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Bishop Spencer Place



#### **Five Healthy Steps** at Any Age from Johns Hopkins

These lifestyle changes can keep you healthy and slow aging.

#### Be active.

Once cleared by your doctor, aim for at least 30 minutes of physical activity on most days.

#### Improve your diet.

Eat more fruits, vegetables, whole grains, olive oil, and fish, and less meat, sugar, and processed foods.

#### Get quality sleep.

Create a calm space, dedicate enough time for sleep, and practice relaxation techniques

#### Don't smoke.

In as little as 24 hours of stopping smoking, there is a decrease in risk of a heart attack.

Challenge your brain. Make it a goal to keep learning throughout your life.

Tip of the Month!



**From the BSP** Environmental Committee

Avoid scented cleaners that contain synthetic chemicals.

#### A few words from the CEO



This June we celebrate the 25th anniversary of Bishop Spencer Place. While the actual 25th anniversary occurred in December 2020, the pandemic forced us to delay any celebratory activities.

I've read the book on the early beginnings of Bishop Spencer Place several times, and there are so many familiar names and

faces in there still here today to share in these amazing memories and people who still support BSP in a variety of ways. If you'd like to read the book as well, there are copies in all of our libraries.

Bishop Spencer Place remains committed to its initial mission as a not-for-profit, faith-based community here to help members of our community retire and age in place with the highest quality facilities and care. This mission drives everything we do today and we hope you feel the same way. If not, please let us know!

Be well,

Que Quenn



Wednesday, June 15 | 5-7 p.m. Madison Living Room & Canterbury Dining Room

June 15 marks 25 years of Bishop Spencer Place! Residents are invited to enjoy the festivities music, wine, and hors d'oeuvres.

June Speakers

**Mike Baxley** Thursday, June 2 | 3 p.m. | Westport Room



Mike Baxley is the Executive Director of Englewood Arts and will speak about the Englewood Station Arts District, anchored by the Englewood Theater. Their mission: To assist the community through development of residential and commercial incentives,

public art, art events, art programs, philanthropy and community outreach solutions, which result in a thriving community with engagement and pride.

#### **Michael Price**

#### Tuesday, June 21 | 3 p.m. | Westport Room



Since settling in KC, Michael Price has made films for private clients and Kansas City Public Television. His award-winning films include The Blue River, Evicted, Water Rates And Rivers, Our Divided City, and The Gun Conundrum. Previously, Michael was based in the UK, where he worked as a producer for the BBC. We will watch his Emmy-winning program

Photo: Heartland Conservation Alliance

Blue River in the Westport Room and discuss his important and moving works afterward.

#### **Name That Resident!**

- I grew up in Argonia, Kansas, home of America's first female mayor, Susanna Salter.
- My steer paid for two years of college.
- Rockhill Road was my home for 40 years.
- I regularly went to the Black Dolphin with Elvis.
- I have been to two Wellingtons (Kansas and New Zealand).

(Last month's answer was Susan Truog!)



The Garden Committee has been improving the Memorial Garden with new plantings for fifteen years. A placard next to a white azalea dedicates it to Audrey Webster, who is fondly remembered. But most plantings are unnamed, like the weeping cherry Barbara Weary planted for her late husband. I decided to plant a jack-in-the-pulpit in memory of my wife, Deena (née Virginia Lester), who grew one of these interesting plants.



As its name implies, the flower looks like a preacher in a pulpit. When pollinated, its pistil looks like a tinv red corncob. BSP resident Bobbie Ellis wrote

that it has been used to treat asthma, rheumatism, bronchitis, whooping cough, sore eyes, and snake bites.

But growing this plant has been a struggle for me. When I planted several bulbs one fall, rabbits ate the plants to the ground. I made a cage for the plants the next year, but rains battered the blossoms so we got no seeds. At last, this year four plants are flourishing—one near the Truogs' apartment, and three close to the garden hose! I'm anxiously waiting for the plants' seeds to brighten like jewels in the garden.

-Bill Buckner

<b>CDR</b> Canterbury Dining Roo	m MLR Madison Living	g Room <b>Ch 1851</b> Channel 18	851 on your Spectrum TV			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   World Heritage Sites—Ch 1851	2 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee— CDR 3:30 p.m. Speaker   Mike Baxley: Englewood Arts—WR	3 10 a.m. Friday Morning Fitness— Ch 1851 1 p.m. Nina Irwin Art—AC 3 p.m. KC Symphony/Michael Gordon (resched)—MLR	<b>4</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH
Pentecost510 a.m.Holy Eucharist—CH11 a.m.Brunch—CDR	6 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	7 10:30 a.m. Strength & Balance—AC 11 a.m. Blood Pressure Chk—WC 11:15 a.m. Grocery Trip 1 p.m. Opera   Wagner's Die Walküre—Ch 1851	8 9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   World Heritage Sites—Ch 1851	9 10:30 a.m. Strength & Balance—AC 2 p.m. Grief & Loss Support Group—CH	10 a.m. Friday Morning Fitness— Ch 1851 4 p.m. Alex Shum's KC Symphony Quartet— MLR	<b>11</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH
<b>12</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 a.m.Stretch & Strengthen—AC12 p.m.Bridge Luncheon—CDR1 p.m.Tai Chi—AC2 p.m.Monday Movie—Ch 1851	Flag Day1410:30 a.m.Strength & Balance—AC11 a.m.Blood Pressure Chk—WC11:15 a.m.Grocery Trip1p.m.Resident Council—WR2 p.mRobert Butler   Young Mr. Lincoln—WR & Ch 1851	5-7 p.m. BSP 25th Anniversary	10:30 a.m. Strength & Balance—AC 2 p.m. Pastor Ashley   Bible Study—CH	10 a.m. Friday Morning Fitness— Ch 1851 4 p.m. Tom's Town Band— MLR	<b>18</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH
Father's Day Juneteenth 10 a.m. Holy Eucharist– CH 11 a.m. Brunch–CDR	20 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	Summer Solstice2110:30 a.m.Strength & Balance—AC11 a.m.Blood Pressure Chk—WC11:15 a.m.Grocery Trip3 p.m.Michael Price   Blue River & Discussion—WR	22 9:30 a.m. Catholic Mass—CH 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   World Heritage Sites—Ch 1851	23 10:30 a.m. Strength & Balance—AC 1 p.m. Rick Steves' Europe: Ireland—Ch 1851 2-4 p.m. Country Club Bank— Madison 2nd Floor	24 10 a.m. Friday Morning Fitness—Ch 1851 3 p.m. Peter Schlamb & Eboni Fondren—MLR	<b>25</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH
<b>26</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	27 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	28 10:30 a.m. Strength & Balance—AC 11 a.m. Blood Pressure Chk—WC 11:15 a.m. Grocery Trip 4 p.m. Gary Rockhold Reception—ART	29 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   World Heritage Sites—Ch 1851	30 10:30 a.m. Strength & Balance—AC 3 p.m. Pianist Charles Williams—MLR		Contract of the second se

**BG** Bishop's Garden

P Pub

LIFE ENRICHMENT | INDEPENDENT LIVING

BISHOP SPENCER PLACE

CH Chapel

WR Westport Room

**AC** Activity Center (above Bistro)

**ART** Art Gallery

## June 2022

## Tuesdays at BSP

#### **Art Experience with** Nina Irwin

Friday, June 3 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.



June 7 | 1 p.m. | Channel 1851—Richard Wagner's Die Walküre Christine Goerke quickly has become one of the most electrifying dramatic sopranos currently appearing on the Met stage. She raised her artistry to the next level in the 2018-19 season, singing the impetuous warrior maiden Brünnhilde in of Wagner's epic Ring cycle. In this Live in HD transmission of Die Walküre, the second and most popular installment in the composer's sweeping tetralogy, Goerke is joined by bass-baritone Greer Grimsley as Brünnhilde's godly father, Wotan, and mezzo-soprano Jamie Barton as his unbending wife, Fricka. As Siegmund and Sieglinde, soprano Eva-Maria Westbroek and tenor Stuart Skeltonalongside bass Günther Groissböck as Sieglinde's bloodthirsty husband, Hunding—round out the principal cast. And on the podium, Maestro Philippe Jordan conducts Robert Lepage's innovative staging, which uses state-of-the-art stage technology.

#### June 14 | 2 p.m. | Westport Room & Channel 1851—Movies with Robert Butler: Young Mr. Lincoln

In this dramatized account of his early law career in Illinois, Abraham Lincoln (Henry Fonda) is born into a log cabin, where he is encouraged by his first love, Ann Rutledge (Pauline Moore), to pursue law. Following her tragic death, Lincoln establishes



a law practice in Springfield, where he meets young Mary Todd (Marjorie Weaver). Lincoln's law skills are put to the test when he takes on the difficult task of defending two brothers who have been accused of murder. The movie was directed by John Ford.

In 2003, Young Mr. Lincoln was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant."

Remembering BSP Recitals

#### Final part of a 4-part series by Bernie Jones

We've journeyed through recitals played on the organ in the Chapel of the Epiphany. We cannot finish without covering the star of all that made this all possible—the magnificent organ itself.

The organ was built by Schoenstein & Company of California. It is their Opus #128a. The organ and acoustics consultant was Scott Riedel of Milwaukee, who was also the acoustics designer for the new Chapel. The building of the organ was approved by the Episcopal Diocese of West Missouri for a 1995 cost of \$87,000 (today's replacement value probably two to three times that much).

Planning in the early stages by Schoenstein led to a concept of multum in parvo, translated as "much is little," which was developed by the Oxford Movement in 19th century England. The object was to bring organ cathedral caliber music to the average, ideal village church. This was a significant development in supporting Anglican Church music from then to the present.

According to Jack Bethards, "The voicing of the organ exudes confidence perhaps born of pride in Empire. There is nothing tentative or reticent . . . Each stop has personality, color, and energy... The result is an ensemble with a backbone of steel plus interesting accompaniment and solo combinations that capture and hold one's interest."

The organ was built concurrently with the building of the Chapel and the acoustical work by Riedel. The organ was dedicated on February 4, 1996, with Canon John Schaefer of Grace and Holy Trinity Cathedral playing the dedicatory recital.



The twentieth anniversary of the organ was celebrated in March 2016 with a recital by one of the all time favorites at Recitals at Bishop— Jan Kraybill of the Community of Christ, Village Presbyterian, and Kaufman Center, serving as Conservator of the magnificent Casavant Frères organ in Helzberg Hall.

The first Chapel organist was Barry Jan Kraybill Richardson, followed by Dr. Stephan Casurella who later became organist at Village Presbyterian Church, Prairie Village, and is now the director of music and organist at Christ Church Episcopal Cathedral, Cincinnati, Ohio. They were followed by the Rev. Benjamin Harrison from St. Michael's, Mission, and the now current organist—Lynne Tidwell.



#### **NEW this month!** The Great Courses-**World Heritage Sites** Wednesdays, June 1, 8, 22, & 29 (no class on June 15) 3-4:30 p.m. | Ch 1851 Three classes per afternoon

Since 1972, the United Nations Educational, Scientific and Cultural Organization (UNESCO) has designated locations of cultural and natural significance that are of outstanding value to humanity as World Heritage Sites.

World Heritage Sites include archaeological sites, architecture, monumental sculpture and painting, classic urban landscapes, and masterworks of engineering. UNESCO also notes our planet's magnificent natural features, physical and biological formations, and areas of noteworthy beauty and scientific value.

The value and pleasure of this unique tour rests on Dr. Justin Jacob's intelligent presentation. Far from simply surveying the features of the sites at hand, he situates each site in its precise cultural context and history, and, in the case of the natural heritage sites, their geological and topographical history, biodiversity, and history of contact with humanity.

June Dates to Note

**Flag Day Tuesday, June 14** 

When the American Revolution broke out in 1775, most c olonial regiments fought under their own flags. In June 1775, the Second Continental Congress met in Philadelphia to create the Continental Army. This led to the creation of what was, essentially, the first American flag, the Continental Colors.

This flag was comprised of 13 red and white stripes with a Union Jack in the corner. George Washington soon realized a flag remotely close to the British flag was not a great confidencebuilder for the revolutionary effort, so he turned his efforts towards creating a new symbol.

On June 14, 1777, the Second Continental Congress passed a resolution stating that "the flag of the United States be 13 stripes, alternate red and white," and that "the union be 13 stars, white in a blue field, representing a new constellation." Over 100 years later, in 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day.

#### **Father's Day** Sunday, June 19

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly to honor fathers in memory of the 362 men who had died in coal mine explosions, but it was a one-time commemoration.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, campaigned for an official holiday for male parents equivalent to Mother's Day. She was successful—Washington State celebrated the nation's first Father's Day

on June 19, 1910.

Slowly, the holiday spread. By the end of World War II, it was a national institution.

In 1972, in the middle of a hardfought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday at last.

#### Juneteenth Sunday, June 19

On June 19, 1865, Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas, with news that the war had ended and that the enslaved were now free. This was two and a half years after

President Lincoln's Emancipation Proclamation, which had become official January 1, 1863. The Emancipation Proclamation had little impact on the Texans due to the minimal number of Union troops to enforce the new Executive Order. However, with the surrender of General Lee in April of 1865, and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the resistance.

Today, Juneteenth celebrates African American freedom and achievement while encouraging continuous self-development and respect for all cultures. As it takes on a more national, symbolic and even global perspective, the events of 1865 in Texas are not forgotten, for all of the roots tie back to this fertile soil from which a national day of pride is growing.



Smart





#### **Rick Steves' Europe: Ireland**

Thursday, June 23 | 1-2:30 p.m. | Channel 1851



The Best of West Ireland: Dingle, Galway, and the Aran Islands Ireland is best experienced on its Gaelic-speaking west coast, where the rugged villages have changed little over the generations. After exploring the remote Aran Islands, we visit

Galway, chase a friendly dolphin, and delve into the scenic Dingle Peninsula.

#### South Ireland: Waterford to the Ring of Kerry

We find the icons of Ireland strewn along its fascinating south coast: Waterford's much-loved crystal factory, the Kennedy family homestead, the Dunbrody Famine Ship, and Kinsale's star-shaped

fortresses. After kissing the Blarney Stone, we visit elegant Muckross House. Then we savor the scenic charms of the Emerald Isle by driving the Ring of Kerry.



#### **Dublin and Mystical Side Trips**

Dublin's story is of feast and famine — from its 18thcentury Golden Age to its 20th-century struggles for independence to its boomtime today. We explore the town's foreboding castle and patriotic jail, plus Trinity College with its Book of Kells. Later we party in Temple Bar, awash in Celtic music and Guinness. We side-trip to the prehistoric necropolis of Newgrange and the medieval monastery at Glendalough, deep in the scenic Wicklow Mountain.





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

Fiction **DREAM TOWN** David Baldacci

**CITY ON FIRE** Don Winslow

THE GOOD LEFT UNDONE Adriana Trigiani

**SEA OF TRANOUILITY** Emily St. John Mandel

Nonfiction **FINDING ME** Viola Davis

**THE PALACE PAPERS** Tina Brown

**UNMASKED: MY LIFE** SOLVING AMERICA'S COLD CASES Paul Holes with Robin Gaby Fisher

FREEZING ORDER: A TRUE STORY OF MONEY LAUNDERING **MURDER, AND** SURVIVING VLADIMIR PUTIN'S WRATH **Bill Browder** 









Cirt Reception

#### **Gary Rockhold** Tuesday, June 28 | 4 p.m. Art Gallery

Come enjoy some wine and cheese and learn about Gary Rockhold's unique art process.



Gary is a multidisciplinary artist working with mixed media and digital imagery. His landscapes are derived

from original photography of locations that resonate with him. He simplifies these images into geometric shapes with flattened depth. Linear patterns of color selected from the source photograph capture the light and atmosphere of each location.

In his mixed media collages, Gary transforms ephemera from daily life into social and environmental commentary that is assembled onto substrates such as recycled aluminum printing plates, foil, or mirrors.

Using his photography collection, Gary creates ArtStax! installations that morph vast landscapes into selfcontained worlds and single floor tiles into playful geometric explosions of pure delight.

These works become fine art prints and surface design for a changing selection of well-designed home goods and stylish products. They can be viewed at **garyrockhold.com**.

## Music

A double dose of Symphony Quartets this month!

#### **KC Symphony Quartet**

rescheduled from May Friday, June 3 | 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!

#### Alex Shum Kansas City Symphony Quartet Friday, June 10 | 3 p.m. | Madison Living Room

Alex Shum grew up in Hong Kong. He earned degrees from the California Institute of the Arts and St. John's University in Minnesota. He has been with the Kansas City Symphony since its founding in 1982. Alex has assembled another accomplished group for us to enjoy!

#### Kent Rausch and Tom's Town Friday, June 17 | 4 p.m. | Madison Living Room



It's becoming a habit! One of our favorites new groups is coming back. BSP resident Ann Atkin, we can't wait to hear you again!

#### Peter Schlamb and Eboni Fondren Friday, June 24 | 3 p.m. | Madison Living Room

We are looking forward to Peter's first performance at BSP. He is a pianist and vibraphonist extraordinaire. A Missouri native, Peter graduated from New School University with a degree in Jazz Performance. Dynamic vocalist Eboni Fondren will accompany him.

#### **Charles Williams** Thursday, June 30 | 3 p.m. | Madison Living Room

Kansas City, Kansas, native Charles D. Williams has played piano for over 40 years. He performs as the pianist for The Kansas City Jazz Orchestra and is a regular at Eddie V's on the Plaza.

# Chaplains CORNER

There's a sweet, sweet Spirit in this place, and I know that it's the Spirit of the Lord. There are sweet expressions on each face, and I know they feel the presence of the Lord.

If you are a long timer in the church, it's possible that the melody of this hymn floats through your mind as you read these words. We will be singing it in worship on the first Sunday in June, the Day of Pentecost. For me, it's my favorite holiday in the church; one allowing this otherwise reserved worshipper to let loose a bit.

As powerful as the stories of Easter and Christmas are, the story of Pentecost is more tangible for me. It is more alive, more relevant right here, right now. After all, how could we ignore a force like a violent wind that sets upon us and burns within us like a tongue of fire? It is the day when we observe that God does not leave us alone. God did not become incarnate just to be here for a little while then to leave. The Holy Spirit is the promise that God is here with us now. It is the physical indwelling of God in all we do.

When I was a chaplain in an acute care hospital, I visited patients over and over again who were faithful but, after months of treatment, or after a sudden and difficult diagnosis, told me they had faith that God was with them, they just couldn't feel it. With no hesitation, we would pray for God to be visible. We would tell God we need more than just faith.

God is with us in ways we cannot explain. Through the Holy Spirit, God is also with us when we practice active love toward one another, when we are involved in the community here, when we care for one another. This is what the Holy Spirit gives us. There is a sweet, sweet Spirit in this place, in this community. I see it every day that I am here, in the expressions on each face and in the way we are community. May we continue to show that spirit toward one another.

-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. <u>facebook.com/Community4KC</u>

**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. <u>kccathedral.org/worship</u>

**St. Paul's Episcopal** 10 a.m.; Wednesday, 6 p.m. <u>facebook.com/StPaulsKCMO</u>

**Unity Temple on the Plaza** 10:30 a.m. <u>bit.ly/2yfspgE</u>

Village Presbyterian Church 9:30 a.m. villagepres.org/online









**RECENT EVENTS & PHOTOS** 









