



#### Take the Stairs

National Take the Stairs Day is Wednesday, January 11. The primary goal of this day is to encourage you to improve your health by using the stairs. Walking up and down stairs, instead of using of the elevator or escalator, is a non-impact activity that most of us can do. It helps us tone our muscles, maintain or even lose weight, and improve cardiovascular health.

Most smartphones have an app that counts stairs. If your phone does not have it, you can download a stair-counting app.

Stair Climbing Fact: A 160pound person who climbs for 3 minutes expends approximately 30 calories.

Discover and enjoy the health benefits of taking the stairs today. Then, make it a daily habit.

#### **Friday Fitness**

Fridays | 9 a.m. | Channel 1851

Start off your day with some essential stretching! Our Friday Morning Fitness class is moving from 10 a.m. to 9 a.m. starting this month. It's still on Channel 1851.

#### A few words from the CEO



Happy New Year! Here's to optimistically approaching this season full of promise, potential, and possibilities—full of promise for a healthy, vibrant community; full of potential for new residents to join us in the new year; and full of possibilities of new friendships started and old friendships renewed, new updates throughout the community,

and new and old ways of being together.

While I'm certain this year, as with any other, will bring the need for change and adaptation, this year will also bring back more of a feeling of "normalness" to our community, something I'm certain we are all ready to embrace.

Happy New Year,

Dee Ounn

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

- One of my favorite vacation spots: St. John, Virgin Islands
- My preferred drink: Starbucks latte
- My favorite music: Bach
- My favorite book: The Book of Common Prayer
- My favorite Sport: Tennis

(Last month's answer was Barbara Buehrer!))

# Tip of the Month!

#### ${\bf From\ the\ BSP\ Environmental\ Committee}$



You can buy eco-friendly laundry sheets from Amazon. They come in a paper-based recyclable box, and are used in the cold-water cycle.

## artist Reception

# **Steven Dragan Artist Reception Tuesday, January 10 | 4 p.m. | Art Gallery**



Steven Dragan's art is about our connection to places and their meanings and stories. He captures life in perspective lines, the mood of atmospheric depth, the linearity and rhythm of shadows, and the seemingly

abstract shapes of people who inhabit the scene.

"Watercolor is my primary medium," Steven says. "There are three things that I love about it. One, negative space—it forces you to account for the foreground



as you sketch the background. Painting the light as negative space can bring an incredible luminosity. Two, when I get it right, the reaction of the water and



the paper and the texture will paint itself, meaning the texture of a brushstroke will create a detail that I could not intentionally force. Three, I paint multiple layers from top to bottom in value

shades. That means that unrelated items may share the same shape. This makes for unexpected connections between elements that bring interest to connectivity to the work."

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





# The Garden Year

by Sara Coleridge

January brings the snow,
Makes our feet and fingers glow.
February brings the rain,
Thaws the frozen lakes again.
March brings breezes loud and shrill,
Stirs the dancing daffodil.

May brings flocks of pretty lambs, Skipping by their fleecy dams.

April brings the primrose sweet,

Scatters daisies at our feet.

June brings tulips, lilies, roses,
Fills the children's hands with posies.

Apricots and gillyflowers.

August brings the sheaves of corn,

Hot July brings cooling showers,

Then the harvest home is borne.

Clear September brings blue skies, Golden rod and apple pies.

Fresh October brings the pheasant,

Then to gather nuts is pleasant.

Dull November brings the blast,
Makes the leaves go whirling fast.

Chill December brings the sleet,

Blazing fire, and Christmas treat.

The Garden Committee is taking a well-deserved break for January.

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AC Activity Center (above Bistro)ART Art GalleryBG Bishop's GardenCDR Canterbury Dining Room

CH Chapel
JLR Jefferson Living Room

MLR Madison Living RoomMF2 Madison Second Floor

P PubWR Westport Room

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

\* Sign up with the concierge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Year's Day  10 a.m. Holy Eucharist—CH  11 a.m. Brunch—CDR  12 p.m.	HAPPY NEW YEAR! OFFICES CLOSED	3 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Monday Movie on Tuesday—Ch 1851	11-1 p.m. BP Checks—MF2  1 p.m. Tai Chi—AC  3 p.m. Great Courses: WWII	5 10:30 a.m. Strength & Balance—AC 1 p.m. Nina Irwin Art—AC 2:30 p.m. Dining Committee— CDR	9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 4 p.m. Mark Lowrey & Havilah Bruders—	7 10 a.m. Grocery Trip 11 a.m. Rosary—CH 4 p.m. Saturday Book Club 7:15 p.m. Saturday Movie: Inherit the Wind—JLR
8 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR TBD	9 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	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 4 p.m. Art Reception   Steven Dragan—ART	Pacific Theater—Ch 1851  11  10 a.m. Stretch & Strengthen—AC  11-1 p.m. BP Checks—MF2  1 p.m. Tai Chi—AC  3 p.m. Great Courses: WWII Pacific Theater—Ch 1851	12 10:30 a.m. Strength & Balance—AC 1 p.m. Opera   The Snow Maiden—Ch 1851	MLR  9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 4 p.m. Tim Whitmer Trio— MLR	10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: My Cousin Vinnie—JLR
15 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	Martin Luther King, Jr., Day Observed  10 a.m. Stretch & Strengthen—AC 12 p.m. Bridge Luncheon—CDR 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851	17 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 4 p.m. BSP Tuesday Trivia—P	10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 11-1 p.m. BP Checks—MF2 1 p.m. Tai Chi—AC 1:30 p.m. The Notables—MLR 3 p.m. Great Courses—Ch 1851	19 10:30 a.m. Strength & Balance—AC 2 p.m. Pastor Ashley   Bible Study—CH 3 p.m. Speaker   Jessica Giacone, SLHS—WR	<ul> <li>9 a.m. Morning Fitness—Ch 1851</li> <li>10 a.m. Bridge &amp; Games—P</li> <li>4 p.m. John Currey Trio—MLR</li> </ul>	21  10 a.m. Grocery Trip  11 a.m. Rosary—CH  7:15 p.m. Saturday Night  Movie: Blazing  Saddles—JLR
<b>22</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR		24  10:30 a.m. Strength & Balance—AC  11:15 a.m. Grocery Trip  3 p.m. Speaker   Tara Laver, Nelson-Atkins—WR	25  10 a.m. Stretch & Strengthen—AC 11-1 p.m. BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses: WWII Pacific Theater—Ch 1851	26 10:30 a.m. Strength & Balance—AC 2-4 p.m. Country Club Bank— MF2	9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 4 p.m. Piano Happy Hour: Matt Villinger—MLR	11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: The Quiet American—JLR
<b>29</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	30  10 a.m. Stretch & Strengthen—AC  1 p.m. Tai Chi—AC  2 p.m. Monday Movie—Ch 1851	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip  2 p.m. Movie   Robert Butler: Ninotchka— WR & Ch 1851				

#### Art Experience with Nina Irwin

Thursday, January 5
1-3 p.m. | Activity Center

Please note the date change this month.



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.** 



#### Opera Thursday: The Snow Maiden

Thursday, January 12 | 1 p.m. | Channel 1851

Nikolai Rimsky-Korsakov's *The Snow Maiden* (subtitle: A *Spring Fairy Tale*) was first performed in Saint Petersburg on January 29, 1882. By 1898 it was revised in the edition known today. It remained the composer's own favorite work.

In 2017, the Paris Opera made a film of a Russian language performance of the opera, based on a live production by Orchestre de l'Opera National de Paris. The story deals with the opposition of eternal forces of nature and involves the interactions of mythological characters, real people, and those in between. The composer distinguishes each group of characters musically, and several individual characters have their own recurrent themes.

### Classic Movie with Robert Butler: *Ninotchka*Tuesday, January 31 | 2 p.m. | Westport Room & Channel 1851



In this 1939 romantic comedy, starring Greta Garbo and Melvyn Douglas and directed by Ernst Lubitsch, a no-nonsense diplomat of the Soviet Union (Garbo), arrives in Paris to ensure the sale of jewels seized during the Russian Revolution. Meanwhile, a carefree bachelor (Douglas) attempts

to intercept the valuables on behalf of their former owner. The icy Ninotchka soon warms to Leon's charms, reluctantly going against her better judgment.

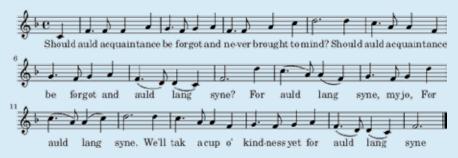
Ninotchka was Greta Garbo's first full comedy. She received her third and final Academy Award nomination for Best Actress. It is one of the first American films which, under the cover of a satirical, light romance, depicted the Soviet Union under Joseph Stalin as being rigid and gray, in this instance comparing it with the free and sunny Parisian society of pre-war years.

### Farewell to 2022

#### by Bernie Jones



Auld Lang Syne—a beautiful song that defies interpretation. Is it a Christmas carol? Or only appropriate on New Year's Eve? What about Halloween or maybe the 4th of July? We can get a sense of what is appropriate for this song through its rich history. Here is the simple song we have today:



The lyrics were adapted from a 1788 Scottish poem written by Robert Burns and based on an even earlier folk tune. In 1799, the poem was set to a traditional tune and appears in the *Road Folk Song Index* in 1799 as such.



In 1792, Joseph Haydn arranged *Auld Lang Syne* as one of more than 400 Scottish folk song arrangements. Beethoven also wrote an arrangement of *Auld Lang Syne*, published as part of his 12 Scottish Folksongs in 1814. Both of these classical versions use the original brisk strathspey (Scottish dance) rhythm. In World War I, British soldiers in the trenches sang *We're Here Because We're Here* to the tune of *Auld Lang Syne*. In popular culture, the song has been sung by Bing Crosby and even Mariah Carey.

In our generation, it is associated with midnight on New Year's Eve, whether you are at home watching the crystal ball drop on TV with Guy Lombardo singing or are at a party where it is sung at the stroke of midnight. One New Year's Eve I was home alone nursing a bad cold, trying to struggle through this tune by myself.

This really is a New Year's song, but does it also give a nod to not-so-good memories? I like to think of it as the remembering the good as well as the bad, singing louder maybe during the good.

Happy New Year to all and thank you for your wonderful comments about my column this year. I've loved doing it. I'll leave you with my favorite line from the song: "We'll tak' a cup o' kindness yet for auld lang syne."



#### World War II: The Pacific Theater

Wednesdays, 3 p.m. | Ch 1851 January 4: Episodes 9-10 January 11: Episode 11-12 January 18: Episode 13-14 January 25: Episode 15-16

We will continue this new Great Courses series, loaned to us by **Ed Matheny**. The first two episodes aired on Wednesday, 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.

# January Speakers

# **Jessica Giacone** | **SLHS**Thursday, January 19 | 3 p.m. Westport Room



Jessica Giacone, BSN, RN, CCRN, is the Trauma Outreach and Injury Prevention Coordinator at Saint Luke's Hospital of Kansas City. She has a passion for her community and enjoys getting to use

her knowledge and experiences to educate others in an attempt to keep them as safe as possible. Jessica is the current Injury Prevention Chair for the Midwest Trauma Society, where she collaborates with other KC Metro Trauma Centers to provide Injury Prevention education to the community. She graduated with her BSN from UMKC in 2011, and is currently working on a Master's degree through MNU in Healthcare Administration.



Jessica will present the talk "Preventing Falls and Staying Independent." Falls are not a "normal" part of aging, and there are many simple ways to reduce the risk of falling! Please come for an interactive presentation of tips and tricks that you can use to decrease your own risk of falling, including learning to view falls and fear of falling as controllable, setting realistic goals to increase activity, changing your environment to reduce fall risk factors, and exercising to increase strength and balance.

#### Tara Laver Nelson-Atkins Museum of Art

Tuesday, January 24 | 3 p.m. | Westport Room



Tara Laver has been the archivist at the Nelson-Atkins Museum of Art since 2017. During that time, she has particularly focused on increasing access to the museum's archival collections, both internally

and externally, and outreach to engage the public and staff in the history of the museum through social media, exhibitions, and events, including co-curating the 2021/2022 exhibition *Origins: Collecting to Create the Nelson-Atkins.* 

Before coming to the museum, Tara was with the Louisiana State University Libraries Special Collections for 16 years. During most of that time she worked as the Curator of Manuscripts for LSU's Louisiana and Lower Mississippi Valley Collections. She also served two years as the department's interim head. Tara holds a BA with a double major in history and broadcast journalism and MLIS from LSU,

and has completed graduate coursework in American history. She has been a certified



archivist since 2003 and is involved with professional organizations at the local, state, and national levels.

Tara will speak about "diplomacy exhibits" that were held at the museum during World War II as a way to foster good feelings for our Allies in the war. Her talk will include information about the museum in general during WWII, an interesting time in the museum's history.



# **Beginning Bridge + Games**Fridays | 10 a.m.-Noon | Pub

We have been fortunate to have Christie Collier (an original connection from the Barnards) here for beginning bridge lessons. She is continuing those lessons, so do come, but please sign up with Helen at 816-595-5015 first.

We will also have board games, other card games, or whatever suits your fancy, so give us suggestions!

Please let Helen know if you will come each Friday in January—if the space is needed in coming weeks, we can move up to the Activity Center.



#### January 7—Inherit the Wind (1960)

Based on a real-life 1925 case, two lawyers (Spencer Tracy and Fredric March) argue the case of a Tennessee teacher accused of teaching evolution.

#### January 14—My Cousin Vinnie (1992)

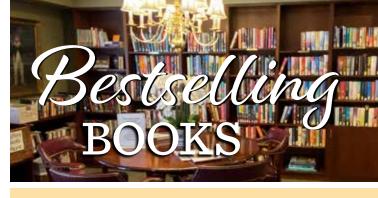
Two New Yorkers accused of murder in Alabama call in the help of one of their cousins, a loudmouth lawyer (Joe Pesci) with no trial experience.

#### January 21—Blazing Saddles (1974)

A corrupt politician appoints a black sheriff, who promptly becomes his most formidable adversary. Starring Gene Wilder and directed by Mel Brooks.

#### **January 28—The Quiet American** (2002)

An old British reporter (Michael Caine) vies with a young U.S. doctor (Brendan Fraser) for the affections of a beautiful Vietnamese woman.



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

## Fiction THE CHOICE

Nora Roberts

### FAIRY TALE Stephen King

THE BOYS
FROM BILOXI
John Grisham

LESSONS IN CHEMISTRY

Bonnie Garmus

Michelle Obama

# Nonfiction THE LIGHT WE CARRY

FRIENDS, LOVERS, AND THE BIG TERRIBLE THING: A MEMOIR

Matthew Perry

SURRENDER: 40 SONGS, ONE STORY

Bono

COMEDIANS IN CARS GETTING COFFEE BOOK
Jerry Seinfeld



LESSONS

# Caption Contest

Since it is National Squirrel Appreciation Day on January 11, it's high time we learn some things about our friends.

But first, write the best caption for this photo of a BSP interloper and win a lunch at the Bistro. Send entries to Helen by January 10!



#### Facts About Squirrels

- The front four teeth of squirrels grow about 6 inches a year. It's only the squirrel's constant gnawing that keeps them under control.
- A group of squirrels is called a scurry.
- There are 265 squirrel species all over the world.
- There are 44 species of flying squirrels.
- Wild squirrels will eat out of a human's hand.
- Grey squirrels will build nests called dreys high up in trees.

# Music

#### Mark Lowrey & Havilah Bruders

Friday, January 6 | 4 p.m. | Madison Living Room

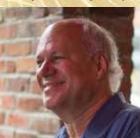




Finally, they're back! The inimitable duo of Mark Lowrey on piano and Havilah's vocals will make for a jazzy afternoon!

#### Tim Whitmer Trio

Friday, January 13 | 4 p.m. | Madison Living Room



Thank goodness Tim Whitmer keeps coming to BSP! Tim, Rod Fleeman, and Jim Mair are scheduled to get the place jumping.

#### John Currey's Acoustic Trio

Friday, January 20 | 4 p.m. | Madison Living Room

John Currey's Acoustic Trio is comprised of Tyrone Clark on Bass, Charles Gatschet on Guitar, and John on cajon & hand percussion. They'll play some classic jazz/bebop, latin jazz, and an original song or two.



#### Happy Hour with Pianist Matt Villinger

Friday, January 27 | 4 p.m. | Madison Living Room



Matt Villinger is one of the most in-demand piano players in Kansas City. Born and raised in St. Louis, Missouri, Matt recorded his first album, *All Night*, in 2013. Join us to enjoy classic and jazz piano.



What's in a name? That which we call a rose
By any other name would smell as sweet.

—William Shakespeare, Romeo and Juliet

As Juliet dismisses the value of a name, she also knows the power that a name holds:

So Romeo would, were he not Romeo call'd Retain the dear perfection which he owes Without that title.

Romeo would still have many of those qualities you fell in love with if he weren't a Montague, but, dear Juliet, he cannot be separated from who he is. . . a Montague. Blinded by love, Juliet can't see that Montague is at the core of what she loves about him. What is in a name? More than Juliet would like to admit.

In the church, we begin this calendar year with the naming of the child eight days after his birth. The name he is given is Jesus, meaning "the Lord is salvation." Not only is the meaning of the name itself significant, it is also the one the angel Gabriel spoke to Mary when he told her she would have a baby. It is the name that inspired her song:

He has brought down the powerful from their thrones, and lifted up the lowly;
He has filled the hungry with good things, and sent the rich away empty.

This is who we have faith in. This is who we serve in the new year. It begs us to ask: What is in our names? Some of us are named after people in our family, some to represent our family's faith, and some were just named for fun.

No matter what name is on our birth certificate, we are also named children of God. We are called to serve our neighbor, to have hope when things seem hopeless, and to find love in a world that tries to cover it up. Just as Romeo is inherently a Montague, we cannot be torn apart from our calling as children of God.

This month, as we sit inside keeping warm, let us contemplate who we are. How do we live out the name we were given, and how to we live as children of God?

—Ashley Masoni Huber

# Livestreaming

#### SUNDAY SERVICES

**St. Andrew's Episcopal** 8 a.m., 10 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

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# The SCENE

**RECENT EVENTS & PHOTOS** 











