

The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

April 2022



CELEBRATING
25
YEARS

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

Work Out with Us!

Tai Chi

Monday & Wednesday
1 p.m. | Activity Center

We offer tai chi on Wednesdays, and now we're adding an additional tai chi class on Mondays! If you haven't tried it yet, you have two chances each week to practice this low-impact exercise that decreases stress and anxiety and improves strength, flexibility, balance, and aerobic and heart health. Research shows tai chi can also lower blood pressure, improve joint pain, improve sleep quality, and reduce fall risk. Come join us!

Stretch & Strengthen

Monday & Wednesday
10 a.m. | Activity Center

Strength & Balance

Tuesday & Thursday
10:30 a.m. | Activity Center

We have room in both morning exercise classes: Monday and Wednesday with Helen and Tuesday and Thursday with Mandy. Please consider coming—you'll feel good the rest of the day, you'll see your friends, and you might get some laughs!

A few words from the CEO



Sign, sign, everywhere a sign. While part of a really great song, this collection of words also speaks to what I see happening at BSP! There are signs of renewal, new energy, and excitement all around. Some are more subtle, such as the budding trees and plants in the gardens, and some are outright blatant, like the gatherings in the pub for our New Resident Welcoming and St. Patrick's Day soiree. It was incredible to see so many of you out having a great time together!

Signs like declining community transmission rates signal we are headed toward an endemic state of the COVID crisis rather than a pandemic, which is very much like what we see every year for our flu season. In an online article in the *New England Journal of Medicine*, Anthony S. Fauci, MD, Jeffery K. Taubenberger, MD, PhD, and David M. Morens, MD, scientists from the National Institute of Allergy and Infectious Diseases (NIAID), note that "The influenza virus that wreaked havoc in 1918-1919 founded a viral dynasty that persists to this day." Scientists today are applying what we learned so long ago to help us transition into a state where we can safely live much like we do with the annual flu.

All of these signs are positive and are guiding us to our new normal. You better believe after seeing the enthusiastic gathering on St. Patrick's Day we will be providing more opportunities for you to come together and enjoy each other's company—what about a Beatles themed happy hour, appetizers, drink specials on special days of the month in Vern's Pub, garden parties, and more? Drop your ideas in the suggestion boxes!

Happy Spring!

Name That Resident!

- I'm a WWII veteran.
- I'm a Mizzou graduate.
- The homecoming queen married me!
- I sang in choir for 68 years and practiced law for 68 years!
- I was a Boy Scout leader, a Beta, and a member of the Missouri Bar and Chamber of Commerce.

(Last month's answer was Joan Zoller!)

April Speakers

Linda Lehrbaum

Thursday, April 21 | 3 p.m. | Westport Room



Linda Lehrbaum with Bridging the Gap will speak about original prairie, glade, savanna, and forest natural communities still found on public lands in the Kansas City area. These communities are home to the diverse flora and fauna found here hundreds of years ago.

Bridging the Gap works to make the Kansas City region sustainable by "connecting environment, economy, and community," and is the premier organization in the area providing environmental education and volunteer action.

Jean Paul Bradshaw

Thursday, April 28 | 3 p.m. | Westport Room



Former U.S. Attorney Jean Paul Bradshaw II will speak about his vast experience with white-collar criminal defense, complex civil litigation, class actions, and internal corporate investigations. Jean Paul also leads Lathrop GPM Consulting, a subsidiary of Lathrop GPM, LLP that focuses on government affairs, lobbying, procurement, and crisis management.

Thanks to Bert Bates for helping to bring Jean Paul to BSP.

Tip of the Month!



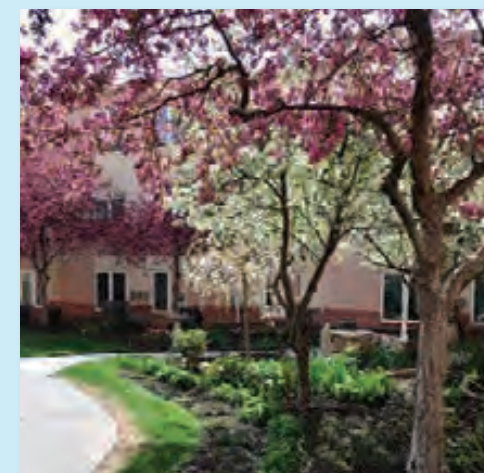
From the BSP Environmental Committee

When buying groceries, ask for paper bags instead of plastic!

Garden TIME

Signs of Spring are here at last!

And we gardeners will be out in full force, preparing the soil for our new plants. But first, let's pause for a moment to give a big thank you to our dear friend, Bobbie Ellis.



Bobbie has written the "Garden Time" column for *The Ambassador* since October 2017. Every month, rain or shine, she kept us informed. And with her ability to paint pictures with words, she kept us entertained and inspired. Reading her columns again is like a walk down memory lane.

So, kudos to you, Bobbie, and thank you. We certainly hope you'll grace us with at least one guest column every year!

—Midori Houston

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
3	4	5	6	7	8	9
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	10:30 a.m. Strength & Balance—AC 11 a.m. Blood Pressure Chk—WC 11:15 a.m. Grocery Trip 2 p.m. Robert Butler <i>Bringing Up Baby</i> —WR & Ch 1851	National Walking Day 9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses Food—Ch 1851	10:30 Strength & Balance—AC 2 p.m. Dining Committee—CDR 3:10 p.m. Opening Day KC Royals vs. Cleveland	10 a.m. Friday Morning Fitness—Ch 1851 4 p.m. Kent Rausch's Tom's Town—MLR	Ramadan Begins 10 a.m. Grocery Trip 11 a.m. Rosary—CH
Palm Sunday 	11	12	13	14	15	16
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC 12 p.m. Bridge Luncheon—CDR 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	10:30 a.m. Strength & Balance—AC 11 a.m. Blood Pressure Chk—WC 11:15 a.m. Grocery Trip 1 p.m. Resident Council 2 p.m. Rick Steves' <i>European Easter</i> —Ch 1851	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses Food—Ch 1851	Maudy Thursday 10:30 a.m. Strength & Balance—AC 2 p.m. Grief & Loss Support Group—CH 3 p.m. Maudy Thursday Service—CH	Good Friday Passover 10 a.m. Friday Morning Fitness—Ch 1851 1 p.m. Nina Irwin Art—AC 3 p.m. Good Friday Service—CH	10 a.m. Grocery Trip 11 a.m. Rosary—CH
Easter Sunday 	18	19	20	21	22	23
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC 1 p.m. Garden Committee—WR 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	10:30 a.m. Strength & Balance—AC 11 a.m. Blood Pressure Chk—WC 11:15 a.m. Grocery Trip 2 p.m. Steven Spielberg's <i>West Side Story</i> —Ch 1851	9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses Food—Ch 1851	10:30 a.m. Strength & Balance—AC 2 p.m. Pastor Ashley Bible Study—CH 3 p.m. Linda Lehrbaum: <i>Bridging the Gap</i> —WR	Earth Day 10 a.m. Friday Morning Fitness—Ch 1851 3 p.m. Pianist Michael Pagán—MLR 	10 a.m. Grocery Trip 11 a.m. Rosary—CH
24	25	26	27	28	29	30
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	10:30 a.m. Strength & Balance—AC 11 a.m. Blood Pressure Chk—WC 11:15 a.m. Grocery Trip 2 p.m. Opera: <i>Semiramide</i> —Ch 1851 4 p.m. Dorothy Brandwein—MLR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses Food: <i>A Cultural History</i> —Ch 1851	10:30 a.m. Strength & Balance—AC 2-4 p.m. Country Club Bank—MLR 3 p.m. Speaker: Jean Paul Bradshaw—WR	10 a.m. Friday Morning Fitness—Ch 1851 4 p.m. Clayton DeLong and Emily Dix Jazz Duo—MLR	National Oatmeal Cookie Day 10 a.m. Grocery Trip 11 a.m. Rosary—CH 

Group activities subject to community status

Art Experience with Nina Irwin

Friday, April 15
1-3 p.m. | Activity Center



Nina is back this month with another new project. Please reserve your spot with Helen at 816-595-5015 soon!

In addition to her studio work, Nina teaches art and art history classes at her West Bottoms Studio and at the Nelson-Atkins Museum of Art. She is represented in regional, national, and global collections.

Pianist Dorothy Brandwein

Tuesday, April 26
4 p.m. | Madison Living Room



Don't miss Dorothy Brandwein's classical piano performance! Dorothy is a pianist, piano instructor, and music director at the Church of the Ascension in Overland Park.

Tuesdays at BSP



April 5 | 2 p.m. | Westport Room & Channel 1851—Movies with Robert Butler: *Bringing Up Baby*

Bringing Up Baby is a 1938 American screwball comedy directed by Howard Hawks. Harried paleontologist David (Cary Grant), who has to make a good impression on a society matron, meets the matron's madcap adventuress niece Susan (Katharine Hepburn), and the ever-growing chaos—including a missing dinosaur bone and a pet leopard named Baby—threatens to swallow him whole.

April 12 | 2 p.m. | Channel 1851—Rick Steves' *European Easter*

In this special from 2017, Rick takes us on a spring journey through Spain, Slovenia, Switzerland, Italy, and Greece, celebrating the 2,000-year-old Easter story.



April 19 | 2 p.m. | Channel 1851—Spielberg's *West Side Story*

Legendary filmmaker Steven Spielberg brings us *West Side Story*, the classic tale of fierce rivalries and young love set in 1957 New York City. A whole new generation can experience this reimagining of the beloved musical originally choreographed by Jerome Robbins, with music by Leonard Bernstein, lyrics by Stephen Sondheim, and original book by Arthur Laurents.

April 26 | 2 p.m. | Channel 1851—Rossini's *Semiramide*

A rarely performed bel canto gem, Rossini's *Semiramide*, set in ancient Babylon under the reign of the mythic Queen Semiramis, features political scheming, mistaken identity, divine intervention, and bloodthirsty revenge—not to mention one virtuoso vocal display after another. Soprano Angela Meade is the fierce title monarch, whose quest for power comes to a halt with the discovery that the object of her affection, the warrior Arsace—sung by mezzo-soprano Elizabeth DeShong—may actually be her long-lost son.

Memorable Events



Remembering Recitals at BSP Part 2 of a 3-part series by Bernie Jones

"Recitals at Bishop" was now on its way. To give it an aura of something more formal than just an ordinary afternoon, we added a wine and cheese reception plus eggnog and hot wassail for the holidays, aided by the expertise of Sarah Lavy of PB&J.

We also needed to have a good quality program booklet. Fortunately, those I could do myself from my experience with service booklets for Chapel of the Epiphany Sunday Eucharists. For every recital, we handed out special printed invitations at residents' apartments, did extra bulletin board promotions, and slid last-minute fliers under residents' doors.

Our recitals were all unique. We had top organists who played in KC area churches, including John Obetz, Jan Kraybill, Sharon Hettinger, John Ditto, John Schaefer, Elisa Beckers, Brett Terry, Jonathan Gregoire, Nicholas Bideler, Tate Addis, and David Dibble—organists of St. Mary's Episcopal Church and Gano Chapel—William Jewell; and faculty members at the University of Kansas.

Others on our schedule were Summerfest, KC Symphony cellist Alexander East, Bach Aria Soloists, harpsichordist Nicholas Good, and pianist Aaron Thornburg. I had read an article about Aaron in the *Kansas City Star* as their top male athlete of 2011 that revealed he loved to play the piano. An annual recital in January featured the Doug Talley Jazz Quartet, who still play for us.

I decided to go into musical areas other than organ, including the international finalists of what is now known as the Barbershop Harmony Society, Octarium from St. Andrew's led by Krista Blackwood, and guitarist Doug Neidt from UMKC. St. Andrew's brought their Advent "Lessons & Carols" to us for several years exactly as it had been performed at St. Andrew's, clergy and all.

As a UMKC adjunct, and with assistance from resident Vera Olson, I established good contacts at UMKC for presenting several graduate mini-recitals.

It was soon time to say goodbye to the Recitals at Bishop. It was a long-running series that was joyful for many residents and was a wonderful experience for me to be able to present beautiful music played for them in a professional manner.

Next month: The most outstanding recital in the whole series.



The Great Courses— Food: A Cultural History

Wednesdays, April 6, 13, 20, & 27
3-4:30 p.m. | Ch 1851

Three classes per afternoon

Travel the world discovering fascinating food lore and culture of all regions and eras—as an eye-opening lesson in history as well as a unique window on what we eat today. Incorporating historical recipes, food preparation techniques from around the world, and activities you can try at home, these colorful lectures take you through the spectrum of food history, from the cuisine of ancient Egypt to European cookery in the Middle Ages, and from the celebrity chefs of 18th-century France to our own Zagat- and Michelin-rated restaurant culture. The result will change the way you look at both history and food itself.

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. Ken has authored or edited 25 books on food and has made numerous appearances in media and at conferences discussing food issues.

April Dates to Note

Ramadan

Saturday, April 2

Ramadan is a holy month of fasting, introspection, and prayer for Muslims. It is celebrated as the month during which Muhammad received the initial revelations of the Quran, the holy book for Muslims. Fasting is one of the five fundamental principles of Islam. Each day during Ramadan, Muslims do not eat or drink from dawn to sunset. They also avoid impure thoughts and bad behavior. Muslims break their daily fasts by sharing meals with family and friends, and the end of Ramadan is celebrated with a three-day festival known as Eid al-Fitr, one of Islam's major holidays.

Passover

Sundown, Friday, April 15

Passover, or Pesach in Hebrew, is one of the Jewish religion's most sacred and widely observed holidays. In Judaism, Passover commemorates the story of the Israelites' departure from ancient Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers, and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including a traditional Passover meal known as a seder, the removal of leavened products from their home, the substitution of matzo for bread, and the retelling of the exodus tale.

Earth Day

Friday, April 22

The idea for Earth Day was originally born in 1969, when US Senator Gaylord Nelson witnessed the effects of a massive oil spill in Santa Barbara, California. He called Americans to take a stand for the environment in 1970, and thousands of colleges and universities across the United States organized protests for a healthy, sustainable Earth. Because of these rallies, the first Earth Day helped create the US Environmental Protection Agency and the Clean Air, Clean Water, and Endangered Species acts.

Today, increasing natural disasters, extreme weather, and rising global temperatures may seem impossible for humans to slow down or stop. Coral reefs are dying, animals on land and in the ocean are surrounded by trash, and factories and companies around the world continue to pollute our air and our living spaces. But a small action, like picking up litter on the sidewalk that may otherwise end up around the neck of an animal, still makes an impact—a step in the right direction, and an important change.



National Walking Day

Wednesday, April 6

Walking is, essentially, what humans are physically best at. We're the slowest runners, the worst swimmers, and we can't fly without a big jet engine. Walking is humans' bread and butter.

Maybe that's why during the Victorian era there was a fad called pedestrianism, where walking became one of the major spectator sports in America and Europe. Individuals would wager massive bets over whether walkers could make it marathon distances and under what time. There's a reason racewalking is an Olympic sport, after all.

Whether it's John Muir's spiritual journeys through the woods; pilgrimages to Mecca; or just a casual stroll through your local park, walking has always held a close, dear place in the hearts of humans. It's no wonder that there are so many health benefits associated with it and also why National Move More Month and National Walking Day were created to promote this fantastic and surprisingly easy pastime.



HAPPY BIRTHDAY!

Clark Achelpohl, April 1

Vicki Johnson, April 10

Bert Bates, April 14

Adolpho Parra, April 21

Margaret Gunter, April 27

Lisa Tostevin, April 27

In Loving Memory

Frances Weeks

Shirley Wagner

Elizabeth "Liz" Paugoulatos

Holy Week Services

Chapel

All are welcome!

Palm Sunday, April 10, 10 a.m.

Maundy Thursday, April 14, 3 p.m.

Good Friday, April 15, 3 p.m.

Easter Sunday, April 17, 10 a.m.

Bestselling BOOKS

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

Fiction

THE PARIS APARTMENT

Lucy Foley



ONE ITALIAN SUMMER

Rebecca Serle



THE ATLAS SIX

Olivie Blake

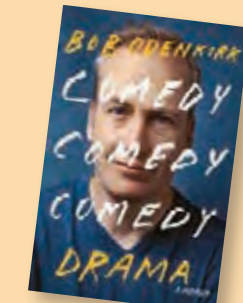
HOUSE OF SKY AND BREATH

Sarah J. Maas

Nonfiction

RED-HANDED

Peter Schweizer



COMEDY COMEDY COMEDY COMEDY DRAMA

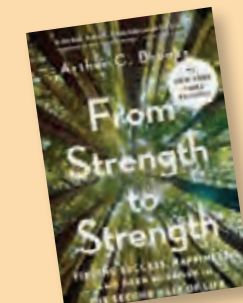
Bob Odenkirk

THE 1619 PROJECT

Nikole Hannah-Jones

FROM STRENGTH TO STRENGTH

Arthur C. Brooks



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

Music

Kent Rausch and Tom's Town

Friday, April 1 | 4 p.m. | Madison Living Room



Kent Rausch and Tom's Town return! Remember when they were here in February and blew the roof off the place? Tom's Town was formed to honor the legacy of Kansas City jazz and the amazing musicians who created it.

Performing outrageously hot swing music of the Golden Era in KC, every song celebrates why KC is famous for jazz!

Millie Edwards & Dan Sturdevant

Friday, April 8 | 4 p.m. | Madison Living Room



Pianist Dan Sturdevant and Vocalist Millie Edwards are back! Millie is one of the most acclaimed local performers on the jazz and blues circuit. Dan sings, plays piano, and is a teacher and bandleader in Kansas City.

Pianist Michael Pagán

Friday, April 22 | 3 p.m. | Madison Living Room



Come enjoy the always entertaining Michael Pagán. Michael appears regularly in the jazz venues of Kansas City as a solo pianist, with his own trio, with bassist Steve Rigazzi in the duo Pagarazzi, and as leader of the Michael Pagán Big Band.

Clayton DeLong and Emily Dix Jazz Duo

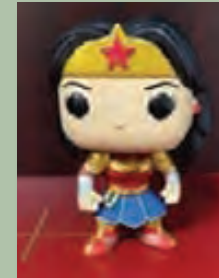
Friday, April 29 | 4 p.m. | Madison Living Room



From our performers: "From our first time performing it was magic. Bringing our own vibe to beautiful compositions that will live through our interpretation and love. Proud to keep the music alive—we adore what we do and you will, too!"



Chaplain's CORNER



A couple of years ago, my husband started giving me little Wonder Woman action figures whenever we exchanged gifts. It's kind of funny because he's the one who loves superheroes, and I have never given him much more than a polite "thank you" every Christmas, birthday, Valentine's Day, or other gift occasion when I open a new one.

In truth, I am so appreciative that he loves me enough to get me anything for the holidays, and, although I don't completely understand it, I know it brings him joy to find me a new action figure. The gifts have morphed to include various Wonder Women and her Amazon warrior companions as well as Captain Marvel and other strong women from the superhero universe. Again, as lovely as it is, I can't help but wonder, "Why?" every time he gives me one.

It finally started making more sense recently. He came into my home office and saw them all lined up on a bookshelf and said, "See, you have an Amazon army! Now you can always remember that you are never alone. There are all kinds of strong women out there." It's hard not to smile.

I think we all have times when we need to be reminded that we are not alone. Here at Bishop Spencer Place, let's find ways to show one another that we are still a strong community. When one of us is weak or feeling alone, others of us can be strong and can be companions. We may not be mythical superheroes, but we all have the power to care for one another.

—Chaplain Ashley Masoni Huber

A Prayer for Peace

Loving God,
We pray
for all those suffering or
afraid,
that you will be close to
them and protect them.

We pray for world leaders,
for compassion, strength
and wisdom to guide their
choices.

We pray for the world
that in this moment of
crisis,
we may reach out in
solidarity
to our brothers and sisters
in need.

May we walk in your ways
so that peace and justice
become a reality for the
people of Eastern Europe
and for all the world.

Amen.

—CAFOD, London



It is finished...

For weeks, we have observed a time of fasting and reflection. On April 17th, finally, it comes to an end. Starting with Palm Sunday, we enter into a journey as disciples of God, where we see Jesus triumphantly enter Jerusalem, share final gifts with

his followers at the Last Supper, then be put on trial, tortured, and killed. But God is not dead. On Easter, we celebrate the end of death and desolation. It is finished. With the end comes a new beginning.

You are invited to enter the journey through Holy Week right here at the Chapel of the Epiphany at BSP. Please join us as we hear, reflect on, and celebrate the whole story of our faith. *Times for services are listed on page 9.*





The
SCENE
RECENT EVENTS & PHOTOS

