

The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

September 2021

CELEBRATING
25
Years

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

Check Out Our iPads!



Just a reminder that we have iPads that were generously donated to BSP! Residents are more than welcome to check one out with Helen or the concierge. You can search Google, play bridge, do crosswords and jigsaw puzzles, go on virtual trips, FaceTime and Zoom, and more.

We will do our best to help in any way we can to get you started.

Resident Council Nominations

Elections for Madison residents to serve on Resident Council for the next term will be held in November. The Resident Council Nominating Committee will meet this month to finalize nominations for Madison council members.

You will be receiving a nomination ballot, followed by an election ballot, but be assured more information will follow in apartment-to-apartment distribution.

A few words from the CEO



My dear friends. How I long to talk about something, anything, other than the pandemic and the dreaded five-letter two-number acronym we're all tired of talking and hearing about. I know you long for the same. However, that is just not meant to be right now and it would be irresponsible of me to not speak out about the current crisis.

Yes, crisis. Our regional hospitals and hospitals across the nation are once again full of very sick patients with COVID-19. Many are young, unvaccinated people—people who chose for one reason or another to not believe in or trust the vaccine. The number of reported breakthrough cases—those receiving a positive diagnosis who are fully vaccinated—is increasing as well. We all know the vaccine does not make any of us bullet-proof, and we are seeing that play out.

We have done a great job here at BSP in keeping the virus largely out of our community. We need to continue to be vigilant and moreover heighten our efforts. If you choose to go out in the community, please avoid crowds, wear a mask (yes, they may look at you strangely—that's ok), distance from others, shop at off-times, sanitize frequently, and know the vaccination status of those with whom you are spending time. These things are vitally important to keeping COVID-19 out of our community.

Of course, the best thing we can do is to just stay put, say “no” to the invitations, choose to make only one larger trip to the grocery instead of several smaller trips (or better yet—have them delivered), use FaceTime, Zoom, or video chatting to visit with folks—well, you get the idea.

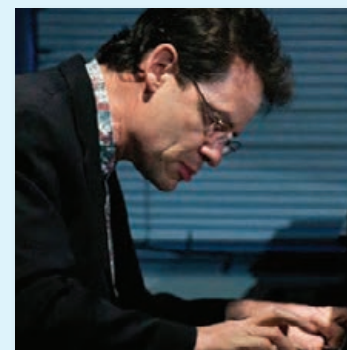
It's unfortunate, but we need to get back to using all our safeguards that worked so well for us for over a year. If we can all do this, hopefully we can look forward to a different fall and winter. Please persevere my friends—you all mean so much to me and the entire BSP team. We only want each of you to be well.

Dee Dunn

Concerts

Pianist Michael Pagan

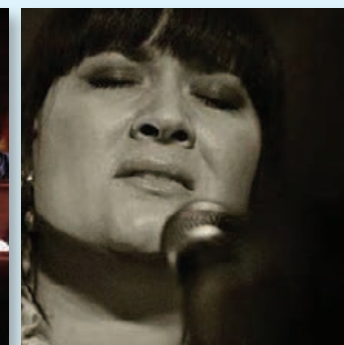
Friday, September 3 | 3 p.m. | Bishop's Garden
(weather permitting)



Join us for the entertaining stylings of the animated and talented Michael Pagan. It's always a pleasure to have him at BSP!

Joe Cartwright and Havilah Bruders

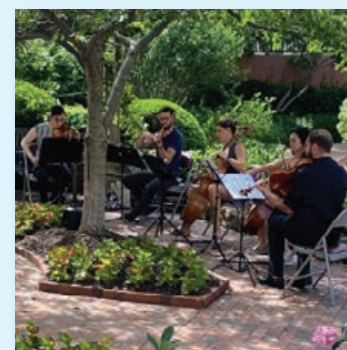
Thursday, September 9 | 3 p.m. | Bishop's Garden
(weather permitting)



Come enjoy the ridiculously talented Joe Cartwright on keyboard and Havilah Bruders on vocals!

KC String Quartet

Thursday, September 30 | 3 p.m. | Bishop's Garden
(weather permitting)



Come enjoy the beautiful sounds of the Kansas City Symphony, starring a quartet led by Susie Yang!

Garden TIME

Thanks to the efforts of a few dedicated Garden Committee members, our Memory Garden has not only survived, but flourished during the dog days of August. Watering was critical, and we all learned more than we wanted to know about garden hoses.



Music in the Bishop's Garden continues to be a wonderful treat. We recently enjoyed a great concert by BSP favorites Millie Edwards and Dan Sturdevant. “Weather permitting” being the key words, we can look forward to more concerts in the garden.

A sad but important note: We have lost many beloved residents in the past few months and it would be a nice tribute to see plaques on the garden wall in their memory. Let us know.

—Carol Hudson
(in for Bobbie Ellis)

September 2021

Group activities subject to community status



Bill Buckner Presents: Alaska Expedition

Friday, September 17 | 3 p.m.
Westport Room

This June, Resident Adventurer Bill Buckner met his son Peter in Anchorage to take him to Lake Iliamna, Alaska, for seven days to partake in some world-class fly fishing. Bill's father took Bill there in 1941, when the rainbow trout were salmon-sized.



Bill has many photos to share, and will show Peter's video of wild, pristine Alaska spanning 80 years. Come hear Bill's story!

We may need to start a sign-up sheet, depending upon need for social distancing, and perhaps we'll need to schedule an additional presentation!

Opera Tuesday



Tuesdays, September 14, 21, and 28 | 1 p.m. | Channel 1851

We are trying something new this month! On three Tuesdays in September, we will take in an opera. We have many fans here at BSP, but for those who haven't experienced it yet, give it a try, then have a discussion with fellow residents!

September 14—Carmen

Carmen was written by Henri Meilhac and Ludovic Halévy, based on the novella of the same title by Prosper Mérimée. The opera was first performed by the Opéra-Comique in Paris on 3 March 1875, where its breaking of conventions shocked and scandalized its first audiences. Set in Seville around the year 1830, the opera deals with the love and jealousy of Don José, who is lured away from his duty as a soldier and his beloved Micaëla by the gypsy factory-girl Carmen.

September 21—La Traviata

La Traviata is an opera in three acts by Giuseppe Verdi set to an Italian libretto by Francesco Maria Piave. It tells the story of the tragic love between the courtesan Violetta and the romantic Alfredo Germont.

September 28—The Marriage of Figaro

The Marriage of Figaro is an *opera buffa* (comic opera) in four acts composed in 1786 by Wolfgang Amadeus Mozart, with an Italian libretto written by Lorenzo Da Ponte. It tells how the servants Figaro and Susanna succeed in getting married, foiling the efforts of their philandering employer Count Almaviva to seduce Susanna and teaching him a lesson in fidelity. Considered one of the greatest operas ever written it is a cornerstone of the repertoire.

National Guacamole Day

September 16

On National Guacamole Day, we elevate this tasty green blend into the spotlight. Guacamole (or "guac") is made of avocados, well-known for the health benefits related to their high vitamin content and lots of cholesterol-lowering healthy fats. Originally native to Mexico and Central America, avocados grow on trees. In fact, avocados are technically considered a fruit.

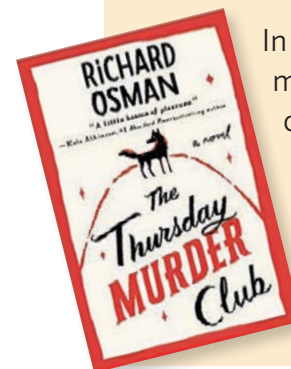
People spice up their guac with onion, garlic, cumin, tomato, cilantro, or even store-bought salsa. Traditionally, guacamole is served with tortilla chips, but it's also good with corn chips, carrot sticks, or celery. Guac is delicious on sandwiches and hamburgers or in salads. Some people even blend it into smoothies! So go green with guacamole on September 16!



The Thursday Murder Club

by Richard Osman

For BSP mystery lovers, this book may just be your cup of tea!



In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes. Together they call themselves the Thursday Murder Club. When a local developer is found dead with a mysterious photograph left next to the body, the Thursday Murder Club suddenly find themselves in the middle of their first live case.

Name That Resident!

- I went to the same school from pre-K through Grade 12.
- My favorite book is "The Nightingales."
- Favorite sport is watching baseball.
- My children live in five different cities.
- My favorite alcoholic drink is a Manhattan on the rocks!

(Last month's answer was Phill Levi!)



The Great Courses

NEW: The Genius of Michelangelo

Wednesdays, 3 p.m. | Ch 1851

Our next class is a highly reviewed new course, "The Genius of Michelangelo." In this series, internationally recognized Michelangelo expert and award-winning professor of art history William E. Wallace gives you a comprehensive perspective on one of history's greatest artists. Drawing on a vast command of artistic knowledge and period detail, these rewarding lectures explore the relationship between truth and legend to reveal a groundbreaking new picture of Michelangelo as an artist, a businessman, an aristocrat, and a genius.

Dr. William E. Wallace is the Barbara Murphy Bryant Distinguished Professor of Art History at Washington University in St. Louis. He has written four books on Michelangelo, including *Michelangelo at San Lorenzo*. In 1990, Professor Wallace was invited to the Vatican to confer about the conservation of Michelangelo's frescos in the Sistine Chapel. He appeared in a BBC film, *The Private Life of a Masterpiece: Michelangelo's David*, and served as the principal consultant for the BBC film, *The Divine Michelangelo*.

Falls are the top cause of injuries in seniors so maintain a dialogue with your doctor at least once a year to discuss risks. On your own, you can:

- 1. Identify the top home hazards.**
Take a walking tour of your home.
 - Are the pathways clear?
 - Is there room for you and, if you have one, an ambulatory device like a cane or walker?
 - Are there loose rugs that could cause you to trip?
 - Is the lighting bright enough to allow you to see any hazards clearly?
- 2. Ask for safeguarding help.**
 - Medicare Part B might help cover the cost of some ambulatory devices like canes or walkers.
- 3. Give yourself a steady foundation.**
 - Studies show that footwear can make a difference in avoiding falls. Shoes with good support, low heels, and a back (no slip-ons) are best.
 - Even if you spend most of your time at home, what you have on your feet matters. Bare feet, socks, and slippers can increase your risk of falls.
 - Supportive shoes can keep you steady.
- 4. Improve your strength, balance, and flexibility.**
 - Staying strong is critical, since people who are weak are four times as likely to fall as people who are strong.
 - Simple exercise, like trying to stand from a chair without using your hands, can help build your leg muscles.

The History of Grandparents Day
Grandparents Day | Sunday, September 12

In 1969, nine-year-old Russell Capper sent the president a letter suggesting that a day should be set aside to celebrate grandparents. On June 12, 1969, he received a letter back from Rose Mary Woods—Personal Secretary to the President—reading, “Dear Russell, Thank you for your letter to President Nixon. Your suggestion regarding a Grandparents Day is appreciated, but the President ordinarily issues proclamations designating periods for special observance only when a Congressional resolution authorizes him to do so. With best wishes, Sincerely, Rose Mary Woods, Personal Secretary to the President.”

In the 1970s, Marian McQuade, an advocate for seniors, set out to educate youth about the importance of seniors and the contributions they have made throughout history. She urged the youth to adopt a grandparent and learn more about their lives, challenges, and desires for the future. She began campaigning to the U.S. Senate for a holiday for grandparents.

In 1977, Senator Jennings Randolph, with the help of other senators, introduced a joint resolution to the senate requesting the president to “issue annually a proclamation designating the first Sunday of September after Labor Day of each year as National Grandparents Day.” Congress passed the legislation. On August 3, 1978, Jimmy Carter signed the proclamation, and the day was finally celebrated the following year.

The official flower of this day is the forget-me-not, and on average 4 million cards are sent out to loved ones!

In these challenging times, we hope you schedule a FaceTime or Skype call with your family. Let us know if we can help!



HAPPY BIRTHDAY

- Robert Duboc**, September 1
Wanda Sanders, September 9
Edora Stell, September 11
John Barnard, September 17
Joan Ridge, September 17
Charlotte Gibson, September 20
Carol Hudson, September 23
Margaret Burke, September 27
Barbara Ponder, September 27
Joan Betz, September 30

In Loving Memory



Bestselling
BOOKS

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

Fiction
BILLY SUMMERS
Stephen King



THE LAST THING HE TOLD ME
Laura Dave

WE WERE NEVER HERE
Andrea Bartz



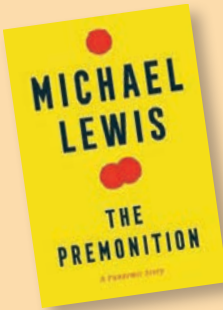
THE PAPER PALACE
Miranda Cowley Heller

Nonfiction
HERE, RIGHT MATTERS: AN AMERICAN STORY
Alexander S. Vindman



I ALONE CAN FIX IT
Carol Loennig and Philip Rucker

THE PREMONITION
Michael Lewis



GREENLIGHTS
Matthew McConaughey

September Word Game

What do these groups of three have in common? Example: piano, computer, and house. They all have keys!

- 1. picnic, card, pool
- 2. earth, book, inch
- 3. onion, napkin, wedding
- 4. egg, safe, whip
- 5. eyes, eggs, laundry
- 6. blue, goose, black
- 7. Swiss cheese, donut, bowling ball
- 8. penny, Ford Motor Co., Nebraska
- 9. tent, baseball, horseshoe
- 10. school, skate, dart
- 11. flag, tent, magnet
- 12. fortune, bank, story
- 13. turtle, M&M candy, ocean
- 14. pumpkins, turkeys, initials
- 15. head, tail, cross
- 16. Africa, Red Riding Hood, matador
- 17. electronic, fan, junk
- 18. radio, car engine, piano
- 19. florist, furniture store, obstetrician
- 20. baseball glove, pool table, jeans



Some Darn Smart Words of Wisdom from an Old Farmer

- Your fences need to be horse-high, pig-tight, and bull-strong.
- Keep skunks and bankers at a distance.
- Life is simpler when you plow around the stump.
- A bumblebee is considerably faster than a John Deere tractor.
- Words that soak into your ears are whispered. . . not yelled.
- Meanness don't just happen overnight.
- Forgive your enemies; it messes up their heads.
- Do not corner something that you know is meaner than you.
- It don't take a very big person to carry a grudge.
- You cannot unsay a cruel word.
- Every path has a few puddles.
- When you wallow with pigs, expect to get dirty.
- The best sermons are lived, not preached.
- Most of the stuff people worry about, ain't never gonna happen anyway.
- Don't judge folks by their relatives.
- Remember that silence is sometimes the best answer.
- Live a good and honorable life, then when you get older and think back, you'll enjoy it a second time.
- Don't interfere with somethin' that ain't bothering you none.
- Timing has a lot to do with the outcome of a rain dance.
- If you find yourself in a hole, the first thing to do is stop diggin'.
- Sometimes you get, and sometimes you get got.
- The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.
- Always drink upstream from the herd.
- Good judgment comes from experience, and a lotta that comes from bad judgment.
- Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.
- If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
- Live simply, love generously, care deeply, speak kindly, and enjoy the ride.

—Roy English
Suggested by a BSP resident



Chaplain's CORNER

Over the years I have heard John O'Donohue named followed by one of his invocations and blessings in *To Bless the Space Between Us*. O'Donohue is a poet and philosopher who draws from the deep spirituality of Celtic mysticism. In *To Bless...* he gives comfort and encouragement for milestones and transitions of life. We are reminded that our relationships and even insignificant rituals which frame our days are crucial to our well-being.

For Equilibrium, a Blessing

Like the joy of the sea coming home to shore,
May the relief of laughter rinse through your soul.

As the wind loves to call things to dance,
May your gravity be lightened by grace.

Like the dignity of moonlight restoring the earth,
May your thoughts incline with reverence and respect.

As water takes whatever shape it is in,
So free may you be about who you become.

As silence smiles on the other side of what's said,
May your sense of irony bring perspective.

As time remains free of all that it frames,
May your mind stay clear of all it names.

May your prayer of listening deepen enough
to hear in the depths the laughter of God.

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 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



