



The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

October 2020



Benefits of Brisk Walking Heart.org

Research has shown that walking at a lively pace can help you:

- Think better, feel better, and sleep better
- Reduce your risk of serious diseases like heart disease, stroke, diabetes, and several types of cancer
- Improve your blood pressure, blood sugar, and blood cholesterol levels
- Increase your energy and stamina
- Improve your mental and emotional well-being and reduce risk of depression
- Improve memory and reduce your risk of dementia
- Boost bone strength and reduce your risk of osteoporosis
- Prevent weight gain

Classical Stretch KCPT-2

American Public Television's longest-running and highly ranked fitness television show—created, produced, and hosted by Miranda Esmonde-White—a *New York Times* bestselling author and educator of healthy aging. Over the last 20 years, "Classical Stretch" has been helping people of all ages and fitness levels rebalance their body, increase mobility and flexibility, while keeping all 650 muscles and 360 joints healthy and pain-free.

A few words from the CEO...



Hello—as I write this, I am reminded this time last year, we were celebrating the opening of both the Canterbury dining remodel and the Madison Living Room renovations. Wow, have things changed. We continue to work through the continuous changes and guidance from our regulatory bodies like the CDC and CMS which keeps us hoping for the return to life as we knew it.

Working with our residents and their families to work in this new normal also keeps us busy as we figure out ways to still honor life's milestones and special events.

What we can count on in uncertain times: the seasons have changed, the leaves have started to fall, and (gladly) football has resumed. We'll all watch and cheer on the Chiefs even if we can't be in the stadium. In the meantime, we are able to tuck away in our minds what's happening in the world all around us, and hopefully just enjoy the game whether we win or lose.

Yours in health,
Dee

HAPPY



BIRTHDAY

- John Carter**, Oct. 1
- Sandra Bergfelder**, Oct. 6
- Fred Truog**, Oct. 9
- Irma Dona**, Oct. 12
- John Wornall**, Oct. 13
- Paula Lane**, Oct. 15
- George Dooley**, Oct. 17
- Billie Harrington**, Oct. 17

- Irene Marcus**, Oct. 18
- Maxine Thomas**, Oct. 19
- James Crockett**, Oct. 20
- Bernadette Miller**, Oct. 20
- Clif Elliott**, Oct. 26
- John Adair**, Oct. 31



Clergy Appreciation Day Sunday, Oct. 11

October is national Clergy Appreciation Month, a time set aside to recognize the contributions and service of pastors, priests, reverends, ministers, and all other clergy members. Within Clergy Appreciation Month is Pastor Appreciation Day. Pastor Appreciation Day (also referred to more generally as Clergy Appreciation Day) falls on the second Sunday in October and is a day when the faithful come together nationally to pay tribute to our pastors and their staff.



Resident Council Nominations

Elections for Jefferson residents to serve on Resident Council for the next term will be held in November. The Resident Council Nominating Committee will meet this month to finalize nominations for Jefferson council members. The Nominating Committee is Mary Moore, Barbara Weary, Jean Murray, Janette Rushing, and Bernadette Miller. Much more information will follow in apartment to apartment distribution.



So much has happened in our Memory Garden this year! We hope that residents have been visiting this past summer. Notice that there are now comfortable chairs to add to your pleasure abutting the central pathway.

Just a few minutes in the garden has shown special delights to us such as visits by springtime birds gathering nesting materials from the grounds. Did you ever see a male robin, feet bracing on the ground, using his beak to pull up a dead piece of grass for his nest? He won, too. Not too much later, it seems, the fledglings dip into the birdbath for, maybe, their first time. A parent watches and then, one by one, the fledglings fly off to a nearby tree when guided by the parent. Another time a pair of nesting mourning doves were unusually squawking at a male dove who kept charging the pair. Maybe they had a nest which the interloper desired. He finally gave up and peace was claimed by the cooing nest owners.

Stand a few feet back from the back from the baptismal font and admire the Plumbago plant there. Below the font are some butterfly bushes happily presenting their nectar to feed butterflies. The zebra-striped swallowtail butterfly seems to especially enjoy these bushes. It has been seen on our bushes. Butterflies will outlast all of us. The female swallowtail lays about 200 to 430 eggs at a rate of 30 to 50 on a daily basis. How many days is that? I don't do math...

Nature gives us a world to enjoy. We're fortunate to have a part of that world. Our Memory Garden is awaiting your visit. Stay there for a while, treasure your experience, and tell us what you have seen or heard.

Bobbie Ellis

October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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</p>						
				<p>Homemade Cookie Day 1</p> <p>10 a.m. Strength & Balance—AC 2 p.m. Dining Committee—CDR</p> 	<p>2</p> <p>10 a.m. Stretch—Ch 1851 3 p.m. Jazz Trio: Sam Wisman, Mark Lowrey and Seth Lee—BG <i>(weather permitting)</i></p>	<p>3</p>
<p>National Cinnamon Roll Day 4</p> <p>10 a.m. Holy Eucharist—CH</p>	<p>5</p> <p>10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851</p>	<p>6</p> <p>10 a.m. Strength & Balance—AC</p>	<p>7</p> <p>10 a.m. Stretch—AC 3 p.m. <i>Great Courses: The World's Greatest Paintings</i>—Ch 1851</p>	<p>8</p> <p>10 a.m. Strength & Balance—AC</p>	<p>9</p> <p>10 a.m. Stretch—Ch 1851</p>	<p>10</p> <p>National Cake Decorating Day</p> 
<p>Clergy Appreciation Day</p>  <p>10 a.m. Holy Eucharist—CH</p>	<p>COLUMBUS DAY 12</p> <p>10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851</p>	<p>13</p> <p>10 a.m. Strength & Balance—AC 12:30 p.m. Resident Council—WR</p>	<p>14</p> <p>10 a.m. Stretch—AC 3 p.m. <i>Great Courses: The World's Greatest Paintings</i>—Ch 1851</p>	<p>15</p> <p>10 a.m. Strength & Balance—AC</p>	<p>Boss's Day 16</p> <p>10 a.m. Stretch—Ch 1851 1 p.m. Friday Movie—Ch 1851</p>	<p>17</p>
<p>18</p> <p>10 a.m. Holy Eucharist—CH</p>	<p>19</p> <p>10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851</p>	<p>20</p> <p>10 a.m. Strength & Balance—AC 3 p.m. Keyboardist Michael Pagan—BG <i>(weather permitting)</i></p>	<p>National Nacho Day 21</p> <p>10 a.m. Stretch—AC 3 p.m. <i>Great Courses: The World's Greatest Paintings</i>—Ch 1851</p>	<p>22</p> <p>10 a.m. Strength & Balance—AC</p>	<p>23</p> <p>10 a.m. Stretch—Ch 1851</p>	<p>24</p> <p>Make a Difference Day Neighbors helping neighbors!</p> 
<p>World Pasta Day 25</p>  <p>10 a.m. Holy Eucharist—CH</p>	<p>26</p> <p>10 a.m. Stretch—AC 1 p.m. Garden Comm.—WR 2 p.m. Monday Movie—Ch 1851</p>	<p>27</p> <p>10 a.m. Strength & Balance—AC</p>	<p>28</p> <p>10 a.m. Stretch—AC 3 p.m. <i>Great Courses: The World's Greatest Paintings</i>—Ch 1851</p>	<p>29</p> <p>10 a.m. Strength & Balance—AC</p>	<p>30</p> <p>10 a.m. Stretch—Ch 1851 2:30 p.m. Halloween Party</p>	<p>HALLOWEEN 31</p> 



Annual Halloween Party

Friday, Oct. 30 | 2:30 - 4 p.m.

The BSP annual Halloween Bash will look different this year, we're afraid! But no one does it better than us! So, let's take on this challenge and we'll have a BSP Socially-Distant-Halloween-Parade! Pull out your costume, no matter how silly! Decorate your doors! Then depending on the weather, we can walk through the halls and the gardens and even the parking lots to show off our stuff! PB&J will provide some portable treats for you to take back to your apartment.

Which Level of Pain Are You?

In case you need help in describing your pain levels to your doctor at any time, here is a handy chart that many art enthusiasts will appreciate!

1	2	3	4	5
				
Vermeer <i>I feel a little twinge now and then.</i>	Da Vinci <i>I can grin and bear it.</i>	Whistler <i>I just want to sit here.</i>	Rembrandt <i>I've been better.</i>	Dürer <i>Yes, I'm in pain. I wouldn't be here otherwise.</i>
6	7	8	9	10
				
Van Gogh <i>Can't talk...</i>	Picasso <i>Something is very, very wrong with me.</i>	Courbet <i>Morphine!</i>	Munch <i>AGH!</i>	Dali <i>Not even human any more.</i>

Credit: Patrice Pounders Smith

Every Day Art Appreciation

Every day, the potential for creating and appreciating art is all around us.

Since early 2020, we've all been challenged to see the beauty in our lives because daily life has changed considerably. It's been a year of uncertainty, to say the least.

But in the resilient spirit of creativity, new opportunities have come to light, such as beautiful Zoom musical performances by artists like Yo-Yo Ma, virtual art classes at places such as The Museum of Modern Art in San Francisco (SFMOMA), the eclectic variety of theatrical experiences from Lincoln Center in New York City and many more.

We believe in the power of art to bring joy, creativity, purpose, friendship and a sense of accomplishment to life. Art can raise our spirits!

Some ideas this month

The Art Assignment

bit.ly/BSPYouTheArtist

By PBS Digital Studios, a wealth of creative videos spotlighting many fascinating art topics such as "Art You Can't Get To" and "Eat Like Andy Warhol," along with opportunities to take on your own projects.

Craft Contemporary

bit.ly/CraftAtBSP

Located in Los Angeles, Craft Contemporary is offering virtual

craft tutorials where participants can assemble items on their own (leaves, sticks, fabric and more) and follow step-by-step instructions from museum staff on how to turn these basic ingredients into art.

Meditation and mindfulness

bit.ly/BSPsmithsonian

Unwind with these free sessions, offered by the Rubin Museum of Art and the Smithsonian's National Museum of Asian Art.

The Nelson-Atkins Museum of Art

bit.ly/NelsonVirtual

Check out the "Nelson-Atkins @ Home" series (how to shade, perspective, painting, mixing colors, etc), the "Walking Walls" series, and so much more.



October is one of my favorite months. For one thing, the crisp fall temperatures. Then there are the glorious colors of fall. Most of all, when I was a kid, there was the excitement of Halloween and all the fun associated with it—carving pumpkins, picking out costumes, trick-or-treating, and swapping afterwards to get rid of the treats we didn't like in favor of something more tempting.

My mother made most of our costumes but as I recall the critical part of the costume usually came from the dime store: the mask. Without the mask we were kids in costumes. With the mask, we were ghosts or witches or pirates or clowns, completely anonymous (or so we thought) to others. That anonymity came at a price, however. Breathing through a plastic mask generates a fair amount of condensation, and Halloween weather, which was usually brisk, made for a cold, clammy behind-the-mask experience.

These days, masks are not just for kids enjoying a special occasion. We all wear them when we venture out of our private space, and at this point we're all sick of them. They're uncomfortable, they can make it difficult to breathe, and they're a nightmare for those who wear glasses.

They also help to protect us from exposure to Covid, and from exposing others to Covid. That's the treat aspect of masks this Halloween season. The trick is learning to live with them graciously—they may be a pain in the pumpkin but they're a very real blessing as well. One day, we will put our masks away, and how lovely it will be to see each other's beautiful smiles! In the meantime, an old Halloween song adapted for our times:

*We wear the mask, we wear the Covid mask
The Covid mask, it's a pandemic smash
We wear the mask, it caught on in a flash...*

—Chaplain Kathy Hall

In Loving Memory



Janet "Jerry" Wheeler

Betty Burger

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/2yfsgpE

Village Presbyterian Church

9:30 a.m.
villagepres.org/online

Thoughtful Quote

*Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as you ever can.*

—John Wesley



The SCENE

RECENT EVENTS & PHOTOS

