



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

March 2021

CELEBRATING
25

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

Walk at Home by Leslie Sansone bit.ly/2OEL1OW

This YouTube channel features walking workouts you can do at home in front of your television. The videos on the channel vary in length and fitness level.

7 Simple Stretches for Older Adults Silver Sneakers bit.ly/3sjtbzN

Seven short videos guide you through stretches that will give you more flexibility and range of motion in your joints. The instructions offer adaptations for chair stretches.

A study published in the *Journal of Gerontology* looked at the 12-month results of a stretch and flex program for older adults. The participants demonstrated positive changes in areas like physical fitness, self-efficacy, perceived functioning, and well-being. They also experienced a decrease in pain.

A few words from the CEO



Greetings! So much has happened recently to make us all a little excited. Staff and residents have had the opportunity to receive both doses of the COVID-19 vaccination. As I write, we have seen a significant decline in the number of staff and residents who have tested positive for COVID-19 in our routine testing, and the county positivity rate has dropped below 10% for the first time since the sharp incline in the middle of November.

As an optimist, all of this data is a wonderful indicator of where we are headed. Of course, my crystal ball works as well as yours, but I have a bigger picture perspective to utilize as well. From the number of residents who have chosen the vaccine—almost a full 100%— to the adoption of our precautions as second nature, I have watched as the commitment from so many has gotten us to where we are today. Let's continue to support the community effort—I am optimistic we are absolutely heading in the right direction and we will see our lives begin to return to some form of normal in the near future.

Thank you all so much for your diligence and care for each member of this community as well as your friends and families! Our community is just the best!

Yours in health,

In Loving Memory



John Wornall

Virginia O'Brien

Ann Hotchkiss

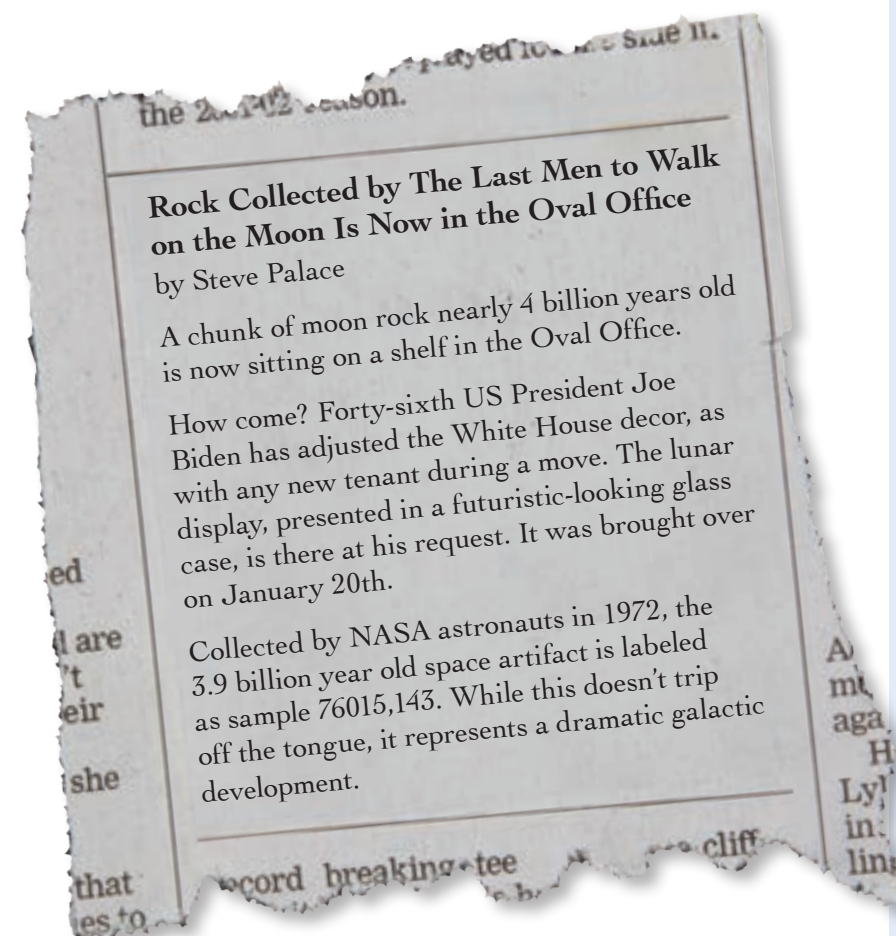


The Vintage News thevintagenews.com

The Vintage News is a popular history site that contains interesting stories from the past as well as stories from today about history. They cover a wide range of topics from the stone age to the 1990s.

The site works with various museums, historical societies and media outlets around the world. If you are interested in working with them or have a great story, please get in touch: contact@thevintagenews.com.

At *The Vintage News*, you'll find articles such as this:



Garden TIME

To all the stalwart residents of our beautiful home, rejoin the wonder of life as, one by one, Mother Nature quietly awakens her annual gifts to us! She may yet allow a bit of snowy "remember this!" just to keep us anticipating the guaranteed show awaiting, but it is coming. Don't miss the Snow Drops, which often appear first! Please take care to allow the normal life in our grounds of all the long-awaited volunteers so that all residents and visitors can admire them.

While we happily await the culmination of our restless ambition for the opening of our Memorial Garden, we welcome the new and returning members of the Garden Committee. The guidance of the chairlady, Barbara Ponder, has promoted skills and success during the past year. Currently, the members are:

Barbara Ponder, *Co-Chair*
Carol Hudson, *Co-Chair*
Bobbie Ellis
Susan Truog
Louise Nyberg
Cathy Campbell
Henry Tharp
Bill Buckner
Carol Hudson
Vicki Johnson
Connie Newton
Midori Houston

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

March 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|----------|
|  Peace Corps Day 1 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851 | 2 10:30 a.m. Strength & Balance—AC 1 p.m. <i>All Creatures Great & Small</i> —Ch 1851 | 3 10 a.m. Stretch & Strengthen—AC 1:30 Lenten Studies—CH 3 p.m. <i>Great Courses: History of Impressionism</i> —Ch 1851 | 4 10 a.m. Strength & Balance—AC 11 a.m. Podiatrist by appt.—AC 2 p.m. Dining Comm—CDR | Employee Appreciation Day 5 10 a.m. Friday In-Room Fitness—Ch 1851  | 6 11 a.m. Rosary—CH | |
| 7 10 a.m. Holy Eucharist—CH | 8 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851 | 9 10:30 a.m. Strength & Balance—AC 12:30 p.m. Resident Council—WebEx 1 p.m. <i>All Creatures Great & Small</i> —Ch 1851 | International Day of Awesomeness! 10 10 a.m. Stretch & Strengthen—AC 1:30 Lenten Studies—CH 3 p.m. FINAL CLASSES <i>Great Courses: History of Impressionism</i> —Ch 1851 | 11 10:30 a.m. Strength & Balance—AC 2 p.m. Life Enrichment Comm—TBD | 12 10 a.m. Friday In-Room Fitness—Ch 1851 2 p.m. Rick Steves: Andalusia, Spain—Ch 1851 Followed by door-to-door treats! | |
|  Daylight Saving Begins 14 10 a.m. Holy Eucharist—CH | 15 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851 | 16 10:30 a.m. Strength & Balance—AC 1 p.m. <i>All Creatures Great & Small</i> —Ch 1851 |  St. Patrick's Day 17 10 a.m. Stretch & Strengthen—AC 1:30 Lenten Studies—CH 3 p.m. NEW COURSE! <i>Great Courses: Masterworks of American Art</i> —Ch 1851 | 18 10:30 a.m. Strength & Balance—AC | 19 10 a.m. Friday In-Room Fitness—Ch 1851 3 p.m. Author Bill Tammus—Ch 1851  | |
| World Poetry Day 21 10 a.m. Holy Eucharist—CH  | 22 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851 | 23 10:30 a.m. Strength & Balance—AC 1 p.m. <i>All Creatures Great & Small</i> —Ch 1851 | 24 10 a.m. Stretch & Strengthen—AC 1:30 Lenten Studies—CH 3 p.m. <i>Great Courses: Masterworks of American Art</i> —Ch 1851 | 25 10:30 a.m. Strength & Balance—AC | Passover Begins at Sundown 27 11 a.m. Rosary—CH  | |
| Palm Sunday 28 10 a.m. Holy Eucharist—CH  | 29 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851 | 30 10:30 a.m. Strength & Balance—AC 1 p.m. <i>All Creatures Great & Small</i> —Ch 1851 | 31 10 a.m. Stretch & Strengthen—AC 1:30 Lenten Studies—CH 3 p.m. <i>Great Courses: Masterworks of American Art</i> —Ch 1851  | | | |

Group activities subject to community status



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*, airing episodes on Tuesdays in March, starting at 1:00 pm. We are watching Season 2 this month.

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.

This charming 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.



Saint Patrick's Day

Wednesday, March 17

Saint Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On Saint Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast on the traditional meal of Irish bacon and cabbage.



Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of Saint Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

When Was the First Saint Patrick's Day Celebrated?

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of Saint Patrick on March 17. The first Saint Patrick's Day parade took place not in Ireland but in America. Records show that a Saint Patrick's Day

parade was held on March 17, 1601 in a Spanish colony in what is now Saint Augustine, Florida. The parade, and a Saint Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.



parades in New York City, Boston and other early American cities only grew from there.

Today, Saint Patrick's Day is celebrated in more countries than any other national festival. It is a public holiday in the Republic of Ireland, Northern Ireland, the Canadian province of Newfoundland and Labrador (for provincial government employees), and the British Overseas Territory of Montserrat.

Little Green Folk

Leprechauns are one reason you're supposed to wear green on Saint Patrick's Day. Folklore tradition says wearing green makes you invisible to leprechauns, who like to pinch anyone they can see.

In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies. Leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow."



The Great Courses series

The History of Impressionism

Wednesdays, March 3 & 10

3 p.m. | Ch 1851

March 10 will complete our course with Dr. Brettell.

NEW COURSE!

Masterworks of American Art

Wednesdays, starting March 17

3 p.m. | Ch 1851

In this course, you encounter the brilliant paintings of the homegrown masters who documented the birth of our nation from its colonial roots up to the brink of World War I and the birth of Modernism. As you examine this vital artistic tradition in its historical, cultural, and political contexts, you discover how appreciating the legacy of American art is crucial to fully understanding the story of our great nation.

Your guide is Professor William Kloss. A noted scholar and art historian, Professor Kloss has taught more than 100 courses as an independent lecturer for the Smithsonian Institution's seminar and travel program. With his insightful comments on style, composition, and color, Professor Kloss offers an enlightening guide to appreciating virtually any great work of art.

More March Days

Peace Corps Day March 1



On this day in 1961, U.S. President John F. Kennedy issued Executive Order 10924 establishing the Peace Corps. Then, on September 21, 1961, the U.S. Congress approved the Peace Corps Act. **Talk to BSP resident Mary Abbott about her experience working with a JFK team.**

The Peace Corps is a volunteer program. It was established to send an “army” of civilian volunteers to underdeveloped countries, assisting in a wide variety of ways. The official mission of the Peace Corps is to provide social and economic development abroad through technical assistance, while promoting mutual understanding between Americans and populations served. Volunteers are American citizens, often college graduates straight out of school. The volunteers undergo 3 months of training, followed by a two year service assignment in practically any area of the world where they are needed. Volunteers can request and extension of their assignment.

International Day Of Awesomeness March 10

A Day of Awesomeness is a day that we can definitely get behind! This day gives us the opportunity to celebrate every person, place,

thing, or idea in the world that is awesome. As the official tag line points out, “No one’s perfect, but everyone can be awesome.”

A man named Kevin Lawver declared the need for an International Day of Awesomeness in 2007. He was working with an intern named Freddie Maneiro who suggested that the office should celebrate Lawver’s awesomeness. Lawver replied that there should be an International Day of Awesomeness. He posted the idea to Twitter and the rest is history.

World Poetry Day March 21

In celebrating World Poetry Day, March 21, UNESCO recognizes the unique ability of poetry to capture the creative spirit of the human mind. A decision to proclaim this date as World Poetry Day was adopted during UNESCO’s 30th session held in Paris in 1999.

A fine example:

For there is always light,
if only we’re brave enough to see it.
If only we’re brave enough to be it.

—from “The Hill We Climb”
by Amanda Gorman, 2021 Inaugural Poet



Rick Steves’ Andalucía: The Best of Southern Spain

Friday, March 12 | 2:00 | Channel 1851
Followed by Door-to-Door Treats!

Join Rick Steves as he weaves Andalucía’s rich mix of culture, cuisine, history, and natural wonders into a 60-minute special. The hour includes the cities of Sevilla, Córdoba, and Granada; flamenco, sherry, and horses; white-washed hill towns and fun in the Costa del Sol sun—plus a dash of Britain in Gibraltar.

Play a game of bingo as you watch:

Rick Steves

BINGO

PLAY ALONG WHILE WATCHING RICK STEVES’ EUROPE

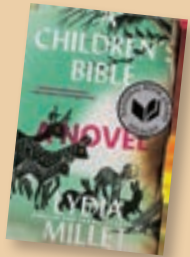
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|--|---|-----------------------------------|---|---|
| “Evokes” “Evocative” or “Convivial” | Rick changes his shirt | Rick visits a church | Rick shares a budget tip | Rick wears a backpack on one shoulder |
| Silent bearded man appears (Producer,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



Best BOOKS

Since 1896, the editors of the New York Times Book Review have chosen the best fiction and nonfiction titles of the year. Here are their 2020 picks. We may have some of these books in one of our libraries, so come take a look!

Fiction
A CHILDREN’S BIBLE
Lydia Millet



DEACON KING KONG
James McBride

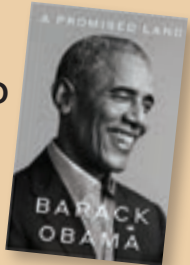
HAMNET
Maggie O’Farrell



HOMELAND ELEGIES
Ayad Akhtar

THE VANISHING HALF
Brit Bennett

Nonfiction
HIDDEN VALLEY ROAD
Robert Kolker

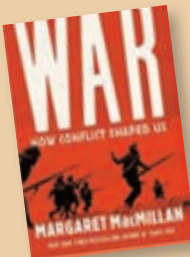


A PROMISED LAND
Barack Obama

SHAKESPEARE IN A DIVIDED AMERICA
James Shapiro

UNCANNY VALLEY
Rachel Anna Wiener

WAR
Margaret MacMillan





Book Talk: Bill Tammeus
Friday, March 19 | 3 p.m. | Ch 1851

We're fortunate to be able to watch award-winning local journalist Bill Tammeus speak about his new book, *Love, Loss and Endurance: A 9/11 Story of Resilience and Hope in an Age of Anxiety*.

Mr. Tammeus spoke to us in 2018 to a full house. This time, we'll hear about his experience as one who suffered the loss of a relative on 9/11. In this inspiring and hopeful book, Tammeus takes us to the heart of that gripping drama and helps us to understand the sources of religious extremism—and what can be done to stop it. He invites us to reclaim core values that can help all of us become peacemakers in today's tumultuous world.



Bill is the former Faith section columnist for *The Kansas City Star*. He came to The Star in 1970 as a reporter and spent nearly 27 years on the editorial page, mostly writing the daily "Starbeams" column. In addition to this daily blog, Bill writes columns for *The Presbyterian Outlook*, wrote columns for the *National Catholic*

Reporter from 2010 to 2018, and writes a monthly column for *Flatland*, KCPT-TV's digital magazine.

If you would like to purchase the book before the 19th, please let Helen know (816-595-5015).



Kemper Contemporary Art Museum "Trip"

kemperart.org/virtual-exploration

Our Kemper Museum continues to enrich lives through the experience of contemporary art wherever you are, even if you can't visit the museum itself. These new offerings can be enjoyed from the comfort of your home, whether you are just around the corner or elsewhere around the world.

On their Virtual Exploration website you'll find artist talks, art object projects, art challenges and more! And, of course, feel free to donate to this great institution.



HAPPY BIRTHDAY

- Phil Mitchell**, March 3
- Barbara Hitchings**, March 6
- Karen Blackmar**, March 14
- Mary Moore**, March 15
- Marie Spearing**, March 17
- Tommye Dodd**, March 20
- Bernie Migliazzo**, March 21



March, the month that transitions us from winter to spring—except for the times when March comes in like a lion and tells the lamb to take a hike. Back in ancient times the Roman month of Martius (now March) was named for Mars, the Roman god of war. It was the first month of the calendar year, so Happy New Year, ancient Romans!

In March 1918, when the first World War was raging, the month named after a god of military conflict saw the beginning of a different kind of war. Doctors diagnosed the first case of a pandemic that came to be known as the Spanish Flu. In March 2020, the COVID-19 pandemic came along, or at least that's when drastic changes in our way of life began. March can be a tough month on many fronts, regardless of its meteorological behavior.

On the other hand, March has brought us good things, like the Oreo cookie, which made its debut in 1912. It also brought us Dr. Seuss, who checked in on March 2, 1904. I mention him here because of a poem he wrote about birthdays, but it actually celebrates the wonderful uniqueness of each person born. We tend to forget that, especially in bad weather and hard times. I hope the whimsical rhyming of Dr. Seuss lifts your spirits, or at least gives you a chuckle.

If we didn't have birthdays,
you wouldn't be you.
If you'd never been born,
well then what would you do?
If you'd never been born,
well then what would you be?
You might be a fish!
Or a toad in a tree!
You might be a doorknob!
Or three baked potatoes!
You might be a bag full of
hard green tomatoes.
Or worse than all that...
Why, you might be a WASN'T!
A Wasn't has no fun at all.
No, he doesn't.
A Wasn't just isn't. He just
isn't present. But you...
You ARE YOU!
And, now isn't that pleasant!

You are precious in my sight, and honored, and I love you. (Isaiah 43:4)

—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

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

Thoughtful Quote

Dear March—Come in—
How glad I am—
I hoped for you before—
Put down your Hat—
You must have walked—
How out of Breath you are—
Dear March, how are you, and the Rest—
Did you leave Nature well—
Oh March, Come right upstairs with me—
I have so much to tell—

—Emily Dickinson

