

The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

April 2021

CELEBRATING
25
Years

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

AARP Virtual Community Center bit.ly/2Nqs1ng

AARP offers a wide variety of free interactive online events and classes designed for learning, self-improvement, and fun.

Upcoming virtual events

Getting Started with Your Family History

Wednesday, March 31
12 p.m. Eastern | 11 a.m. Central

Menopause and Women's Health: The Bigger Picture

Wednesday, March 31
7 p.m. Eastern | 6 p.m. Central

Ten Technology Treasures for Individuals with Vision Concerns

Thursday, April 1
12 p.m. Eastern | 11 a.m. Central

Virtual Hatha Yoga

Thursday, April 1
6 p.m. Eastern | 5 p.m. Central

Virtual Chair-Based Yoga

Monday, April 5
9 a.m. Eastern | 8 a.m. Central

Just Walk—A Walk with A Doc

Wednesday, April 7
10 a.m. Eastern | 9 a.m. Central

Virtual Line Dancing

Wednesday, April 7
11:45 a.m. Eastern
10:45 a.m. Central

*More events will be posted on their
site as the weeks progress.*

A few words from the CEO



Spring is springing! And change is upon us. Not just in nature but in our day to day lives as well.

As the impact of the COVID-19 vaccinations takes hold, we feel our lives beginning to have a little bit of normalcy returning. All around our community, visits with loved ones and friends are looking different. Normal activities like card games are resuming, and hugs are welcome once again. It's too early to take our eye off the ball entirely, but we're all so happy to begin to see that the light at the end of this tunnel keeps getting brighter as the weeks go on.

We appreciate your support and understanding as we navigate through these uncharted waters together, safely and with an abundance of precautions. Please continue to follow our guidance and we'll get through this together.

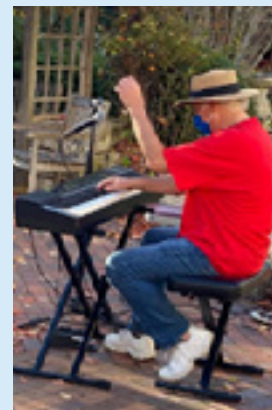
Yours in health,

In Loving Memory



Margie Orr

Concerts



Tim Whitmer Wednesday, April 14 4 p.m. | Bishop's Garden

Tim Whitmer will be here to entertain us, but also to honor resident Bert Bates on his birthday! Come to the Garden to celebrate. If the weather doesn't cooperate, we will try again on April 17th.



Betse and Clarke Friday, April 30 3 p.m. | Bishop's Garden

Betse and Clarke return to BSP—weather permitting! Betse Ellis, daughter of BSP resident Bobbie Ellis, plays the fiddle and sings. Clarke Wyatt plays banjo and guitar.



HAPPY BIRTHDAY

Clark Achelpohl, April 1

Vicki Johnson, April 10

Bert Bates, April 14

Maya Coopersmith, April 19

Jerry McKeehan, April 19

Henry Tharp, April 23

Lisa Tostevin, April 27

Garden TIME

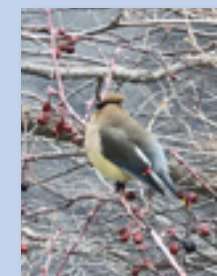
Happy days are here again! But were we not really lucky with little more than a picturesque snow this past year? Let's hope just the right showers will arrive this month to prove that our garden will have wonderful May flowers.



Hope you have begun to enjoy our Memorial Garden again, admiring the different beauties of Mother Nature

now arising as promised. They each whisper forth with silent cries of "Look at me, too!" Please remember to save these early bloomers and budding glories for others to admire in the garden. Our showplace will last longer that way. Many thanks "from me, too."

—Bobbie Ellis





Recently, Robbie and Phill Levi made us aware of a party of cedar waxwings in our cypress tree!

CH Chapel

BG Bishop's Garden

April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Maundy Thursday Royals Opening Day April Fools' Day 1 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Comm—CDR 3 p.m. Maundy Services—CH	Good Friday 2 10 a.m. Friday Morning Fitness—Ch 1851 3 p.m. Good Friday Services—CH	3 11 a.m. Rosary—CH
Easter 4 10 a.m. Holy Eucharist—CH 11 a.m. Easter Brunch for Residents	5 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851	6 10:30 a.m. Strength & Balance—AC 12:30 p.m. Resident Council—TBD 1 p.m. All Creatures Great & Small—Ch 1851	World Health Day 7 10 a.m. Stretch & Strengthen—AC 3 p.m. Great Courses: Masterworks of American Art—Ch 1851	8 10:30 a.m. Strength & Balance—AC 2 p.m. Life Enrichment Comm—TBD	9 10 a.m. Friday Morning Fitness—Ch 1851 2 p.m. Rick Steves: Scottish Highlands & Scottish Islands—Ch 1851	10 11 a.m. Rosary—CH
11 10 a.m. Holy Eucharist—CH	12 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851	13 10:30 a.m. Strength & Balance—AC 1 p.m. All Creatures Great & Small—Ch 1851	No Mass today 14 10 a.m. Stretch & Strengthen—AC 3 p.m. Great Courses: Masterworks of American Art—Ch 1851 4 p.m. Tim Whitmer Concert for Bert Bates's Birthday! (Rain date 4.17)—BG	15 10:30 a.m. Strength & Balance—AC	National Wear Your Pajamas to Work Day & Resident-Sponsored Lunch for Employees! 16 10 a.m. Friday Morning Fitness—Ch 1851	17 11 a.m. Rosary—CH
18 10 a.m. Holy Eucharist—CH	19 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851	20 10:30 a.m. Strength & Balance—AC 1 p.m. All Creatures Great & Small—Ch 1851	21 10 a.m. Stretch & Strengthen—AC 3 p.m. Great Courses: Masterworks of American Art—Ch 1851	Earth Day 22 10:30 a.m. Strength & Balance—AC	23 10 a.m. Friday Morning Fitness—Ch 1851	24 11 a.m. Rosary—CH
25 10 a.m. Holy Eucharist—CH	26 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851	 27 10:30 a.m. Strength & Balance—AC 1 p.m. All Creatures Great & Small—Ch 1851	National Superhero Day 28 9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 3 p.m. Great Courses: Masterworks of American Art—Ch 1851	29 10:30 a.m. Strength & Balance—AC	30 10 a.m. Friday Morning Fitness—Ch 1851 3 p.m. Betse and Clarke (weather permitting)—BG	

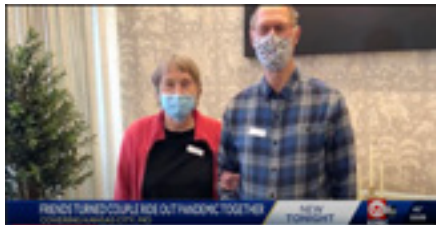
Group activities subject to community status

In the News



Resident Mary Abbott was recently interviewed by news anchor Haley Harrison for the KMBC 9 news and podcast. Hear how Mary’s career took her from the CIA to the *New York Times* to a position as one of the first employees of the Peace Corps, working in an office next door to the White House.

bit.ly/3tqTPHh
apple.co/3OP3dZ3



Also on KMBC 9, reporter Alan Shope interviewed BSP residents **Una Creditor and Clark Achelpohl** about how the COVID-19 pandemic and lockdown became a way to strengthen their friendship and find love.

bit.ly/3bSSG5p
bit.ly/3vA6eKT

Rick Steves' Tours: Scottish Highlands and Scottish Islands



Friday, April 9 | 2 p.m. | Channel 1851

Filled with more natural and historical mystique than people, the rocky Highlands are where legends of Bonnie Prince Charlie swirl around lonely castles. You’ll visit the Weeping Glen of Glencoe, bustling Inverness, and the battlefield at Culloden. Then enjoy a pilgrimage to the spiritual capital of a major

clan and go prehistoric at Stone Age burial grounds and Iron Age island forts. Venturing along the Caledonian Canal and watching for Nessie at Loch Ness, you’ll experience modern Scottish cuisine and enjoy traditional folk music.



In the Island show, we’ll begin on the tranquil Isle of Iona, where Christianity first reached the shores of Scotland. Then we’ll visit another of the Inner Hebrides, road-tripping across the Isle of Skye, exploring Iron Age forts, peat fields, a venerable distillery, thatched crofter huts, and the dramatic Trotternish Peninsula. Finally, we see Orkney—more Nordic than Celtic—with its stony remnants of a thriving Iron Age civilization and evocative reminders of the 20th-century wartime harbor at Scapa Flow.



Play along with a new Bingo card this month.

Rick Steves

BINGO

PLAY ALONG WHILE WATCHING RICK STEVES' EUROPE

"Oh, baby!"	Silent bearded man appears (Producer, Simon)	Celebrates pedestrian-friendly zones or green spaces	Rick changes his shirt	"Biggest" "Oldest" "Tallest" "First"
Rick visits a church	Rick enjoys a local drink	Rick says "thank you" in the country's language	"My friend and fellow tour guide"	Rick tries to make wonky history fun
Thinly veiled guidebook plug	"Keep on Travelin'"	FREE SPACE	Innuendo	The month of filming is mentioned
Rick wears a backpack on one shoulder	Rick adores art	Dorky joke	Rick walks and talks	Alliteration (two or three words starting with the same letter)
Thinly veiled political comment	Rick shares a budget tip	"Evokes" "Evocative" or "Convivial"	Rick dines out	Enjoys commanding view point



All Creatures Great and Small

Tuesdays, 1 p.m. | Ch 1851

We will continue to show the **original** PBS series of *All Creatures Great and Small*. We're watching Season 3 and will begin Season 4 later in the month.



The Great Courses series

Masterworks of American Art
Wednesdays, 3 p.m. | Ch 1851

In this course, encounter the brilliant paintings of homegrown masters who documented the events of our nation from its colonial roots to the brink of WWI and Modernism. As you examine this artistic tradition, you discover how appreciating American art is crucial to fully understanding the story of our great nation.

Your guide is noted scholar and art historian Professor William Kloss, who has taught more than 100 courses as an independent lecturer for the Smithsonian Institution's seminar and travel program.

April Dates to Note

World Health Day

Building a fairer, healthier world

April 7



From its inception at the First Health Assembly in 1948 and since taking effect in 1950, World Health Day has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

Over the past 50 years, this has brought to light important health issues such as mental health, maternal and child care, and climate change. The celebration is marked by activities which extend beyond the day itself and serves as an opportunity to focus worldwide attention on these important aspects of global health.

The pandemic will be the focus of the WHO campaign this year. Visit the World Health Organization website to learn more: who.int/campaigns/world-health-day/2021.

Earth Day

The world turns to climate action

April 22

Today, Earth Day is widely recognized as the largest secular observance in the world, marked by more than a billion people every year as a day of action to change human behavior and create global, national and local policy changes.



Now, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more and more apparent every day.

Earthday.org is honored that the Biden Administration has decided to convene a global climate summit on Earth Day 2021. Many important environmental events have happened on Earth Day since 1970, including the recent signing of the Paris Agreement, as Earth Day continues to be a momentous and unifying day each and every year. Find how you can help at earthday.org/earth-day-2021.



The first Earth Day, 1970.

National Superhero Day

April 28

For a day that's all about celebrating superheroes, it's no surprise that National Superhero Day was founded by Marvel Comics in 1995. Now, every year since its birth on April 28, 1995, people come together annually on this day to celebrate all their favorite heroes. No matter if your favorites are fictional or real, this is the day to be thankful for them.

If you don't know about Marvel Comics, think about all those superheroes you loved growing up (and might still love). We're talking about Spiderman, Thor, Ironman, Black Widow, Captain Marvel, and many other fan favorites. Those heroes are all from Marvel comics. Marvel Comics



as in the creators of "The Fantastic Four," "The Avengers," and "X-Men." However,

Marvel superheroes aren't the only ones out there. If you're a fan of Batman, Wonder Woman, or Superman, those superheroes were created by DC Comics, and they are equally celebrated on this day!

The first superhero ever was created in 1936. The superhero was named Phantom, and he started with his own comic strip in a U.S. newspaper. This was the first known beginnings of a published superhero, and now there are hundreds of well-known heroes that everyone loves.

As for the real-life superheroes, National Superhero Day also recognizes the heroes that people look up to every day. No matter if they wear masks, capes, scrubs, or uniforms, everyone has someone they think of as a superhero. This national day began and grew so that everyone's role models could get a well-deserved shout out for whatever hard work they do.

Here are some fun facts about the fictional heroes that we all know.

- * Wolverine was initially supposed to be The Badger.
- * The Incredible Hulk was initially supposed to be gray, but the color green looks better on the printed page, so it was used instead.
- * Superman was initially supposed to be bald.
- * Bruce Wayne is supposed to have an IQ of 192. For comparison, Einstein had an IQ of 160.
- * Green Lama was a pulp magazine fictional superhero of the 1940s.

Best BOOKS

Check out the fiction and nonfiction books that top the *New York Times* Best Seller List. The Times list is widely considered the preeminent list of best-selling books in the United States. It has been published weekly since October 12, 1931.

Fiction

LIFE AFTER DEATH

Sister Souljah



THE FOUR WINDS

Kristin Hannah

KLARA AND THE SUN

Kazuo Ishiguro



DARK SKY

C. J. Box

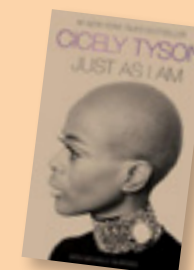
Nonfiction

HOW TO AVOID A CLIMATE DISASTER

Bill Gates

JUST AS I AM

Cicely Tyson

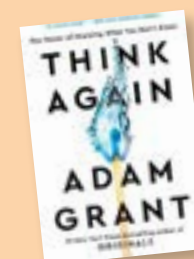


CASTE: THE ORIGINS OF OUR DISCONTENTS

Isabel Wilkerson

THINK AGAIN

Adam Grant



Thoughtful Quote

A POEM

Over the Land Is April

Over the land is April,
Over my heart a rose;
Over the high, brown mountain
The sound of singing goes.
Say, love, do you hear me,
Hear my sonnets ring?
Over the high, brown mountain,
Love, do you hear me sing?

By highway, love, and byway
The snows succeed the rose.
Over the high, brown mountain
The wind of winter blows.
Say, love, do you hear me,
Hear my sonnets ring?
Over the high, brown mountain
I sound the song of spring,
I throw the flowers of spring.
Do you hear the song of spring?
Hear you the songs of spring?

—Robert Louis Stevenson



Kansas City Symphony

kcsymphony.org

Recently, we’ve highlighted tours online of the Nelson-Atkins Museum of Art and The Kemper Contemporary Art Museum. This month, take a virtual trip to our beloved Kansas City Symphony’s site and refresh yourself by looking up performers’ bios (many you’ll recognize from our own living room!) and upcoming events.

They recently added a section titled “Music Talk,” explaining musical terminology and techniques at kcsymphony.org/music-talk. You may also learn more about their outreach programs and watch some performances online.

Led by Director Michael Stern, the Symphony offers great performances for audiences to transform hearts, minds, and communities through the power of symphonic music.

Consider a donation to this Kansas City treasure.



13
The 4 Seasons of Missouri

Winter
Fool’s Spring
Second Winter
Spring of Deception
Third Winter
Tornado Season
Summer
Lord, What Did We Do to Deserve to Burn?
Road Construction
Fall
Just Kidding! Still Summer
Four Days of Actual Fall
Christmas

© unknown



For some reason, *How can I keep from singing?*, the last line from the hymn “My Life Flow on in Endless Song,” comes to mind today.

Have you ever found yourself, for whatever reason, just beginning to hum or sing a melody? Soon you search for a reason, and there’s whole lot of meaning behind it. You’re in the middle of doing something and start thinking of a friend or memory with a loved one...and *pow!* a melody pops up! I recall the first time that happened. I was a child in the garden of my childhood home. I felt that there was context for the melody. Whatever or whomever I was thinking of, whatever experience I had just gone through, the meaning of the music was a response to give meaning to that memory. And I felt joy!

Thinking of and *feeling* spring, from the cold, bare, and fallow seasons to brighter days with buds, flowers, and renewal of earth, taking in the warmth of the sun, there’s resurrection. We just passed a year of restrictions because of the pandemic. It’s fair to say that there’s a whole lot of meaning and parallel with spring’s arrival and having vaccinations available. We emerge together out of a bizarre, wintery season with slow but steady renewal and reconnection with loved ones. There again is resurrection. There again...is joy!

Coming from a choir boy, I’m glad to close with bit more of the hymn mentioned above:

*My life flow’s on in endless song, / above earth’s lamentation.
I catch the sweet, though far-off hymn / that hails a new creation.*

Refrain:
*No storm can shake my inmost calm / while to that Rock I’m clinging.
Since Love is lord of heav’n and earth, / how can I keep from singing*

What melody or poem (or ?) is singing in your heart at this time? Let me know!

P.S. I remain heartened by BSP’s hospitality last year when I was with you in Chaplain Kathy’s stead for an interim time. My invitation remains the same as last year: You’re welcome to reach out to me in this time. I look forward to crossing paths again and to making new introductions.

—Chaplain Mark Jeske

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

Grace and Holy Trinity Cathedral
10:15 a.m.
kccathedral.org/worship

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



