The ANBASSADOR November 2021 November 2021

SAINT LUKE'S BISHOP SPENCER PLACE



🕆 Saint Luke's. **BISHOP SPENCER PLACE**



Simple Steps Toward Happiness!

- **1. Be in nature.** Go outside, take a walk, and look up at the sky. Being in nature quickly reduces stress, according to a 2018 study at Norwich Medical School, especially when the time is tech-free, so leave your cell phone behind. Whether a short walk or a longer retreat. the human-nature connection is deeply restorative.
- **2. Meditate.** Even a few minutes of seated meditation can bring powerful awareness to the mind and calm the body. Mindfulness means being nonjudgmental in the moment. It helps us pay attention to the peace in stillness. Meditation can lower anxiety, reduce stress hormones, and lessen depression, according to the National Institutes of Health. The body and mind are able to feel more positive emotions.
- 3. Be grateful. Practicing and expressing gratitude may propel positivity. Rather than focusing on the negative, being grateful can shift us into a more positive outlook. Begin by jotting down three things you are grateful for each day in a daily gratitude journal. Also, tell people in your life when you're grateful for them and why. Gratitude connects us.

A few words from the CEO



November is often a time for giving thanks, and for me this year, this is definitely the case. While we certainly have cause to feel a little down about the ongoing nature of the pandemic and how this has affected everything we do, I am choosing to be grateful for so much. One thing I'm grateful for is the amazing crew we have at Bishop Spencer Place. Without their dedication and

commitment to this community, we would not be the loving and caring community we are.

Next, I'm grateful for our amazing residents. Our residents are the backbone of our culture here at BSP, and because of who they are and how much they mean to each and every one of us, we are driven to deliver first-class service and quality care.

My last moment of gratitude today is one I'm certain you also share with me. I continue to be grateful for the support we, as a community, receive from our parent, Saint Luke's Health System. Behind the scenes, the health system continues to provide testing and vaccination supplies and support, expert guidance in infection prevention and control, talent recruitment support, marketing leadership, and the financial backing and support that allows us to be able to enjoy our community in a way many today are not able due to the financial strain the pandemic has had on so many communities like ours.

We truly have so many reasons to be thankful—I'm thankful for each and every one of you.

Yours in health,

Dee Dunn

Tai Chi Classes Are Back! Wednesdays, starting November 3 1:00 p.m. | Activity Center

We are so pleased that Gary Huff is returning to lead his beginner Tai Chi class. He's so looking forward to seeing you all again and is hoping some new residents will show up as well!

Concert

Kansas City Symphony Woodwind Quintet Monday, November 8 | 3:30 p.m. | Madison Living Room



The group, led my Alison Chung, includes oboe, clarinet, bassoon, French horn, and flute. We are so fortunate when any of the Symphony's artists perform for us!

Happy Hour

Fridays | November 5, 12, & 19 | 4-5 p.m. Madison Living Room

National Happy Hour Day is Friday, November 12. This gave us the idea to have three Friday Happy Hours this month, because, why not?!

Come by on your way to enjoying dinner in the Canterbury or the Bistro.

November 5 | Rich Hill on piano



November 12 | The Cucharada Trio



November 19 | Joe Cartwright on piano



all and



Pins have been an invaluable tool for seamstresses throughout history. With pins came a variety of ways to store them. Because early metal pins were rare and expensive, they were stored in a variety of protective cases made of bone, ivory, or silver.

During the Tudor Era, it became common practice to use fancy, stuffed shapes to store needles and pins. At the time, tomatoes symbolized prosperity and were believed to repel evil spirits. People placed ripe tomatoes on their mantels to ensure good fortune. Since real tomatoes weren't always available, they created fabric tomatoes stuffed with sand or sawdust. Eventually, the stuffed tomatoes were used as pin cushions.

In the Victorian Era, as parlors became more opulent, the lady of the house displayed collections of pin cushions in various shapes (fans, dolls, shoes, fruits, and vegetables), taking pride in their number and variety. The tomato pin cushion became popular.

The red tomato is still the most familiar pin cushion today. The attached strawberry tassel is filled with emery and serves to clean and sharpen needles and pins.

- **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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|--|---|
| | All Saints' Day 9:30 a.m. Our Lady's Montessori Kids Saint's Parade 10 a.m. Stretch & Strengthen—AC 12 p.m. Bridge Luncheon—CDR 2 p.m. Monday Movie—Ch 1851 | 2 10 a.m. Grocery Trip 10:30 a.m. Strength & Balance—AC 1 p.m. Travels with Rick Steves—Ch 1851 | 3 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses: Genius of Michelangelo—Ch 1851 | 4 10:30 a.m. Strength & Balance—AC 11 a.m. Podiatrist by Appt.—AC 2:30 p.m. Dining Committee— CDR | 5 10 a.m. Friday Morning Fitness— Ch 1851 4-5 p.m. Happy Hour: Pianist Rich Hill—MLR | 6 9 a.m. Grocery Trip 11 a.m. Rosary—CH |
| T 10 a.m. Holy Eucharist—CH Daylight Saving Time Ends | 8 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851 3:30 p.m. KC Symphony Woodwind Quintet—MLR | 9 10 a.m. Grocery Trip 10:30 a.m. Strength & Balance—AC 1 p.m. Resident Council—WR 1 p.m. Travels with Rick Steves—Ch 1851 | 10 9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses: Genius of Michelangelo—Ch 1851 | Veteran's Day1110:30 a.m.Strength & Balance—AC1:30 p.m.Chair Volleyball—WR4 p.m.Taps Steven Franklin of the KC Symphony | National Happy Hour 12 10 a.m. Friday Morning Fitness— Ch 1851 4–5 p.m. Nat'l Happy Hour: Guy Montes, Sean Mawhirter, Adam Galblum Trio—MLR | World Kindness Day 13 9 a.m. Grocery Trip 11 a.m. Rosary—CH |
| 10 a.m. Holy Eucharist—CH | 10 a.m. Stretch & Strengthen—AC 1 p.m. Garden Committee—WR 2 p.m. Monday Movie—Ch 1851 | 16 10 a.m. Grocery Trip 10:30 a.m. Strength & Balance—AC 1 p.m. Opera Tuesday: Candide—Ch 1851 | 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses: Genius of Michelangelo—Ch 1851 | 10:30 a.m. Strength & Balance—AC 1:30-3 p.m. Holiday Cardmaking Artist Nina Irwin—AC (first 15 to sign up) | 10 a.m. Friday Morning Fitness— Ch 1851 4-5 p.m. Happy Hour: Pianist Joe Cartwright—MLR | 20 9 a.m. Grocery Trip 11 a.m. Rosary—CH |
| 10 a.m. Holy Eucharist—CH | 22 10 a.m. Stretch & Strengthen—AC 2 p.m. Movie Monday Robert Butler: The Third Man 2 p.m. Monday Movie—Ch 1851 | 23 10 a.m. Grocery Trip 10:30 a.m. Strength & Balance—AC 1 p.m. Travels with Rick Steves—Ch 1851 | 24 9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC (No Great Courses Today) | 25 THANKSGIVING DAY Offices Closed | 26 10 a.m. Friday Morning Fitness— Ch 1851 | 27 9 a.m. Grocery Trip 11 a.m. Rosary—CH |
| Advent Begins 28 Hannukah Begins 28 10 a.m. Holy Eucharist—CH | 29 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851 | 30 10 a.m. Grocery Trip 10:30 a.m. Strength & Balance—AC 1 p.m. Opera Tuesday: Don Giovanni—Ch 1851 | | | | |



November 2021

Monday Movie Madness



Veteran's Day Taps Thursday, November 11 | 4 p.m.

Again this year, we plan to have the incredible trumpeter, Steven Franklin, with the Kansas City Symphony, play *Taps* for us from the Bishop's Garden and the York Garden. Open your windows and balcony doors to show your appreciation.

Veterans Day, originally known as Armistice Day, honors military veterans. It coincides with other holidays, including Armistice Day and Remembrance Day, that are celebrated in other countries that mark the anniversary of the end of World War I. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954.



Mondays, November 1, 8, 15, & 29 | 2 p.m. | Channel 1851

Special Showing: The Third Man with Robert Butler November 22 | Westport Room

The Third Man (1949), set in postwar Vienna, stars Joseph Cotten as Holly Martins, a writer of pulp Westerns, who arrives as a guest of his childhood chum Harry Lime (Orson Welles), only to find Harry dead. Martins develops a theory after learning of a "third man" present at the time of Harry's death, running into interference from British officer Maj. Calloway (Trevor Howard) and falling head-over-heels for Harry's grief-stricken lover, Anna (Alida Valli).

The Third Man is important not only because of its technique but because of its theme: Just because blundering Americans rule the world does not mean they understand it, and American cultural hegemony has transformed the global economy into the plot of a gangster movie. While the corrupt and duplicitous postwar Vienna of The Third Man may at first look like an ancient realm of fedoras and overcoats, men in ties, and women with ringlets, in moral terms it's the same world we inhabit today.

Name That Resident!

- I went to school during the worst dust storms.
- If any of us as children were ever sick, we were all quarantined!
- I had a Japanese roommate during the war.
- My children were christened wearing their father's baby dress.
- I lived through the Depression.
- My favorite author is Rosamunde Pilcher.

(Last month's answer was Doug Rushing!)



Tuesdays | 1 p.m. | Channel 1851

This month we'll switch it up a bit, dividing our Tuesdays between Rick Steves and two comic operas.

November 2, 9, & 23—Travels with Rick Steves

Rick Steves, respected authority on European travel, inspires Americans to take trips that are fun, affordable, and culturally broadening. He produces best-selling guidebooks, a public television show, a weekly public radio show, a travel column, and free travel information available at ricksteves.com.



November 16—*Candide*

In this operetta composed by Leonard Bernstein and based on the novella by Voltaire, Candide-the illegitimate nephew of a baronbecomes engaged to Cunegonde, the baron's daughter, and the baron exiles him out of disdain for his low social class.

November 30—Don Giovanni

Based on the story of Don Juan, Don Giovanni, one of Mozart's greatest operas, tells the tale of an incorrigible young playboy who blazes a path to his own destruction in a single day.

Thank you to Bernie Jones for his opera assistance!



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

Wednesdays, 3 p.m. | Ch 1851

As our class winds down this month, we will skip the day before Thanksgiving to end the series on December 1.

In "The Genius of Michelangelo." In this series, internationally recognized Michelangelo expert and award-winning professor of art history William E. Wallace gives 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 Lorenz. 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.

November Dates to Note



International Kindness Day

Saturday, November 13

International Kindness Day was first introduced as a day

of observation by the World Kindness Movement.

The World Kindness Movement began at a convention in Tokyo in 1997. Institutions and associations dedicated to championing kindness assembled from many countries, including Australia, Thailand, the United States, and the United Kingdom. The World Kindness Movement formed at this event, with the written declaration to "pledge to join together to build a kinder and more compassionate world." In 1998, in pursuit of this aim, they launched the inaugural International Kindness Day to promote kindness throughout the world.

International Kindness Day is observed annually on November 13 in many countries, including the United States, Canada, Japan, Australia and the U.A.E. It is a day devoted to the positive potential of both large and small acts of kindness that brings people of every kind together.

Advent

Begins Sunday, November 28

Advent is observed in most Christian denominations as a time of waiting and preparation for both the celebration of the Nativity of Christ at Christmas and the return of Christ at the Second Coming. The name was adopted from Latin adventus "coming; arrival," translating Greek parousia.

While it is difficult to keep in mind in the midst

of holiday celebrations, shopping, lights and decorations, and joyful carols, Advent is intended to be a season of fasting, much like Lent.



Begins at sundown Sunday, November 28

Hannukah is an eight-day winter festival of lights, which begins each year on the 25th day of the Jewish month of Kislev. Hanukkah commemorates the rededication of the Temple in Jerusalem after a group of Jewish warriors defeated the occupying Greek armies. The festival celebrates the triumph of light over darkness and of spirituality over materiality. It ends on Monday, December 6.



The central feature of the observance of is the nightly lighting of the Chanukiah or menorah, an eight-branched candelabra with a

place for a ninth candle, the shammes, used to light the others. One candle is lit on the first night of Hanukkah, and an additional candle is lit on each successive night, until, on the eighth night, the Chanukiah is fully illuminated.



HAPPY BIRTHDAY

Audrey Zollars, November 1 Susie Haake, November 9 Louise Nyberg, November 11 Janette Rushing, November 11 Jean Murray, November 14 Julia Murray, November 14 Marvin Newton, November 14 Niki Ehernberger, November 20 Mary Beveridge, November 23 Katie Gusewelle, November 25 Shirley Wagner, November 25 Joan Zoller, November 25 Willadean Berglund, November 26 Joe Kincaid, November 27 Robert McElwain, November 28 Joe Brennan, November 30





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

Fiction THE LINCOLN HIGHWAY Armor Towles

THE WISH Nicholas Sparks

CLOUD CUCKOO LAND Anthony Doerr

CROSSROADS Jonathan Franzen

Nonfiction THE STORYTELLER: TALES OF LIFE AND MUSIC Dave Grohl

PERIL Bob Woodward and Robert Costa

TASTE: MY LIFE THROUGH FOOD Stanley Tucci

VANDERBILT: THE RISE AND FALL OF AN AMERICAN DYNASTY Anderson Cooper









Mother of Thanksgiving

The woman behind "Mary Had a Little Lamb" is also responsible for Thanksgiving's recognition as a national holiday.

Writer and editor Sarah Josepha Hale convinced President Abraham Lincoln to officially declare Thanksgiving a national holiday, after three decades of persistent lobbying. The author also founded the American Ladies *Magazine*, which promoted women's issues long before suffrage. She wrote countless articles and letters, advocating for Thanksgiving to help unify the Northern and Southern states amid gathering divisions.

Hale kept at it, even after the Civil War broke out, and Lincoln actually wrote the proclamation just a week after her last letter in 1863, earning her the name the Mother of Thanksgiving.

Autumn

Season of mists and mellow fruitfulness, Close bosom-friend of the maturing sun; Conspiring with him how to load and bless With fruit the vines that round the thatch-eves run: To bend with apples the moss'd cottage-trees, And fill all fruit with ripeness to the core; To swell the gourd, and plump the hazel shells With a sweet kernel; to set budding more, And still more, later flowers for the bees, Until they think warm days will never cease, For summer has o'er-brimm'd their clammy cells.

Who hath not seen thee oft amid thy store? Sometimes whoever seeks abroad may find Thee sitting careless on a granary floor, Thy hair soft-lifted by the winnowing wind; Or on a half-reap'd furrow sound asleep, Drows'd with the fume of poppies, while thy hook Spares the next swath and all its twined flowers: And sometimes like a gleaner thou dost keep Steady thy laden head across a brook; Or by a cyder-press, with patient look, Thou watchest the last oozings hours by hours.

Where are the songs of spring? Ay, Where are they? Think not of them, thou hast thy music too,— While barred clouds bloom the soft-dying day, And touch the stubble-plains with rosy hue; Then in a wailful choir the small gnats mourn Among the river sallows, borne aloft Or sinking as the light wind lives or dies; And full-grown lambs loud bleat from hilly bourn; Hedge-crickets sing; and now with treble soft The red-breast whistles from a garden-croft; And gathering swallows twitter in the skies.

—John Keats



Most of us have memories of past Thanksgivings when we gathered and shared stories and food. I recall reciting my list: family, home, food, and school. Then...onto the feast!

rapla

As I've grown older, I have a better grasp on blessings for which I'm grateful. Topping the list, of course, is my faith. But strong on the list are the people who have blessed my life: a teacher who had faith in my abilities; a friend who listened; a colleague who suggested I meet with a spiritual director; a neighbor who helped me learn to laugh at myself; a stranger who unknowingly mentored me in extending compassion.

Who are the people who have given you a glimpse of God's good giving, through their words and actions? Thanksgiving is a time to think about these people, to give thanks, and to tell them how much they mean to you, or say a prayer for them.













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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













RECENT EVENTS & PHOTOS











