The ANBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

May 2022



Bishop spencer place



Volunteer Connections

If you're interested in connecting with the refugee community in Kansas City, many organizations need funding and volunteers.

Della Lamb

Refugee resettlement, early education, and youth and recreation services.

Catholic Charities of NE Kansas Refugee employment, the New Roots For Refugees, and the La Luz Immigration Center.

Jewish Vocational Services Resettlement, health, and employment services.

Global Futbol Club

Through soccer, teaches life skills and literacy and connect youth to mentors. Currently working with refugee children in conjunction with Della Lamb.

K.C. for Refugees

Resettlement, clothing drives, language learning, job placement, and cultural orientation.

Refuge K.C.

Resettlement, welcome kits, clothing, mentorship and tutoring.

Kansas City Public Library Language and acclimation classes through the RISE program.

A few words from the CEO



Hello! As I write this, there are light showers falling outside which is ensuring we will have an abundance of May flowers for everyone to enjoy.

This includes all the visitors to BSP who are touring to see if this is the community for them. Sami and Linda have been hosting lots of tours for prospective residents the past few weeks. I want to

thank those of you who have so kindly taken a few moments to introduce yourself to a tour group or to join a prospect for a meal in the Abbey. We are certainly very passionate about what BSP has to offer a prospect, but it rings differently when it comes directly from our residents—so thank you!

Do not hesitate to stop and say hi if you see Sami or Linda giving a prospective resident a community tour. And be sure to send Sami and Linda contact information for anyone you think may be a good fit for our community—your friends make the best neighbors, and neighbors become the best friends.

Here's to a lovely May!

Dee Dunn

Name That Resident!

- I played Alice in Alice in Wonderland in high school.
- I coached a high school cross-country running team that won the District Championship.
- I attended the University of Colorado, and pledged a sorority.
- I founded the KC Chapter of Friends of Churchill Memorial in Fulton, MO.
- I have skinny-dipped! Yes, I have!

(Last month's answer was Bert Bates!)

Cirt of the Wish

Friday, May 13 | Leedy-Voulkos Art Center Meet the BSP bus at:

12:15 p.m. Madison, 12:30 p.m. Jefferson Sign up with Helen by Monday, May 2, for a place on the bus.



"What would you wish for the world?" That's the question Kansas City artists Andy Newcom and Marn Jensen asked more than 200 older adults across the country. From their conversations, they created works of art depicting these wishes for the world.

This spring event features more than 50 pieces of art expressing the lived experiences of older adults

conveyed in the form of their wishes for the world which underscores the Center's role in protecting the interests of those whose voices have not been heard or heeded.



Tip of the Month!



From the BSP Environmental Committee

Raise your thermostat setting 2 degrees or more in the summer and lower it 2 or more in the winter.





Have you seen the yellow drifts of daffodils in our garden? What a great harbinger of spring they are—up close or seen from afar. Everywhere they are in our gardens, they bring a smile to our faces.



She turned to the sunlight And shook her yellow head, And whispered to her neighbor: "Winter is dead."

> -A.A. Milne, When We Were Very Young

The BSP gardeners are restless to get planting! What a pleasure it brings to place the carefully chosen plants in the earth and watch them bloom into mature splashes of color that last until fall. And so, for now, enjoy the beginning.

Spring is nature's way of saying, "Let's party!"

-Robin Williams

Thank you to Susan Truog.

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BISHOP SPENCER PLACE

- **AC** Activity Center (above Bistro)
- **CDR** Canterbury Dining Room **CH** Chapel

WR Westport Room

BG Bishop's Garden

MLR Madison Living Room

- P Pub
- **Ch 1851** Channel 1851 on your Spectrum TV

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4	Cinco de Mayo
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC	10:30 a.m. Strength & Balance—AC	10 a.m. Stretch & Strengthen—AC	10:30 a.m. Strength & Balance—AC
11 a.m. Brunch—CDR	1 p.m. Tai Chi—AC	11 a.m. Blood Pressure Chk—WC	1 p.m. Tai Chi—AC	11 a.m. Resident Lunch for
	2 p.m. Monday Movie—Ch 1851	11:15 a.m. Grocery Trip 1p.m. Opera Strauss's	3 p.m. Great Courses Food: A Cultural History—	Staff—CDR 2:30 p.m. Dining Committee—
		Capriccio—Ch 1851	Ch 1851	CDR
Mother's Day 8	9	10	11	12
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC	10:30 a.m. Strength & Balance—AC	9:30 a.m. Catholic Mass—CH	10:30 a.m. Strength & Balance—AC
11 a.m. Brunch—CDR	12 p.m. Bridge Luncheon—CDR	11 a.m. Blood Pressure Chk—WC 11:15 a.m. Grocery Trip	10 a.m. Stretch & Strengthen—AC	2 p.m. Grief & Loss Support
A A A A A A A A A A A A A A A A A A A	1 p.m. Tai Chi—AC	1 p.m. Resident Council—WR	1 p.m. Tai Chi—AC	Group—CH
	2 p.m. Monday Movie—Ch 1851	3 p.m. Speaker Adam Sachs with KC Royals—WR	3 p.m. Great Courses Food— Ch 1851	3 p.m. Speaker MRI Global CEO Thomas Sack—WR
15	16	17	18	19
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC	10:30 a.m. Strength & Balance—AC	10 a.m. Stretch & Strengthen—AC	10:30 a.m. Strength & Balance—AC
11 a.m. Brunch—CDR	1 p.m. Garden Committee—WR	11 a.m. Blood Pressure Chk—WC	1 p.m. Tai Chi—AC	2 p.m. Pastor Ashley Bible
	1 p.m. Tai Chi—AC	11:15 a.m. Grocery Trip	3 p.m. Great Courses Food:	Study—CH
	2 p.m. Monday Movie—Ch 1851	3 p.m. Speaker Joyce Smith with <i>KC Star</i> —WR	A Cultural History— Ch 1851	3 p.m. Speaker Kevin Collison with CityScene—WR
22	23	24	25	26
10 a.m. Holy Eucharist—CH	10 a.m. Stretch & Strengthen—AC	10:30 a.m. Strength & Balance—AC	9:30 a.m. Catholic Mass—CH	10:30 a.m. Strength & Balance—AC
11 a.m. Brunch—CDR	1 p.m. Tai Chi—AC		10 a.m. Stretch & Strengthen—AC	2-4 p.m. Country Club Bank—
	2 p.m. Monday Movie—Ch 1851	11:15 a.m. Grocery Trip 2 p.m. Robert Butler Movie:	1 p.m. Tai Chi—AC 3 p.m. Great Courses Food—	MLR
		Vertigo—WR & Ch 1851	Ch 1851	4 p.m. Betse & Clark Duo— MLR
29	MEMORIAL DAY 30	31		
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	Offices Closed	10:30 a.m. Strength & Balance—AC 11 a.m. Blood Pressure Chk—WC		
	1 p.m. Taps Steven Franklin from the	11:15 a.m. Grocery Trip	P 11 14 14	
	KC Symphony—BG	2 p.m. Movie—Ch 1851		

May 2022

1	FRIDAY	SATURDAY
	6	KENTUCKY 7
•	Friday Morning Fitness— Ch 1851 Nina Irwin Art—AC KC Symphony Quartet— MLR	10 a.m. Grocery Trip 11 a.m. Rosary—CH 4:30 to Kentucky Derby 6:30 p.m. Party—WR
•	13 Friday Morning Fitness— Ch 1851 Pick up for Art of the Wish Trip Pianist Joe Cartwright— MLR	14 10 a.m. Grocery Trip 11 a.m. Rosary—CH
10 a.m. 3 p.m.	20 Friday Morning Fitness— Ch 1851 Pianist Humberto Sierralta—MLR	21 10 a.m. Grocery Trip 11 a.m. Rosary—CH
10 a.m.	27 Friday Morning Fitness—Ch 1851	28 10 a.m. Grocery Trip 11 a.m. Rosary—CH



Tuesdaus at BSP

Art Experience with Nina Irwin

Friday, May 6 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.



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



May 3 | 1 p.m. | Channel 1851—Richard Strauss' Capriccio from the Metropolitan Opera (2011)

Renée Fleming is Countess Madeleine, the beautiful, enigmatic woman at the center of Strauss's sophisticated "Conversation Piece for Music." She is being courted by two men: Joseph Kaiser sings the composer, Flamand, and Russell Braun is Olivier, the poet. The stellar cast also includes Peter Rose as the theater director La Roche, Sarah Connolly as the actress Clairon, and Morten Frank Larsen as the Countess's brother. John Cox's elegant production places the action in the 1920s. Andrew Davis conducts.

May 24 | 2 p.m. | Westport Room & Channel 1851—Movies with Robert Butler: Vertigo

Of course you've seen this movie, but come enjoy it with your fellow residents and get cinema insight from our dear friend, Robert Butler!

This film is often considered one of the greatest films ever made. It has appeared repeatedly in polls of the best films by the American Film Institute, including a 2007 ranking as the ninth-greatest American movie of all time.

Detective John ("Scottie") Ferguson (James Stewart) has retired from the police force

because he developed a paralyzing fear of heights after a rooftop chase that resulted in a colleague's death. He comes out of retirement, however, at the behest of Gavin Elster (Tom Helmore), a college friend who wants Stewart to follow his wife, Madeleine (Kim Novak), and ascertain the purpose of her peculiar behavior.





Remembering Recitals at BSP Part 3 of a 4-part series by Bernie Jones

On to the pièce de résistance for the most outstanding of the Recitals at Bishop—a private recital starring John Obetz.

John called one day and asked if I knew that he had been contacted by the Marketing Department at Bishop Spencer Place to play a

recital for prospective residents. He asked if they would allow me to organize the recital as he felt they could use my assistance in having a recital of the same caliber as the Recitals at Bishop series.

Mendi Hanna, then Director of Marketing, gladly accepted my assistance. Marketing had already sent out a beautiful three-page invitation to a private recital on the Schoenstein organ by John Obetz in the Chapel of the Epiphany on October 13, 2010, at 2 pm. Acceptances were pouring in, and I had to have this organized in just a few days.

I first had to inform Mendi that we could have at the most 100 seats in the Chapel. She said we had 134 requests already, which necessitated calls to let more than 40 people know there was no room. I was able to seat 96 guests.

John had a beautiful recital planned with pieces by Langlais, Bach, Kenmner, Dandrieu, and a final piece of Franck that was the acme of Franck's music. There was a short encore after the thunderous applause he received from the enthusiastic audience. Afterwards, dining partner PB&J provided elegant hors d'oeuvres and wine.

Potential residents heard this beautiful organ played at a recital by someone who loved this small organ more than anything he had ever played. John came over frequently during the week just to play the organ, as it led him into another level. John was also our sub-organist—and all this from one of the great organists in the world before his retirement. We miss John's presence in the Chapel, but we have many recollections, with this one being my personal favorite.

What a beautiful sunny October afternoon for probably what may always be one of the most outstanding of any concerts we will hear at Bishop Spencer Place!

Next month: the Schoenstein Organ itself, the star of the whole series.





The Great Courses-**Food: A Cultural History** Wednesdays, May 4, 11, 18, & 25 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. It will change the way you look at both history and food itself.

New Audiologist

Saint Luke's has a new audiologist, and she is accepting patients. Kristy M. Kurtz, AuD, is passionate about helping patients hear better and improving their quality of life through hearing devices. Kristy is a Missouri native, born and raised in Sedalia. She attended the University of Florida in Gainesville, where she earned her Doctor of Audiology. To make an appointment, call 816-880-2675.

For more information about hearing and hearing aids, see Una Creditor's illuminating article, "Keep Your Ears On," on page 10.

May Speakers

Adam Sachs Tuesday, May 10 | 3 p.m. | Westport Room



Adam Sachs with the Kansas City Royals will be here, thanks to Mary Abbott! Adam is in his second year with the Royals as Senior Vice-President (External Affairs) and Chief Legal Officer.

Prior to joining the organization, Adam was a partner and senior counsel at Husch Blackwell for 17 years. He previously served in various senior legal and legislative roles on Capitol Hill, including a stint as Chief Counsel and Staff Director to a House Veterans Affairs Oversight & Investigations Subcommittee.

A Kansas City native and lifelong Royals fan, Sachs is highly active in myriad civic affairs.

Tom Sack

Thursday, May 12 | 3 p.m. | Westport Room



Dr. Thomas Sack, President and CEO of MRIGlobal, will present "MRIGlobal... Past, Present, and Future." MRIGlobal has served as an integral part of the Kansas City community since 1944. He will speak about how

the company evolved from Midwest Research Institute's roots in 1944 and its vision for the coming years.

Dr. Sack received a Bachelor of Science degree in Chemistry from Rockhurst College and a Ph.D. in analytical chemistry from the University of Nebraska-Lincoln. He is a member of the American Chemical Society and has coauthored more than 50 publications and technical papers. As an advocate for science education, Dr. Sack serves on the Boards of Directors of Union Station, the Alliance for Sustainable Energy, Rockhurst University, and BioNexus KC.

Joyce Smith

Tuesday, May 17 | 3 p.m. | Westport Room



Resident Katie Gusewelle is responsible for securing today's informative talk with Joyce Smith

regarding the changing business of newspapers.

Joyce is a graduate of the University of Kansas. She has covered restaurant and retail news for *The Star* since 1989 under the brand Cityscape.

Kevin Collison

Thursday, May 19 | 3 p.m. | Westport Room



Kevin Collison will be with us, thanks to Bert Bates, and will discuss the many topics he covers as editor of *CitySceneKC*.

Kevin has been a journalist for more than 35 years, coming to KC to work at The *Kansas*

City Star in 2001. He reported about the major downtown revitalization, including the Power & Light District, Sprint Center, and Kauffman Center.

After leaving *The Star*, Kevin launched *CityScene KC*, an online news source covering greater downtown Kansas City. Don't miss this entertaining talk!



To all BSP residents who have birthdays in May:

May your birthday by epic, may you never settle for less, may your special day be special, may you be blessed with the best.

May your dreams never die, may your wishes come true, may your birthday be ageless, may you be born anew.

HAPPY BIRTHDAY!



Cancer (reflection on day of an all clear MRI)

Since I have met you even coffee tastes better. Each sip of life does!

—Janette Rushing





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

Fiction RUN, ROSE, RUN Dolly Parton & James Patterson

WHAT HAPPENED TO THE BENNETTS Lisa Scottoline

THE DIAMOND EYE Kate Quinn

THE PARIS APARTMENT Lucy Foley

Nonfiction THE STORYTELLER: TALES OF LIFE AND MUSIC Dave Grohl

AGAINST ALL ODDS Alex Kershaw

THE 1619 PROJECT Nikole Hannah-Jones

THE STEPS TO NANETTE Hannah Gadsby









Music

KC Symphony Quartet Friday, May 6 | 3 p.m. **Madison Living Room**

Come hear the incredible talents of Michael Gordon (flute), Filip Lazofski (violin), Alyssa Beckmann (viola), Susie Yang (cello). We're so fortunate to have them here. If you feel compelled, consider a small donation to the Symphony as a thank you for all they do for Bishop Spencer Place!

Pianist Joe Cartwright Friday, May 13 | 3 p.m. **Madison Living Room**

One of our favorites is back! Join us for an afternoon of amazing piano music by Joe Cartwright.

Pianist Humberto Sierralta Friday, May 20 | 3 p.m. **Madison Living Room**

Our friend, composer, and concert pianist Humberto Sierralta will be here for an afternoon concert.

Betse and Clarke Duo Thursday, May 26 | 4 p.m. **Madison Living Room**

Betse & Clarke return to BSP. Betse Ellis, daughter of BSP resident Bobbie Ellis, plays the fiddle and sings. Clarke Wyatt plays banjo and guitar. Betse and Clarke have a lot of fun performing, and it's catching singing along is encouraged!

Keep Your Ears On!

by BSP resident Una Creditor

At the Kansas City Symphony, I was excited to see Midori perform the Brahms Violin Concerto. From prime seats I heard big brass, percussion, and cellos—and hardly any violin. Was she having a bad day? I adjusted my mask and realized: "I am not wearing my hearing aids." It wasn't her-it was me. What else was I missing? Articles from AARP, Healthy Hearing, NIH, and others tell me:

- When my brain stops receiving impulses from the nerves in my ears, it does not need to translate sound impulses into words, identifiable noises, directional identification, and proximity. If I don't wear my hearing aids for prolonged periods of time, my brain may "rust." Muscles shrivel if you don't use them, and my ears and brain can shrivel too.
- My risk for dementia increases by a whopping 18% if I never wear aids, because of reduced brain activity, as well as social isolation. Staying engaged is one of the best ways to keep my mind fit, and social engagement is, perhaps, most important.
- My chance of falling increases by about 13%. Research from Johns Hopkins shows that people who use aids are more aware of their surroundings and have better balance. I may not know there is a cart, cat, kid, or car near me.
- I'm up to 40% more likely to develop depression from feelings of isolation with untreated hearing loss, and stress levels may rise dramatically. If I don't wear my hearing aids, I cannot really engage with my partner, children, or friends. Feelings of estrangement and resentment would likely arise. I would be more likely to stay at home and turn up the TV.
- Marriages are at higher risk when one partner has uncompensated hearing loss.
- If I were still employed, my income might be nearly 12% higher if I had treated hearing loss.
- Misunderstandings may arise from misinterpretating words.

The next time I go to a concert, the opera, the theater, or even shopping, I will make sure I get there with my "ears" in place. At my age, I can't afford to lose any more neurons. I hope,

> never again, to suffer the embarrassment of saying, "No, it's Wednesday," when the waitress asks if I am thirsty.



"We acknowledge that one another's ordained ministries are and have been given by God to be instruments of God's grace in the service of God's people, and possess not only the inward call of the Spirit, but also Christ's commission through his body, the church."

In the past month, I've attended several events that celebrate the call to full communion between the Episcopal Church and the Evangelical Lutheran Church in America (ELCA). Many of you may remember that my ordination comes from the ELCA. My role here, at the Episcopal Bishop Spencer Place, is possible because of generations of Episcopalians and Lutherans building a relationship, resulting in an agreement to be in full communion, signed in 1999.

What a beautiful relationship it is. In an April Called to Common Mission Conference, I heard a lecture from a professor who shared the history of the relationship. I heard from pastors of churches that formed when Lutheran and Episcopal congregations merged. Still, our congregation here is unique. We are not a merged congregation. We are a congregation of the Episcopal Church of the Diocese of West Missouri. What a joy that the Spirit has brought us together.

During Holy Week, my Lutheran bishop and other ministers in the Central States Synod renewed our ordination vows alongside the Episcopal Bishop of the Diocese of Kansas and our sibling clergy at the Chrism Mass at Grace Cathedral in Topeka. Together, we consecrated and shared the Eucharist, we sang and prayed, we blessed holy oils, and we shared the peace.

Also during that week, I visited with the Rt. Rev. Diane Bruce of the Diocese of West Missouri. I have much to learn about the Episcopal church, and it was humbling and reassuring to hear from her words of support and encouragement as we go forward together. That meeting started with her asking how she can support me. When I asked what her expectations were of me, she said, "Love them."

During a busy week, when I was distracted by putting together services and making sure everything was in order, the wise words of our leader, words that echo those that Jesus speaks over and over again in the Gospel, were all I needed to hear. Thank you, BSP, for making it so easy to love you.

-Called to Common Mission

-Chaplain Ashley Masoni Huber

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











