

The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

August 2021

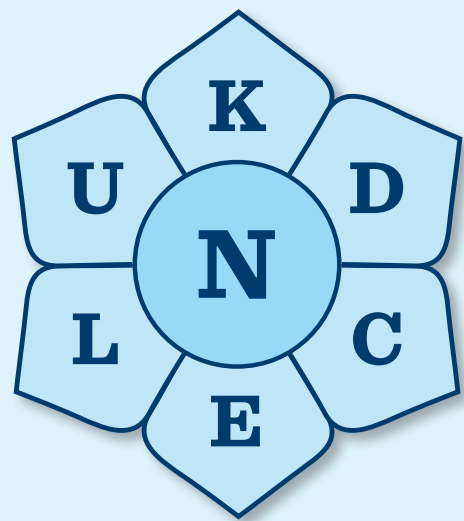
CELEBRATING
25
Years

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

August Word Game

See if you can come up with at least 12 words in this puzzle that contain five letters or more, with each containing the center letter N! You can use each of the letters more than once in a word.



Possible answers:
clunk, dunce, dunked, kennel, kneel, knell, knuckle, necked, needed, needle, undun, uncle, undue



Support Our Royals!

In August, the Kansas City Royals play series against the Blue Jays, White Sox, Cardinals, Yankees, Astros, Cubs, Mariners, and Indians. See the schedule at: mlb.com/royals/schedule/2021-08

A few words from the CEO



I wanted to take this opportunity to honor someone very important to Bishop Spencer Place. As many of you may know, the former BSP CEO, Jean Bacon, passed away in June.

To say Jean was instrumental in the development of Bishop Spencer Place is a bit of an understatement. Long before the community came to fruition, Jean was in the background working her magic on everything from land acquisition to building community relations and everything in between. Her vision, planning, and passion for retirement living helped make BSP what it is today. She was part of BSP even before our very first resident moved in in 1995, and tirelessly served BSP for over 20 years before retiring in 2008.

Many have called Jean an unrepentant pioneer, an enthusiastic fundraiser, a great mentor with tireless energy, and a leader. While I never had the opportunity to personally meet Jean, I couldn't agree with that more. I have read and heard many inspiring stories of the work she did for our community. One of the many wonderful things she was part of was the creation of the BSP history book, *Bishop Spencer Place: A Story of Passion and Faith*. If you haven't had the opportunity to read this book, please check out a copy from the library to learn more about the work Jean Bacon and so many others did to make BSP a reality.

We are forever grateful to those who came before us to lay the foundation of what we are living today. I hope as she looks upon our community today, that she is proud of the work we continue to do. I am honored to be part of continuing her legacy.

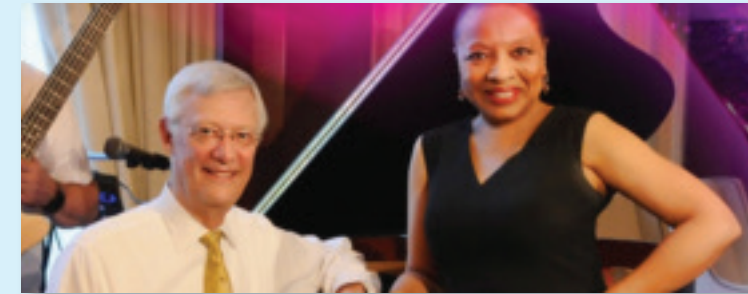
Dee Dunn

Name That Resident!

- I was born in Tennessee.
- I drove a tractor before I could drive a car.
- My favorite music is ragtime.
- My favorite sport when growing up was basketball.
- I bicycled across Kansas many summers.
- I showed dairy calves for a 4-H project.

Concerts

Dan Sturdevant and Millie Edwards



Friday, August 6 | 3 p.m. | Bishop's Garden
(weather permitting)

Pianist Dan Sturdevant and Vocalist Millie Edwards will perform in the Bishop's Garden. Wear a hat and bring a cool drink and listen to some cool music!

We finally get to see Millie and Dan! Millie is one of the most acclaimed local performers on the jazz and blues circuit. Dan sings, plays piano and is a teacher and bandleader in Kansas City.

Sam Wisman, Mark Lowrey, Jeff Harshbarger, and Eboni Fondren



Friday, August 20 | 3 p.m. | Bishop's Garden
(weather permitting)

Drummer Sam Wisman, keyboardist Mark Lowrey, bassist Jeff Harshbarger and new-to-BSP vocalist, Eboni Fondren will kick it up in the Garden! Eboni has not performed here to date, but she is a force on the jazz scene here in Kansas City.

Welcome this quartet to BSP!

Garden TIME

Enjoying music in the garden has been a silver lining in these challenging times. Our Life Enrichment Manager has arranged many musical performances in Bishop's Garden—a treat for residents who are able to attend.

Residents recently enjoyed a performance by local favorite, guitarist Beau Bledsoe, and his friend, violinist Cristian Fatu, who is from Romania and currently residing in California. We hope we will enjoy more performances by these gentlemen in the coming years. A couple of our resident ladies have asked for Mr. Fatu for Christmas! They shall remain anonymous.



We're still enjoying summer. Gorgeous flowers surround the Bishop's Garden and the Memorial Garden. They all await the visits and appreciation of the residents. Stop by and whisper a thank you to your favorite flowers. Who knows when one may answer you, perhaps with a wave or a nod?

—Bobbie Ellis

WR Westport Room
Ch 1851 Channel 1851 on your Spectrum TV
BG Bishop's Garden

August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div><div>National Friendship Day</div><div>1</div></div><div><div>10 a.m. Holy Eucharist—CH</div><div></div></div></div>	<div><div>2</div><div><div>10 a.m. Stretch & Strengthen—AC</div><div>12 p.m. Bridge Luncheon—CDR</div><div>2 p.m. Monday Movie—Ch 1851</div></div></div>	<div><div>3</div><div><div>10 a.m. Grocery Trip</div><div>10:30 a.m. Strength & Balance—AC</div><div>1 p.m. All Creatures Great & Small, Season 7—Ch 1851</div></div></div>	<div><div>4</div><div><div>10 a.m. Stretch & Strengthen—AC</div><div>3 p.m. Great Courses: Great Revolutions of Modern History—Ch 1851</div></div></div>	<div><div>5</div><div><div>10:30 a.m. Strength & Balance—AC</div><div>2:30 p.m. Dining Comm—CDR</div></div></div>	<div><div>6</div><div><div>10 a.m. Friday Morning Fitness—Ch 1851</div><div>3 p.m. Dan Sturdevant and Millie Edwards—BG (weather permitting)</div></div></div>	<div><div>7</div><div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div></div></div>
<div><div>8</div><div><div>10 a.m. Holy Eucharist—CH</div><div></div></div></div>	<div><div><div>National Book Lovers Day</div><div>9</div></div><div><div>10 a.m. Stretch & Strengthen—AC</div><div>2 p.m. Monday Movie—Ch 1851</div><div>4 p.m. Rescheduled: Midwest Chamber Trio—BG (weather permitting)</div></div></div>	<div><div>10</div><div><div>10 a.m. Grocery Trip</div><div>10:30 a.m. Strength & Balance—AC</div><div>12:30 p.m. Resident Council—WR</div><div>1 p.m. All Creatures, Season 7 Finale—Ch 1851</div></div></div>	<div><div>11</div><div><div>9:30 a.m. Catholic Mass—CH</div><div>10 a.m. Stretch & Strengthen—AC</div><div>3 p.m. Great Courses: Great Revolutions of Modern History—Ch 1851</div></div></div>	<div><div>12</div><div><div>10:30 a.m. Strength & Balance—AC</div><div>1:30 p.m. Chair Volleyball—WR</div></div></div>	<div><div>13</div><div><div>10 a.m. Friday Morning Fitness—Ch 1851</div><div>2 p.m. Rick Steves' Tour to Italy—Ch 1851</div><div></div></div></div>	<div><div>14</div><div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div></div></div>
<div><div>15</div><div><div>10 a.m. Holy Eucharist—CH</div></div></div>	<div><div>16</div><div><div>10 a.m. Stretch & Strengthen—AC</div><div>1 p.m. Garden Committee—WR</div><div>2 p.m. Monday Movie—Ch 1851</div></div></div>	<div><div>17</div><div><div>10 a.m. Grocery Trip</div><div>10:30 a.m. Strength & Balance—AC</div><div>1 p.m. All Creatures Great & Small, Series Finale Special 1—Ch 1851</div></div></div>	<div><div>18</div><div><div>10 a.m. Stretch & Strengthen—AC</div><div>3 p.m. Great Courses: Great Revolutions of Modern History—Ch 1851</div></div></div>	<div><div>19</div><div><div>10:30 a.m. Strength & Balance—AC</div><div>2 p.m. Chaplain's Book Club—CH</div></div></div>	<div><div><div>National Lemonade Day</div><div>20</div></div><div><div>10 a.m. Friday Morning Fitness—Ch 1851</div><div>3 p.m. Sam Wisman, Mark Lowrey, and Eboni Foundren—BG (weather permitting)</div></div></div>	<div><div>21</div><div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div></div></div>
<div><div>22</div><div><div>10 a.m. Holy Eucharist—CH</div></div></div>	<div><div>23</div><div><div>10 a.m. Stretch & Strengthen—AC</div><div>2 p.m. Monday Movie—Ch 1851</div></div></div>	<div><div>24</div><div><div>10 a.m. Grocery Trip</div><div>10:30 a.m. Strength & Balance—AC</div><div>1 p.m. All Creatures Great & Small, Series Finale Special 2—Ch 1851</div></div></div>	<div><div>25</div><div><div>9:30 a.m. Catholic Mass—CH</div><div>10 a.m. Stretch & Strengthen—AC</div><div>3 p.m. Great Courses: Great Revolutions of Modern History—Ch 1851</div></div></div>	<div><div>26</div><div><div>10:30 a.m. Strength & Balance—AC</div><div>1:30 p.m. Chair Volleyball—WR</div><div>2–4 p.m. CC Banker—MLR</div></div></div>	<div><div>27</div><div><div>10 a.m. Friday Morning Fitness—Ch 1851</div><div>1 p.m. Great Art Explained—Ch 1851</div></div></div>	<div><div>28</div><div><div>10 a.m. Grocery Trip</div><div>11 a.m. Rosary—CH</div></div></div>
<div><div>29</div><div><div>10 a.m. Holy Eucharist—CH</div></div></div>	<div><div>30</div><div><div>10 a.m. Stretch & Strengthen—AC</div><div>2 p.m. Monday Movie—Ch 1851</div></div></div>	<div><div>31</div><div><div>10 a.m. Grocery Trip</div><div>10:30 a.m. Strength & Balance—AC</div><div>1 p.m. Documentary: Life & Times of George Caleb Bingham—Ch 1851</div></div></div>				

Group activities subject to community status



Great Art Explained

Friday, August 27 | 1 p.m.
Ch 1851

“A brilliant new addition to art history channels is *Great Art Explained*, launched last month by art writer and consultant, James Payne, whose entertaining and informative short (15-minute) films present a fresh look at familiar artworks.

Great Art Explained is the brainchild of London art consultant and guide, James Payne, who has been showing tourists around Europe for over 20 years. These educational tours often focus on the history of art and his films for *Great Art Explained* are an extension of these lectures. His fine art degree from London’s prestigious Central St. Martins, plus his work as an art consultant and art and film writer for various art magazines make him the ideal presenter of this excellent new art history series.”

—Forbes Magazine

Rick Steves' Tour to Italy



Friday, August 13 | 2 p.m. | Channel 1851

We'll travel to Italy with Rick.

Milan and Lake Como: No trip to Italy is complete without Milan and Lake Como. In Milan we'll take a peek at Italy's highest fashion, fanciest delis, grandest cemetery, and greatest opera house—not to mention Leonardo's Last Supper. Then we'll cruise along Lake Como, settling down in the lakeside village of Varenna, classic honeymoon country, where Italy meets the Alps.

Venice and Its Lagoon: Venice, more than any other European city, has an endlessly seductive charm. For centuries, it was nicknamed *La Serenissima*—The Most Serenely Beautiful One. Along with sampling the sumptuous art treasures of Venice and exploring its back-street wonders, we'll cruise its lagoon, stopping in fiery Murano for glass, pastel Burano for lace, and murky Torcello for a sense of where Venice was born.



Cinque Terre: In these five idyllic port towns, we sample village life: fishing for anchovies at midnight, savoring the best pesto, picking grapes, and cheering cliff divers as we hike the walkway of love. Each pastel town is a delight, but Rick's favorite is Vernazza — where Giovanni makes pasta and Granelli sells porcini mushrooms in the street market. We side-trip to Carrara's quarries, where Michelangelo selected his marble, then return to Vernazza to stroll its only street as the sun sets.

Play along with our 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



The Great Courses series

The Great Revolutions of Modern History
Wednesdays, 3 p.m. | Ch 1851
Final lessons of this program.

This month we will cover Lessons 17-24 (the course finale).



All Creatures Great and Small
Tuesdays, 1 p.m. | Ch 1851

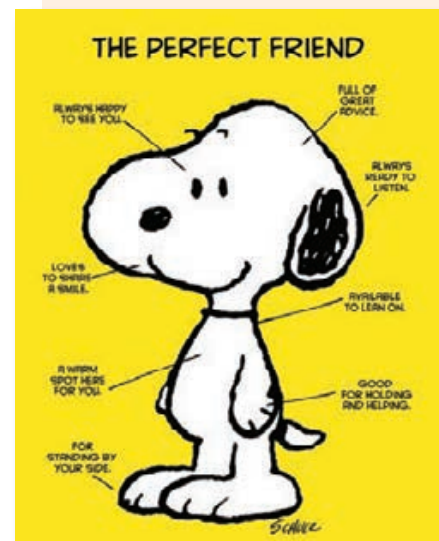
We are watching Season 7, completing the series this month.

This series is based on the books of James Alfred Wight, under the pen name James Herriot. When verbally regaling his family with anecdotes, Wight repeatedly pledged to turn them into stories someday. It wasn't until he was 50 years old that he began to pursue publication in earnest. He began what would be his first published book in 1965, writing in the evenings in front of the television, Olivetti typewriter in lap. The first draft was completed in 18 months, but it took four years for Wight to find a publisher. *If Only They Could Talk* was published in April 1970.

August Dates to Note

National Friendship Day Sunday, August 1

National Friendship Day occurs every year on the first Sunday of August and celebrates the importance of loving, platonic relationships. For more than a century, we've celebrated the strength of friendship on this day, and now, thanks to social media, we're able to continue celebrating with our friends no matter where they are in the world.



Humans are the most social beings on earth. We need to relate to others, just as Abraham Maslow showed in his Hierarchy of Human Needs. Our sociological needs motivate our behavior, encouraging us to make interpersonal

relationships and connect with others on a deeper level. With such a huge need for human connection with people other than our significant other, it's no wonder that we celebrate an entire holiday based on the importance of friendship.

National Friendship Day was originally a marketing strategy for Hallmark Cards in the 1930s. Founder Joyce Hall proclaimed the day would take place on August 2 and decided it would be a day to celebrate the people closest to you—and send them a card or two in the process. It soon became a bigger deal than originally planned when the 1935 U.S. Congress pronounced the first Sunday of August as National Friendship Day.

National Book Lovers Day Monday, August 9

Books are the purest form of escapism. They can take you to any time, place, or culture. From clay tablets to today's eBooks, literature has played a crucial role in preserving cultures, educating the masses, and storytelling. And thanks to Johannes Gutenberg's 15th-century printing press, anyone, not just royalty, monks, or landed gentry, can read and own books. So in honor of National Book Lovers Day, join a book club or just pull out a good book and simply read. (An audiobook will suffice too.)

Why We Love Books

1. Books connect us to the universe.

American novelist James Baldwin said it best: "You think your pain and heartbreak are unprecedented in the history of the world, but then you read." Books help us understand each other, feel less alone, and put our complex emotions into words.

2. Books let us escape the limits of time and space.

Books are powerful. They're the only medium that can transport us through time and space—into the past, present, future, and faraway worlds—galaxies away. We don't even have to leave our couch or change out of our pajamas!

3. The book is (usually) better than the movie.

Can you think of many movies that break this rule? Screenplays often simplify subtle complexities of the book, and sadly, in many cases, the original author may have very little input. Go to the movies? No, thanks. We'd rather read a book! At least on National Book Lovers Day.



HAPPY BIRTHDAY

Larry Bilotta, August 1

Jenifer Lucas, August 1

Richard Jungck, August 2

Stephen Dill, August 4

Bev Bilotta, August 5

JoAnn Field, August 6

Robbie Levi, August 8

Bob Steinbach, August 10

Bernie Jones, August 10

Doug Rushing, August 17

Dorothy Lockridge, August 20

Evelyn Wilkinson, August 22

Nancy Duboc, August 26

Fran Weeks, August 30

In Loving Memory



Phil Mitchell

Helen McKay

Marilyn (Lynn) Thiel

Bestselling BOOKS

Check out the fiction and nonfiction books that top the latest *New York Times* Best Seller List.

Fiction

THE LAST THING HE TOLD ME

Laura Dave

MALIBU RISING

Taylor Jenkins Reid

THE PRESIDENT'S DAUGHTER

Bill Clinton and James Patterson

THE MIDNIGHT LIBRARY

Matt Haig

Nonfiction

(RE)BORN IN THE USA

Roger Bennett

NIGHTMARE SCENARIO

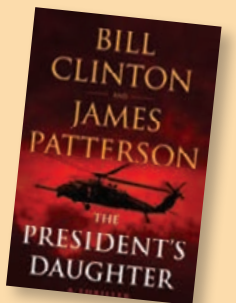
Yasmeen Abutaleb and Damian Paletta

UNTAMED

Glennon Doyle

GREENLIGHTS

Matthew McConaughey



A Poem

Paradise

Let this be my summertime
Of azure sky and rolling sea,
And just myself enhanced with thee.
And children playing in the glory
Of a carefree, youthful day,
And sunshine shining from the
heavens,
And tears and sighting fled away.
Let this be my happiness
'Midst the earth's swift-flowing woe.
Let this be my only solace—
Just to know you love me so.
Just to know that we'll go winging,
Far above this earthy clime,
Hand to hand through laughing
meadows.
Let this be my summertime.

—James Baldwin



Our Covid-y Ways

We were fortunate to get together in meaningful and silly ways since the pandemic began, so here is a song you can sing to honor our fortitude!

(Sing to the tune of "My Favorite Things.")

Concerts in the garden, ice cream in November
Movies, tours, and classes, and PBS specials
Taps played outside on a Veteran's Day
These were a few of our Covid-y days...

Wooden Christmas ornaments and bright lighted trees
Followed by Valentines in the Canter-berry
Eggnog for Christmas, and carols sung outside
These were a few of the Covid-y bribes!

Halloween mini-pumpkins and parades down the halls
Western Day and red and white wine brought to your
doors

Superhero Day and sweet donuts galore
This were how we fought off the Covid-y War...

Cocktails and sangria and National Hat Day
New Year's celebration with horns and champagne
Mother's and Father's Day drive-by parades
These things got us through the Covid-y days—

Kentucky Derby and Chiefs playoff parties
Your art in the gallery that stayed up too tardy
A sweet bagpipe player started off this whole thing
These were the things that keep making me sing...

Then vaccines came
Then our doors cracked
That's when we yelled Hello!
We simply remembered our Covid-y things and then
we all said, "LET'S GO!"



—Helen R.



Chaplain's CORNER

The journey of a thousand miles begins with one step. Home is where the heart is. I am where I'm supposed to be. I'm in a reflective mood about journeys. My first six years I grew up in Kansas City and Lawrence. I then grew up in the Philadelphia suburbs, where my mother, stepfather, sister, brother-in-law, niece, and nephew live. After meandering as a student from east to west coast to Germany, I stayed with my father, stepmother, and stepsisters in KC. I then served a parish for almost eight years in Pennsylvania before turning to chaplaincy. Coming home to Kansas City nine years ago was truly a, well, homecoming!

"Remember, it's the journey, not the destination, that's important," some well-meaning guy said to me when I was lost and in a hurry. Hmph! Well, I close with ol' familiar words, like an 'ol well worn sweater, from Robert Frost:

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Blessings,
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

