



The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

MARCH 2023



Tips to Stay Active

Here are a few easy ways to fit more activity into your life:

- Opt for the stairs instead of the elevator when possible.
- Every time you go up or down stairs, take an extra lap.
- Walk around while talking on the phone.
- Take a lap around your home every time you do certain activities, such as using the restroom, refilling your water or coffee, or sending an email.
- Do squats, lunges, or pushups in the kitchen as you wait for your food to cook.
- Do heel raises while doing tasks like washing dishes.
- Stand up while folding clothes.
- When watching TV, exercise during commercial breaks.
- Take a stretch break every hour on the hour.
- Turn on some favorite music and dance.
- Begin and end each day with some stretches.

A few words from the CEO



It's that time of year again! March is the perfect entry into spring! Trees are beginning to bud, days are getting longer, and daytime temps are rising—all good reasons to get back outside. I, for one, am excited to get my road bicycle out and get some fresh air on a long ride.

This is also the time when our new year projects start to take hold all around the community. We're continuing the remodel in York and lining up the second floor Jefferson and first floor Madison hall renovations. Additionally, we'll be starting the floor replacement project in the Abbey, the Pub, and the hallways adjacent to the Canterbury dining room.

Lastly, for many of us, it's time for those with an Irish heritage to come together and remember our ancestors and the trials they endured to enable themselves and their relatives be able to come to the land of opportunity. For those without an Irish heritage, I hope you'll join in on the St. Patrick's Day festivities!

Warmly,

Dee Dunn

Tip of the Month!

From the BSP Environmental Committee



When eating, being vegan is the most energy efficient, but being vegetarian also significantly reduces energy use. Residents could choose more vegetarian entrees in the Bistro, if available.

RESCHEDULED—BSP Town Hall Meeting
Thursday, March 2 | 3 p.m. | Westport Room

Our meeting was postponed from February 15 to accommodate those who wanted to participate in the KC Chiefs Super Bowl Parade! Come March 2 to learn about our refurbishings and more. And bring your questions!



Bridge Luncheon

Tuesday, March 7 | Noon | Canterbury Dining Room

The Bridge Luncheon is being moved to the first Tuesday of the month at noon beginning in March!



BSP Chorus Performance

Thursday, March 9 | 2 p.m. | Madison Living Room

Come enjoy a concert by BSP's very own choral group!

911 Calls

When making 911 calls, be sure to inform them of your name, address, and apartment number to ensure no delays in receiving emergency medical care.

Spring Cleaning!

Stay tuned for a spring-cleaning opportunity in May, in which you'll be able to recycle clothes and other items right here at BSP.

Name That Resident!

- A favorite vacation spot: The Bahamas
- Profession: Teacher
- Favorite hobby: Family genealogy
- Favorite color: Purple/lavender
- Favorite book: *Gone with the Wind*
- Born in: Texas, and grew up on the East Coast

(Last month's answer was Lisa Tostevin!)



Who cannot admire the handsome flower modeled in the sun's shape? The sunflower appears in poems, paintings, and Greek mythology.



The sunflower originated in the Americas, with domestic seeds dating back to 2100 B.C.E. Found in Mexico, the sunflowers grew wild across the broad western plains.

Native Americans grew them as a crop. They used seeds in bread, medicines, and dye for basketry. The plants are heliotropes, which means they grow facing east, always looking for the sun. Sunflowers symbolize loyalty, admiration, unwavering faith, and unconditional love.

—Louise Nyberg

Ah! Sun-flower (1794)

by William Blake

Ah Sun-flower! weary of time,
Who countest the steps of the Sun:
Seeking after that sweet golden clime
Where the travellers journey is done.

- AC

Activity Center (above Bistro)
- CH

Chapel
- P

Pub
- ART

Art Gallery
- JLR

Jefferson Living Room
- WR

Westport Room
- BG

Bishop's Garden
- MLR

Madison Living Room
- Ch 1851

Channel 1851 on your Spectrum TV
- CDR

Canterbury Dining Room
- MF2

Madison Second Floor
- *

Sign up with the concierge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>5</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	 <div>6</div> <div>10 a.m. Stretch & 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 & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 4 p.m. Artist Reception: Evan Brown—ART</div>	<div>1</div> <div>10 a.m. Stretch & Strengthen—AC 11-1 BP Checks—MF2 11 a.m. Marketing Event 1 p.m. Tai Chi—AC 2 p.m. BBC: Perfect Planet—Ch 1851</div>	<div>2</div> <div>10:30 a.m. Strength & Balance—AC 1 p.m. Chorus Practice—CH 2:00 p.m. Dining Committee—CDR 3 p.m. Town Hall—WR</div>	<div>Employee Appreciation Day 3</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 1 p.m. Nina Irwin Art—AC 4 p.m. Kent Rausch + Tom's Town Band—MLR</div>	<div>4</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 4 p.m. BSP Book Club 7:15 p.m. Saturday Movie: The Birdcage—JLR</div>
<div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div> <div>5</div>	<div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div> <div>6</div>	<div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 4 p.m. Artist Reception: Evan Brown—ART</div> <div>7</div>	<div>10 a.m. Stretch & Strengthen—AC 11-1 BP Checks—MF2 1 p.m. Tai Chi—AC 2 p.m. BBC: Perfect Planet—Ch 1851</div> <div>8</div>	<div>10:30 a.m. Strength & Balance—AC 2 p.m. BSP Chorus Performance—MLR</div> <div>9</div>	<div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 4 p.m. Doug Talley Quartet—MLR</div> <div>10</div>	<div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: The Post—JLR</div> <div>11</div>
<div>Daylight Saving Time Begins</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div> <div>12</div>	<div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div> <div>13</div>	<div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR</div> <div>14</div>	<div>10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 11-1 BP Checks—MF2 1 p.m. Tai Chi—AC 2 p.m. BBC: Planet—Ch 1851</div> <div>15</div>	<div>10:30 a.m. Strength & Balance—AC 2 p.m. Pastor Ashley Bible Study—CH 3 p.m. Speaker: Kenny Cabean NourishKC—WR</div> <div>16</div>	<div>St. Patrick's Day 17</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 2 p.m. The Driscoll Dancers—MLR 3 p.m. See you in the Pub!</div>	<div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: Casablanca—JLR</div> <div>18</div>
<div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div> <div>19</div>	<div>Spring Equinox</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—WR 2 p.m. Monday Movie—Ch 1851</div> <div>20</div>	<div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Movie Robert Butler: It Happened One Night—WR & Ch 1851</div> <div>21</div>	<div>10 a.m. Stretch & Strengthen—AC 11-1 BP Checks—MF2 1 p.m. Tai Chi—AC 2 p.m. BBC: Perfect Planet—Ch 1851</div> <div>22</div>	<div>10:30 a.m. Strength & Balance—AC 2-4 p.m. Country Club Bank—MF2 2 p.m. Rick Steves: Luther & Reformation—CH 1851</div> <div>23</div>	<div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 3 p.m. Made in France Band—MLR</div> <div>24</div>	<div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7:15 p.m. Saturday Night Movie: Moneyball—JLR</div> <div>25</div>
<div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div> <div>26</div>	<div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div> <div>27</div>	<div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 4 p.m. Vocalist Michelle Miller & Pianist Susie Adams—MLR</div> <div>28</div>	<div>10 a.m. Stretch & Strengthen—AC 11 a.m. Podiatrist—AC 11-1 BP Checks—MF2 1 p.m. Tai Chi—WR 2 p.m. BBC: Planet—Ch 1851</div> <div>29</div>	<div>10:30 a.m. Strength & Balance—AC 3 p.m. Speaker: Terence O'Malley Nelly Don: A Stitch in Time—WR</div> <div>30</div>	<div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 4 p.m. Piano Happy Hour: Charles Williams—MLR</div> <div>31</div>	

Group activities subject to community status

Art Experience with Nina Irwin

Friday, March 3
1-3 p.m. | Activity Center



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, Coventry, 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.

You need not have any artistic abilities to get something from Nina's class. Come enjoy!

Art & Entertainment at BSP



Classic Movie with Robert Butler: *It Happened One Night* (1934)

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

In Frank Capra's *It Happened One Night*, a renegade reporter (Clark Gable) trailing a young runaway heiress (Claudette Colbert) for a big story joins her on a bus heading from Florida to New York, and they end up stuck with each other when the bus leaves them behind at one of the stops.

Hailed as one of the greatest films ever made, *It Happened One Night* won all five major Academy Awards: Best Picture, Best Director, Best Actor, Best Actress, and Best Adapted Screenplay. It was released just four months before the MPPDA began rigidly enforcing the 1930 Motion Picture Production Code in July 1934.

Rick Steves: *Luther and the Reformation*

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



Five hundred years ago, Martin Luther kicked off the Protestant Reformation, contributing to the birth of our modern age. In this one-hour special—filmed on location in Europe—Rick Steves tells the story of a humble monk who lived a dramatic life.

Rick visits key sites relating to the Reformation (including Erfurt, Wittenberg, and Rome) and explores the complicated political world of 16th-century Europe—from indulgences to iconoclasts, and from the printing press to the Counter-Reformation. It's a story of power, rebellion, and faith that you'll never forget.



Faith, Bejaysus, & Begorrah!

by Bernie Jones



I have a good friend who refers to this annual occasion as National Drunk's Day. I feel sorry for Saint Patrick, this great, holy man being celebrated with so much gusto, debauchery, and consumption of spirits.

Saint Patrick was born in Scotland, in Roman Britain, in the late 4th century, and his birth name was Maewyn Succat. He was kidnapped by Irish marauders when he was sixteen and taken to Ireland as a slave to tend animals, and there he first became a believer. He escaped and eventually reunited with his family. According to legend, he changed his name to Patricius, Latin for Patrick, and became a priest.

About 432 CE, he was sent by the Pope as a bishop to convert the Irish to Christianity. By the time of his death on about March 17, 461 CE, he had established monasteries, churches, and schools all over Ireland. It was a no-brainer that Saint Patrick's Day should have been selected as a feast day for all Ireland.

His Saint's Day was originally celebrated as a dry holiday with the usual celebration of the Mass. It was emigrants, particularly to the United States, who transformed Saint Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants staged the biggest celebrations, including elaborate parades. Boston held its first Saint Patrick's parade in 1737, followed by New York City in 1762.

Kansas City's parade dates to the early 1800s. It more or less disappeared until 1973, when Mike Murphy, a talk show host known by lots of us, public relations man Pat O'Neill, and saloon keeper Dan Hogerty brought back a rip-roaring parade.

I always swore there was nothing Irish in me as I am primarily English—lots of it. But just a few days ago as I write this, DNA testing Ancestry.com showed that I am 37% Irish and only 36% English. On my genealogical tree I now have only one known Irish person, a woman who had married one of my English ancestors. So I have to do lots more looking to see how this one woman caused me to be 37% Irish. What a blow this was to a proud Englishman like me.

Faith, bejaysus, and begorrah, and a very happy Saint Maewynn Succat's Day to you all!



A Perfect Planet

Wednesdays | 2-3 p.m.

Ch 1851

March 1, 8, 15, 22 and 29

We will take a month break from the Great Courses series and learn from the BBC and David Attenborough in the 5-part series *A Perfect Planet*.

A Perfect Planet is a critically acclaimed 2021 five-part earth science series presented by David Attenborough. The filming took place over four years, across 31 countries, with crew navigating difficulties in extreme temperatures and remote locations.

The series shows how the forces of nature—weather, ocean

currents, solar energy and volcanoes—drive, shape, and support Earth's great diversity of life and reveals how animals are perfectly adapted to whatever the environment throws at them. It covers volcanoes, the sun, weather, and oceans, with the final episode focusing on human impact on the environment.



March Speakers

Kenny Cabean with NourishKC
Thursday, March 16 | 3 p.m. | Westport Room



Kenny Cabean is the ambassador of NourishKC, a Kansas City organization that fights

food insecurity. NourishC bases its programs—Kansas City Community Kitchen (KCKK), Food Rescue, and Culinary Training—on the belief that food is a basic human right. Their mission is to rescue fresh local food, prepare nutritious meals, and serve as a community partner to address hunger's core causes.

In 2021, KCKK served nearly 150,000 meals free of charge to anyone who arrived at the door. The Food Rescue Program provides healthy, nutritious food to KCKK and to neighborhood food pantries throughout the greater Kansas City area for distribution to under-resourced families. The program rescued more than 360,000 pounds of perfectly fresh, usable food from being wasted last year alone. NourishKC also leverages its kitchen facilities to host the Culinary Training Program, which focuses on helping older teens in foster care gain valuable life and job skills to prepare them for aging out of state care.

Daylight Saving Time Begins
Sunday, March 12 | 2 a.m.

Set your clocks ahead one hour!

Terence O'Malley
Thursday, March 30 | 3 p.m. | Westport Room



Terence O'Malley, author, documentarian, attorney and principal shareholder of the O'Malley Law Firm will present *Nelly Don, A Stitch in Time* (2006), a documentary film and book about the life of Nell

Donnelly Reed and the garment factory she established in the early 1900s. Terence is the great-great nephew of Nell, who died in 1991 at the age of 102.

Terence earned a Juris Doctorate at Washburn University School of Law, a Master of Science in Radio-TV-Film at the University of Kansas, a B.A. in English at Loyola University. In addition to *Nelly Don*, his documentaries include *Shooting Back in Time: Kansas City Union Station Massacre* (2008), *Black Hand Strawman: The History of Organized Crime in Kansas City* (film and book—2009), and *Tom & Harry: The Boss and the President* (2012).

Terence says, "Over the course of 20 years, I have enjoyed working as counsel in many important contexts. I spent 12 years employed by two insurance enterprises. Before that I worked for two private law firms, clerked for a federal judge, and interned at the prosecutor's office in Topeka. And now, as principal of my own firm, I enjoy the privilege of a profession that gives me great opportunity to benefit others through effective representation."



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

Beginning Bridge with Christie Collier and Games continues—with coffee and pastries! We have many games, but if you think of any new ones, 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

March 4—*The Birdcage* (1996) Movie is R-rated.

Robin Williams and Nathan Lane play a gay couple who pretend to be straight so their son can introduce them to his fiancée's right-wing moralistic parents.

March 11—*The Post* (2017)

The country's first female newspaper publisher and her editor. Starring Meryl Streep and Tom Hanks.

March 18—*Casablanca* (1942)

An expatriate American cafe owner (Humphrey Bogart) must decide if he should help his former lover (Ingrid Bergman) and her husband escape Nazis.

March 25—*Moneyball* (2011)

Oakland As general manager Billy Beane assembles a team on a lean budget by employing computer-generated analysis. Starring Brad Pitt and Jonah Hill.

BSP Book Club

Saturday, March 4 | 4 p.m. | Westport Room

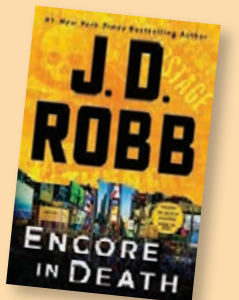
All are welcome! We will be reading *The Remains of the Day*.



Bestselling BOOKS

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

Fiction
ENCORE IN DEATH
J.D. Robb



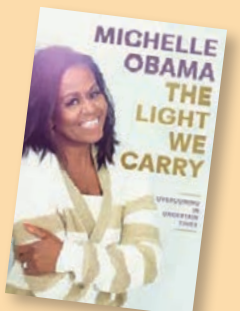
SOMEONE ELSE'S SHOES
Jojo Moyes



LESSONS IN CHEMISTRY
Bonnie Garmus

TOMORROW AND TOMORROW AND TOMORROW
Gabrielle Zevin

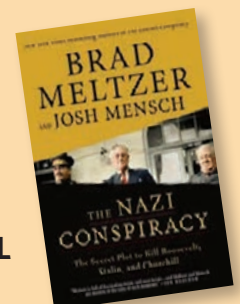
Nonfiction
SPARE
Prince Harry



LOVE, PAMELA
Pamela Anderson

THE LIGHT WE CARRY
Michelle Obama

THE NAZI CONSPIRACY: THE SECRET PLOT TO KILL ROOSEVELT, STALIN, AND CHURCHILL
Brad Meltzer and Josh Mensch



Be Generous

Be generous and expert, trustworthy and clear, open-minded and adaptable, persistent and present.

Only after months of living by these words did I realize that all these elements came down to a single powerful habit, which is to start every interaction by thinking *help this person*.

Generous: When you answer the phone, when you get introduced to someone new, your first instinct should be to help that person.

Expert: Be talented enough in certain areas that you can help others in a meaningful manner, so you can help more people, more often.

Trustworthy: Be someone others turn to both in times of need and of opportunity.

Clear: You aren't just a Good Samaritan; you also have a set of goals to achieve for yourself, your family, and your organization. You make it easy for others to understand these goals.

Open-minded: You are willing to help people you initially find unworthy.

Adaptable: When one approach doesn't work, you try others.

Persistent: Be serious about helping others, and not just superficial.

Present: Pay attention to the people around you so that you can spot those who are struggling, confused, or uncertain. Most of us try to put on a good face, and you need to see past the superficial layer of daily life.

—reprinted with permission
by Bruce Kasanoff

Music

Kent Rausch and Tom's Town Band
Friday, March 3 | 4 p.m. | Madison Living Room

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

Doug Talley Quartet
Friday, February 10 | 4 p.m. | Madison Living Room

We love having them here! Doug Talley on sax, TJ Martley on piano, Tim Brewer on bass, and Keith Kavanaugh on percussion. Come enjoy!

The Driscoll Dancers
Friday, March 17 | 2 p.m. | Madison Living Room

The Driscoll Irish Dancers are so happy to be part of our Saint Patrick's celebration again this year! Their school has been in the Kansas City area since 2010, with dancers from the very young to the young at heart...everyone is welcome! Their competitive dancers have competed at regional and national championships, but performance is their first love.

Made in France Band
Friday, March 24 | 3 p.m. | Madison Living Room

Made in France Band are French speakers and great musician friends, playing piano, violin, bass, and guitar.

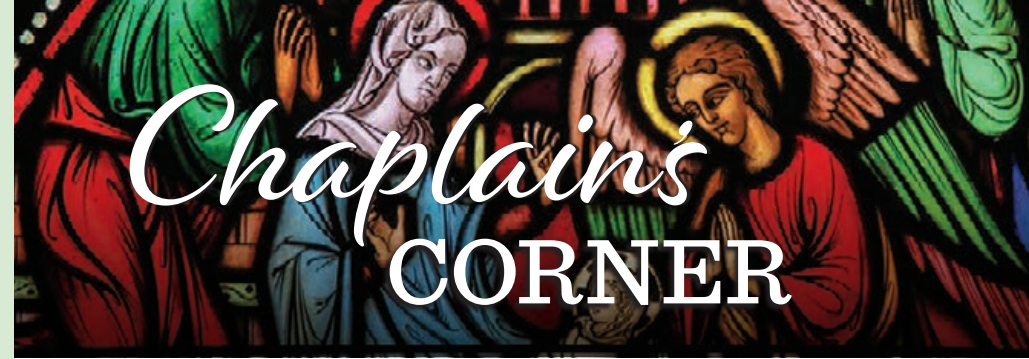
Michelle Miller and Susie Adams
Tuesday, March 28 | 4 p.m. | Madison Living Room

Daughters of our residents, Bernadette Miller and Betty Adams, respectively, these talented women will perform songs from the Golden Era of Broadway.

Happy Hour with Pianist Charles Williams

Friday, March 31 | 3 p.m.
Madison Living Room

Enjoy some conversation and a glass of wine while listening to the music of our friend Charles Williams! Charles is the pianist for The Kansas City Jazz Orchestra and is a regular at Eddie V's on the Plaza.



During the month of March, we are journeying through the season of Lent. It is a time of intimate reflection on our personal relationship with each other and with God as we move toward Easter Sunday. Although every day we are to set our eyes on the cross, rejoicing in the gifts of redemption and atonement that God gives us, Lent is a time to dig deep within ourselves and recognize the reasons and ways we need those gifts.

This year, the Diocese of West Missouri and Episcopal Relief and Development encourages people of all faiths to observe Lent by reflecting on the question *Who is my neighbor?* It can be easy to approach the question by starting small and thinking about the people you meet every day. It becomes more difficult when we consider the whole Kansas City community, our national connections, and our global family.

"We are called to seek and serve Christ in all persons and to respect the dignity of every human being" (*Episcopal Relief and Development*). How do we practice neighborly love in our daily lives? Are there times when we purposefully reach outside the comfortable to show love to people we have not met?

At worship on Sunday mornings this month, we will read the stories of Jesus meeting neighbors who are very different from one another. Nicodemus, the Samaritan woman at the well, the blind man, and Lazarus are not ones we would find running in the same circles. Still, Jesus seeks each one out. Through them, Jesus demonstrates the breadth of the call to discipleship and makes the space between us diminish.

Just as Jesus does with our neighbors in the Gospel, Jesus seeks us out for relationship and to call us as disciples. Each Sunday during Lent, the sermon will be in the form of a spoken letter from us to the neighbor Jesus meets in his journey to the cross. Hopefully, our journey will bring us closer to one another, closer to the cross, and closer not only to answering the question *Who is my neighbor?*, but responding to it. May we know the love of our neighbors each and every day.

—Ashley Masoni Huber

March Remembrance Service
Wednesday, March 15 | 11 a.m. | Chapel

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](http://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

