



# *The* AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

FEBRUARY 2023





# Stay ACTIVE

## Stay Active: Quick Tips from health.gov

If you have a health problem, talk to your doctor before you start.

### Aim for 150 minutes a week of moderate aerobic activity.

- Start slowly. Even 5 minutes of physical activity has health benefits, and you can build up over time!
- Choose activities that you enjoy and accelerate your heart beat—walking fast, dancing, swimming, or raking leaves.
- Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

### Do muscle-strengthening activities at least 2 days a week. (Don't forget we have classes Monday–Friday!)

- Try using exercise bands or lifting hand weights. You can also use bottles of water or cans of food as weights.
- Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath—it can cause unsafe changes in your blood pressure.

### Do balance exercises.

- Practice standing on one foot—you can hold onto a chair if you're feeling unsteady.
- Walk backwards or sideways.
- Learn tai chi (*we have classes on Monday and Wednesday*).
- Sign up for a yoga class or try a yoga video at home.

## A few words from the CEO



The holidays are over, and things are quieting down as we wait for warmer weather and spring flowers.

That doesn't mean there aren't exciting things happening in the warmth of our community. We continue to host great music and activities for you to participate in. It's so wonderful to see everyone gather in the Madison Living Room to

enjoy the amazing variety of entertainment we are fortunate to have come to BSP. We even have in-house entertainment spreading their warmth. I hope you were as impressed as I was with our new BSP Choral Group. They were fabulous!

You'll also see us begin our 2023 building refresh projects. First up: getting the Jefferson Second floor and Madison First Floor on the schedule. But as we'll share in the upcoming Resident Town Hall Meeting on February 15, we will be committing time and resources to several areas this year to keep BSP current and fresh. And of course we're excited to wrap up the York renovations in late summer.

I'm looking forward to seeing you all at the Town Hall!

*Dee Dunn*

## Tip of the Month!



### From the BSP Environmental Committee

Donate clothes and unused items rather than just throwing them away.

### BSP Town Hall Meeting

**Wednesday, February 15 | 3 p.m. | Westport Room**

Come learn about our refurbishings and more. And bring your questions!

## Speaker

### KCUR-FM General Manager Sarah Morris

**Thursday, February 9 | 3:30 p.m. | Westport Room**



Sarah Morris is the general manager for KCUR 89.3 and 91.9 Classical KC. She was previously the executive director of UMKC TalentLink, serving as the chief administrator responsible for oversight of KCUR 89.3 and connecting individuals and organizations to professional development programs and services offered by UMKC.

KCUR-FM is a public, listener-supported radio station in Kansas City, Missouri, broadcasting over the Kansas City metropolitan area and parts of Missouri and Kansas. It is a mainstay of many who live at BSP.



### BSP Choral Group

**Rehearsals: Thursdays | 1–2 p.m. | Chapel  
February 9, 16, & 23 and March 2**

**Concert: Thursday, March 9 | 2 p.m.**

Calling all members! And want-to-be members! BSP Choral Group will start practice again on Thursdays beginning February 9. Our next concert is March 9.

### Name That Resident!

- One of my favorite vacation spots: Cape Cod
- My preferred drink: Black Russian
- My favorite performer: Neil Young
- My favorite book: *Pride and Prejudice*
- I was born in: Brooklyn, New York

(Last month's answer was Sally Chapple!)



### Sandra Wayne Campbell as Bessie Coleman

**Tuesday, February 28 | 3 p.m.  
Westport Room**



Please join us for a special presentation. Prepare to be fascinated by Unity Rev. Sandra Coleman's one-woman show depicting Bessie

Coleman, the first African-American female to become a licensed pilot. This show first aired on KCPT, followed by PBS stations all around the country.

**Rev. Sandra Wayne Campbell** serves as Associate Minister at Unity Temple on the Plaza, Executive Director of Unity Urban Ministerial School, and on the Board of Directors of Unity World Headquarters. She has written and performed reenactments of little-known women history-makers.

**Bessie Coleman** was a granddaughter of former slaves. She was born in Atlanta, Texas, on January 26, 1892, and grew up in Waxahachie, Texas—hometown of Reverend Emanuel Cleaver. Her desire to fly was thwarted by discriminatory practices in this country. She eventually made her way to France where she was admitted to L'Ecole D'Aviation des Freres Caudron. On June 15, 1921, Bessie earned an international pilot's license.





- \* Sign up with the concierge

# February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11-1 BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses: WWII Pacific Theater—Ch 1851</div>	<div>2</div> <div>Groundhog Day 10:30 a.m. Strength &amp; Balance—AC 1 p.m. Nina Irwin Art—AC 2:30 p.m. Dining Committee—CDR</div>	<div>3</div> <div> National Wear Red Day 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge &amp; Games—P 4 p.m. Opera to Go—MLR</div>	<div>4</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Movie: <i>Shawshank Redemption</i>—JLR</div>
<div>5</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>6</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>7</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Chair Volleyball—WR</div>	<div>8</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11 a.m. Marketing Event 11-1 BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses—Ch 1851</div>	<div>9</div> <div>10:30 a.m. Strength &amp; Balance—AC 1 p.m. Chorus Practice—CH 3:30 p.m. KCUR GM Sarah Morris—WR</div>	<div>10</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge &amp; Games—P 10:30 a.m. Catholic Mass—CH 3 p.m. Joe Cartwright &amp; Shay Estes—MLR</div>	<div>11</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: <i>Coal Miner's Daughter</i>—JLR</div>
<div>12</div> <div>Super Bowl 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR </div>	<div>13</div> <div>10 a.m. Stretch &amp; Strengthen—AC 12 p.m. Bridge Luncheon—CDR 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>14</div> <div> Valentine's Day 10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 3 p.m. Betse Ellis &amp; Friends—MLR</div>	<div>15</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11 a.m. Resident Remembrance—CH 11-1 BP Checks—MF2 1 p.m. Tai Chi—AC 2 p.m. Great Courses—Ch 1851 3 p.m. Town Hall—WR</div>	<div>16</div> <div>10:30 a.m. Strength &amp; Balance—AC 1 p.m. Chorus Practice—CH 2 p.m. Pastor Ashley   Bible Study—CH</div>	<div>17</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge &amp; Games—P 3 p.m. Kansas City Symphony Trio—MLR</div>	<div>18</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: <i>Double Indemnity</i>—JLR</div>
<div>19</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>20</div> <div>Presidents Day 10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>21</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Movie   Robert Butler: <i>Harriet</i>—WR &amp; Ch 1851</div>	<div>22</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11-1 BP Checks—MF2 1 p.m. Tai Chi—AC 2 p.m. Great Courses—Ch 1851 3 p.m. Ash Wednesday Service—CH</div>	<div>23</div> <div>10:30 a.m. Strength &amp; Balance—AC 1 p.m. Chorus Practice—CH 2-4 p.m. Country Club Bank—MF2 2 p.m. Opera   Billy Budd—CH 1851</div>	<div>24</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge &amp; Games—P 10:30 a.m. Catholic Mass—CH 4 p.m. Piano Happy Hour: Rich Hill Trio—MLR</div>	<div>25</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: <i>My Big Fat Greek Wedding</i>—JLR</div>
<div>26</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>27</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>28</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Sandra Campbell as Bessie Coleman—WR</div>				

*Group activities subject to community status*



## Art Experience with Nina Irwin

Thursday, February 2  
1-3 p.m. | Activity Center  
*Please note the date change again this month.*



Nina is back again this month with another new project. She has been coming to BSP with her art knowledge and her compassion for more than a year now, teaching classes in Independent Living, Assisted Living, and York. We are so incredibly fortunate!

Please reserve your spot with Helen at **816-595-5015**.

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 learn more about Nina and her artwork at [ninairwin.com](http://ninairwin.com).

## Art & Entertainment at BSP



### Classic Movie with Robert Butler: *Harriet*

Tuesday, February 21 | 2 p.m. | Westport Room & Channel 1851

Based on the thrilling and inspirational life of an iconic freedom fighter, *Harriet* tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes.

Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. The stellar cast included Cynthia Erivo, Leslie Odom, Jr., and Janelle Monáe.

### Opera Thursday: *Billy Budd*

Thursday, February 23 | 2 p.m. | Channel 1851



The magnificent libretto of *Billy Budd* is based on the novel with the same name by Herman Melville. The action takes place aboard a ship of the British Royal Navy, and the opera tells the story of newly impressed sailor Billy Budd, a beautiful youth who is loyal,

generous, strong, naive, and kind. Billy's physical attributes and charisma disarm the ship's crew but arouses antagonism in the cruel master-at-arms, who accuses Billy of conspiracy to mutiny. The ship's captain is incapable of controlling the situation and in the end, he sacrifices the innocent lad without compunction.

This new production by the Teatro Real, in conjunction with the Opéra national de Paris and staging by renowned director Deborah Warner, is sure to be an unforgettable experience.

## Be My Valentine

by Bernie Jones



The run-up to Valentine's Day was always a thrill when Mom gathered my sister and me to walk downtown to get cards for school. But by third grade, I began to notice that a few of my classmates didn't get any cards. So for our Valentine exchange, I got enough to send to everyone in the class and asked a couple of my friends to do the same. Some I knew were very poor, and the tradition in my class became to send as many valentines as you could. I watched the faces on those who usually got no cards, and their faces lit up. It was truly the first Valentine's Day that ever meant anything to me.

How did Valentine's Day begin? Saint Valentine is believed to be a martyr of the church who lived around 270 CE, but to make things really bizarre, there were two of them—two Valentines honored for many centuries around the date of both their martyrdoms.

Some scholars believe the first valentine card may have been a simple, signed letter "from your Valentine" from one of the Saint Valentines to his jailer's daughter, whom he had healed from blindness. In the 14th century, Valentine's Day was rescued from obscurity as a lovers' festival date. The day also appears to have some of its roots also in a pagan fertility festival. Valentine's Day seems even more the result of secular custom because the traditions were further paganized with cupids and the like.

The feast day of Saint Valentine was celebrated on February 14 by the Roman Catholic Church until 1969, when they removed it from the General Roman Calendar of Saints for lack of reliable information about the information to substantiate sainthood. Still, people continued to celebrate Valentine's Day, and commercialization has transformed it into a day we all struggle to give the thing that makes our true love's eyes sparkle, whether from pearls, diamonds, glorious red roses, chocolates, or a beautiful card.

But there is also a Christian message of love we should keep in mind. It is a wonderful day for us to remember all those we love, whether they are still here or have passed on. Whether it is a small note of your love or a diamond necklace, it is a treasured remembrance that we do indeed celebrate this as a day of love.



## World War II: The Pacific Theater

Wednesdays | Ch 1851

February 1 and 8: 3-4 p.m.

February 15 and 22: 2-3 p.m.

*This month we will finish this Great Courses series, loaned to us by Ed Matheny.*

*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. You'll get an inside look at the strategy of the war on both sides and explore the tactical advantages each nation held, from industrial dynamism to advanced technology to sheer willpower.



# February Dates to Note

## Groundhog Day Thursday, February 2

The Christian religious holiday of Candlemas Day has become most commonly associated with the current celebration, but its roots are older than that. The celebration started in Christianity as the day—February 2nd—when Christians would take their candles to the church to have them blessed. This would bring blessings to their household for the remaining winter.

As time rolled on the day evolved into another form. The following English folk song highlights the transition to weather prognostication.

*If Candlemas be fair and bright,  
Come, Winter, have another flight;  
If Candlemas brings clouds and rain,  
Go Winter, and come not again.*

This interpretation of Candlemas Day became the norm for most of Europe. As you can read, there is no mention of an animal of any kind in the song. It wasn't until this traditional belief was introduced to Germany that an animal was introduced into the lore. If, according to German lore, the hedgehog saw his shadow on Candlemas Day there would be a second winter, or six more weeks of bad weather. As German settlers came to what is now the United States, so too came their traditions and folklore. With the absence of hedgehogs in the U.S., a similar hibernating animal was chosen. This leads us to yet another evolution in the legend and to present-day Punxsutawney.



## National Wear Red Day Friday, February 3

February is American Heart Month, and the first Friday in the month is National Wear Red Day. On this day, people across the country wear red to raise and spread awareness and hope for eradicating heart disease and stroke in millions of women across the nation. So, put on your reddest red—whether it is lipstick, a pair of pants, a sweater, or your favorite hat.

## Presidents Day Tuesday, February 20



Presidents Day originated in 1879 as a day to honor President George Washington in the Washington, D.C. In 1885, this event expanded across the country, with all federal offices recognizing the holiday.

Nearly 100 years later, in 1951, the Presidents Day National Committee was formed to choose a day of commemoration for all presidents. Initially, the date of March 4 was selected, as this was the date of the first presidential inauguration. However, the committee later settled on a date in February to be closer to George Washington's birthday.

In 1971, it was decided that the holiday would take place on the third Monday in February, and the holiday has been celebrated that way ever since.



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

Beginning Bridge with Christie Collier and Games on Fridays began in January. We added coffee and pastries, ensuring more attendance! We have many board games, but if you think of another game you'd like to start, let us know.

Please notify Helen (816-595-5015) if you plan come and enjoy time with your fellow residents this month.

## Saturday Night Movies

7:15 p.m. | Jefferson Living Room



### February 4—*The Shawshank Redemption* (1994)

Based on a Stephen King novella, two convicts (Morgan Freeman and Tim Robbins) form a friendship throughout two decades in prison.

### February 11—*Coal Miner's Daughter* (1980)

The fictionalized life of Loretta Lynn, who rose from humble beginnings to become a country music star. Starring Sissy Spacek and Tommy Lee Jones.

### February 18—*Double Indemnity* (1944)

In a classic film noir, a Los Angeles insurance salesman (Fred MacMurray) lets an alluring housewife (Barbara Stanwyck) seduce him into a scheme of insurance fraud and murder. Directed by Billy Wilder.

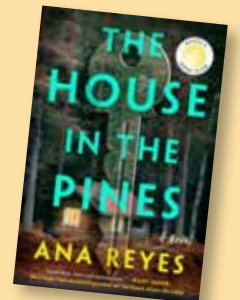
### February 25—*My Big Fat Greek Wedding* (2002)

A young Greek-American woman (Nia Vardalos) falls in love with a non-Greek (John Corbett) and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity. Written by Vardalos and based on her own life.

# Bestselling BOOKS

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

## Fiction *LESSONS IN CHEMISTRY* Bonnie Garmus



## THE HOUSE IN THE PINES Ana Reyes

## WITHOUT A TRACE Danielle Steel



## DEMON COPPERHEAD Barbara Kingsolver

## Nonfiction SPARE

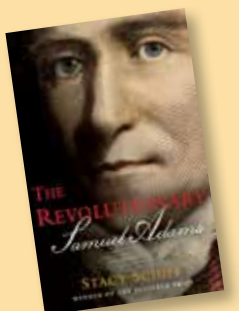
Prince Harry, the Duke of Sussex



## THE LIGHT WE CARRY Michelle Obama

## AN IMMENSE WORLD Ed Yong

## THE REVOLUTIONARY: SAMUEL ADAMS Stacy Schiff





## Wonderful Words

These wonderful foreign words have no English equivalent.

### **Bilita Mpash** (Bantu)

An amazing dream. Not just a “good” dream; the opposite of a nightmare.

### **Boketto** (Japanese)

Gazing vacantly into the distance without thinking.

### **Fernweh** (German)

A longing for distant places, even places you’ve never even been.

### **Fisselig** (German)

Flustered to the point you can’t function.

### **Fremdschämen** (German) and

### **Myötähäpeä** (Finnish)

Both these words mean something akin to “vicarious embarrassment.”

### **Frühjahrs müdigkeit** (German)

Frühjahr is “springtime,” while Müdigkeit means “tiredness.” Together, it means becoming depressed or lethargic at the onset of spring.

### **Gigil** (Filipino)

The urge to pinch or squeeze something that is irresistibly cute.

### **Hygge** (Danish)

The pleasant, genial, and intimate feeling associated with sitting around a fire in the winter with close friends.

### **Iktsuarpok** (Inuit)

Anticipation when you’re waiting for someone to show up at your house and you keep checking to see if they’re here.

### **Koi No Yokan** (Japanese)

The sense upon first meeting a person that the two of you will fall in love.

## Music

### **Opera To Go**

**Friday, February 3 | 4 p.m. | Madison Living Room**

Opera to Go is Lyric Opera of Kansas City’s program in which they bring talented artists to communities for a 45-minute recital of opera arias, duets, and music theatre favorites. Opera to Go is generously sponsored by Saint Luke’s Health System. Thank you, Neal Long with the Lyric!

### **Joe Cartwright and Shay Estes**

**Friday, February 10 | 3 p.m. | Madison Living Room**

A BSP favorite, the man plays a mean piano! This month talented vocalist Shay Estes joins us. Shay Estes has been singing to Kansas City for more than 20 years, going back to her days in rock bands. In 2004, her music focus turned to the world of jazz, and she has been performing with some of Kansas City’s best jazz ensembles and musicians ever since.

### **Betse Ellis and Leo & Roger Eilts**

**Tuesday, February 14 | 3 p.m. | Madison Living Room**

Resident Bobbie Ellis’ talented daughter is pairing up with two also-talented friends to bring us “happy sweetheart music and cowboy songs.” This will be fun!

### **Kansas City Symphony Trio**

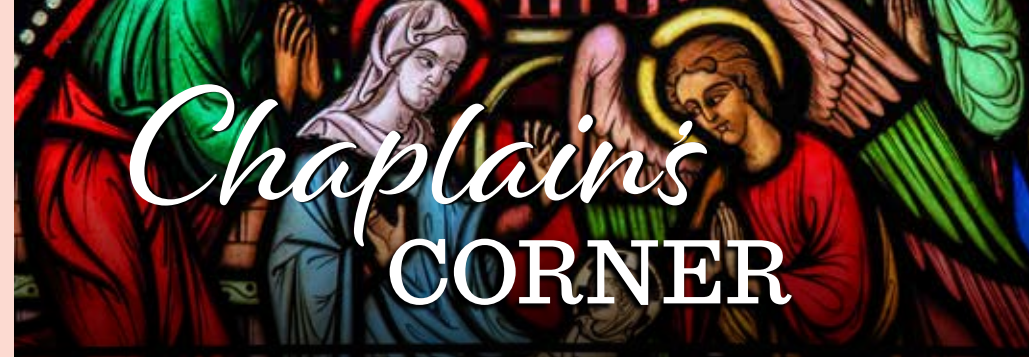
**Friday, February 17 | 3 p.m. | Madison Living Room**

Come for an exceptional performance by Michael Gordon and his Symphony friends on flute, viola, and cello.

### **Happy Hour with the Rich Hill Trio**

**Friday, February 24 | 4 p.m. | Madison Living Room**

Join us for Happy Hour as pianist Rich Hill and friends help us usher in the weekend.



*Remember that you are dust, and to dust you shall return.*

This year, we begin our journey through Lent on February 22. It is a time of fasting and self-reflection as we learn about Jesus’s ministry leading to the cross.

Traditionally, Ash Wednesday has focused on our mortality, our sinfulness. All of us are sinners in need of repentance and absolution. The day reminds us that we are flawed and asks us to commit to a season of reflection and discipline. The tradition reminds us how to be disciples and leads us to repenting of our wrongdoings and turning toward God and the sacrifice made for us on the cross.

In some ways, the season warns us not to let our piety be too flashy, but in other ways, we are asked to do the opposite.

*Blow the trumpet! Sound the alarm! Then your light shall break forth like the dawn, and your healing shall spring up quickly!*

Joel 2:1

Instead of praying in quiet by ourselves, Joel wants us to gather and repent together.

The thing is, throughout this season, we do both. We focus inward, on cleaning up our own rough edges, and we focus outward, on the community we are a part of. We look for ways to live our discipleship together.

What God accomplishes through Christ is not just so that we might be forgiven or so that we might know that we are loved, but so that we might actually become the righteousness of God. We are living vessels of God’s word in this world.

In an even more powerful way, the Holy Spirit moves in us. May we walk the path of righteousness together throughout the Lenten journey.

—Ashley Masoni Huber

### **February Remembrance Service**

**Wednesday, February 15 | 11 a.m. | Chapel**

### **Ash Wednesday Service**

**Wednesday, February 22 | 3 p.m. | Chapel**

## Garden TIME

It’s cold out today. Raining now and snow in the forecast. But I’m not complaining. We need the moisture.

Are you, like me, already thinking about your balcony or window gardens? The Garden Committee is always wondering what plant to try next.



While you’re waiting for spring, browse the books in our libraries. In the Westport Library check

out the beautiful book of floral paintings by botanist Pierre Joseph Redoute, one of the most talented botanical painters ever known. His specialty was lilies and roses. This book is heavy so best to enjoy it at a table in the library.

Two books I like in the Madison Library are *Native Plants of the Midwest* by Alan Branhagen and *Botanica*

by R.G. Turner—everything you wanted to know about plants from abelia to zinnia!

Enjoy your libraries. Thank you to our library volunteers: Barbara Buehrer and Jeffrey Weidman.

—Midori Houston





