



The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

January 2022

CELEBRATING
25

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

National Take the Stairs Day

Wednesday, January 12

The primary goal of this day is to encourage you to improve your health by leaving the elevator behind and walking up the stairs. Walking up and down stairs, instead of using the elevator or escalator, is a non-impact activity that most of us can do. It helps tone our muscles, maintain or even lose weight, and contribute to cardiovascular health.

Most smartphones have an app that counts stairs. If your phone does not, you can download a stair-counting app.

Stair Climbing Fact

A 160-pound person who climbs for three minutes expends approximately 30 calories.

Discover and enjoy the health benefits of taking the stairs today. Then, make it a daily habit.

Saturday Grocery Trips

Depart BSP at 10 a.m.

We are moving the Saturday grocery trips back to 10 a.m. (from 9 a.m.).

If there is a BSP bus scheduled for the Merriam Opera, we will need to cancel the grocery trip that day or leave earlier!

A few words from the CEO

As we begin a new year, I'd like to share a poem by Sandra Hearth that shares my sentiments better than I ever could at this time of reflection and renewal.



New Year

*Another year is coming to a close.
We can forget our troubles and woes.*

*For me, this year was tough.
It brought many emotions, was tearful and rough.*

*Now another year is approaching fast.
Let's hope it's a New Year with love and health; let's hope it's a blast.*

*May all of your dreams come true
And you find peace and love in all that you do.*

*May this world know the gentle sound of a hush.
May it calm all its anger and slow its pace from the rush.*

*May we all hear the sound of joy
And push away all that hurts, all that destroys.*

*The New Year I hope will be good to us all.
Care and calm, a helping hand when we fall.*

*Listen more, slow down, and say I love you.
Stop for a moment; take a breath, take in the view.*

*Appreciate your family; tell them you care.
Do something exciting, a thrill or a dare.*

*Enjoy all that the New Year may give.
We have but one life, so let's learn to live.*

*It's a New Year, a brand new start.
Always remember, live and love from your heart.*

*Wishing each and every one a year to behold,
And may it be full of wonders for you to unfold.*

*Love, hugs, and kisses too...
A very happy New Year from me to you.*

Yours in health (and hugs),

Dee Quinn

From Your BSP Resident Tech Team

As new technologies develop, we may be more open to scams. Here are some quick guidelines for handling calls or emails you are unsure of.

Phone

No reputable company of any sort would ever ask you to buy an iTunes or other gift card and have you read them the credit card numbers. *Never ever.*

Never give out personal information over the phone unless you originated the call. If your grandson or a family member calls asking for help, hang up and call them back to make sure it is really them. If your credit card has been compromised, call the credit card company directly. If your computer has been hacked, call the service team. Also, IRS and Social Security will *never* call you directly. They write.

If you have caller ID and voicemail, do not answer the phone unless you recognize the caller. If it is important, they will leave a voicemail. If you do answer a call and no one is on the line, hang up immediately. Don't return calls from people you don't know.

E-Mail and Online

Most offers, prizes, special discounts, or "you have been selected" e-mails are fake. Do not open any attachments or click on any link in email, as it may redirect you to a scammer's website, which may compromise your computer or steal your information.

If you think a message might be real, close the email and log on to the website you know to be trusted, like your credit card, bank, or phone company account that you have set up.

If you think your computer has been hacked, call someone from the tech team to check it for you.

If you use Facebook, do not friend anyone you don't know or anyone who may already be a friend. Log off and change your Facebook password.

The Bishop Spencer Place Wi-Fi (BSP_Guest) is *not password-protected* and not secure for banking and making purchases. It is safer to do this by phone. If you do a lot of personal financial transactions online and do not have Google or Spectrum password-protected WIFI, you may want to sign up for a Virtual Protected Network (VPN) at a nominal monthly fee. There are many on the market. Una Creditor can help you with this.

Garden TIME

Sleeping Garden... Not Really Asleep

Our gardens around BSP are sleeping now, but a lot of work by our residents went into preparing for that sleep. The Memory Garden—the one with the angel—is tended by our wonderful Garden Committee. The members have weekly assignments to water, fertilize, and clear any spent blooms.



Recently, many on the committee spent hours cleaning out dead leaves and brush, trimming, and generally getting the garden ready for winter. Bill Buckner, Marvin Newton, and Midori Houston did the bulk of the work, but others were at the ready with opinions. Chairmen Barbara Ponder and Carol Hudson, as well as Cathy Campbell, Susan Truog, Louise Nyberg, Vicki Johnson, and Janette Rushing provided expertise and light help to make the bed for the garden.

Those who love gardening will understand the passion for making this space especially beautiful, but it is still a lot of work. Say "thank you" the next time you see one of our gardeners!

AC Activity Center (above Bistro) **MLR** Madison Living Room
CDR Canterbury Dining Room **BG** Bishop's Garden
CH Chapel **Ch 1851** Channel 1851 on your Spectrum TV
WR Westport Room

January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  2 10 a.m. Holy Eucharist—CH	 3 10 a.m. Stretch & Strengthen—AC 12 p.m. Bridge Lunch—CDR 2 p.m. Monday Movie—Ch 1851	 National Trivia Day 4 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. <i>Sondheim's Sunday in the Park with George</i> —Ch 1851	 5 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses: The World's Greatest Churches—Ch 1851	 6 10:30 a.m. Strength & Balance—AC 11 a.m.—5 p.m. All-Day Concert Our Opus 76 Friends—Ch 1851 2:30 p.m. Dining Comm—CDR	 7 9 a.m. Piano Tuning—MLR 10 a.m. Friday Morning Fitness—Ch 1851 4 p.m. Tim Whitmer & Jim Mair—MLR	 New Year's Day 1 11 a.m. Rosary—CH
 9 10 a.m. Holy Eucharist—CH	10 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851	11 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 2 p.m. <i>Sondheim's Into the Woods</i> —Ch 1851	National Take the Stairs Day 12 9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 11 a.m. Podiatrist—AC 1 p.m. Tai Chi—WR 3 p.m. Great Courses—Ch 1851	13 10:30 a.m. Strength & Balance—AC 2 p.m. <i>Movie: Enchanted April</i> Robert Butler—WR	14 10 a.m. Friday Morning Fitness—Ch 1851 3 p.m. Opus 76's Student Group—MLR	15 10 a.m. Grocery Trip 11 a.m. Rosary—CH
16 10 a.m. Holy Eucharist—CH	 Martin Luther King, Jr., Day 17 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851	18 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Rick Steves' Europe—Ch 1851	 National Popcorn Day 19 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses: The World's Greatest Churches—Ch 1851	20 10:30 a.m. Strength & Balance—AC 1-3 p.m. Nina Irwin Art Experience—AC	21 10 a.m. Friday Morning Fitness—Ch 1851 4 p.m. Jazz Sextet with Kent Rausch—MLR	22 10 a.m. Grocery Trip 11 a.m. Rosary—CH
23 10 a.m. Holy Eucharist—CH	24 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851	25 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Meredith McCook & Susie Yang Cello Duo—MLR	26 9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses—Ch 1851	27 10:30 a.m. Strength & Balance—AC 2-4 p.m. Country Club Banker—MLR 3 p.m. Bible Study Pastor Ashley—MLR	28 10 a.m. Friday Morning Fitness—Ch 1851 3 p.m. Betse & Clarke Trio—MLR	29 10 a.m. Grocery Trip 11 a.m. Rosary—CH
30 10 a.m. Holy Eucharist—CH	31 10 a.m. Stretch & Strengthen—AC 2 p.m. Monday Movie—Ch 1851					

Group activities subject to community status

Art Experience with Nina Irwin

Thursday, January 20
1-3 p.m. | Activity Center



Nina has graciously agreed to come back once a month to teach art! We hope you will mark this date on your calendar, and we'll see you there. No experience needed. We had a wonderful time with her in December with watercolor.

Nina works from her painting and ceramics studio in the historic stockyards of Kansas City. She received her B.A. in Studio Art from UMKC and is currently working on her M.A. in Art History. In addition to her studio work, Nina teaches unique art and art history classes at her West Bottoms Studio and also at the Nelson-Atkins Museum of Art. She is represented in collections regionally, nationally, and globally.

You can read more about Nina and her artwork at ninairwin.com.

In Honor of Stephen Sondheim



Tuesdays, January 4 & 11 | 2 p.m. | Channel 1851

Sunday in the Park with George January 4



Sunday in the Park with George is a fictitious portrayal of how French post-Impressionist painter Georges Seurat created his well-known masterpiece "A Sunday Afternoon on the Island of La Grande Jatte."

The musical follows Seurat as he observes and interacts with characters from the painting, most notably his muse and lover, Dot. The second act follows Seurat's great-grandson George as he attempts to be an artist in a commercial world. Directed by James Lapine for the stage, directed for TV by Terry Hughes.

Into the Woods January 11

Into the Woods is the famous musical with music and lyrics by Stephen Sondheim, and book by James Lapine. The musical intertwines the plots of several Brothers Grimm fairy tales, exploring the consequences of the characters' wishes and quests. The main characters are taken from "Little Red Riding Hood", "Jack and the Beanstalk", "Rapunzel", and "Cinderella", as well as several others. It is tied together by a story involving a childless baker and his wife and their quest to begin a family (the original beginning of the Grimm Brothers' "Rapunzel"), their interaction with a witch who has placed a curse on them, and their interaction with other storybook characters during their journey.

Rick Steves' Europe



Tuesday, January 18 | 1 p.m. | Channel 1851

This time we'll travel around northern Europe.

Norway's West: Fjords, Mountains, and Bergen: For Scandinavia's most thrilling sightseeing, we sail under towering fjord cliffs, hike on powerful glaciers, and find surviving traditions in remote farm hamlets.

Then we delve into the Hanseatic heritage and enjoy the salty hospitality of Norway's historic capital, Bergen.

Denmark: Using Copenhagen as a springboard, we'll visit the very best of Denmark. Aarhus welcomes us with its ruddy affluence, charming open-air museum, and eerily well-preserved ancient bog man. Roskilde impresses visitors with its royal burial church and the best Viking-ship museum anywhere. And the delightfully quaint isle of Ærø comes with half-timbered cottages, ships in bottles, and cobbled alleyways that remind us of the world of Hans Christian Andersen.

Belgium: We start in Bruges to check into a medieval hospital, savor the exquisite art of Memling, climb a bell tower to get up close and fortissimo at a carillon concert, and sample fresh frites and the world's tastiest chocolate. Then we ride the train to Brussels, where we stroll Europe's finest square, revel in Bruegels' country scenes and Magritte's surreal dreamscapes, then pay a visit to the bustling hub of European democracy.



The Great Courses: The World's Greatest Churches

Wednesdays, 3 p.m. | Ch 1851

In one of their highest-rated courses offered, we will learn about some of the world's most stunning masterpieces of architecture and art. Professor William R. Cook of the State University of New York at Geneseo leads a detailed tour of churches and cathedrals that he, as a celebrated Christian historian and medievalist, considers to be among the most outstanding and meaningful in the world. We will learn about churches from Norway to Chartres Cathedral, Winchester Cathedral to Siena, and Saint Peter's Basilica to The Wieskirche in Bavaria.

Tip of the Month!

From the BSP Environmental
Committee



Reduce plastic waste by using biodegradable trash can liners. They are available in various sizes on Amazon and at some stores.

Martin Luther King, Jr. Day

Monday, January 17



Martin Luther King, Jr., Day honors the achievements of Dr. Martin Luther King, Jr.

A Baptist minister who advocated for the use of nonviolent means to end racial segregation, King

first came to national prominence during a bus boycott by African Americans in Montgomery, Alabama, in 1955. He founded the Southern Christian Leadership Conference in 1957 and led the 1963 March on Washington. The most influential of African American civil rights leaders during the 1960s, he was instrumental in the passage of the Civil Rights Act of 1964, which outlawed discrimination in public accommodations, facilities, and employment, and the Voting Rights Act of 1965. King was awarded the Nobel Prize for Peace in 1964. He was assassinated on April 4, 1968.

Almost immediately after King's death, there were calls for a national holiday in his honor. Beginning in 1970, a number of states and cities made his birthday, January 15, a holiday. Although legislation for a federal holiday was introduced in Congress as early as 1968, there was sufficient opposition, on racial and political grounds, to block its passage. In 1983, legislation making the third Monday in January a federal holiday was finally passed, and the first observance nationwide was in 1986. The day is usually celebrated with marches, parades, and speeches by civil rights and political leaders.

This day is better known as "a day on, not a day off," and we are encouraged to volunteer in Dr. King's memory.



HAPPY BIRTHDAY

Phoebe Bunting, January 10

Catherine Rocha, January 13

Bob Solenberg, January 13

Marilyn Van Keppel, January 17

Sally Cashion, January 19

Marie Fellers, January 30

Dave Zoller, January 30

National Popcorn Day

Wednesday, January 19

Discovered in the Americas thousands of years ago, popcorn has captivated people for centuries with its mythical, magical charm.

At the heart of this endearing little kernel is a healthful whole-grain, naturally low in fat and calories, gluten-free, and non-GMO, which makes it a great fit for today's health-conscious consumer.

Americans consume some 15 billion quarts of this whole grain, good-for-you treat. That's

47 quarts per man, woman, and child. Popcorn is a type of maize (or corn), a member of the grass family, and is scientifically known as *Zea mays everta*.

Popcorn differs from other types of maize/corn in that it has a thicker pericarp/hull. The hull allows pressure from the heated water to build and eventually bursts open.

Be on the lookout—we will be offering popcorn today!

Name That Resident!

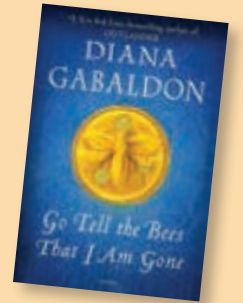
- I started my education in a one-room school.
- Then I taught school and hated it!
- I love watching commercials as much as the TV show, especially food commercials.
- I am the parent of twins.
- I love to garden.

(Last month's answer was Fred Truog!)

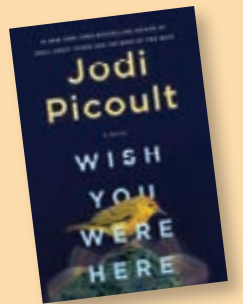
Bestselling BOOKS

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

Fiction
GO TELL THE BEES THAT I AM GONE
Diana Gabaldon



WISH YOU WERE HERE
Jodi Picoult



THE JUDGE'S LIST
John Grisham

THE STRANGER IN THE LIFEBOAT
Mitch Albom

Nonfiction
THE 1619 PROJECT: A NEW ORIGIN STORY
Nikole Hannah-Jones



WILL
Will Smith

ALL ABOUT ME! MY REMARKABLE LIFE IN SHOW BUSINESS
Mel Brooks

THE BEATLES: GET BACK
The Beatles



Thoughtful Quote

My faith demands—this is not optional—my faith demands that I do whatever I can, wherever I can, whenever I can, for as long as I can with whatever I have to try to make a difference.

—Jimmy Carter

Auld Lang Syne

*Should auld acquaintance be forgot,
And never brought to mind?*

*Should auld acquaintance be forgot,
And auld lang syne!*

*For auld lang syne, my dear,
For auld lang syne.*

*We'll take a cup o' kindness yet,
For auld lang syne.*

—Robert Burns

Concerts

Opus 76 All-Day Concert—*with a roaring fire!*
Thursday, January 6 | 11 a.m.-5 p.m. | Channel 1851



Our friends Opus 76 have recorded a line-up of classical music (along with a roaring on-screen fire) for our all-day listening pleasure. The quartet, a BSP favorite, includes Keith Stanfield, Ashley Stanfield, Zsolt Eder, and Daniel Ketter.

Pianist Tim Whitmer & Saxophonist Jim Mair

Friday, January 7 | 4 p.m. | Madison Living Room

It's always a good day when Tim comes to perform, but this time we get the bonus of his friend, Jim Mair, for a Friday afternoon jazz duet. Color us lucky!

Opus 76 Junior Quartet

Friday, January 14 | 3 p.m. | Madison Living Room

Keith Stanfield of Opus 76 will be bringing their students, The Opus 76 Sunrise Quartet, to play a recital of Mozart and Barber.

Jazz Sextet with Kent Rausch

Friday, January 21 | 4 p.m. | Madison Living Room

Kent Rausch has kindly rounded up the players from the late Don Accurso Orchestra to play for us! The six musicians will play timeless hits from the 30s-60s.

2CellosKC

Tuesday, January 25 | 3 p.m. | Madison Living Room

Our friend Jennifer Field, Coventry resident Joann Field's daughter, donated a generous gift to us—the music of Meredith McCook and Susie Yang with the KC Symphony. We are thrilled to have them perform for us.

Betse and Clarke Trio

Friday, January 28 | 3 p.m. | Madison Living Room

Today is Betse's birthday, and what better way to celebrate than with a Betse and Clark shindig! We can hardly wait! She's bringing another friend to round out her newly-wedded husband-wife duo.

Chaplain's CORNER

When we celebrated the holidays last month, for most of us the celebrations brought back memories of times past. The Plaza lights were shining brightly. We sang familiar songs and hymns. Winter décor of ribbons, pinecones, and evergreens adorned the lobby. At our Sunday Praise and Worship time in York, people reminisced about the scent of fir trees, wood fires, and roasted chestnuts.

Now we begin a new year. As we face the coming year, we look forward with hope. We have hope that each day, we are loved and that by our very breath we have value. We have hope that in the winter of our lives we may celebrate not just the joy that is behind us, but the joy that is ahead.

Thank you for the welcome you have given me as your new chaplain. It is a joy to call this community home. If we haven't met, I hope to meet you soon. Please stop by my office or call to say hello and to introduce yourself. Perhaps you'll even join us for our Bible study that starts on January 27.

May 2022 be filled with hope and joy for all of us.

—Chaplain Ashley Masoni Huber

Movies with Robert Butler: *Enchanted April*
Thursday, January 11 | 2 p.m. | Westport Room



In this delightful film, stifled British wives Lottie (Josie Lawrence) and Rose (Miranda Richardson) rent an Italian villa for a husbandless vacation. Sharing the retreat are acerbic widow Mrs. Fisher (Oscar nominee Joan Plowright) and socialite Caroline (Polly Walker). The four spend a month savoring newfound freedom and the opportunity for self-discovery.

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

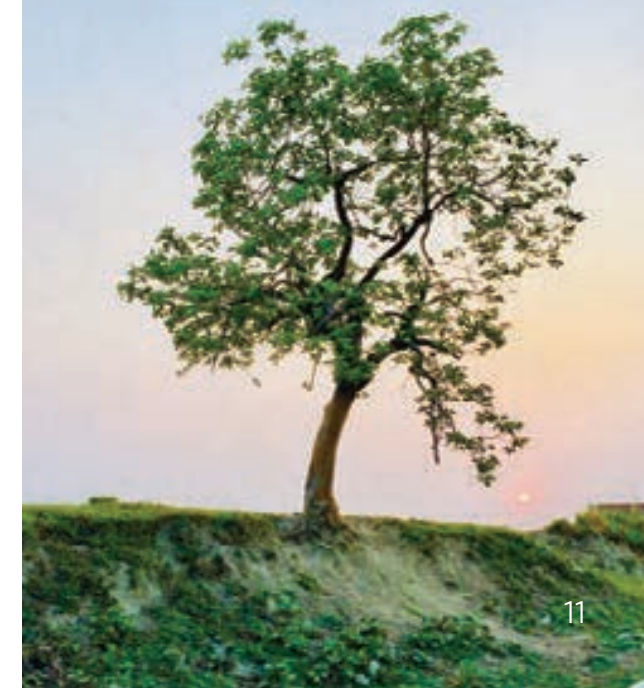
10:30 a.m.

bit.ly/2yfspgE

Village Presbyterian Church

9:30 a.m.

villagepres.org/online





The
SCENE
RECENT EVENTS & PHOTOS

