



# COVID-19: October 23, 2020 BSP Community Information

## ***Current York/Coventry Testing/Visiting Status: Outbreak Testing***

(Reminder that outbreak is defined as a staff and/or resident testing positive for COVID-19. When we are in outbreak testing, visitors are restricted to End-of-Life and compassionate care visits only.)

## ***Resident Surveys – Mailed October 14<sup>th</sup>***

You should have now received your confidential resident survey. We encourage you to have your voice heard and share with us your experience at Bishop Spencer Place. We'll keep the reminders coming along the way because *what matters to you matters to us*. Please return by Nov. 6<sup>th</sup>.

## ***Thank You Luncheon***

On Tuesday, the wonderful BSP residents hosted an Italian luncheon for staff to show their appreciation of how well they feel they've been cared for during this trying time. It was deliciously enjoyed, and staff want to take a moment to say "thank you," for the "thank you" luncheon! Residents were able to host this luncheon with the funds from the BSP Resident Employee Engagement Fund. This fund allows employees of BSP to benefit in numerous ways including employee functions (holiday celebrations, summer barbeques, etc.), community/staff amenities (examples could include equipment or upgrades above and beyond the normal operating budget), and employee recognition events. You may donate to this fund at any time through the Saint Luke's Foundation at <https://www.saintlukesgiving.org/BSPEmployeeFund>.

## ***Thank You Facilities***

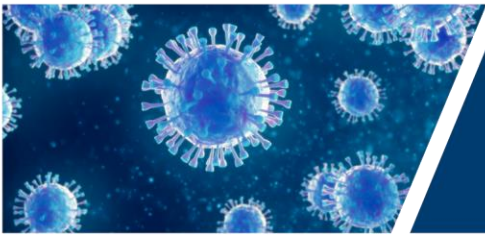
American Hospital Facilities and Engineering Appreciation Week is the week of October 25<sup>th</sup>. We are thankful for our facilities and maintenance team every day, as we certainly couldn't function without them! Next week they will be honored with their favorite lunch – BBQ!

## ***Congratulations***

Our very own Cindy Richter, York Activity Coordinator, was recognized by the System for the Hope Award. The Hope Award recognizes employees who exemplify spirituality, integrity, and compassion while carrying out the healing ministry of Saint Luke Health System. You may see the presentation at <https://www.youtube.com/watch?v=vBTdoUwq7Rc&feature=youtu.be>.

## ***... of the Month - New! "Pet of the Month" and "Home of the Month"***

Red Rover Red Rover send your pet photos on over! Who will the November Pet of the Month be? Find out on our Facebook page. Send a photo, a description of your furry friend and why they're special to you, and we'll highlight your pet on our website and Facebook pages. In October we featured the virtual tour of Mary Jo's beautiful home and Helen's dear Cuddles. What makes your home unique and what do you love most about the way it's decorated and/or designed? We have three so far... to be included, send these photos and a description to our marketing director, Erin at [emannig@SaintLukesKC.org](mailto:emannig@SaintLukesKC.org)



## **Be Well**

### *Mental Health – Pick Up A New Hobby*

We all know staying active is important. Everyone has a personal wish list of dreams and activities they put off for “one day.” Now is the perfect time to dust off that bucket list and pursue a new hobby. Maybe it’s French cooking, sewing, painting or even ping-pong in the Westport Room! Hobbies like shadow boxes help increase the neuroplasticity of the brain in which nerve cells connect or reconnect, changing the brain’s structure and function when stimulated through the repetition of seeing them.

### *Physical Health – Keep Moving*

With the weather starting to turn cool, it may not be as easy to get outside for those daily walks. As a reminder, there are several opportunities within BSP to keep you moving. Mondays and Wednesdays 10 a.m. with Helen –Stretch. Tuesdays and Thursday 10 a.m. with Rob – Strength and Balance. For a simple stretch class recorded by our Saint Luke’s East Physical Therapist friends, join us in the privacy of your apartment on Fridays at 10 a.m. on Channel 1851.

## **What’s Ahead? This week at Bishop Spencer Place**

### *Halloween Movie Week*

Monday at 2:00 pm – Alfred Hitchcock’s *Rear Window*

Double Feature Tuesday at 1:00 pm – *The Ghost and Mr. Chicken* followed by *The Ghost and Mrs. Muir*

Wednesday at 1:00 pm – *Hocus Pocus*

Thursday at 1:00 pm – Agatha Christie’s *The Mirror Crack’d*

Friday at 1:00 pm – *Young Frankenstein*

### *Lifelong Learners – Wednesday 3 p.m. Channel 1851*

To review: last week we dove into the Ideal and Real of Giorgione, Titian, and Holbein through our *Great Courses* series. This week we will continue with lessons 8 and 9 as Professor Kloss brings us the art of Bruegel, El Greco, Caravaggio, Ter Brugghen, Rubens, and Steen.

### *Halloween Celebration – Friday, October 30*

Recently we distributed mini pumpkins, and we are loving all the creative ways residents are decorating them! If you haven’t given your pumpkin a new look, there’s still time! Staff are also decorating pumpkins, which will be on display starting Thursday morning in the Canterbury. Come by and place your vote on your favorite staff pumpkin before noon on Friday! On Friday afternoon starting at 2:30, all residents will receive a special door-to-door Halloween treat delivery. We’ll be dressed in our Halloween best, and hope you will be, too!