

*The*  
**AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

February 2022



CELEBRATING  
**25**  
Years

 **Saint Luke's**  
BISHOP SPENCER PLACE

# Stay ACTIVE

## Stay Active: Quick Tips from health.gov

If you have a health problem, talk to your doctor before you start.

### Aim for 150 minutes a week of moderate aerobic activity.

- Start slowly. Even 5 minutes of physical activity has health benefits, and you can build up over time!
- Choose activities that you enjoy and accelerate your heart beat—walking fast, dancing, swimming, or raking leaves.
- Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

### Do muscle-strengthening activities at least 2 days a week.

- Try using exercise bands or lifting hand weights. You can also use bottles of water or cans of food as weights.
- Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath—it can cause unsafe changes in your blood pressure.

### Do balance exercises.

- Practice standing on 1 foot — you can hold onto a chair if you're feeling unsteady.
- Walk backwards or sideways.
- Learn tai chi, a mind-body exercise that improves balance.
- Sign up for a yoga class or try a yoga video at home.

## A few words from the CEO



While we are all riveted by the NFL playoff games once again as our hometown team continues on their journey to the Super Bowl (as I write this), I am encouraging everyone to carry this excitement and cheer into our community spaces once again.

Our community has done an incredible job of keeping each other safe through social distancing, wearing masks appropriately, and being mindful of their neighbors' care and wellbeing.

The past two years have been trying and we have all adapted to a new way of doing things—I think we've adapted very well but I also see all too often our neighbors isolating themselves. It's no secret the supportive environment and socially engaging opportunities at Bishop Spencer Place have contributed to enriching the lives in our residents.

I know it can be tempting to remain in your apartment in comfy clothes. On the other hand, by not participating in community events or activities with your fellow residents, you miss one of the most powerful benefits of living in a life plan community—the social connection that comes with interacting with other residents, presenters and entertainers.

As we celebrate February, I hope you will consider a little self-care and do something good for your physical and mental well-being. Phone a fellow resident, attend a class, take a walk around the community, or enjoy the entertainment that has returned to the Madison Living Room—safely and with masks, of course. Your body and brain will thank you for it!

Be well,

*Dee Dunn*

### Staying Active Can:

- Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve your strength and balance so you can prevent injuries and remain independent
- Improve your mood
- Boost self-confidence
- Improve your ability to learn and problem solve

## Tip of the Month!

### From the BSP Environmental Committee

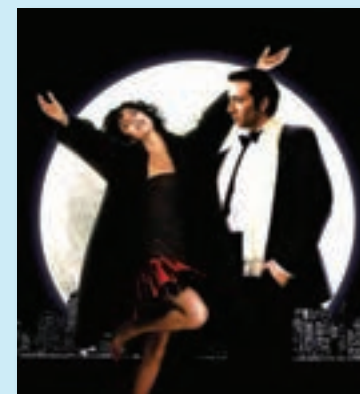
Plastic drink bottles with a 01 code should be disposed of in the refuse room for recycling.

For more information on the recycling of plastics, read the Wikipedia article:

[en.wikipedia.org/wiki/Plastic\\_recycling](https://en.wikipedia.org/wiki/Plastic_recycling)



### Movies with Robert Butler: *Moonstruck* Thursday, February 14 | 2 p.m. | Westport Room



Robert will screen the charming film *Moonstruck* for Valentine's Day. In this comedy set in an Italian-American Brooklyn neighborhood, an independent widow falls in love with a one-handed misfit baker, to the chagrin of her betrothed.

### Name That Resident!

- I graduated from Westport High School and the University of Kansas.
- My favorite music is big band and swing.
- My favorite movie is *The Awful Truth*.
- The best drink was a scotch and soda—no more, alas.
- My greatest vacations were spent in Santa Fe and Florida.

(Last month's answer was Vicki Johnson!)








Although February might bring us cold, ice, and snow, in our hearts and mind's eye we still see the flowers of June. And we smile, remembering Susan's invitation: "Meet me in the garden for tea..."



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

# February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b> <b>Groundhog Day</b>	<b>3</b>	<b>4</b>  <b>National Wear Red Day</b>	<b>5</b>
		10:30 a.m. Strength & Balance—AC <b>1 p.m. Rick Steves' Europe: Frankfurt—Ch 1851</b> 1-2 p.m. Blood Pressure Chk—WC	10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>3 p.m. Great Courses: World's Greatest Churches—Ch 1851</b>	10:30 a.m. Strength & Balance—AC <b>2:30 p.m. Dining Committee—CDR</b>	10 a.m. Friday Morning Fitness—Ch 1851 <b>3 p.m. Pianist Joe Cartwright with Havilah Bruders—MLR</b>	<b>10 a.m. Grocery Trip</b> 11 a.m. Rosary—CH
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC <b>2 p.m. Monday Movie—Ch 1851</b> <b>4 p.m. Art Reception for Kevin Deen—Art Gallery</b>	10:30 a.m. Strength & Balance—AC <b>1 p.m. Resident Council—WR</b> 1-2 p.m. Blood Pressure Chk—WC <b>2 p.m. Tuesday Opera: Rigoletto—Ch 1851</b>	9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>3 p.m. Great Courses—Ch 1851</b>	10:30 a.m. Strength & Balance—AC <b>2 p.m. Grief &amp; Loss Support Group—WR</b>	10 a.m. Friday Morning Fitness—Ch 1851 <b>3 p.m. Guitarist Beau Bledsoe &amp; Cellist Ezgi Karakus—MLR</b>	<b>10 a.m. Grocery Trip</b> 11 a.m. Rosary—CH
<b>13</b> <b>Super Bowl</b>	<b>14</b> <b>Valentine's Day</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>Random Acts of Kindness Day</b>	<b>18</b> <b>National Drink Wine Day</b>	<b>19</b>
10 a.m. Holy Eucharist—CH 	10 a.m. Stretch & Strengthen—AC <b>2 p.m. Monday Movie—Robert Butler: Moonstruck—WR</b>	10:30 a.m. Strength & Balance—AC <b>1 p.m. Rick Steves' Europe: Dresden and Leipzig—Ch 1851</b> 1-2 p.m. Blood Pressure Chk—WC	10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>3 p.m. Great Courses: FINAL World's Greatest Churches—Ch 1851</b>	10:30 a.m. Strength & Balance—AC <b>1 p.m. Nina Irwin Art Experience—AC</b> 	10 a.m. Friday Morning Fitness—Ch 1851 <b>4 p.m. Wine Happy Hour—P</b>	<b>10 a.m. Grocery Trip</b> 11 a.m. Rosary—CH
<b>20</b>	<b>21</b> <b>Presidents' Day</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC <b>1 p.m. Garden Committee—WR</b> <b>2 p.m. Monday Movie: Lincoln—Ch 1851</b>	10:30 a.m. Strength & Balance—AC <b>1 p.m. Tuesday Opera: Barber of Seville—Ch 1851</b> 1-2 p.m. Blood Pressure Chk—WC	9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>3 p.m. Great Courses: NEW Food—Ch 1851</b>	10:30 a.m. Strength & Balance—AC <b>2-4 p.m. Country Club Bank—MLR</b> <b>2 p.m. Bible Study—CH</b> <b>3 p.m. Michael Gordon &amp; Tatiana Tessman—MLR</b>	10 a.m. Friday Morning Fitness—Ch 1851	<b>10 a.m. Grocery Trip</b> 11 a.m. Rosary—CH
<b>27</b>	<b>28</b>					
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC <b>2 p.m. Monday Movie—Ch 1851</b> <b>4 p.m. Doug Talley Quartet—MLR</b>					

Group activities subject to community status

## Art Experience with Nina Irwin

Thursday, February 17  
1-3 p.m. | Activity Center



Nina Irwin has graciously agreed to come back once a month to teach art! We hope you will mark this date in your calendar. No experience needed.

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](http://ninairwin.com).

## Tuesday Travel and Opera



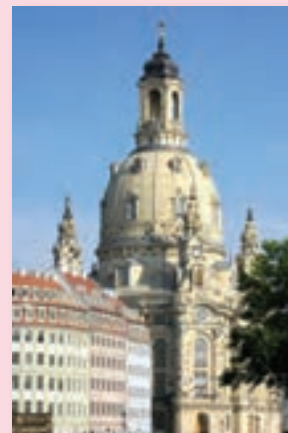
Tuesdays | Channel 1851

### February 1 | 1 p.m.—Rick Steves' Europe: Frankfurt

Cosmopolitan Frankfurt is a business hub of the united Europe and home to the European Central Bank. We'll also visit Nürnberg, a capital for both the First Reich (Holy Roman Empire) and the Third, with its towering castle, playful fountains, and maze of underground bomb shelters.

### February 15 | 1 p.m.—Rick Steves' Europe: Dresden and Leipzig

Saxony, part of the former East Germany, remains a secret to most travelers. Rick visits the two great cities of the region: the capital Dresden, with the opulent palaces and art treasures, and Leipzig, with its Bach heritage, a massive monument to the day Europe defeated Napoleon, and museums remembering its communist heritage.



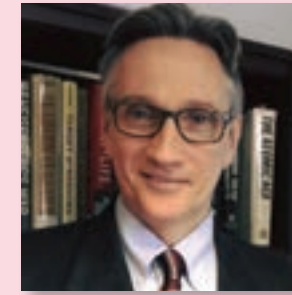
### February 8 | 2 p.m.—Rigoletto

Verdi's *Rigoletto* is based on the 1832 play *Le roi s'amuse* by Victor Hugo. Its tragic story revolves around a curse placed on the licentious Duke of Mantua and his hunch-backed court jester Rigoletto, by a courtier whose daughter the Duke has seduced with Rigoletto's encouragement.

### February 22 | 1 p.m.—The Barber of Seville

*The Barber of Seville*, or *The Useless Precaution* is a comic opera by Gioachino Rossini. The story revolves around a clever and enterprising barber named Figaro as he assists a Spanish nobleman named Count Almaviva in winning the beautiful Rosina away from her lecherous guardian, Dr. Bartolo.

## Memorable Events at BSP



### Clifton Truman Daniel Comes to BSP (2010)

written by Bernie Jones

The *Kansas City Star* published an article on January 2, 2022, about Clifton Truman Daniel, his grandfather, and a group that Clifton is Vice-President of—The Society of Presidential Descendants ([societyofpresidentialdescendants.org](http://societyofpresidentialdescendants.org)). It was a great story.

It brought back memories of Clifton, as he and I were once involved in what has to be one of the most memorable times in my life here. It was the evening that Clifton Truman Daniel, the eldest grandson of Harry Truman, came to Bishop Spencer Place.

At the time, I was on the Resident Council and was chair of the Life Enrichment Committee. Resident Shawsie Branton suggested to me that Clifton Daniel should come and appear on my "Forums at Bishop" series, which was sponsored by St. Andrew's Episcopal Church parishioners. Shawsie had been a lifelong friend of Clifton's mother and was godmother to one of his brothers. Clifton's mother is Margaret Truman Daniel, and his father is Clifton Daniel, senior news executive of the *New York Times* and later chief of the newspaper's Washington D.C. bureau.

With some gentle pushes by Shawsie and my numerous conversations with Clifton and his calendar, we agreed on a date when his quarterly Board of Directors of the Harry S. Truman Library Institute met in Independence. We organized the Forum in our usual spot—the Westport Room, where where over 100 residents gathered into the room (some outside in the hall), leaving Clifton with six feet to spare at the front.

I was delighted to introduce him. Clifton gave remarkable insight into his subject, "Life with Grandma and Grandpa Truman." He delighted us with funny and often serious stories that happened when the Trumans came to New York to stay with them in the Daniels' Park Avenue apartment. After he finished, he visited with several residents, which concluded a wonderful ninety minutes-plus of his undivided attention.

It has to be one of the most memorable occasions, not only for Bishop Spencer Place residents but for me, personally. It would be difficult to ever top the "Evening with Clifton Truman Daniel at Bishop Spencer Place" on "Forums at Bishop."



### The Great Courses:

Wednesdays, 3-4 p.m. | Ch 1851

### FINAL EPISODES!

### The World's Greatest Churches

February 2, 9, & 16

We'll finish Professor William R. Cook's tour of churches and cathedrals that he considers the most outstanding in the world.

### NEW!

### Food: A Cultural Culinary History Begins February 23

Travel the world discovering fascinating food lore and culture of all regions and eras. Incorporating historical recipes, food preparation techniques from around the world, and activities you can try at home, these colorful lectures take you from the cuisine of ancient Egypt to European cookery in the Middle Ages, from celebrity chefs of 18th-century France to our own Michelin-rated restaurant culture.

Ken Albala is a Professor of History at the University of the Pacific in Stockton, California. He holds an MA in History from Yale and a PhD in History from Columbia University. Ken has authored or edited 25 books on food. Albala co-edited the journal, "Food, Culture and Society," and has made numerous appearances in media and at conferences discussing food issues.

# February Dates to Note



**National Wear Red Day**  
Friday, February 4

February is American Heart Month, and the first Friday in the month is National Wear Red Day. On this day, people across the country wear red to raise and spread awareness and hope for eradicating heart disease and stroke in millions of women across the nation. So, put on your reddest red—whether it is lipstick, a pair of pants, a sweater, or your favorite hat.

**Valentine's Day**  
Monday, February 14

### Who was Saint Valentine?

While no one is sure who the original Saint Valentine was, many believe that the character is created from a combination of Catholic saints and martyrs who lived in ancient Rome.

The most popular theories are about a priest who lived in the 3rd century during the reign of Emperor Claudius II. Claudius outlawed marriage for young men, as he believed single men would perform better as soldiers, and it was harder for married men to join the army. However, Valentine continued to marry young men and women in secret and was sentenced to death by Claudius for it. Another Valentine who may have lent his name to this holiday was also killed in ancient Rome for helping prisoners escape. A prisoner himself, he wrote a card to his prison guard's daughter, who visited him while he was incarcerated, declaring his love for her. He signed it "From your Valentine," which remains the most popular way for people to sign their cards today.

### Why do we celebrate Valentine's Day?

This holiday originated from the Roman festival known as Lupercalia, which happened in the middle of February and celebrated the arrival of spring. It is also believed that there was a lottery that paired men and women to be married in a celebration of love. To distinguish this day from its pagan origins, the name was changed to St. Valentine's Day. The holiday has celebrated romance since the 14th century.

### How did Valentine's Day traditions begin?

The exchange of Valentine's Day cards with declarations of love goes back to the 1500s. People made their own handmade cards, often decorating them with ribbons and lace. In the late 1700s, romantic cards became commercialized, and they usually depicted the image of the god of love, Cupid, and hearts, images that still prevail today as symbols of Valentine's Day.

**National Drink Wine Day**  
Friday, February 18



Although wine has evolved into different varieties throughout the ages, the process has changed very

little in the thousands of years since its invention. Grapes are crushed, pressed, and fermented, the mixture sealed into barrels, aged, then bottled.

Use this National Drink Wine Day to try a new blend and relax with the knowledge that you're celebrating a long, long human tradition.



## HAPPY BIRTHDAY!

Clara Christiansen, February 9

Jean Green, February 11

Bobbie Ellis, February 14

Jane Williams, February 15

Jeffrey Weidman, February 17

Claire Logan, February 19

Wilhelmina Barnett, February 21

Jane Leifer, February 25

### In Loving Memory

Henry Tharp

Elizabeth (Libby) Gordon

**Ash Wednesday Services**  
Wednesday, March 2

Please contact Pastor Ashley if you are unable to attend and would like ashes.

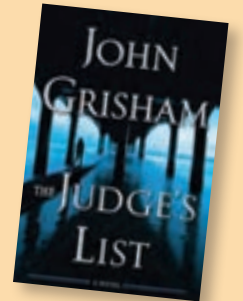
# Bestselling BOOKS

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

### Fiction

**THE JUDGE'S LIST**

John Grisham

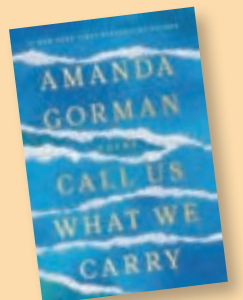


**WISH YOU WERE HERE**

Jodi Picoult

**CLOUD CUCKOO LAND**

Anthony Doerr



**CALL US WHAT WE CARRY**

Amanda Gorman

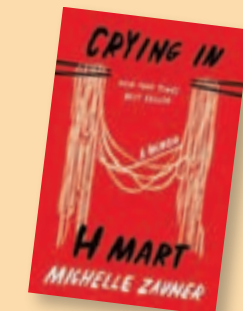
### Nonfiction

**THE 1619 PROJECT: A NEW ORIGIN STORY**

Nikole Hannah-Jones

**WILL**

Will Smith

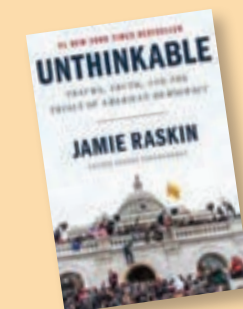


**CRYING IN H MART**

Michelle Zauner

**UNTHINKABLE: TRAUMA, TRUTH, AND THE TRIALS OF AMERICAN DEMOCRACY**

Jamie Raskin



## Quotes on Love

Love is life. All, everything that I understand, I understand only because I love. Everything is, everything exists, only because I love.  
— Leo Tolstoy

Love is the voice under all silences, the hope which has no opposite in fear; the strength so strong mere force is feebleness: the truth more first than sun, more last than star.  
— E.E. Cummings

I have learned not to worry about love; but to honor its coming with all my heart.  
— Alice Walker

We're all a little weird, and life's a little weird. And when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love.  
—Dr. Seuss

There is no remedy for love but to love more.  
— Henry David Thoreau

## Concerts

**Pianist Joe Cartwright with Havilah Bruders**  
Friday, February 4 | 3 p.m. | Madison Living Room

A BSP favorite, the man plays a mean piano! This month the talented Ms. Havilah Bruders joins us!

**Beau Bledsoe & Ezgi Karakus**  
Friday, February 11 | 3 p.m. | Madison Living Room

Beau Bledsoe performs and records classical, jazz, and folkloric music from around the world as he seeks to integrate different musical cultures with diverse audiences. He is paired today with cellist Ezgi Karakus, originally from Turkey. Ezri has her Doctorate in Cello Performance from UMKC. She was chosen to perform for Yo-Yo Ma's Master Class at the Kauffman Center of the Performing Arts in 2018.

**Michael Gordon & Tatiana Tessman**  
Thursday, February 24 | 3 p.m. | Madison Living Room

Come for an exceptional performance by KC Symphony flutist Michael Gordon and Russian-born (now local) pianist Tatiana Tessman. Michael has performed here many times. Welcome Tatiana to BSP—and take a few minutes to read her bio and more at [tatianatessman.com](http://tatianatessman.com).

**Doug Talley Quartet**  
Monday, February 28 | 4 p.m. | Madison Living Room

We love having them here! Doug Talley on sax, TJ Martley on piano, Tim Brewer on bass, and Keith Kavanaugh on percussion. Come enjoy!

**Happy Hour in the Pub**  
Friday, February 18 | 4 p.m. | Pub

It's National Drink Wine Day! Come have a glass on us (or maybe two!).



## Chaplain's CORNER

*Love is patient; love is kind; love is not envious or boastful or arrogant or rude...it bears all things, believes all things, hopes all things, and endures all things.*  
—I Corinthians 13: 4, 7

As this month begins, we find ourselves between two holidays that celebrate love. Last month, we celebrated the Rev. Dr. Martin Luther King, Jr., whose speeches about radical love of our neighbor inspired a movement. In February, we commemorate romantic love with roses and kisses, even if they are only the chocolate kind.

Love is a fire that burns within us, that can spread from one person to another, whether it is lit by a simple smile or a lifetime commitment. Each one of us has special and unique gifts. There is one gift we all share: the ability to love.

This month, let's recognize ways we see love in our lives and explore new ways of sharing it. The words above from the Apostle Paul challenge us to turn love into action. Love waits patiently. Love acts kindly. Love is humble and knows the truth.

Maybe this is a time to make a phone call or write a note to someone who's been on your mind. Perhaps you will sit with someone who grieves or have the opportunity to listen to someone who needs to be heard. With these simple acts of love, we become stronger as a community.

As we reflect on this time between Martin Luther King, Jr. Day and Valentine's Day, let's boldly turn our love into action. What a joy it is to share love with one another.

—Chaplain Ashley Huber

**You Are Not Alone: Managing Grief Together**  
Thursday, February 10 | 2 p.m. | Westport Room

We cannot cure grief or take away loss. We can come together to support one another and learn methods of coping. If you are living with grief or loss, you are not alone. Join this group, led by Chaplain Ashley Huber and social worker Maxine Ricketts, as we explore types of grief and methods of coping while leaning on one another for support.

## Livestreaming SUNDAY SERVICES

**St. Andrew's Episcopal**  
8 a.m., 10:15 a.m.  
[standrewkc.org/live-worship](http://standrewkc.org/live-worship)

**All Souls Unitarian Universalist**  
11:10 a.m.  
[bit.ly/3g7G62f](http://bit.ly/3g7G62f)

**Immaculate Conception**  
11 a.m.  
[facebook.com/golddomekc](http://facebook.com/golddomekc)

**Community Christian Church**  
10:30 a.m.  
[facebook.com/Community4KC](http://facebook.com/Community4KC)

**Conception Abbey**  
7:45 a.m., 10:30 a.m., 5:30 p.m.  
[conceptionabbey.org/live](http://conceptionabbey.org/live)

**Grace and Holy Trinity Cathedral**  
10:15 a.m.  
[kccathedral.org/worship](http://kccathedral.org/worship)

**St. Paul's Episcopal**  
10 a.m.; Wednesday, 6 p.m.  
[facebook.com/StPaulsKCMO](http://facebook.com/StPaulsKCMO)

**Unity Temple on the Plaza**  
10:30 a.m.  
[bit.ly/2yfspgE](http://bit.ly/2yfspgE)

**Village Presbyterian Church**  
9:30 a.m.  
[villagepres.org/online](http://villagepres.org/online)





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

