## The **ANDERASSADOR** SAINT LUKE'S BISHOP SPENCER PLACE DECEMBER 2022



BISHOP SPENCER PLACE



#### **Holiday Health**

U.S News & World Report offers these tips to keep the holidays from hampering your health:

- **1.** Have a plan. Start each day with a plan for what you'll eat and how you'll exercise.
- 2. Keep moving. Get up and move at least 5 minutes every hour.
- 3. Hydrate. Your brain can confuse thirst for hunger, so drink water before a meal.
- 4. Work out early. Exercise in the morning so your workout plans don't get waylaid later.
- 5. Sleep. Get plenty of res to stay relaxed and stress-free.
- **6. Be prepared.** Keep healthy snacks handy for emergencies.
- 7. Rev up your walking. Do 30-second bursts of fast walking when shopping or strolling in the neighborhood.
- 8. Limit indulgences. Indulge for a meal or a party, not for the entire holiday season!
- 9. Take a moment to breathe. Stress can lead to overeating.
- **10.Enjoy the holiday.** One day won't make or break your health plan.

We will not have Bridge Lessons this month.

## A few words from the CEO



At this time of year, I am prone to thinking about family and the importance of having "family" in our lives.

Family comes in all shapes and sizes, backgrounds, and heritages. Family can be local or far flung; family can be of blood or those who you have chosen to be your cherished family; family can be those who are with us or who have

passed on. Regardless of where our family is or where they came from, family are those people who bring us joy in our lives and those we choose to spend our special moments with.

I am especially fond of my Bishop Spencer Place family. The residents, staff, families, and visitors I have come to know and admire are a wonderful group of people I have chosen to call family, and they bring joy every day of the year.

I hope you are able to spend time with your family this holiday season.

Warm regards,

Dee Dunn

### **Name That Resident!**

- I was one of 12 babies born at the Excelsior Springs Hospital in 1937.
- My first job at 14 was as a locker girl at the indoor pool.
- I played French horn in the high school band.
- I coached a girl's cross-country team which won Conference, District and was fourth in State.
- After I retired, I visited six of the seven continents.

(Last month's answer was Midori Houston!)

## BSP Community Volunteer Thank You Reception

#### Thursday, December 8 | 4 p.m. | Pub



We want to recognize all the wonderful volunteers we have in our community. Come eniov refreshments as we thank our Resident Council, Garden Committee, Dining Committee, Environmental Group,

Tech Committee, Library volunteers, and Chapel volunteers. BSP is a better place because of you!

## Tech Tip

And so it happens again. If your computer suddenly stops working, that is, it hangs up somewhere on a

random page and just will not respond, try the old "reversing" the polarity" trick. If you can't find the on/off switch just unplug it, turn the plug over, and plug it back in. This also works for printers.



Tip of the Month! From the BSP Environmental Committee



To help the environment when driving a gasoline powered car practice the following: obey the speed limit, accelerate slowly and gently, pay attention to the driving conditions, and keep the car engine well-tuned.









Bill Buckner gave several jack-inthe-pulpit plants to the Memorial Garden because he and his late wife grew mostly native plants behind their KC

home on Pennsylvania Street, but he had difficulty growing them. The first year, the sprouts were too small to bloom and something ate them to the ground. He protected them with chicken wire, but when at last he got nice blossoms, a heavy rain collapsed the delicate flowers. This year, for the first time, one plant grew three big leaves, each about 8 inches wide and 18 inches long. It had one beautiful flower, and a month or two later, the stamen became a cluster of jewel-like, pea-sized green berries. The berries then turned red. It's said American Indians made dye from the berries.

The plant has at least four different names: jack-in-the-pulpit because it resembles a preacher standing in a pulpit, bog onion because of its common location—in a bog, Indian turnip because its corm (bulb) is edible, and brown dragon because it is also dangerous. Its corm, while edible, is poisonous if not cooked thoroughly.

Oh, wild turkey and deer eat the plant's berries and spread the seeds. The plants are dormant now. Watch the cage and label next spring.

	<ul> <li>AC Activity Center (above I</li> <li>ART Art Gallery</li> <li>BG Bishop's Garden</li> <li>CDR Canterbury Dining Roor</li> </ul>	JLR Jefferson Livin MLR Madison Living	g Room <b>Ch 1851</b> Channel 18	Room 51 on your Spectrum TV h the concierge		Decem	ber 202
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UIKe'S. LIFE ENRICHMENT   INDEPENDENT LIVING					1 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee— CDR 3 p.m. Speaker   Madeline Rislow—WR	2 10 a.m. Morning Fitness—Ch 1851 1 p.m. Nina Irwin Art—AC 3 p.m. Humberto Sierralta— MLR	3 10 a.m. Grocery Trip 11 a.m. Rosary—CH 4 p.m. Saturday Book Club 7:15 p.m. Saturday Movie: <i>Pink Panther</i> —JLR
	<b>4</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR <b>3:25 p.m.</b>	5 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	6 10:30 a.m. Strength & Balance—AC 1:30 p.m. BSP Chorus—CH 3 p.m. Speaker   MacKenzie Mallon, Nelson- Atkins—WR	Pearl Harbor Remembrance Day710 a.m.Stretch & Strengthen—AC12-2 p.m.BP Checks—MF21 p.m.Tai Chi—AC3 p.m.Great Courses: WWII Pacific Theater—Ch 1851	8 10:30 a.m. Strength & Balance—AC 4 p.m. BSP Community Volunteer Thank You Reception—P	9 10 a.m. Morning Fitness—Ch 1851 10:30 a.m. Catholic Mass—CH 4 p.m. BSP Chorus with Robert & Lyra Pherigo—MLR	10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: Philadelphia—JLR
	<b>11</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR <b>7:20 p.m.</b>	10 a.m.Stretch & Strengthen—AC12 p.m.Bridge Luncheon—CDR12:30 p.m.Bus to Kirmayer*1 p.m.Tai Chi—AC2 p.m.Monday Movie—Ch 1851	10:30 a.m.Strength & Balance—AC11:15 a.m.Grocery Trip1 p.m.Resident Council—WR3 p.m.Kansas City Symphony Quartet—MLR	10 a.m.Stretch & Strengthen—AC11 a.m.Resident Remembrance—CH12-2 p.mBP Checks—MF21 p.m.Mktg Event—CH/MLR1 p.m.Tai Chi—AC3 p.m.Great Courses—Ch 1851	10:30 a.m. Strength & Balance—AC 2 p.m. Pastor Ashley   Bible Study—CH 3 p.m. Saint Luke's Hospital in Your Home—WR	10 a.m. Morning Fitness—Ch 1851 3 p.m. Made in France Band—MLR	National Ugly Sweater Day110 a.m.Grocery Trip11 a.m.Rosary—CH7:15 p.m.Saturday Night Movie: Christmas Carol—JLR
	18 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR (12:00 p.m.	10 a.m.Stretch & Strengthen—AC1 p.m.Tai Chi—AC2 p.m.Garden Committee—WR2 p.m.Monday Movie—Ch 1851	20 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. 1951 Amahl & the Night Visitors— Ch 1851	Winter Solstice2110 a.m.Stretch & Strengthen—AC12-2 p.m.BP Checks—MF21 p.m.Tai Chi—AC3 p.m.Great Courses: WWII Pacific Theater—Ch 1851	22 10:30 a.m. Strength & Balance—AC 2-4 p.m. Country Club Bank— MF2 3 p.m. Dickens Carolers— MLR	23 10 a.m. Morning Fitness—Ch 1851 10:30 a.m. Catholic Mass—CH 3 p.m. Christmas with Michael Pagan & Rod Fleeman—MLR	Christmas Eve 24 10 a.m. Grocery Trip 11 a.m. Rosary—CH 3 p.m. Holy Eucharist—C 12:00 p.m.
BISHOP SPENCER P	CHRISTMAS DAY 25 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	Kwanzaa Begins26HAPPY HOLIDAY!OFFICES CLOSED	27 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Movie   Robert Butler: Captains Courageous—WR	28 10 a.m. Stretch & Strengthen—AC 12-2 p.m. BP Checks—MF2 3 p.m. Great Courses: WWII Pacific Theater—Ch 1851	29	30 10 a.m. Morning Fitness—Ch 1851 4 p.m. NY Eve-Eve Party with Millie Edwards & Friends—MLR	New Year's Eve 10 a.m. Grocery/Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: Ocean's 11- JLR

Group activities subject to community status

#### **Art Experience with** Nina Irwin Friday, December 2 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 Ninalrwin.com.

## Art & Entertainment at BSP



#### Amahl and the Night Visitors Tuesday, December 20 | 3 p.m. | Channel 1851



Amahl and the Night Visitors is an opera in one act by Gian Carlo Menotti. It was commissioned by NBC and performed by the NBC Opera Theatre on December 24, 1951, and broadcast live as the debut production of the Hallmark Hall of Fame. It was the first opera composed for

television in the United States.

#### **Classic Movie with Robert Butler:** Captains *Courageous*

#### Tuesday, December 27 | 2 p.m. | Westport Room & Channel 1851

In this 1937 film, based on the novel by Rudyard Kipling, a spoiled boy falls overboard a steamship and gets picked up by a New England fishing boat, where he's made to earn his keep by joining the crew in their work. *Captains Courageous* stars Freddie Bartholomew, Lionel Barrymore, Melvyn Douglas, Mickey Rooney, and Spencer Tracy, who won an Oscar for Best Actor for his role.



#### **Thank you!**

Thank you to all who donated to Rose Brooks Center in honor of Saint Luke's Week. The organization provides for victims of domestic violence and showed tremendous appreciation for our offering. Chaplain Intern Jody and I were given a tour of the shelter and

saw the compassionate services they provide to the community. They receive over 14,000 calls from victims of domestic violence a year and our donation will help them feel at home.

Chaplain Ashley

# Christmas War & Peace: 1941-45

#### by Bernie Jones



On December 7, 1941, I had barely turned eight years old. That day, our little world turned from happy to very sad, but it would take months for us children to figure it out.

It was a gorgeous Sunday afternoon. My sister and I were playing on the front porch with friends when my dad stuck his head out the door. He

told us a radio bulletin said the Japanese had made a sneak attack on Pearl Harbor, destroying most of our Navy. Thousands of Americans were believed to be dead. Typical of youngsters, we talked about Japan invading America. What would they do-kill or torture us? Life went on, and I don't remember anything about the war for a couple of years until 1944.

June 6, 1944, came D-Day—the long-awaited day that we began to crawl back one battle at a time. There was no Thanksgiving celebration, and Christmas had to be one of the darkest and at the same time joyous Christmases I have ever experienced. There was little for gifts—no toys as the shelves in the store were bare. What little we got in presents were creatively made for each other, and even though skimpy, they were meaningful and heartfelt.

We did go through the motions of all that entails, but it wasn't easy. Would Santa be killed in his sleigh?" my sister asked. We Christmas dinner, albeit with rationing and shortages, we may have had SPAM and dressing. Dessert was probably Baby Ruth candy bars. I have never eaten another Baby Ruth candy bar to this day.

Mother had spent many, many hours volunteering. She knitted olive drab wool sweaters and made bandages. During the late part of the war, she spent many days at the train station with volunteer friends, serving troops coffee, donuts, and meals. She announced that my sister, dad, and I would spend Christmas afternoon serving the troops. We served a lot of food to some very young men. There was sadness and apprehension in their eyes, but when they saw our stacks of fresh food, they began to laugh and joke, which gave us a very blessed Christmas.

We had something then that we probably shall never capture again—the resolve to sacrifice and help others and get through this horrible time together with everyone doing their part. We did persevere, and life did eventually get back to our normal.



#### **NEW!** World War II: **The Pacific Theater**

Wednesdays, 3 p.m. | Ch 1851 **December 7: Episode 1-2** December 14: Episode 3-4 **December 21: Episode 5-6** December 28: Episode 7-8

Don't miss this new Great Courses Series. loaned to us by **Ed Matheny**. The first two episodes will air on December 7, Pearl Harbor Remembrance Day.

World War II: The Pacific Theater takes you inside the sweeping story of the American fight against the Japanese. Taught by Professor Craig L. Symonds, a distinguished military historian at the US Naval War College, and former chairman of the History Department at the US Naval Academy, these 24 lectures chronicle the war in the Pacific: epic battles, military strategy and tactics, leaders and commanders, amphibious landings, air attacks, and submarine campaigns.

You'll meet fascinating figures such as General Douglas MacArthur, Admiral William Halsey, Admiral Chester Nimitz, codebreakers, and countless others, including marines, soldiers, sailors, and airmen.

December Speakers

Madeline Rislow, National Museum of Toys and Miniatures Thursday, December 1 | 3 p.m. Westport Room



In 1982, Mary Harris Francis (1927-2005) and Barbara Hall Marshall (1923-2021) combined their passions for historic toys and fine-scale miniature art to form a museum near Kansas City's Country Club Plaza. The idea came about after the two friends returned from a trip with new purchases for their ever-expanding collections. Francis's mother exclaimed that if they got one more thing, they'd have to start a museum! Forty years later, The National Museum of Toys and Miniatures houses more than 90,000 objects. Each miniature is a testament to the artist's keen ability to achieve incredible detail at a seemingly impossible scale. A broad array of toys—the largest number on public display in the nation— serves as a catalyst for conversation reflecting on the connections between past and present.

Dr. Madeline Rislow is an art historian, currently serving as the senior manager of learning and engagement at The National Museum of Toys and Miniatures in Kansas City. She has taught art history at the Kansas City Art Institute, the University of Missouri-Kansas City, and, most recently, Missouri Western State University where she was associate professor and director of art history. While she is a specialist in Italian Renaissance art, she has also published and presented on contemporary art, virtual reality, and popular culture through varied frameworks.

MacKenzie Mallon, Nelson-Atkins Museum Tuesday, December 6 | 3 p.m. Westport Room



Curator Mackenzie Mellon's talk, Origins: Collecting to Create the Nelson-Atkins, will explore the origins of the Nelson-Atkins's art collection. What were the very first objects the museum acquired, and where did they come from? Who decided what kinds of art the museum should collect, and why? What are some of your earliest memories of the Nelson-Atkins?

MacKenzie is Specialist, Provenance at the Nelson-Atkins, where she oversees provenance research, procedures, documentation, and review in conjunction with the curatorial departments. A Kansas City native, Mallon received her BA in History and MA in Art History from the University of Missouri-Columbia. Mallon's primary research interest is Nazi-era provenance and the art market during World War II. She was the curator of record for the installation *Bravina* Shells for Art: the Monuments Men of the Nelson-Atkins and is the author of "A Refuge from War: The Nelson-Atkins Museum of Art and the Evacuation of Art to the Midwest during World War II" (Getty Research Journal, February 2016). In addition to her work on provenance research and documentation, Mallon is currently studying the initial development of the Nelson-Atkins collection during the early 1930s.

#### Saturday Book Club Saturday, December 3 | 4 p.m.

#### Westport Room



This month's book is Kurt Vonnegut's Slaughterhouse Five. Doug Rushing will lead the discussion.

The book club meets every first Saturday to discuss a book chosen by one of the members. If you are interested, please just show up and join in!

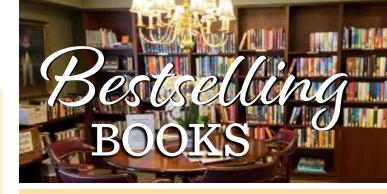
#### Saint Luke's Hospital in Your Home Thursday, December 15 | 3 p.m. Westport Room

Catherine Banes, Director of Patient Care Services, will present information on Saint Luke's Hospital In Your Home, hospital-level care that gives high-quality, hands-on care in your home.

The team performs diagnostic tests, remotely monitors your condition, and provides ongoing treatment. You remain comfortably at home enjoying a quiet environment, better sleep, and visitors whenever you like.

Your personalized Hospital In Your Home care plan includes:

- 24 hours-a-day, 7 days-a-week access to your care team via video and telephone
- Vital signs monitoring using a telehealth platform
- Video visits by your care team
- In-home visits by nurse practitioners and other health care professionals
- Lab tests, mobile imaging, and IV therapies performed in your home as needed
- Collaboration with your primary care physician and specialists



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

Fiction THE BOYS FROM BILOXI John Grisham

**GOING ROGUE** Janet Evanovich

**NO PLAN B** Lee Child

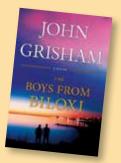
**TRIPLE CROSS** James Patterson

Nonfiction FRIENDS, LOVERS, AND THE BIG TERRIBLE THING: A MEMOIR Matthew Perry

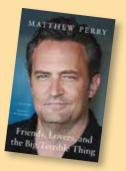
SURRENDER: 40 SONGS, **ONE STORY** Bono

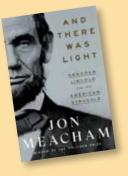
THE PHILOSOPHY **OF MODERN SONG** Bob Dylan

AND THERE WAS LIGHT: ABRAHAM LINCOLN AND THE **AMERICAN STRUGGLE** Jon Meacham











Music I love—but never strain Could kindle raptures so divine, So grief assuage, so conquer pain, And rouse this pensive heart of mine— As that we hear on Christmas morn, Upon the wintry breezes borne.

Though Darkness still her empire keep, And hours must pass, ere morning break;

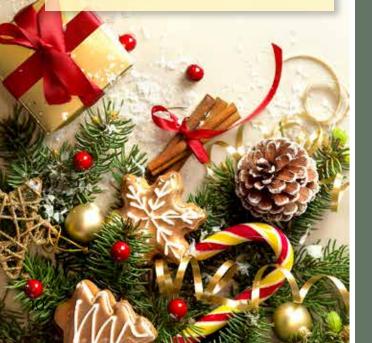
From troubled dreams, or slumbers deep,

That music kindly bids us wake: It calls us, with an angel's voice, To wake, and worship, and rejoice.

—Anne Brontë

The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.

—Terri Marshall



# FI S. J.J.

Humberto Sierralta Friday, December 2 | 3 p.m. | Madison Living Room Our entertaining keyboardist is back with holiday tunes!

#### BSP Chorus with Robert and Lyra Pherigo Friday, December 9 | 4 p.m.

Madison Living Room



After four short practices with Lyra,

the new BSP group will be singing some Christmas music for you with the accompaniment of Robert and Lyra Pherigo. We have had so much fun with this chorus, we hope to continue singing into next year for all type of holidays!

#### Kansas City Symphony Quartet

**Tuesday, December 13 | 3 p.m. | Madison Living Room** Susie Yang has assembled a wonderful quartet for us: Chiafei Lin and Filip Lazovski (violins), Jesse Yukimura (viola), and Susie Yang (cello).

#### **Made in France Band**

**Friday, December 16 | 3 p.m. | Madison Living Room** They were such a hit, we couldn't wait to have them back!



#### **Michael Pagan and Rod Fleeman**

**Friday, December 23 | 3 p.m. | Madison Living Room** Join us in a fun afternoon with Michael Pagan on piano and Rod Fleeman on jazz guitar.

#### New Year's "Eve-Eve" Party!

**Friday, December 30 | 4 p.m. | Madison Living Room** One day early this year! Enjoy Millie Edwards & Friends in the MLR starting at 4:00 p.m., then head to dinner in the Canterbury Dining Room. It's the perfect evening to dress up, have a beverage, and enjoy your fellow residents!

# Chaplains CORNER

Greetings! Pastor Ashley asked me to share some thoughts as recently our church calendar began anew with its first season of the liturgical year, Advent. This season is composed of the four Sundays prior to, and ends the day before, Christmas, so the first Sunday in Advent has already passed us on November 27!

The season of Advent is named for the Latin word for "arrival," *adventus*. Traditionally viewed as a season of preparation and expectation, history suggests the first formal Advent celebrations were held by Christians in fasting, prayer, and reflection as preparation for the birth of our Savior, Jesus Christ.

Over time, signs of Advent could be found in most faith traditions. Originating in Germany with a Lutheran missionary in the 19th century, a quite familiar sign would be the Advent wreath—a wreath of greens with four candles. One candle is lit each Sunday of Advent, marking our anticipation for the day of Christ's birth. The four candles represent hope, joy, peace, and love. Often a fifth candle is placed in the center of the wreath as well, to be included in the lighting on Christmas Eve and again on Christmas Day. The light of the candles represent the light of the world among us.

As Christians, we encourage each other in our faith, our church, and family traditions throughout the year. But with Advent upon us, we remember anew that we can light candles, pray, and prepare a space in our hearts in preparation for the birth of our Lord Jesus Christ. In addition, we are to set ourselves aside from the cares and chaos of this world as Advent is also the time we pray and prepare for him to come again, as he promises.

-Jody Carroll, Chaplain Intern

#### November Remembrance Service Wednesday, December 14 | 11 a.m. | Chapel

This is a time to remember those who have passed here at BSP and other losses close to our hearts. We light candles for the saints and share stories of their lives. Most of all, it is a time for us to come together to support one another. Please make time to attend.



Livestreaming

## SUNDAY SERVICES

**St. Andrew's Episcopal** 8 a.m., 10 a.m. <u>standrewkc.org/live-worship</u>

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>

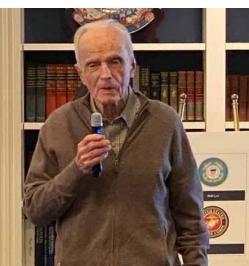
youtube.com/channel/ UCdz9K078zd-zcFBEUzWu18g

**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** 







