



The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

January 2021

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

Chair pilates

bit.ly/BSPchairPilates

Four routines to build strength and flexibility from Daily Caring.

Walk your way to health

heart.org

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

- Think 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 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

A few words from the CEO



Wow, I just wrote 2021 for the first time and it felt a little odd, but also a little exciting. That means 2020 is coming to an end and I for one, am ready to put this year behind us. 2021 for me holds so much promise. The promise of a widely distributed vaccine for everyone, our most vulnerable populations first, then everyone else.

While I know we won't be able to go without our PPE, social distancing, and sanitizing practices right away, hopefully by the end of the year, we'll be able to gather once again and enjoy each other's company in a manner that feels more familiar.

I'm anxious for the projects we placed on hold this year to move forward. These include our York remodel and some much-needed updates in Jefferson and Madison. We will launch technology solutions to make it easier for residents to see what's happening in the community, what's on the menu, place a maintenance order, and so much more—right from the comfort of your apartment. The community-wide Wi-Fi improvement project is well on its way to completion as I write this.

We've been through so much together—let us all look forward to a new year, a chance for renewal, and a fresh perspective.

Happy New Year!

In Loving Memory

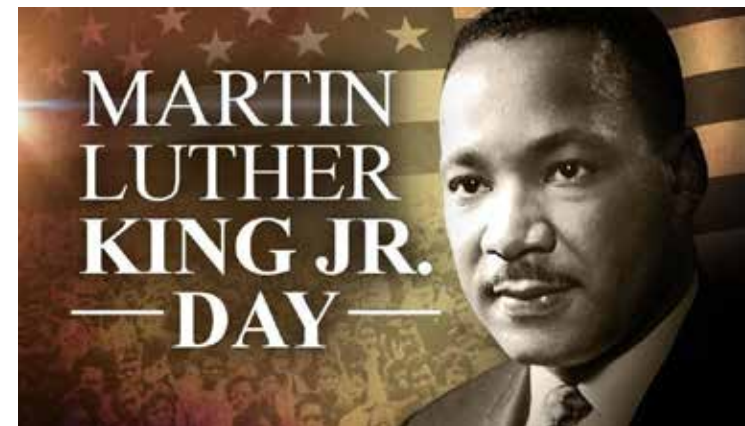


Ann Andresen

Ruth Moss

Emily Dawson

Gloria Stull



Martin Luther King, Jr. Day

Monday, Jan. 18

This day honors the achievements of Martin Luther King, Jr., a Baptist minister who advocated for the use of nonviolent means to end racial segregation. He first came to national prominence during a bus boycott by African Americans in Montgomery, Alabama, in 1955. He founded the Southern Christian Leadership Conference in 1957 and led the 1963 March on Washington. The most influential of African American civil rights leaders during the 1960s, he was instrumental in the passage of the Civil Rights Act of 1964, which outlawed discrimination in public accommodations, facilities, and employment, and the Voting Rights Act of 1965. King was awarded the Nobel Prize for Peace in 1964. He was assassinated on April 4, 1968.

Almost immediately after King's death, there were calls for a national holiday in his honor. Beginning in 1970, a number of states and cities made his birthday, January 15, a holiday. Although legislation for a federal holiday was introduced in Congress as early as 1968, there was sufficient opposition, on racial and political grounds, to block its passage. In 1983, legislation making the third Monday in January a federal holiday finally was passed, and the first observance nationwide was in 1986. The day is usually celebrated with marches and parades and with speeches by civil rights and political leaders.

One way to get involved is to go to the AmericaCorps website: nationalservice.gov/serve-your-community/mlk-day-service.

This day is better known as "a day on, not a day off," and we are encouraged to volunteer in Dr. King's memory.



Our resident Garden Time author is taking a break from our beloved article for January. While we anxiously await its return in our February edition, we've collected a number of arboretums across the world with virtual visits. Take a trip to these beautiful gardens from the comfort of your own home.

Author Alice Hutton compiled a list of virtual tours to 9 beautiful botanical gardens including The Gardens of Versailles in Paris, Monet's Secret Garden in Giverny, The Gardens of Trauttmansdorff Castle in Italy, Kew Gardens in London, Hawaii Tropical Garden, and gardens in Brazil.

thespaces.com/take-a-virtual-tour-of-beautiful-botanical-gardens

United States Botanic Garden is a museum with a living collection of displays and plants always changing.

usbg.gov/take-virtual-tour

Tour the 66-acre Dallas Arboretum, raved by the inimitable Martha Stewart as one of the most beautiful and colorful and extraordinary botanical gardens of those she's seen all over the world.

dallasarboretum.org/visitor-information/virtual-visit/

UC Davis in California designed this virtual tour for kids, but students of all ages have been enjoying their tours and lessons.

storymaps.arcgis.com

Virtual Arboretum of Los Angeles has not only digital tours but also some indoor garden activities to enjoy.

arboretum.org/digital-arboretum/arboretum-virtually

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

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					 Offices closed	
3 10 a.m. Holy Eucharist—CH	National Trivia Day  4 10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851	5 10 a.m. Strength & Balance—AC 2 p.m. <i>All Creatures Great & Small</i> (two episodes)—CH 1851	6 10 a.m. Stretch—AC 3 p.m. <i>Great Courses: From Monet to Van Gogh</i> —Ch 1851	7 10 a.m. Strength & Balance—AC 2 p.m. Dining Comm—CDR	8 10 a.m. Stretch—Ch 1851 2 - 4 p.m.. Door-to-door Mocktails and Cocktails delivery	9
10 10 a.m. Holy Eucharist—CH	11 10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851	12 10 a.m. Strength & Balance—AC 2 p.m. <i>All Creatures Great & Small</i> (two episodes)—CH 1851	13 10 a.m. Stretch—AC 3 p.m. <i>Great Courses: From Monet to Van Gogh</i> —Ch 1851	Organize Your Home Day 14 10 a.m. Strength & Balance—AC	National Hat Day  15 10 a.m. Stretch—Ch 1851 2 - 4 p.m.. Door-to-door Mocktails and Cocktails delivery	16
17 10 a.m. Holy Eucharist—CH	MARTIN LUTHER KING DAY 18 10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851	19 10 a.m. Strength & Balance—AC 2 p.m. <i>All Creatures Great & Small</i> (two episodes)—CH 1851	20 10 a.m. Stretch—AC 3 p.m. <i>Great Courses: From Monet to Van Gogh</i> —Ch 1851	21 10 a.m. Strength & Balance—AC	22 10 a.m. Stretch—Ch 1851 2 - 4 p.m.. Door-to-door Mocktails and Cocktails delivery	National Pie Day  23
Compliment Day 24 10 a.m. Holy Eucharist—CH	25 10 a.m. Stretch—AC 2 p.m. Monday Movie—Ch 1851 3 p.m. Good Books with Chaplain Kathy—CH	26 10 a.m. Strength & Balance—AC 2 p.m. <i>All Creatures Great & Small</i> (two episodes)—CH 1851	Chocolate Cake Day 27 10 a.m. Stretch—AC 3 p.m. <i>Great Courses: From Monet to Van Gogh</i> —Ch 1851	28 10 a.m. Strength & Balance—AC	29 10 a.m. Stretch—Ch 1851 2 - 4 p.m.. Door-to-door Mocktails and Cocktails delivery	30
31 10 a.m. Holy Eucharist—CH						

Group activities subject to community status



National Trivia Day

Monday, Jan. 4

Robert L. Birch, Grand Pun Scorpion of the Puns Corps, is referred to as the creator of National Trivia Day. Birch established this day to raise awareness about the importance of trivia in the progress of human curiosity, science, and fun. The word trivia is the plural form of the word trivium. Trivia comes from a Latin term for the intersection of three paths.

During the Middle Ages, trivia referred to the lower Artes Liberales called rhetoric, grammar, and logic. In the late 19th century, trivia came to apply more to the information of the kind that is used almost exclusively for answering quiz questions. A perfect "trivia question" is one that initially stumps the listener; however, the answer sounds familiar once revealed.

During the 1960s, nostalgic college students started to informally exchange questions and answers about the youth's popular culture. Columbia University students Ed Goodgold and Dan Carlinsky made the earliest known inter-collegiate quiz bowls that tested culturally significant, yet virtually useless information, which they called trivia contests. Trivial Pursuit followed: the world-famous trivia game that peaked in 1984 selling over 20 million games.

TRIVIA QUESTION

What is the day Kansas City broke ground on Bishop Spencer Place?

There's a bistro treat for the winner who gets closest to that date! Email or call Helen with your answer.



All Creatures Great and Small

Tuesdays, 2 p.m. | Ch 1851

Starting Tuesday, Jan. 5, you can enjoy the classic PBS series (season 1) of "All Creatures Great and Small." We will show two episodes starting at 2 p.m.

Fresh out of Glasgow Veterinary College, James Herriot (Nicholas Ralph) follows his dream to become a vet in the magnificent Yorkshire Dales. He soon discovers that treating the animals is as much about treating their owners, and the Dales farmers are a tough crowd to please.

The acclaimed series is based on the beloved books of James Alfred Wight, published under the pen name James Herriot, which have held a special place in people's hearts throughout the world since their first publication in the 1970s. The books introduced readers to the eclectic cast of farmers and townsfolk who lived and worked in the Dales in the 1930s.

Thank you, Dr. and Mrs. Zoller, for lending us your DVD series!



National Hat Day

Friday, Jan. 15

National Hat Day celebrates one of the oldest human accessories. Hats have been worn all throughout history for a variety of purposes:

- Indicate social status or branch of military service
- Indicate the wearer has a position of authority
- Religious purposes or to denote nationality
- Ceremonial or fashion purposes
- Protect the wearer from sun, rain, or other hazards

It's such an important article of clothing that millions of people all over the world will celebrate this day by dusting off their favorite hat and wearing it proudly.

Break out your hats (fancy, tattered, we don't care!) since we'll be coming by with drinks and taking silly photos. Carts will start around 2 p.m.

Some trivia about hats:

- The Fedora was originally a woman's hat
- Hatters traditionally made male hats, milliners traditionally made female hats
- The Trilby was named after the fictional heroine Trilby O'Ferrall from "Trilby" by George du Maurier
- Vikings never wore helmets with horns on them
- No U.S. President has worn a top hat at his Inauguration since Nixon
- White tall chef hats traditionally have 100 pleats to represent hundreds of ways an egg can be prepared
- The phrase "mad as a hatter" originated from the fact that many hatters suffered mercury poisoning because the process of making felt required using mercury to stabilize the wool



The Great Courses series: From Monet to van Gogh

Wednesdays, 3 p.m. | Ch 1851

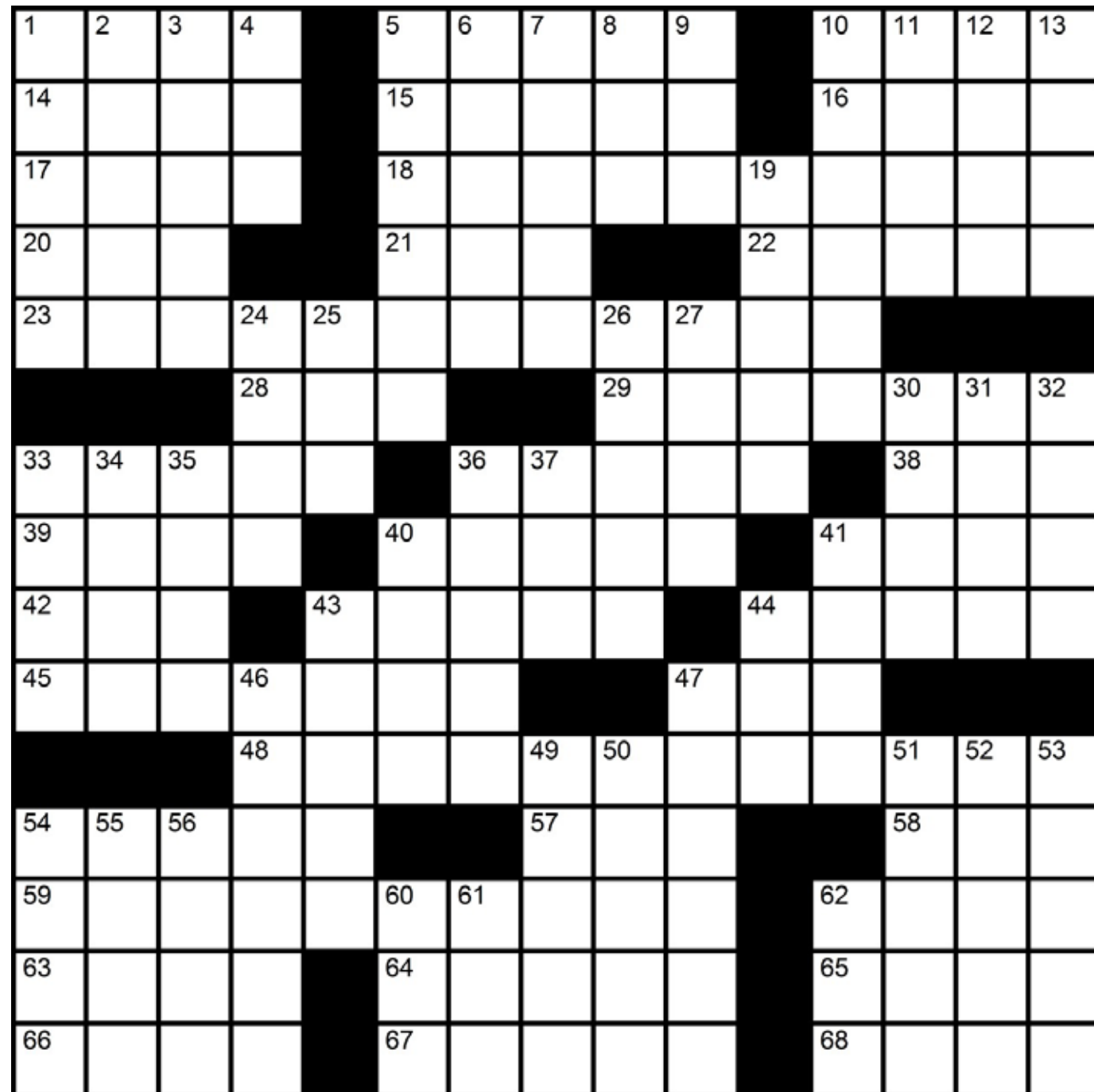
These artists documented life in the latter half of the 19th century and provided models of behavior, decorum, and urban beauty that persist to this day. This series of lectures will include Monet, Renoir, Cassatt, Cézanne, Toulouse-Lautrec, and van Gogh. Separate analysis is given to the important Impressionist exhibitions and their contemporary critics like the writer Baudelaire. Among key topics covered are the public and private worlds of Parisian modernity, life in the countryside, the new leisure class, and the influential legacy of Impressionism.

Dr. Brettell, Professor of Aesthetic Studies at The University of Texas at Dallas, is a teacher and curator of international renown and is widely published on 19th- and 20th-century art. His lectures are designed as a way for you to view and discuss the Impressionist revolution with a deft mix of history, biography, and art.

The Arts in Kansas City

by David Steinberg

KC Studio Magazine and David Steinberg (davidsteinbergcrosswords.com) granted us permission to reprint this wonderful arts in Kansas City crossword puzzle! Answers are available at kcstudio.org/crossword. Thank you, Guy Townsend!



ACROSS

- 1 One might leave a collection to an art museum
- 5 Got together
- 10 Cutting _____
- 14 Comics dog with a large tongue
- 15 Stockpile
- 16 Picture that's analyzed
- 17 Hogarth's made progress
- 18 Upcoming, immersive space for kids, with "The"
- 20 Pronoun for Marilyn Strauss
- 21 Acrylic alternative
- 22 Know the _____
- 23 Namesake of a ballet center
- 28 Longtime
- 29 How minimalism may seem
- 33 "Sorry to say..."
- 36 Sits in a terminal, say
- 38 Bit of paint
- 39 Sch. that churns out creators
- 40 Metzler's theater
- 41 Home of "20 Odd," for short
- 42 Holiday _____
- 43 Weigh station vehicles
- 44 Like a dirt road, often
- 45 Section of a piece for KCS
- 47 Cartoonist Toro
- 48 Silver medalist in 2017's Van Cliburn International
- 54 To recap
- 57 Promise within "impecunious"
- 58 Slender fish
- 59 Magazine once called *The University of Kansas Review*
- 62 Lyric Opera solo
- 63 Stocking disappointment
- 64 Apt job for someone named Parker?
- 65 Irish dances
- 66 They dig tunnels underground
- 67 Full of bubbles
- 68 Heartland _____ Chorus

DOWN

- 1 In the _____ way
- 2 Where the Boise Art Museum is
- 3 Had a crush on
- 4 Willmott's collaborator on "BlacKkKlansman"
- 5 Brownish red
- 6 You might compose one at work
- 7 Still life furniture
- 8 ____-C port
- 9 Letter before omega
- 10 Strongly urge
- 11 Risk damaging, as a piece of art
- 12 Eight on the Beaufort scale
- 13 Assesses visually
- 19 Long lock
- 24 Kugel seller
- 25 Gainsborough's wore blue
- 26 They're often painted in the morning
- 27 Hitting the right notes, for a musician
- 30 Red-coated cheese
- 31 Accessible building feature
- 32 Collector's paradise
- 33 What copy editors shouldn't do
- 34 Oatmeal face mask target
- 35 Nerman collection's Schutz
- 36 Artists championed by Guerrilla Girls
- 37 Boxer in a Nelson photo show
- 40 Plant with fronds
- 41 Unfeeling
- 43 "So I messed up!"
- 44 Comedian's dreaded sound
- 46 Memento mori objects
- 47 Dependable
- 49 Triangular sign
- 50 Unexciting guest speakers
- 51 Like "Us"
- 52 Elizabethan period?
- 53 Chihuly specialty
- 54 Machu Picchu builder
- 55 Gas in KCI's Double Monopole
- 56 Hit hard
- 60 Nam June Palk electronics
- 61 Letter before upsilon
- 62 Site of a Charlie Parker exhibit, briefly

The New Year

*At the sound of the tolling midnight bell
a brand new year will begin.*

*Let's raise our hopes in a confidant toast,
to the promise it ushers in.*

*May your battles be few, your pleasure many,
your wishes and dreams fulfilled.*

*May your confidence stand in the face of loss
and give you the strength to rebuild.*

*May peace of heart fill all your days
may serenity grace your soul.*

*May tranquil moments bless your life
and keep your spirit whole.*

-Anonymous



Mocktails and cocktails

Fridays | 2 - 4 p.m.

PB&J is sponsoring a "Mocktails and Cocktails" Happy Hour every Friday this month, starting Jan. 8. We will come door to door for some end-of-the-week fun and foolishness. The drink parade will start in Madison and end on Jefferson's first floor.



Resident council

We want to send a heartfelt thank you to our 2019-2020 Resident Council members for their time and dedication to BSP. And now we are pleased to announce our newly elected Jefferson Resident Council Members for 2021-2022:

- Carol Hudson
- Tanya Palmer
- Jenifer Lucas
- Doug Rushing



HAPPY BIRTHDAY

Phoebe Bunting, Jan. 10

Bob Solenberg, Jan. 13

Marie Fellers, Jan. 30

Dave Zoller, Jan. 30



I have no regrets about saying goodbye to 2020. From cancer to COVID to contentious politics, it has been one unpleasant heck of a year. As I write this, Pfizer has just shipped out the first batches of the Coronavirus vaccine to all 50 states. We don't know how long the roll-out will take, but now there is real hope for a COVID-free future.

My hope for this new year is that, whenever we get the green light to open, we will be more cognizant of the blessings that abound like being able to visit one another. No matter when the new normal materializes, and whatever it looks like, there will be much about every "ordinary" day for which to be profoundly grateful.

I also hope we learn from the divisiveness of 2020, or rather, we re-learn what we were taught in kindergarten. Remember? Hold hands and walk together. Treat others the way you want to be treated. Be kind in what you do and say. Listen when others are speaking. Help each other. Putting into practice the lessons of childhood advances the common good in ways hateful speech, violence, and political maneuvering can never accomplish.

In biblical terms, love your neighbor as you love yourself.

I pray 2021 will be a time of recognizing what we have to be thankful for in the moment, and a time of healing from the wounds we bear in the wake of a very difficult 2020. Special blessings upon those who have suffered from, and/or lost a loved one to COVID-19. May we remember them with love and give thanks for the gifts they were, and will always be, for us.

The author of Ecclesiastes says that there is a time to mourn and a time to dance. This interval of transition, moving us from 2020 to 2021, is perhaps a time for both.

New Year: another chance for us to get it right (Anonymous)

—Chaplain Kathy Hall

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

*Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!
For auld lang syne, my dear
For auld lang syne.
We'll take a cup o' kindness yet,
For auld lang syne.*

— Robert Burns



Thanks to those of you that participated and generously donated usage of your beautiful artwork in the Spencer Art Gallery. We could not have chosen a better display to enjoy as we've gone through this pandemic. We promise you'll get your art back, hopefully soon!



The
SCENE
RECENT EVENTS & PHOTOS

