

# *The* AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

October 2021



CELEBRATING  
**25**  
Years

 Saint Luke's  
BISHOP SPENCER PLACE



# Stay ACTIVE

## The Benefits of Jigsaw Puzzles

Working a jigsaw puzzle has myriad benefits. According to a study in the *Archives of Neurology*, adults who engaged in cognitively challenging activities like puzzles had less Beta-amyloid protein in their brains, a major component of the plaque that indicates Alzheimer’s disease.

Puzzles require our left (logical) and right (creative) brains to work together. Envisioning where a piece might go is like a trip to the mental gym. It requires neural connections between the two hemispheres and processes that improve short-term memory.

Solving a puzzle takes trial and error. You may try to fit a piece by color, then shape, constantly forming and revising theories in your mind. This translates to improved critical-thinking skills.

The brain goes into a near dreamlike state when working a puzzle, and the rush is not just in your head. Well, it is—but the pleasure and satisfaction are backed by science.

Puzzles are a low-cost, stress-relieving, memory-improving, activity that can give a sense of happiness and accomplishment. We have many puzzles you can work on with friends or take to your apartment—just let us know if you need any.

## A few words from the CEO



I have two favorite times of the year, and both are seasonal changes. They are the change from winter to spring and from summer to fall.

During the fall transition, I look forward to the pumpkin craziness, sweaters, hot beverages, warm golds and oranges in changing leaves (and the rare really red one!), and a crisp snap to the air. I’m grateful that the fall season extends longer in Missouri than it did in Wisconsin—more time to get out and enjoy the cooler temperatures.

It’s also one of my favorite seasons because of Halloween. Halloween is an opportunity to get dressed up, be silly, and see all the little kids in their costumes. My husband and I love to decorate our house and pass out candy to the neighborhood children.

As usual, we will be bringing the Halloween fun to BSP too. Last year, we did a reverse trick-or-treat and brought a Halloween parade to you. This year, we’re planning a bit of a hybrid Halloween that will include the staff costume parade and pumpkin decorating, but also a resident event so that you can get together with your neighbors and enjoy some of the silliness of the day and a treat. More details to come!

I hope you’re able get out and enjoy some of the beautiful fall weather.

Yours in health,

*Dee Dunn*

## Resident Council Nominations

We will hold elections in November for four new Madison residents to serve on Resident Council for the next term.

You will be receiving a nomination ballot followed by an election ballot. Nominations will close on Thursday, October 21. Please place your forms in the ballot (suggestion) boxes in the Madison and Jefferson Living Rooms.

## Concerts

### Millie Edwards Trio

Friday, October 8 | 3 p.m. | Bishop’s Garden  
(weather permitting)



Join us for an afternoon of rich Kansas City jazz with this trio led by Millie Edwards, one of the city’s most acclaimed vocalists.

### Betse & Clarke and Beau & Aiden Bledsoe

Thursday, October 14 | 3:30 p.m. | Bishop’s Garden  
(weather permitting)



Performers Betse & Clarke and Beau Bledsoe & son Aiden Bledsoe are teaming up for a country music hoedown! See you in the Garden for this fun hour. You’ll be glad you came!

### Elizabeth Suh Lane & Elisa Williams Brickers

Thursday, October 28 | 3 p.m. | Bishop’s Garden  
(weather permitting)



Elizabeth is the artistic director of Kansas City’s own Bach Aria Soloists and Elisa Brickers is their organ and piano artist. Please join us in the Garden for a beautiful 40-minute duet of classical tunes.

# Garden TIME

Here are a few tips to increase your satisfaction with your Memorial Garden. Remember that the flower may be resting without noticing your grunt as you pass that beauty. Also remember that your pleasure might be absorbed by a silent wave or a puff of perfume. You may be rewarded in future remembrances by that treasure of Mother Nature’s future gratitude.

Some members of the Memory Care Unit recently began collecting favorite recipes and memories to raise funds for the support of our Memorial Garden. This garden is self-sufficient and depends upon memorial remembrances of our past residents. Your remembrances of anecdotes surrounding your tales of a favorite goodie will help in the sale and future of the Garden.

—Bobbie Ellis



## Flu Shots

Independent Living residents will have an opportunity to receive their flu vaccination the morning of Friday, October 1, in the Canterbury Dining Room. Residents will have the opportunity to update their information on file including emergency contacts, DNR status, etc.



**BG** Bishop's Garden

# October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div>10 a.m. Friday Morning Fitness—Ch 1851</div> <div>Resident Flu Shots—CDR</div>	<div>2</div> <div>11 a.m. Rosary—CH</div> <div>11:15 a.m. Grocery Trip</div>
<div><div>3</div></div> <div>10 a.m. Holy Eucharist—CH</div>	<div>4</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>12 p.m. Bridge Luncheon—CDR</div> <div>2 p.m. Halloween Movie: <i>Edward Scissorhands</i>—Ch 1851</div>	<div>National Do Something Nice Day</div> <div>5</div> <div>10 a.m. Grocery Trip</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>1 p.m. Opera Tuesday: <i>Turandot</i>—Ch 1851</div>	<div>6</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>3 p.m. Great Courses: The Genius of Michelangelo—Ch 1851</div>	<div>7</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>2:30 p.m. Dining Committee—CDR</div>	<div>8</div> <div>10 a.m. Friday Morning Fitness—Ch 1851</div> <div>3 p.m. Millie Edwards Trio—BG (weather permitting)</div>	<div>9</div> <div>11 a.m. Rosary—CH</div> <div>11:15 a.m. Grocery Trip</div>
<div><div>10</div></div> <div>10 a.m. Holy Eucharist—CH</div>	<div>Columbus Day Indigenous Peoples' Day</div> <div>11</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>2 p.m. Halloween Movie: <i>Phantom of the Opera</i>—Ch 1851</div>	<div>12</div> <div>10 a.m. Grocery Trip</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>1 p.m. Resident Council—WR</div> <div>1 p.m. Opera Tuesday: <i>Madam Butterfly</i>—Ch 1851</div>	<div>13</div> <div>9:30 a.m. Catholic Mass—CH</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>3 p.m. Great Courses: The Genius of Michelangelo—Ch 1851</div>	<div>14</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>3:30 p.m. Betse, Clarke, &amp; the Bledoes Quartet—BG (weather permitting)</div>	<div>Global Handwashing Day</div> <div>15</div> <div>10 a.m. Friday Morning Fitness—Ch 1851</div> 	<div>16</div> <div>11 a.m. Rosary—CH</div> <div>11:15 a.m. Grocery Trip</div>
<div><div>17</div></div> <div>10 a.m. Holy Eucharist—CH</div>	<div>18</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Garden Committee—WR</div> <div>2 p.m. Halloween Movie: <i>Arsenic and Old Lace</i>—Ch 1851</div>	<div>19</div> <div>10 a.m. Grocery Trip</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>1 p.m. Opera Tuesday: <i>La Bohème</i>—Ch 1851</div>	<div>20</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>3 p.m. Great Courses: The Genius of Michelangelo—Ch 1851</div>	<div>21</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>2 p.m. Chaplain Mark's Book Club—CH</div>	<div>22</div> <div>10 a.m. Friday Morning Fitness—Ch 1851</div> <div>1:30 p.m. Chair Volleyball—WR</div>	<div>23</div> <div>11 a.m. Rosary—CH</div> <div>11:15 a.m. Grocery Trip</div>
<div><div>24</div></div> <div>10 a.m. Holy Eucharist—CH</div> <div>Halloween</div> <div>31</div> <div>10 a.m. Holy Eucharist—CH</div> 	<div>25</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>2 p.m. Halloween Movie: <i>The Hunchback of Notre Dame</i>—Ch 1851</div>	<div>26</div> <div>10 a.m. Grocery Trip</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>1 p.m. Opera Tuesday: <i>Tosca</i>—Ch 1851</div>	<div>27</div> <div>9:30 a.m. Catholic Mass—CH</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>3 p.m. Great Courses: The Genius of Michelangelo—Ch 1851</div>	<div>National Chocolate Day</div> <div>28</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>2-4 p.m. CC Banker—MLR</div> <div>3 p.m. Bach Soloists Elizabeth Suh Lane &amp; Elisa Williams Bickers—BG (weather permitting)</div>	<div>29</div> <div>10 a.m. Friday Morning Fitness—Ch 1851</div> <div>10:30 a.m. St. Paul 2nd Graders Sing—BG</div> <div>3 p.m. BSP Annual Halloween Parade and Party</div>	<div>30</div> <div>11 a.m. Rosary—CH</div> <div>11:15 a.m. Grocery Trip</div>

*Group activities subject to community status*



**Bert Bates Receives Award**



The accomplishments of our residents keep coming! Bert Bates was presented the Beta Theta Pi Francis Weyland Shephardson Award that recognizes exemplary devotion and dedication to the fraternity. Bert was given the award at a ceremony in Oxford, Ohio, in August 2021. Leadership in his profession and community has characterized Bert’s life and career.

**BSP Annual Halloween Shindig!**

**Friday, October 29 | 3 p.m.**

Start thinking about your costume for another year of Halloween shenanigans. We’ll see you door-to-door again, delivering sweet treats!



**Tuesdays, October 5, 12, 19, and 26 | 1 p.m. | Channel 1851**

We had so many favorable calls about our opera series last month, so we will continue with Puccini!

**October 5—*Turandot***

*Turandot* is an epic fairy tale set in a China of legend, loosely based on a play by 18th-century Italian dramatist Carlo Gozzi. Featuring an unusual score with an innovative use of chorus and orchestra, it is recognizably Puccini, bursting with instantly appealing melody.

**October 12—*Madam Butterfly***

*Madam Butterfly* is one of opera’s most enduring tales of unrequited love. Puccini’s poignant score follows the tragic tale of Cio Cio San, a young Japanese girl who falls in love with American naval officer Pinkerton, with devastating consequences.

**October 19—*La Bohème***

In *La Bohème*, based on Henry Murger’s novel *Scenes de la vie de Bohème*, four struggling bohemians—a poet, a painter, a musician and a philosopher—are living together in Paris, when one freezing Christmas Eve, a girl named Mimì knocks on their door looking for a light for her candle, and she and Rodolfo, the poet, fall in love.

**October 26—*Tosca***

*Tosca* is a political thriller set in Rome in June 1800 during the Napoleonic wars, a time of great political unrest. The action takes place over less than 24 hours, making it an intense experience. The plot centers around three main characters—Rome’s diva Floria Tosca, her lover Mario Cavaradossi (a painter and republican) and the corrupt Chief of Police, Baron Scarpia.

**Halloween Monday  
Movie Madness**

**Mondays, October 4, 11, 18, and 25 | 2 p.m. | Channel 1851**

Each Monday this month we will feature a themed scary movie for everyone to enjoy. We’ll bring you several genres, from *Edward Scissorhands* to *Arsenic and Old Lace* (depending upon availability).

**But here’s the key: If you want popcorn, you need to put a sign on your door each Tuesday morning so we know how much to make to bring it to your apartment!**

**October 4—*Edward Scissorhands* (1990)**

An inventor dies before developing hands for his creation, a boy named Edward who instead has scissors at the end of each arm. Edward lives a monastic existence until an Avon lady adopts him and takes him to live in the pastel paradise of suburbia.

**October 11—*Phantom of the Opera* (2004)**

This big-screen version of the legendary musical stars Gerard Butler as the disfigured, reclusive Phantom who roams beneath the Paris Opera and takes budding star Christine under his wing. But as he falls for her, she finds love with handsome Raoul.

**October 18—*Arsenic and Old Lace* (1944)**

A witty adaptation of the hit Broadway play about two dotty spinsters (*Josephine Hull and Jean Adair*) with a peculiar avocation: helping lonely old gents by poisoning them and burying them in the cellar. But the jig is up when the ladies’ newlywed nephew, Mortimer Brewster (*Cary Grant*), discovers his aunts’ “benevolent” deeds. *Raymond Massey and Peter Lorre* also star.

**October 25—*The Hunchback of Notre Dame* (1939)**

Overcome by lust, High Justice Frolo (Cedric Hardwicke)—a religious fraud—dispatches deformed bell-ringer Quasimodo (Charles Laughton) to kidnap winsome gypsy Esmeralda (Maureen O’Hara). But Quasimodo is thwarted and pays for his crime with a public flogging. Esmeralda offers him comfort, and her kindness kindles his passion. When she’s later falsely convicted of murder and condemned to death, only the love-struck Quasimodo can save her.



**The Great Courses: The Genius of Michelangelo**

**Wednesdays, 3 p.m. | Ch 1851**  
**Expanded from two 30-minute classes each week to three!**

Our 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. These in-depth 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*.



# October Dates to Note

## National Do Something Nice Day Tuesday, October 5

This holiday encourages us to perform acts of kindness for strangers or loved ones—or both! Doing good deeds makes the world better and may help you manage your own troubles, too.

### Assist a stranger

Extend a small gesture of kindness to let a stranger know you care. Pay the bill of the person behind you in the coffee shop. If you see someone who is upset, offer them a tissue or—if the situation calls for it—other kinds of assistance. If someone thanks you for your good deed, ask them to pay it forward by helping someone else. Keep spreading goodwill!

### Call someone just to tell them you care

Call someone you care about out of the blue, just to let them know how much they mean to you. If you know someone who is going through a hard time in life, gently check in with them and let them know they're on your mind. If you can, send them a bouquet or homemade meal. Your attention can make a difference.

### Volunteer

Consider what your strongest skills are and how you can use them to help others. If you're great at construction, lend a hand to Habitat For Humanity. If you're a web developer, offer your skills to an organization that needs a website revamp. In most communities, soup kitchens or homeless shelters can always use help.

## Columbus Day Monday, October 11

Columbus came to the Americas in 1492. On the 400th anniversary, following a lynching of 11 Italian immigrants in New Orleans, President Benjamin Harrison declared Columbus Day

a one-time national celebration to placate Italian Americans and ease tensions with Italy. Politicians, poets, teachers, and preachers began to spin the web of patriotism under the veil of Columbus. Many Italian-Americans took this as an opportunity to celebrate their heritage. In 1966, Mariano A. Lucca founded the National Columbus Day Committee, which lobbied to make Columbus Day a federal holiday. The efforts were successful, and Columbus Day became a holiday in 1968.

Over the years, the celebration of Christopher Columbus Day has become more and more controversial due to the atrocities he committed against Native Americans. Columbus Day has become less a day of pride and more a painful reminder of a dark past in American history. Since the early 1970s, many states have petitioned to have the holiday's name changed to National Indigenous Peoples' Day to honor Native Americans and commemorate their stories and culture. National Indigenous Peoples' Day has become an official state holiday in some places.

## Global Handwashing Day Friday, October 15

The first Global Handwashing Day was held in 2008. Since then, communities and leaders have used this national holiday to spread awareness about the value of clean hands and to encourage people to wash their hands with soap, especially during critical times.

Before COVID-19, many of us didn't give much thought to washing our hands to prevent the spread of disease. But the global pandemic has shone a light on the importance of handwashing, giving this day extra relevance.

Handwashing is a simple practice, but it can make a difference and save lives.



## HAPPY BIRTHDAY

Sandra Bergfelder, October 6

Fred Truog, October 9

Paula Lane, October 15

George Dooley, October 17

Billie Harrington, October 17

Irene Marcus, October 18

Maxine Thomas, October 19

Bernadette Miller, October 20

Clif Elliott, October 26

Marjorie Frauenfelder, October 26

Carol Kirila, October 28

John Adair, October 31

## In Loving Memory

Len Horwitz

Sarah Oliver

John Carter

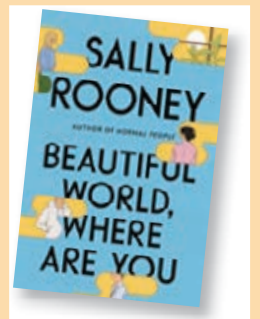
# Bestselling BOOKS

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

### Fiction

**BEAUTIFUL WORLD, WHERE ARE YOU**

Sally Rooney

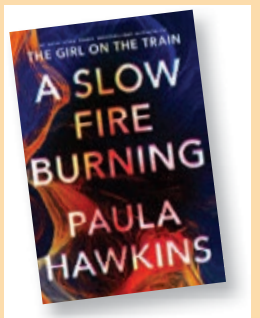


**FORGOTTEN IN DEATH**

J.D. Robb

**A SLOW FIRE BURNING**

Paula Hawkins



**MATRIX**

Lauren Groff

### Nonfiction

**BEAUTIFUL COUNTRY**

Qian Julie Want

**THIS BRIGHT FUTURE**

Bobby Hall

**THE AFGHANISTAN PAPERS**

Craig Whitlock

**THE AMERICAN EXPERIMENT**

David M. Rubenstein





# Morning Poem

Every morning  
the world  
is created.  
Under the orange

sticks of the sun  
the heaped  
ashes of the night  
turn into leaves again

and fasten themselves to the  
high branches—  
and the ponds appear  
like black cloth  
on which are painted islands

of summer lilies.  
If it is your nature  
to be happy  
you will swim away along the  
soft trails

for hours, your imagination  
alighting everywhere.  
And if your spirit  
carries within it

the thorn  
that is heavier than lead—  
if it's all you can do  
to keep on trudging—

there is still  
somewhere deep within you  
a beast shouting that the earth  
is exactly what it wanted—

each pond with its blazing lilies  
is a prayer heard and answered  
lavishly,  
every morning,

whether or not  
you have ever dared to be happy,  
whether or not  
you have ever dared to pray.

—Mary Oliver

## National Chocolate Day October 28

Chocolate comes from the bean of the cacao tree native to Central and South America. The ancient Olmecs mixed ground cacao with water to create a ceremonial drink. Chocolate—often mixed with chilis or honey—became a central part of Mayan and then Aztec culture. Montezuma was a well-known chocoholic.

The Spanish brought chocolate to Europe, and its popularity spread. Europeans added sugar and cinnamon and mixed the chocolate with milk instead of water.

German-Swiss confectioner Henri Nestlé produced the first bars of chocolate in 1879 by combining cocoa powder and milk powder. But bar chocolate was hard and difficult to chew until Swiss chocolatier Rudolf Lindt invented the conch machine that mixed and aerated chocolate, giving it the smooth, melt-in-your-mouth consistency we love today.



## Name That Resident!

- I was born in Columbus, Ohio.
- My favorite book is *The World According to Garp*.
- My favorite vacation spot is Mendocino, California.
- My favorite drink is Zinfandel red wine.
- My favorite town is Chapel Hill, North Carolina.
- My favorite sport is baseball.
- My favorite movie is *2001: A Space Odyssey*.

(Last month's answer was Jean Murray!)

# Chaplain's CORNER

As we watch fall leaves flutter to the ground, we're reminded that nature's cycles are mirrored in our lives. Autumn is a time for releasing things that have been a burden.

Jewish rabbi and writer Harold Kushner in *The Lord Is My Shepherd* suggests that when we contemplate fall's changes, we grow more appreciative of the beauties that surround us:

*"The poet Wallace Stevens once wrote, 'Death is the mother of beauty.' What those words say to me is that we cherish the beauty of a sunrise, of a New England autumn, of a relationship, of a child's hug, precisely because those things will not be around forever and neither will we be around to enjoy them."*

Fall also brings home to our consciousness death and the challenge to live every day to the fullest. Susan Jeffers in *Embracing Uncertainty* gives us a spiritual practice to facilitate this twofold movement:

*"I was once told that certain spiritual masters in Tibet used to set their teacups upside down before they went to bed each night as a reminder that all life was impermanent. And then, when they awoke each morning, they turned their teacups right side up again with the happy thought, 'I'm still here!' This simple gesture was a wonderful reminder to celebrate every moment of the day."*

Finally, Cynthia Kneen, in *Awake Mind, Open Heart* shares an open heart practice to carry with you into the fall.

*"When you are brave and have an open heart, you have affection for this world — this sunlight, this other human being, this experience. You experience it nakedly, and when it touches your heart, you realize this world is very fleeting. So it is perfect to say 'Hello means good-bye.' And also, 'My hope, hello again.'"*

Blessings,  
Chaplain Mark Jeske

## Livestreaming SUNDAY SERVICES

### St. Andrew's Episcopal

8 a.m., 10:15 a.m.  
[standrewkc.org/live-worship](https://standrewkc.org/live-worship)

### All Souls Unitarian Universalist

11:10 a.m.  
[bit.ly/3g7G62f](https://bit.ly/3g7G62f)

### Immaculate Conception

11 a.m.  
[facebook.com/golddomekc](https://facebook.com/golddomekc)

### Community Christian Church

10:30 a.m.  
[facebook.com/Community4KC](https://facebook.com/Community4KC)

### Conception Abbey

7:45 a.m., 10:30 a.m., 5:30 p.m.  
[conceptionabbey.org/live](https://conceptionabbey.org/live)

### Grace and Holy Trinity Cathedral

10:15 a.m.  
[kccathedral.org/worship](https://kccathedral.org/worship)

### St. Paul's Episcopal

10 a.m.; Wednesday, 6 p.m.  
[facebook.com/StPaulsKCMO](https://facebook.com/StPaulsKCMO)

### Unity Temple on the Plaza

10:30 a.m.  
[bit.ly/2yfspgE](https://bit.ly/2yfspgE)

### Village Presbyterian Church

9:30 a.m.  
[villagepres.org/online](https://villagepres.org/online)







*The*  
**SCENE**  
RECENT EVENTS & PHOTOS

