



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

NOVEMBER 2022

CELEBRATING

25

 Saint Luke's
BISHOP SPENCER PLACE

Stay ACTIVE

Maintaining Balance

Problems with balance can be caused by medications, inner ear problems, vision issues, and other medical conditions. Alcohol can also cause balance problems by affecting how the inner ear works. If you experience balance problems, check with your doctor for underlying medical issues.

Muscle strength and flexibility also affect balance. To help maintain balance, try these exercises:

- Stand on one foot for 30 seconds on each side.
- Go from sitting to standing without using your hands.
- Walk a fictitious balance beam, heel to toe.
- Do heel raises 10 to 20 times, rising on your toes as far as you can while standing.
- Practice yoga or tai chi, mind-body practices that improve balance and muscle tone.

Bridge Lessons with Christie Thomas Collier

**Fridays | 10 a.m. | Pub
November 4, 11, & 18**

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

A few words from the CEO



I get to take a pause every month when our awesome activities director, Helen, reminds me it's "that time" once again to submit my article for the monthly *Ambassador*. Subject matter isn't always easy since we're all weary of talking about and hearing about COVID-19 and how it's impacted our lives. And I can ALWAYS write about how grateful I am to

be part of this community, and this is so apropos for November. But this month I want to shine a light on the residents and their inspiration to me.

Choosing subject matter can sometimes be a challenge, but that's not the case this month. November is traditionally the season of expressing gratitude, of counting our blessings, of giving thanks. When I reflect on the many things I'm grateful for, what shines so bright to me is the privilege of being part of this incredible community at Bishop Spencer Place.

And that's because you—our beloved residents—amaze me, teach me, and inspire me each and every day.

You may have noticed we are rearranging some of the office space in the Madison administrative area. My office has been temporarily moved to apartment 308. My old office is being converted to a welcome center for potential residents and families. Please, come visit me at #308—my door is (nearly) always open.

Dee Dunn

Name That Resident!

- My parents immigrated to the US in 1924 on a ship called the Africa Maru.
- I had one brother and five sisters, and I was the only one born in a hospital. The others were delivered at home, assisted by my father.
- My summers were spent weeding onions, hoeing sugar beets, and helping irrigate and harvest them. Working out in the blazing sun, I vowed, "When I grow up, I'm getting an inside job!"

(Last month's answer was Carol Chattan!)

Artist Reception

Lori Stanziola

Wednesday, November 9 | 4 p.m. | Art Gallery



Since her earliest art-making days, Lori enjoyed the process of layering color and creating prints. After a career in corporate design work at Hallmark Cards, she has now returned to printmaking.

Lori's work focuses on observations, contrasts, and rhythms present in and inspired

by natural and man-made forms. Each piece is hand-printed in single or small-numbered editions.

Her current focus is relief printing, with linoleum- and wood-carved blocks that are hand inked or painted and transferred by hand or with a press. She uses layered colors to produce the final print.



Please meet Lori and visit with her about her art and her process, and to thank her for displaying her artwork here. We are incredibly fortunate to continually have this kind of talent at BSP!

Tip of the Month!

From the BSP Environmental Committee

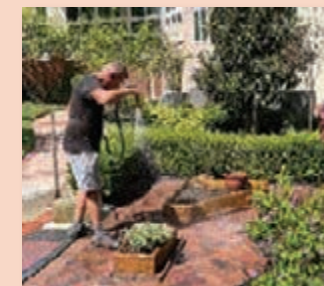


Plant-based foods generally have a much lower environmental impact than meat. Offering more plant-based entrees at BSP would reduce CO₂ pollution and allow residents to eat more healthily.

Garden TIME

Kevin Nierman and his crew at Reisner Lawn Care renovated the herb garden within our Bishop's Garden this summer. Bill Buckner was so impressed, he asked Kevin to list the steps he took:

- Remove and store vintage pavers for recycled use.
- Remove 3 inches of old sand bedding.
- Measure then remove rotting planter boxes (fabricated off site using treated ground-contact lumber).
- Lay geotextile barrier to mitigate crushed gravel base from settling.
- Spread 3" of clean ½-inch gravel over base; compact using plate compactor.
- Finish base with ¼-inch chip gravel for setting pavers (replaces sand technique—less chance of settling and fewer weeds).
- Set pavers in locking herringbone pattern (stronger than basket weave).
- Ensure slope/grade falls away from center into surrounding perimeter.
- Brush in polymeric sand (dry).
- Use hand-tamp compaction to set pavers into base and allow polymeric sand to settle fully into joints.
- Re-broom more sand to fill settling.
- Sweep excess dry sand from surface.
- Lightly wet polymeric sand joints—water activates the bonding agent.
- After 30 minutes, rinse and broom excess residue/sand—and DONE!



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

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		All Saints' Day 1 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip	2 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Power of Myth—Ch 1851 4 p.m. Welcome New Residents Happy Hour—P	3 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—CDR 3 p.m. Ashley Cooper—MLR	4 10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 1 p.m. Nina Irwin Art—AC 4 p.m. John Currey Marimba Band—MLR	5 10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: Chinatown—JLR
Daylight Saving Ends 6 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR  7:20 p.m.	7 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	Election Day 8 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 3 p.m. Resident John Schaefer Organ Recital—CH	9 10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 1 p.m. Tai Chi—AC 4 p.m. Artist Reception: Lori Stanziola—ART	10 10:30 a.m. Strength & Balance—AC 3 p.m. Moyers/Campbell: The Power of Myth—Ch 1851	Veterans Day 11 10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 10:30 a.m. Catholic Mass—CH 3 p.m. Veterans Day Program: Dan Sturdevant—MLR	12 10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: O Brother, Where Art Thou?—JLR
13 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR  12:00 p.m.	14 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	15 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. BSP Chorus—CH 4 p.m. Volker Brass Quintet—MLR	16 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Moyers/Campbell: The Power of Myth—Ch 1851	17 10:30 a.m. Strength & Balance—AC 2 p.m. Pastor Ashley Bible Study—CH 2-4 p.m. Country Club Bank—2nd Floor Madison	18 10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 4 p.m. Tom's Town Band—MLR	19 10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: Dr. Strangelove—JLR
World Kindness Day 20 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR  3:25 p.m.	21 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1 p.m. Garden Committee—WR 2 p.m. Monday Movie—Ch 1851	22 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. BSP Chorus—CH 2 p.m. Movie Robert Butler: Pieces of April—WR	23 10 a.m. Stretch & Strengthen—AC 10:45 a.m. Podiatrist—AC 1 p.m. Tai Chi—WR 3 p.m. Moyers/Campbell: The Power of Myth—Ch 1851	24 THANKSGIVING DAY Offices Closed 	25 10:30 a.m. Catholic Mass—CH 4 p.m. Happy Hour: Tim Whitmer—MLR	26 10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: Argo—JLR
Advent Begins 27 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR  3:25 p.m.	28 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	29 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. BSP Chorus—CH 3 p.m. Speaker Bill Zahner—WR	30 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Moyers/Campbell: The Power of Myth—Ch 1851			

Group activities subject to community status

Art Experience with Nina Irwin

Friday, November 4
1-3 p.m. | Activity Center

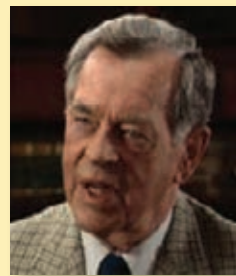


Nina is back this month with another new project. Please reserve your spot with Helen at 816-595-5015 soon!

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.

Art & Entertainment at BSP



Bill Moyers interviews Joseph Campbell:
The Power of Myth | Channel 1851 | 3 p.m.
Episode 2 | Wednesday, November 2
Episode 3 | Thursday, November 10
Episode 4 | Wednesday, November 16
Episode 5 | Wednesday, November 23
Episode 6 | Wednesday, November 30

Mythologist and storyteller Joseph Campbell joins Bill Moyers to explore what enduring myths can tell us about our lives. In each of six episodes, Moyers and Campbell focus on a character or theme found in cultural and religious mythologies. Campbell argues that these timeless archetypes continue to have a powerful influence on the choices we make and the ways we live.

Released shortly after Campbell's death in 1987, *The Power of Myth* was one of the most popular TV series in the history of public television and continues to inspire new audiences.

Classic Movie with Robert Butler: *Pieces of April* (2003)
Tuesday, November 22 | 2 p.m. | Westport Room & Channel 1851

In a poor zone of New York, April Burns and her boyfriend, Bobby, are preparing to receive April's family for Thanksgiving dinner. While Bobby tries to borrow a suit for himself, April realizes her stove is broken. She tries desperately to find a neighbor who can let her cook the turkey, since she does not want to fail (again) with her family. Meanwhile, in a suburb of Pennsylvania, her dysfunctional family is preparing to travel to New York.

This is a comedy with serious overtones written and directed by Peter Hedges, whose screenplays are renowned for having themes of humanity and truth. Hedges has said he does not write stories to help people escape life, but rather to help them embrace it. He said he hoped the film would trigger something in people, either to take action or reflect on their own lives.

It's Beginning to Look a Lot Like Christmas

by Bernie Jones



Christmas carols go back in Europe thousands of years, when they were pagan songs, sung at winter solstice celebrations as all the people danced around stone circles. The winter solstice is the shortest day of the year, usually taking place around December 22, and the word carol actually means dance or a song of praise and joy! So early Christians started singing Christian—instead of pre-Christian—songs.



One carol had an unusual name, "The Friendly Beasts."

When people figured out friendly beasts weren't the proper thing to celebrate, the song became "The French Carol." The exact origins of this carol is unknown but is one of the oldest carols still sung today. Dating back to the 12th century, it is about the animals present at the birth of Jesus and the gifts given him.

People didn't like early Christian songs, as they were written and sung in Latin. By the Middle Ages, most people had lost interest in celebrating Christmas altogether.



St. Francis of Assisi revived interest with nativity plays in which people sang songs or canticles that told the story of Jesus. Sadly, only a small fragment of these exist today, but they did get carols back on the right track.

These carols were about Mary and Jesus meeting different people in Bethlehem. Traveling singers or Minstrels replaced the pagans singing their carols, so the words were changed to the dialect of local people. When the Puritans came to power in England in the 1640s, the celebration of Christmas and singing carols was stopped. They were too sinful! But they survive today in northern England, especially Derbyshire and Yorkshire.

Before singing carols in places like churches became popular, there were sometimes official carol singers called waits. They sang on Christmas Eve, sometimes known as watchnight or waitnight because the shepherds were watching their sheep when the angels appeared to them.

After World War I, orchestras and choirs became popular in churches and concert halls. "Lessons and Carols," as it is known today, became the most popular event of the season in churches everywhere.



Which is your favorite Christmas carol recording? A tip of the crown for me is to listen to the magnificent *A Mannheim Steamroller* CD with my favorite carol—"Silent Night."

October Speaker

Bill Zahner

Tuesday, November 29 | 3 p.m.
Westport Room



L. William Zahner, Zahner Metal Conservation founder and chairman, has been conducting restoration of metal sculptures for over thirty years. Regularly

called upon for advice and recommendations, Bill has worked with numerous conservators, curators, and arts professionals from many of the most acclaimed fine art institutions in the United States.

Bill currently serves as President and Chief Executive Officer of A. Zahner Company, the innovative engineering and metal fabrication company responsible for the creation of facades by high-profile designers such as Frank Gehry, Cesar Pelli, and Thom Mayne.

Bill worked with the artist Ron Fischer to produce the iconic Sky Stations that adorn the towers of Bartle Hall. The Sky Stations were initially produced and installed twenty years ago. The largest one was hit by lightning several years ago, bursting its one-inch-thick aluminum wall. It had to be brought down and repaired.



Other iconic Kansas City art Bill is proud to have been involved with include the copper wheat on the Board of Trade wall on the Plaza, the massive Jan Hendrix stainless steel leaf covering the new dining hall at the Pembroke Hill School, and the Sol Lewitt sculpture at the Nelson-Atkins Museum of Art.

Bill has written and published seven books on metal in art and architecture.

BSP Pumpkins



Bestselling BOOKS

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

Fiction

FAIRY TALE
Stephen King

RIGHTEOUS PREY
John Sandford

MAD HONEY
Jodi Picoult and
Jennifer Finney Boylan

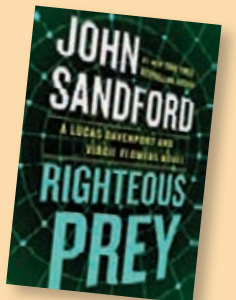
DREAMLAND
Nicholas Sparks

Nonfiction
CONFIDENCE MAN
Maggie Haberman

LIVE WIRE
Kelly Ripa

**STARRY MESSENGER:
COSMIC PERSPECTIVES
ON CIVILIZATION**
Neil deGrasse Tyson

**ADRIFT: AMERICA
IN 100 CHARTS**
Scott Galloway



Happy Hour Welcome with Our New Residents!

Wednesday, November 2 | 4-5 p.m. | Pub

Enjoy beverages and hors d'oeuvres, get to know new friends, and welcome residents to our community!



Ed Matheny Honored

Bishop Spencer Place resident Mr. Ed Matheny was honored with yet another award, the 2022 Founders Award, for his long association with Kansas City PBS.



The event was held at the Crossroads Hotel on October 18, 2022. Among his many accomplishments, Ed has written a book about the PBS station, *The Audacious Rise of KCPT*.

Congratulations, Ed!

There was an omission in the October Ambassador regarding the BSP libraries. We did not include the Jefferson Living Room, which has quite an array of books from which to select, donated by BSP residents over the years.

Small Kindnesses

*I've been thinking about the way, when
you walk
down a crowded aisle, people pull in their
legs
to let you by. Or how strangers still say
"bless you"
when someone sneezes, a leftover
from the Bubonic plague. "Don't die," we
are saying.
And sometimes, when you spill lemons
from your grocery bag, someone else will
help you
pick them up. Mostly, we don't want to
harm each other.
We want to be handed our cup of coffee
hot,
and to say thank you to the person
handing it. To smile
at them and for them to smile back. For
the waitress
to call us honey when she sets down the
bowl of clam chowder,
and for the driver in the red pick-up truck
to let us pass.
We have so little of each other, now.
So far
from tribe and fire. Only these brief
moments of exchange.
What if they are the true dwelling of the
holy, these
fleeting temples we make together when
we say, "Here,
have my seat," "Go ahead—you first,"
"I like your hat."*

—Danusha Laméris, 2019

Music

Ashley Cooper

Thursday, November 3 | 3 p.m. | Madison Living Room

After a long absence, we welcome the return of the energetic singer and dancer Ashley Cooper!

John Currey and the Marimba Band

Friday, November 4 | 4 p.m. | Madison Living Room

Marimba Sol de Chiapas, starring BSP favorites John Currey and Sam Wisman along with Katie Garcia and Emily Schaeffer, is committed to the authentic performance of marimba heard throughout Mesoamerica.

Organist John Schaefer

Tuesday, November 8 | 3 p.m. | Chapel

Canon John Schaefer, who played the dedicatory recital on the Chapel organ, moved to BSP recently, and we are thrilled he will play this recital for us. Canon Schaefer was organist and director of music at Grace and Holy Trinity Cathedral from October 1976 through December 2016.

Veterans Day Sing-along with Dan Sturdevant

Friday, November 11 | 3 p.m. | Madison Living Room

Join us as we honor our veterans and show appreciation for the sacrifices they made for our freedom in a Veterans Day Remembrance Sing-along with Dan Sturdevant.

Volker Brass Quintet

Tuesday, November 15 | 4 p.m. | Madison Living Room

Founded in 2008, Volker Brass is the graduate brass quintet in residence at the UMKC Conservatory, comprised of William Landon, Kyam McCormack, Samuel Milam, Szymon Rywalski, and Patrick Yeh.

Tom's Town Band

Friday, November 18 | 4 p.m. | Madison Living Room

Performing outrageously hot swing music, every Tom's Town song celebrates why KC is famous for jazz!

Wine Happy Hour with Tim Whitmer

Friday, November 25 | 4 p.m. | Madison Living Room

Enjoy conversation and a glass of wine on us, while listening to the music of our beloved Tim Whitmer on piano.

Chaplain's CORNER

Greetings! My name is Jody Carroll, and I am a Chaplain Intern through December 31, 2022. While at BSP I'll be guided by your current chaplain, Pastor Ashley Huber. I've enjoyed meeting many of you already, and look forward to our next few months together.

It's already November! The Episcopal calendar presents us a wonderful opportunity to learn more of the Episcopal family tree. Here are a few names to commemorate this month:

November 14 | Consecration of Samuel Seabury (1729-1796)



In 1783, Seabury was consecrated as the first American Bishop of the newly formed (Protestant) Episcopal Church. Seabury went to England for his consecration, but was denied; as an American, he could not pledge his allegiance to the king. Seabury ultimately was consecrated in Scotland, sidestepping that thorny political issue.

November 18 | Hilda of Whitby, Abbess (614-680)



Hilda was the granddaughter of King Edwin of Northumbria. She was well known for her study of scripture, beloved and consulted by kings for her wisdom. She founded and became the Abbess at Whitby, where both monks and nuns lived under her strict rule of justice, devotion, peace, and charity.

November 22 | Clive Staples Lewis (1898-1963)



Better known as C.S. Lewis, the Irish-born scholar/author wrote of his faith journey from atheism to agnosticism to theism and finally, a devotion to Jesus Christ. His writing is well known, from children's fantasy (*The Chronicles of Narnia*) to familiar Christian apologetics such as "The Screwtape Letters" or "Mere Christianity."

For more information on these individuals or others, look for the text *A Great Cloud of Witnesses* in your Westport Library. Enjoy the changing of the seasons!

—Jody Carroll, Chaplain Intern

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

youtube.com/channel/UCdz9K078zd-zcFBEUzWu18g

Unity Temple on the Plaza

10:30 a.m.

bit.ly/2yfspgE

Village Presbyterian Church

9:30 a.m.

villagepres.org/online

