 12:30 p.m. Resident Council—W	Veterans Day 11 10 a.m. Stretch-AC 3 p.m. <i>Great Courses: The World's Greatest Paintings</i> —Ch 1851	12 10 a.m. Strength & Balance—AC	World Kindness Day 13 10 a.m. Stretch—Ch 1851	 14
National Clean Out Your Refrigerator Day 15 10 a.m. Holy Eucharist—CH	16 10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851	17 10 a.m. Strength & Balance—AC	18 10 a.m. Stretch-AC 3 p.m. <i>Great Courses: The World's Greatest Paintings</i> —Ch 1851	19 10 a.m. Strength & Balance—AC	20 10 a.m. Stretch—Ch 1851 1 p.m. Friday Movie—Ch 1851	National Gingerbread Cookie Day 21 
22 10 a.m. Holy Eucharist—CH	23 10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851 3 p.m. Good Books with Chaplain Kathy - CH	24 10 a.m. Strength & Balance—AC	25 10 a.m. Stretch-AC 3 p.m. <i>Great Courses: The World's Greatest Paintings</i> —Ch 1851	Happy Thanksgiving! Offices closed 26 	27 10 a.m. Stretch—Ch 1851	28
Advent Begins 29 10 a.m. Holy Eucharist—CH	30 10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851				AC Activity Center (above Bistro) CDR Canterbury Dining Room CH Chapel WR Westport Room Ch 1851 Channel 1851 on your Spectrum TV BG Bishop's Garden	

Livestreaming SUNDAY SERVICES

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

Finish each day and be done with it. You have done what you could. Some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

— Ralph Waldo Emerson



Simple steps toward happiness

Be in nature. Go outside, take a walk in the park, smell the flowers, and look up at the sky. This natural, sensory experience can quickly reduce stress, according to a 2018 study done by Norwich Medical School. This is especially true when the time is tech-free, so leave your cell phone behind. Whether a short walk or a longer retreat outside, the human-nature connection is rich and deeply restorative.

Meditate. Even a few minutes of seated meditation can bring powerful awareness to the mind and calm the body. Mindfulness means being nonjudgmental in the moment. It helps us pay attention to the peace in stillness, and the benefits are bountiful. Meditation can lower anxiety, reduce stress hormones, and lessen depression, according to the National Institutes of Health. With these benefits, the body and mind can feel more positive emotions.

Be grateful. Practicing and expressing gratitude may propel positivity. Rather than focusing on the negative and dwelling on hardships, being grateful can shift us into a more positive outlook on life and the future. Boost gratitude by counting your blessings in a daily gratitude journal. Begin by jotting down three things you are grateful for each day. Also, tell people in your life when you're grateful for them and why. Gratitude connects us.



Weather permitting, we will get to enjoy music from one of our favorite pianists, Tim Whitmer.

Where: Bishop's Garden

When: Friday, Nov. 6

Time: 3 p.m.



Ah, November, a time to think about giving thanks—unless we've mentally fast-forwarded to December. I remember Thanksgiving long ago as the time to start compiling Christmas lists with my siblings—much more interesting than listening to the grownups talk. One year, my brother referred Santa to the entire John Plain toy catalog as his Christmas wish list.

But I digress. Ah, November and the holiday focused on giving thanks. Except that, this particular year, we may be more inclined to express different sentiments. More along the lines of: thanks for what? Hair longer than Rapunzel's? "Cozy" chats six feet apart? Family gatherings via Zoom? Over one million COVID-related deaths worldwide so far, countless lost jobs, a tanking economy, and an ugly presidential race we're all sick of?

(I should mention that the results of the 2020 election are not in as I write this and, based on current speculation, they may not be finalized in our lifetime. Let's hope for a minimum delay, since a final declaration has at least some gratitude potential depending on the ultimate outcome and one's point of view in that regard. All in all, however, post-election day drama is right up there with the many aspects of this year for which it is difficult to dredge up sincere thanks.)

So you know where I'm going with this, right? We spend an inordinate amount of time grumbling when things are relatively good. This year, if nothing else, we can be thankful for so many legitimate reasons to complain!

And we can go one better. We can name whomever and whatever were lights for us in a truly dark time. Family, friends, pets (not necessarily in that order), gardens, books, phones, pictures, random acts of kindness, the breath of life, belly laughs. To paraphrase the Capital One slogan: What's on your list? God knows we have the time to think about that!

On a personal note, as of this writing I am officially in remission, for which I am truly thankful. I am thankful for family and friends and the medical folks who got me through. I am thankful for the support of the Bishop Spencer Place community. This very welcome news certainly does not mean I will never complain again—chemo does not eradicate the grumbles, after all—but for now, at least, my grumbles are in perspective.

This Thanksgiving we will have to find different ways to interact when so many of our dearest who cannot be near. Cards, flowers, phone calls, video visits—they're not the same as being together, but they convey the relevant message. As the iconic Louis Armstrong put it so beautifully (or he would have put it this way had he recorded the song during a pandemic):

*I see friends wearing masks, staying distant, too.
They're really saying, "I love you..."
And I think to myself, "It's a wonderful world."*

It is a wonderful world, even in hard times, and thanks be to God for that and for each other!

—Chaplain Kathy Hall



The
SCENE
RECENT EVENTS
& PHOTOS

