

SAINT LUKE'S BISHOP SPENCER PLACE

SEPTEMBER 2022





**BISHOP SPENCER PLACE** 



#### National Yoga Awareness Month

in 2008, the Department of Health and Human Services designated September as National Yoga Awareness Month with the goal of educating the public about the health benefits of yoga.

Studies suggest yoga can:

- help with weight loss and weight management
- lower blood pressure, resting heart rate, and cholesterol
- relieve back pain
- alleviate anxiety and depression
- increase flexibility and strength
- improve balance
- increase energy

This article from *Self* lists 21 yoga YouTube channels you can stream at home and discusses how to choose the right one for you:

www.self.com/story/bestyoutube-yoga-channels

Bridge Lessons with Christie Thomas Collier Fridays | 10 a.m. | Pub September 2, 9, 16, 23, & 30

Please call Helen at 816-595-5015 to book a spot.

#### A few words from the CEO



This month's message is one of safety in the face of changing guidance—safety for each other and safety for our family and friends. As many of you have likely read, the CDC recently relaxed its guidance on masking and social distancing for the general public. Those guidelines are apart from the guidance they have published separately for healthcare workers and

healthcare environments, and in support of those who are immunocompromised and/or elderly. The CDC's website states that the guidance is currently being reviewed in order to follow the recent changes, but until that occurs, we will continue to follow the guidance updated in January of this year driving our current protocols.

Positivity rates in Jackson County still exceed our high/red level by more than double. The high level is 100 or more positive tests per 100,000, and this week's rate is 226. It is the CDC, the Centers for Medicare & Medicaid Services, Saint Luke's Health System guidance, and data such as positivity rates that drives our protocols to keep our residents, staff, and visitors safe and healthy. We will maintain this approach as we continue to wade through uncharted territory.

Thank you so much for your participation in following our guidance. Please do not hesitate to ask any questions.

Yours in health,

Dee Ounn

# Tip of the Month!

#### From the BSP Environmental Committee



Recyclable items, such as newspapers, cans, and plastic bottles, should be placed in the recycling bins in the Refuse Rooms, NOT down the trash chutes.

See page 9 for more recycling tips.

# Kauffman Gardens Trip

Thursday, September 22 | Bus leaves at 1:30 p.m.

Sign up soon. Seats are limited on the BSP bus. We will head to Kauffman Gardens for an afternoon walk in this hidden local treasure (weather permitting).



The Ewing and Muriel Kauffman Memorial Garden draws inspiration from the couple's journey through life and their commitment to share with others.

The Memorial Garden opened Memorial Day weekend 2000. It is an enduring gift for Kansas City that extends the legacy of a gracious couple and welcomes visitors to a vibrant landscape throughout the year.

The garden features bronze sculptures by Tom Corbin among lush and colorful annual and perennial plantings, pruned foliage framed by stone walls, brick walkways and playful fountains.

Because the garden is constantly cycling, transitions of foliage and blooms await visitors weekly. Seasonal changes are seen within the perennial beds and unique trees and shrubs within the garden. In addition, the annual displays are changed at least four times a year.

#### Name That Resident!

- I was called Twiggy in elementary school.
- I was entertained at the summer palace of the Russian tsars.
- I have seen the world from Peak Eight.
- I've floated over Kansas City in a hot air balloon.
- I have walked with German bird watchers on Trinidad Island.

(Last month's answer was Una Creditor!)



The record-setting hot weather this summer hasn't been good for area gardens, including ours. However, we do give our flowers TLC with daily waterings—and they smile!



We so appreciate summer's lateblooming flowers. Don't blush if anyone asks if you've seen the naked ladies—our grandmothers called them surprise lilies! Their leaves sprout and grow in the spring before dying back in June. Then in late July and August, their fragrant pink blossoms appear on naked stems.

A member of the amaryllis family— Amaryllis belladonna—this plant thrives in areas with rainy springs and dry summers because of its unusual growth habit.

Louise Nyberg and Carol Chatten

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AC Activity Center (above Bistro)
ART Art Gallery

**BG** Bishop's Garden

**CDR** Canterbury Dining Room

CH Chapel

JLR Jefferson Living Room

MLR Madison Living Room

P Pub

WR Westport Room

**Ch 1851** Channel 1851 on your Spectrum TV

# September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6		1 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee— CDR 4 p.m. Artist Reception   Glen & Gayle Wans—ART	2 10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 4 p.m. Pianist Michael Pagan & Clarinetist John Biegen—MLR	10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: The African Queen—JLR
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	LABOR DAY Offices Closed	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Blood Pressure Chk—WC 2 p.m. Monday Movie on Tuesday!—Ch 1851	10 a.m. Stretch & Strengthen—AC  1 p.m. Tai Chi—AC  3 p.m. Great Courses   Warriors, Queens, & Intellectuals—Ch 1851	10:30 a.m. Strength & Balance—AC 3 p.m. Great Art Explained— Ch 1851	10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 10:30 a.m. Catholic Mass—CH 1 p.m. Nina Irwin Art—AC 3 p.m. Sam Wisman, Mark Lowrey, Joey Panella—MLR	10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: High Noon— JLR
11 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 12 p.m. Bridge Luncheon—CDR 12:30 p.m. Bus to Kirmayer 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	13 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Blood Pressure Chk—WC 1 p.m. Resident Council—WR	10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 1 p.m. Tai Chi—AC 3 p.m. Great Courses—Ch 1851	10:30 a.m. Strength & Balance—AC  2 p.m. Pastor Ashley   Bible Study—CH  3 p.m. Speaker   Chuck Haddix—WR	16 10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 4 p.m. Lyra & Richard Pherigo—MLR	10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: The King's Speech—JLR
40	10		REVENTION AWARENES		22	2.4
18 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	19 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	20 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Blood Pressure Chk—WC 3 p.m. Speaker   April M. Watson—WR	21 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   Warriors, Queens, & Intellectuals—Ch 1851	10:30 a.m. Strength & Balance—AC  1:30 p.m. Kauffman Gardens (weather permitting)  2-4 p.m. Country Club Bank— 2nd Floor Madison	23 10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 10:30 a.m. Catholic Mass—CH 4 p.m. Made in France Band—MLR	10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: Rear Window— JLR
Rosh Hashanah at Sundown  10 a.m. Holy Eucharist—CH  11 a.m. Brunch—CDR	26  10 a.m. Stretch & Strengthen—AC  12:30 p.m. Bus to Kirmayer  1 p.m. Tai Chi—AC  2 p.m. Monday Movie—Ch 1851	27  10:30 a.m. Strength & Balance—AC  11:15 a.m. Grocery Trip  1 p.m. Blood Pressure Chk—WC  2 p.m. Movie   Robert Butler:	28 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   Warriors, Queens, &	10:30 a.m. Strength & Balance—AC 3 p.m. Speaker   Photographer Deanna Dikeman—	30 10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 4 p.m. Happy Hour   Pianist Matt Villinger—MLR	

#### Art Experience with Nina Irwin

Friday, September 9
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!

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.





#### Thursday, September 1 | 4 p.m. | Gallery— Art Reception for Glen and Gayle Wans

We're lucky to host one of the most prolific area photographer studios in our gallery this month. Glen and Gayle's collaboration started more than 40 years ago as partners creating

photographic illustration for advertising. In 2003, they decided it was time to shift directions and create imagery that they personally connected with, and exhibit it at fine art venues. Come meet them, have a glass of wine, and enjoy their work. Helen will have a price list if anyone has an interest.



#### Thursday, September 8 | 3 p.m. | Channel 1851— Great Art Explained



Enjoy 15-minute segments on important and recognizable pieces of art, brought to you by Brits James Payne and Joanne Shurvell in their new series. Today we will learn more about Michelangelo's *David*, Andy Warhol's *Marilyn*, Rodin's *Thinker*, and Caravaggio's *Taking of the Christ*.

### Tuesday, September 27 | 2 p.m. | Westport Room & Channel 1851—Classic Movie with Robert Butler: *The Heiress*

This 1949 romantic drama stars Olivia de Havilland as a naive young woman who falls in love with a handsome young man, played by Montgomery Clift, despite the objections of her emotionally abusive father who suspects the man of being a fortune hunter. Although a box office failure, the film garnered critical acclaim. It received eight Academy Award nominations, including for the Best Picture, and won four: Best Actress, Best Original Score, Best Production Design, and Best Costume Design.

# My Love Offair with Music

#### Part 2 by Bernie Jones



In college, I found friends who believed there were no better singers than Perry Como, Peggy Lee, Frank Sinatra, or Tony Bennett. Five years later we were dancing to Johnny Mathis but sneaking Elvis Presley in the back door. Then the Beatles arrived, and life was forever changed. I searched for some other kind of music—piano,

flute, and, especially, organ.

It was a surprise to everyone that I was not going to go to KU to major in organ performance. I was going to get a sensible degree, like political science, then law, taking some classes in business administration—just in case I changed my mind. But there was nothing that I had a passion for except music.

In high school I had become very active in a small-town organ community. During my first year at KU, I got a stint as the sub-organist at a church in Lawrence. The trade-off was that I was able to practice on their organ in exchange for the organist Sunday if needed. The organist was always faithfully there, but she did miss once. The choir director was a little bit eccentric and was also a KU professor. This lethal combination was a total disaster when it hit me the Sunday I filled in, and I left in shambles. As a footnote, I didn't yank the keyboard from the infernal organ as I was leaving—I thought about it, though!

After not being paid after three months, I decided it was not worth it if I never got to play, only listen. There was a tunnel out, though. In our house, it was traditional that freshmen were the escorts for the housemother. Our housemother loved to go to any recitals or orchestral performances happening around campus. I began to enter another vast world of music that was all classical.

I had the path to expand my love for classical music during that period. I followed this path even as I journeyed to Tulsa after college, had a short stint in Washington D.C. and politics, and then came to Kansas City. I held season tickets for the old Kansas City Philharmonic plus tickets to a classical forerunner of the William Jewel series. It was in Kansas City that two things happened to change my direction in music.

Another epiphany and my long affair with music continues. See you in the October issue!



We began an illuminating new Great Courses series last month and the response has been great!

#### The Great Courses— Warriors, Queens, and Intellectuals: 36 Women before 1400

Wednesdays September 7, 14, 21, and 28 3-4:30 p.m. | Ch 1851

In this course, taught by Joyce E. Salisbury, women step out from the footnotes and sidebars of history and into the spotlight. From thwarted daughters and ambitious wives to fearless revolutionaries and brilliant philosophers, you will see how women have played diverse roles throughout history and why their influence is so vital to a fuller understanding of the world we live in today. Beginning at the Roman Empire and carrying through the Middle Ages, Professor Salisbury will introduce you to dozens of influential women from across the globe.

Joyce E. Salisbury is Professor Emerita of Humanistic Studies at the University of Wisconsin-Green Bay, where she taught history and served as associate dean of Liberal Arts and Sciences and director of International Education. She earned her PhD in Medieval History at Rutgers University, specializing in religious and social history.

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# July Speakers

#### **Chuck Haddix**

Thursday, September 15 | 3 p.m. Westport Room



In 1984, Chuck Haddix joined the staff of KCUR as a jazz producer. The next year, he began producing the Fish Fry. His show has earned a loyal and passionate

following. Chuck is also the director of the Marr Sound Archives, a collection of 350,000 historic sound recordings housed in the Miller Nichols Library at the University of Missouri—Kansas City. Haddix teaches Kansas City jazz history at the Kansas City Art Institute.

Haddix has contributed to a variety of theatrical, recording, video, and film projects, including *Cronkite Remembers*, a biography of Walter Cronkite, Robert Altman's *Kansas City*, and Merchant-Ivory's *Mr. and Mrs. Bridge*. His articles have appeared in *Down Beat* and *Living Blues Magazine*. He is the coauthor of *Kansas City Jazz: From Ragtime to Bebop—A History* and author of *Bird: The Life and Music of Charlie Parker*.

# **April M. Watson**Tuesday, September 20 | 3 p.m. Westport Room



April M. Watson, Curator of Photography at the Nelson-Atkins Museum of Art, holds a doctorate in Art History from the University of Kansas and an MA in Art History from the University of New Mexico. She has a BFA in

graphic design from Alfred University.

Prior to joining the Nelson-Atkins, Watson served as a curatorial research assistant at the National Gallery of Art and was an NEA curatorial intern at the Center for Creative Photography, Tucson. Watson has contributed

writing and scholarship to numerous exhibitions and catalogues for the University of New Mexico Art Museum, the Center for Creative Photography, the Cleveland Museum of Art, the Corcoran Gallery of Art, the National Gallery of Art, and several artist monographs.

#### Deanna Dikeman

Thursday, September 29 | 3 p.m. Westport Room



Photographer Deanna Dikeman was born in Sioux City, Iowa, and currently resides in Kansas City. She has photographed her midwestern family and surroundings since 1985, when she left a corporate job to try a photography class. Since 1988,

Deanna has had seventeen solo shows and has been included in over 150 group and two-person shows. Her photographs have been public art projects in Kansas City, St. Louis, and New York. "A Photographer's Parents Wave Farewell" was one of the top 25 stories of 2020 in *The New Yorker*.

Deanna's book, Leaving and Waving, was short-listed for the MACK 2020 First Book Award, received the 2021 Prix Nadar awarded by the association Gens d'images in France, and was a finalist for the 2021 Paris Photo/Aperture Foundation First PhotoBook Award. Photos from "Leaving and Waving" were shown at the Cortona on the Move festival in Cortona, Italy, at Festival du Regard in Cergy, France, and at Cortona on the Move AlUla in Saudi Arabia.

# Happy Labor Day!

Monday, September 5

BSP offices will be closed. We will not have Stretch and Strengthen, Tai Chi, or our Monday Movie.

# Recycling Tips

#### Reuse

Invest in reusable versions of any disposable items you use. Swap out or reuse disposable water bottles. Bring reusable bags when you go grocery shopping.

#### Recycle

Learn what items can be recycled and what can't and if you don't already, set up a bin to keep recyclable items. Note: Items may have to be separated based on the material.

#### **Shop smart**

One of the best ways to reduce waste? Lower how much of it you build up in the first place. When you shop, buy items that use less packaging or are refillable. Buying items in bulk may also help.

#### Go digital

Paper documents add up and can also be easy to misplace. See if you can get your bills delivered online. Email personal documents to yourself to save paper.

#### Compost it

What do veggie peels, newspapers and eggshells have in common? They can all be composted for nutrient-rich soil. If you keep a garden or potted plants, this can be a great way to nurture them.

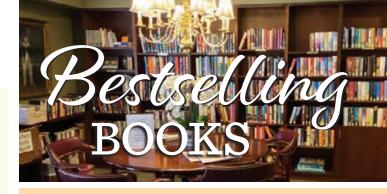
#### Give it a new home

If you're getting rid of old clothes or a piece of furniture, don't just throw it away. See if you can donate it to a friend, community group or charity.

#### Re-package

Planning on sending a package? Hold on to a few delivery boxes—it helps reduce waste and saves you money. You can use old papers to package the items you want to send





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

### **Fiction**THE 6:20 MAN

David Baldacci

## WRONG PLACE, WRONG TIME

Gillian McAllister

# PORTRAIT OF AN UNKNOWN WOMAN

Daniel Silva

### THE IT GIRL Ruth Ware

Nonfiction
WHAT HAPPENED

Bruce D. Perry and Oprah Winfrey

#### THE BIG LIE

TO YOU?

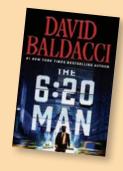
Jonathan Lemire

#### THINK AGAIN: THE POWER OF KNOWING WHAT YOU DON'T KNOW

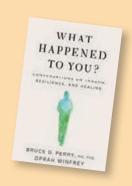
Adam Grant

#### **UNTAMED**

Glennon Doyle









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#### Falls Prevention Awareness Week

#### September 18-24

Falls are the top cause of injuries in seniors so maintain a dialogue with your doctor at least once a year to discuss risks. On your own, you can:

#### 1. Identify the top home hazards.

Take a walking tour of your home.

- Are the pathways clear?
- Is there room for you and, if you have one, an ambulatory device like a cane or walker?
- Are there loose rugs that could cause you to trip?
- Is the lighting bright enough to allow you to see any hazards clearly?

#### 2. Ask for safeguarding help.

 Medicare Part B might help cover the cost of some ambulatory devices like canes or walkers.

#### 3. Give yourself a steady foundation.

- Studies show that footwear can make a difference in avoiding falls.
   Shoes with good support, low heels, and a back (no slip-ons) are best.
- Even if you spend most of your time at home, what you have on your feet matters. Bare feet, socks, and slippers can increase your risk of falls.
- Supportive shoes can keep you steady.

### **4.** Improve your strength, balance, and flexibility.

- Staying strong is critical, since people who are weak are four times as likely to fall as people who are strong.
- Simple exercises, like trying to stand from a chair without using your hands, can help build leg muscles.

### Music

#### Michael Pagán & John Blegen

Friday, September 2 | 4 p.m. | Madison Living Room

Come enjoy the always entertaining pianist Michael Pagán. Michael will be joined by clarinetist John Blegen, who performs in KC jazz venues with Bram Wijnands, Tom's Town Quartet, Havilah Bruders, and others.

#### Mark Lowrey, Sam Wisman, & Joey Panella

Friday, September 9 | 3 p.m. | Madison Living Room

Please welcome one of our favorite jazz groups, headed by drummer Sam Wisman, with Mark Lowrey on keyboards, and Joey Panella on bass. You won't want to miss this trio of musical stars!

#### Lyra & Richard Pherigo

Friday, September 16 | 4 p.m. | Madison Living Room

Flutist, soprano, and choral conductor Lyra Pherigo has played with newEar, KC Symphony, KC Chamber Orchestra, KC Ballet, KC Civic Opera, Starlight Theater, and the Theater League. Her husband, composer, pianist, tenor, and conductor Robert Pherigo, has composed works for, newEar, Kansas City Chorale, Lyric Arts Trio, and Lawrence Children's Choir. He is the pianist at St. Teresa's Academy and Unity Temple on the Plaza.

#### Made in France Band

Friday, September 23 | 4 p.m. | Madison Living Room

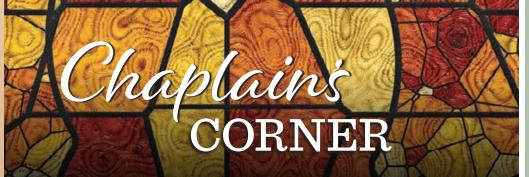
Newcomers to Bishop Spencer Place, they are comprised of a native French speakers and great musician friends, playing piano, violin, bass, and guitar. This might even get you dancing!

## White Wine Happy Hour with Pianist Matt Villinger

Friday, September 30 | 4 p.m. | Madison Living Room

Enjoy some conversation and a glass of wine on us, while listening to the music of Matt Villinger, bringing us classic jazz on piano.





For most religious communities, this is the time of year when the activities begin. The kids are back in school, so Sunday school is in full force as volunteers plan for the little ones, the teenagers do their best to make church seem cool, and the adults prepare to host speakers and dive into Bible studies. At a congregation I once served, we had a huge festival for Rally Day, with a BBQ and potluck, a scavenger hunt, a choir concert, sign-up sheets for the year's activities, and a dunk tank offering members their one shot of the year at getting the pastor wet.

Although we are not a church with a culture centered around the school year, there are some activities coming up to look forward to. The newsletter has highlighted the speakers, trips, and enrichment activities that are coming up. There are also some new activities specific to spiritual wellness.

Last month we had our first remembrance service. It was a time to remember those in our community who have died recently. It was also a time to reflect on anyone whom we remember with love. We lit candles in their memory and shared stories together. If you knew any of the other people we recognized, you would have enjoyed the stories. We plan to have a service every month.

This month, we are also preparing for our Saint Luke's Week celebration, which will happen in October. As a community, we will engage in a community service project together. Keep your eyes peeled for more information.

May this month kick off a new season of activities, and may we come closer as a community as we support one another.

—Chaplain Ashley Masoni Huber

September Remembrance Service
Wednesday, September 14 | 11 a.m. | Chapel

**Bible Study with Pastor Ashley**Thursday, September 15 | 2 p.m. | Chapel

# 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.

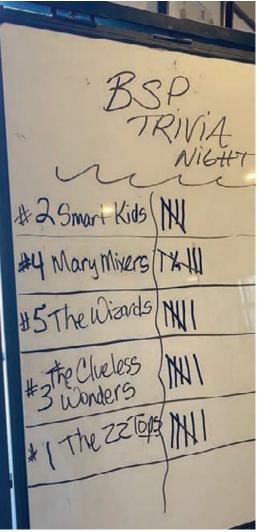
villagepres.org/online











# The SCENE

**RECENT EVENTS & PHOTOS** 









