



The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

JUNE 2023

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

Exercise with AARP

AARP offers many free fitness classes online at local.aarp.org/virtual-community-center. AARP membership is not required. Here are just a few of the classes offered in June.

Yoga and Mindfulness for Relaxation

Thursdays | 12 p.m.

Strength & Conditioning Workout for All

Fridays | 9 a.m.

The Healing Art of Qigong

Fridays | 12 p.m.

Enhance Your Workout with Yoga Fusion

Mondays, June 5 & 19 | 10 a.m.

Moving with Milly

Mondays | 10 a.m.

Mindful Movement for Healthy Aging

Mondays | 11 a.m.

IndoRican Fitness Class

Mondays | 12 p.m.

30-Minute Pilates

Mondays, June 5 & 19 | 5:30 p.m.

Fitness: Tuesday We Yoga!

Tuesdays | 10 a.m.

Fitness: A Gentle Nia Workout

Tuesdays | 10 a.m.

Put on Your Cowboy Boots and Try Line Dancing

Wednesdays | 11 a.m.

A few words from the Interim CEO



It gives me such pleasure to write my very first note in *The Ambassador*. Thank you all for the warm welcome to your home. I value the trust you have shown in me and assure you that I will work hard to maintain it.

As previously mentioned in one of our weekly communications, Bishop

Spencer Place takes your well-being seriously, and that's why we continue to pass along important health information to help you maintain a healthy lifestyle. This update is related to the official end of the COVID-19 Public Health Emergency (PHE). The Federal Government announced that the COVID-19 PHE ended Thursday, May 11, 2023. We have been planning for this change by reviewing guidance from government agencies and determining how the end of the PHE affects the community. It is exciting to know the community is fully open and we are continuing to have even more events and activities. We hope you will take advantage of what is offered and feel comfortable doing so.

Please remember to use CATIE as a resource to view upcoming life enrichment activities, important notices, menus, and staff and resident directories, as well as for a little fun with WORDLE!

The suggestion box is always available, but please know you can come to me directly; just leave me a note, call me, or email me any time. The team and I will always try to meet your needs as best we can and will work together to come up with a plan. We are blessed to have a team here that is committed and caring.

I thank you once again for all your valuable input and the trust you have shown in me. I will work to the best of my ability toward only the best for Bishop Spencer Place, your home. Here's to a lovely and lively summer!

Respectfully,
Rupal J. Mistry, MA, LNHA, CDP
Interim CEO

Tip of the Month!

From the BSP Environmental Committee



Organic cleaning agents are a bit more expensive than the nonorganic choice, but much less costly to the environment.

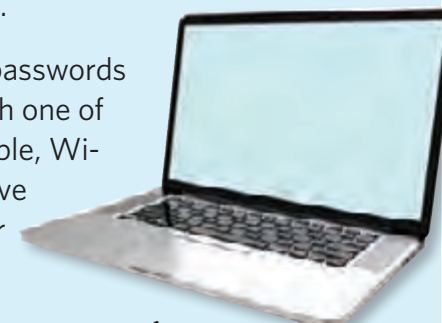
Tech Note for New Residents

If you have trouble with your computer or electronic devices, before calling in a paid pro, give someone on our savvy tech team a call.

Please have all pertinent passwords handy when you meet with one of us. That includes your Apple, Wi-Fi, Google, or administrative passwords. We will do our best to help you!

We can't assist with any money transfer or bank account issues, of course. For that, you need a trusted family member or a professional.

—Clark, Una, and Phill



Community Update

York renovations are in full swing. Since August, A-hall rooms have been renovated, A-hall and public area flooring have been replaced, and the new living area and reception have been completed.

The next phase of the project will include the renovation of B-hall rooms and B- and C-hallway floors. We're excited to see our space transform into an even better place to live or recover. As a reminder, both York and Coventry have respite care options for friends and family looking for a temporary stay.

Name That Resident!

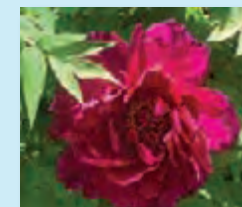
- My dad was a quail hunter, and my school lunch was often quail!
- Biggest fish catch: a 500-pound manta ray (released).
- My late wife and I swam in the Dead Sea with a tour group.
- I climbed the Great Wall of China by myself.
- I climbed Machu Picchu with a friend.
- I read *Memories of a Soldier* by Heinz Guderian in German.

(Last month's answer was Clif Elliott!)

Garden TIME

I must have flowers, always, and always.

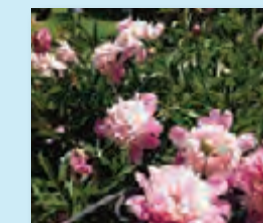
—Claude Monet



If you missed May flowers like lovely iris or lilac, here comes a June showcase to enjoy. You may

still find the petite columbine, notice the peonies in their glory, or perhaps discover a new favorite in this year's Memorial Garden.

Some of us recently visited the Kauffman Gardens, always an inspiration.



Are you inspired to help our Garden Committee? Helpful hands are always welcome. No green thumb? Just go outside and appreciate the ever-evolving beauty of our collections.

—Bobbie Ellis
with daughter Betse Ellis

Check Out Our iPads!



Just a reminder: We have quite a few iPads that residents are welcome to check out.

Please take advantage of them! You're welcome to check them out with a concierge or Helen.

June 2023

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>1</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1 p.m. Nina Irwin Art Experience—AC</div> <div>2:30 p.m. Dining Committee—CDR</div>	<div>2</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>3 p.m. Bow Wind Trio—MLR</div>	<div>3</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>4 p.m. Clark's Book Club—WR</div> <div>7:15 p.m. Saturday Movie: The Trouble with Harry—JLR</div>
<div>4</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>5</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>6</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>12 p.m. Bridge Luncheon—CDR</div>	<div>7</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11-noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: Banned, Burned, Forbidden Books—Ch 1851</div>	<div>8</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>3 p.m. Speaker: Lisa McLendon KU—WR</div>	<div>9</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>10:30 a.m. Catholic Mass—CH</div> <div>3 p.m. Betse Ellis Trio—MLR</div>	<div>10</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. Saturday Night Movie: Enemy of the State (R)—JLR</div>
<div>11</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>12</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>13</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Resident Council—WR</div> <div>3 p.m. Susie Yang + KC Symphony Quartet—MLR</div> <div>4:30 p.m. Ladies' Club—P</div>	<div>Flag Day 14</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11-noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: FINAL Forbidden Books—Ch 1851</div>	<div>15</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2 p.m. Bible Study: Pastor Ashley—CH</div> <div>3 p.m. Speaker: Charlie Broomfield—WR</div>	<div>16</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>4 p.m. Kent Rausch + Tom's Town Band—MLR</div>	<div>17</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. Saturday Night Movie: Big—JLR</div>
<div>Father's Day 18</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>Juneteenth 19</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Garden Committee—WR</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>20</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>4 p.m. Artist Reception: Anthony High—ART</div>	<div>Summer Solstice 21</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11 a.m. Resident Remembrance—CH</div> <div>11-noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: NEW England/Scotland/Wales—Ch 1851</div>	<div>22</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1 p.m. IL Chorus Practice—CH</div> <div>2-4 p.m. Country Club Bank—MF2</div> <div>2 p.m. Robert Butler Movie: Brooklyn—JLR + Ch 1851</div>	<div>23</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>4 p.m. Michele Miller with Susie Adams—MLR</div>	<div>24</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. Saturday Night Movie: Some Like It Hot—JLR</div>
<div>25</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>26</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Monday Movie—Ch 1851</div>	<div>27</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>3 p.m. Speaker: Bill Tammeus—WR</div> <div>4:30 p.m. Men's Club—P</div>	<div>28</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11-noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: England/Scotland/Wales—Ch 1851</div>	<div>National Bomb Pop Day 29</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1 p.m. IL Chorus Practice—CH</div>	<div>30</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>4 p.m. Happy Hour: Michael Pagán—MLR</div>	

Group activities subject to community status

Art Experience with Nina Irwin

Thursday, June 1
1 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, with classes for residents in independent living, assisted living, and skilled nursing. We are so incredibly fortunate to have her!

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. You can learn more about Nina and her artwork at ninairwin.com.



We hope more of you can come to a class; you don't need any training or artistic abilities, but you will certainly benefit from participating!

Art & Entertainment at BSP



Music and Lives of the Great Composers

Mondays, June 5, 12, and 19 | 3 p.m. | Westport Room



Don Dagenais is back with three more classes discussing some of the great composers of classical music, focusing on their life histories as well as their compositions. We will learn about the times in which they lived and the locations where they worked, and how this influenced their compositions. Each one-hour class will feature two composers.

Week 4—Brahms and Tchaikovsky

Week 5—Dvorak and Ravel

Week 6—Respighi and Gershwin

Don Dagenais, a retired attorney and friend of past and present residents, has been a classical music and opera expert for more than 40 years. He has received local and national honors for volunteer excellence from the Arts Council of Metropolitan Kansas City (ArtsKC), the Kansas City Musical Club, Opera Volunteers International, the Daughters of the American Revolution, and others. He has been active in other civic causes.

Classic Movie with Robert Butler: *Brooklyn* (2015)

Rescheduled from May

Thursday, June 22 | 2 p.m. | Westport Room

In *Brooklyn*, a 2015 romantic period drama directed by John Crowley and written by Nick Hornby, based on the 2009 novel by Colm Tóibín, Irish immigrant Eilis (Saoirse Ronan) lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

Memorial Day & Father's Day

by Bernie Jones



I did not have space to add a few words in the May *Ambassador* to recognize one of our most important holidays: Memorial Day. The poignant photo below of the American Cemetery overlooking Normandy Beach in France honors the American dead who made the ultimate sacrifice. It is breathtaking in its simple beauty.

Sonora Smart Dodd was the woman who proposed the idea of a Father's Day in the United States, and it was celebrated for the first time on the third Sunday of June 1910. Sonora's father was a Civil War veteran who, with Sonora's help, raised her siblings after her mother died in childbirth. In 1966, President Lyndon Johnson declared Father's Day to be celebrated on the third Sunday of June. Richard Nixon made it a permanent national observance.



"God of our Fathers" has to be the first hymn sung especially for fathers. The composer of the hymn probably never dreamed his hit would be so famous for one day of the year.

*God of our fathers, whose almighty hand,
Leads forth in beauty all the starry band,
Of shining worlds in splendor through the skies,
Our grateful songs before Thy throne arise.*

*Thy love divine hath led us in the past,
In this free land by Thee our lot is cast,
Be Thou our Ruler, Guardian, Guide, and Stay,
Thy Word our law, Thy paths our chosen way.*

*From war's alarms, from deadly pestilence,
Be Thy strong arm our ever sure defense;
Thy true religion in our hearts increase,
Thy bounteous goodness nourish us in peace.*

*Refresh Thy people on their toilsome way,
Lead us from night to never ending day;
Fill all our lives with love and grace divine,
And glory, laud, and praise be ever Thine.*

The Great Courses

Wednesdays | 3-4 p.m.
Ch 1851



FINAL WEEKS Banned Books, Burned Books: Forbidden Literary Works

June 7 and 14

This will conclude this series featuring book banning and forbidden literary works.



NEW The Great Tours: England, Scotland, and Wales

June 21 and 28

Professor Patrick Allitt, a British-born scholar who teaches at Emory University, gives an insider's take on traveling through Great Britain, showing worthwhile destinations that are often swamped with tourists and long lines, giving you access to these sites without the crowds and introducing little-known gems that will surprise and delight even the most seasoned traveler to Britain.

June Speakers

Lisa McLendon
Thursday, June 8 | 3 p.m. | Westport Room



Lisa McLendon, Professor of Journalism and Mass Communications at KU, discusses “Everything You Learned About Grammar is (Probably) Wrong.” Language is a living thing, and changes or variations in language aren’t necessarily wrong. This entertaining talk showcases language myths and facts, looking at the history and evolution of English.

Lisa joined the University of Kansas journalism school as the coordinator of the Bremner Editing Center in 2012 after 12 years as a newspaper copy editor. She has a doctorate in Slavic linguistics, is the author of *The Perfect English Grammar Workbook*, published in 2017, and is president of the Education Fund of ACES: The Society for Editing.

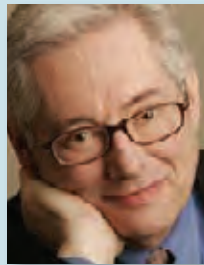
Charlie Broomfield
Thursday, June 15 | 3 p.m. | Westport Room



We enjoyed Andrea Broomfield, who spoke here in April on iconic restaurants in KC. She mentioned her father, Charlie, who was a close friend of BSP residents Bert Bates and Frank Victor. Charlie joins us this month.

Charlie had a 30-year career in government, lobbying, and association management. After four years of teaching American Government and American History, he served eight years in the Missouri House of Representatives. In 1972, he opened and managed Hallmark Cards’ first Government Affairs Office. He was also elected to the position of Western District Judge/Commissioner on the Clay County, Missouri, Administrative Court. Charlie will discuss his book, *Out of the Pews and into Politics*.

Bill Tammeus
Tuesday, June 27 | 3 p.m. | Westport Room



You’ve wanted him back since he spoke at BSP last year! Bill will be here discussing topics from the Tammeus family to America’s religious, racial, and family future to the decline in church membership.

Bill is the former Faith columnist for *The Kansas City Star*. He came to *The Star* in 1970 as a reporter, then spent nearly 27 years on the editorial page, mostly writing the “Starbeams” column. He took formal retirement in 2006 but continued as Faith columnist on a freelance basis until 2008. In addition to his daily blog, Bill writes columns for *The Presbyterian Outlook* and formerly for the online edition of the *National Catholic Reporter*. He writes a monthly column for Flatland, KCPT-TV’s digital magazine.

Keep up with Bill at billtammeus.typepad.com.



Juneteenth
Monday, June 19

On June 19, 1865, Union soldiers led by Major General Gordon Granger landed at Galveston, Texas, with news that the war had ended and that the enslaved were now free. This was two and a half years after President Lincoln’s Emancipation Proclamation. The Emancipation Proclamation had little impact on the Texans due to the minimal number of Union troops to enforce it.

Juneteenth today celebrates African American freedom and achievement while encouraging continuous self-development and respect for all cultures.



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

Beginning Bridge with Christie Collier and Games (such as Scrabble) continues—with coffee and pastries. Come enjoy some time with fellow residents.



Independent Living Chorus Practice
Thursdays, June 22 & 29 | 1–2 p.m. | Chapel

As before, send Helen any ideas for music for Lyra Pherigo to consider.

BSP Book Club
Saturday, June 3 | 4 p.m.
Westport Room

Contact Clark with any questions.



Remembrance Service
Wednesday, June 21 | 11 a.m. | Chapel

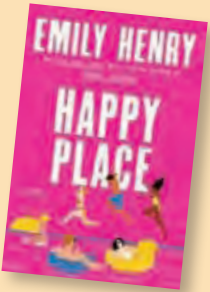
Our monthly remembrance service is an opportunity to come together as a community to support one another through ritual. We light candles for our loved ones who have died and share memories of their lives. We’d love to have you attend each third Wednesday of the month.



Bestselling BOOKS

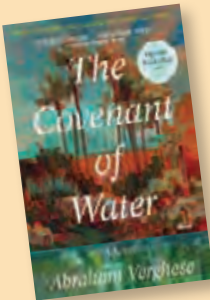
Check out the fiction and nonfiction books that top the latest *New York Times* Best Seller List.

Fiction
HAPPY PLACE
Emily Henry



FOURTH WING
Rebecca Yarros

THE 23RD MIDNIGHT
James Patterson & Maxine Paetro



THE COVENANT OF WATER
Abraham Verghese

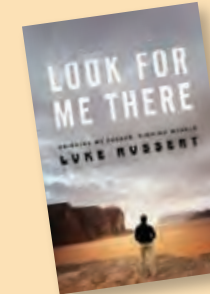
Nonfiction
THE WAGER: A TALE OF SHIPWRECK, MUTINY, AND MURDER
David Grann



THE LIGHT WE CARRY
Michelle Obama

OUTLIVE: THE SCIENCE & ART OF LONGEVITY
Peter Attia, MD

LOOK FOR ME THERE
Luke Russert



Art

Artist Reception for Anthony High

Tuesday, June 20 | 4 p.m.
Art Gallery



Anthony High is a Kansas City native, international artist, and educator. He received a Bachelor of Arts in Arts Education from Lincoln University and a Master's in Studio Art from UMKC. He taught art education for the Kansas City Missouri School District for 29 years and is an adjunct professor at UMKC and the Metropolitan Community Colleges of Kansas City. He also teaches at The Nelson-Atkins Museum of Art.



High has exhibited in local galleries, including Leedy-Voulkos, Kansas City Artist Coalition, 2010 Gallery,

Portfolio Gallery, Jazz Museum Gallery, Leawood Fine Art, Brookside Gallery, Buttonwood Art Space, Quincy Art Center, Culver Stockton University, & Ethnic Art Gallery. High is one of the artists in the Negro League Baseball Museum's Shades of Greatness National Art Exhibit.

Music

The Bow Wind Trio

Friday, June 2 | 3 p.m. | Madison Living Room

The Bow Wind Trio is back with another lively program. The ensemble is led by arranger, composer, and musician Greg Briggs and presents an eclectic blend of light classical works.

The Betse Ellis Trio

Friday, June 9 | 3 p.m. | Madison Living Room

Get your feet tapping to good old-time music with fiddle, banjo, and guitar. These three—Betse & Clarke with Brett Hodges—play lively tunes that always bring us together.

Susie Yang & the KC Symphony Quartet

Tuesday, June 13 | 3 p.m. | Madison Living Room

Susie Yang assembled this quartet of fabulous musicians from the KC Symphony for us, and they are performing here thanks to the generosity of the Symphony's community outreach program.

Kent Rausch & Tom's Town Band

Friday, June 16 | 4 p.m. | Madison Living Room

Performing outrageously hot swing music, every Tom's Town song celebrates why KC is famous for jazz. How lucky we are when they come back to BSP!

Pianist Susie Adams & Vocalist Michelle Miller

Friday, June 23 | 4 p.m. | Madison Living Room

Back by popular demand, the enormously talented Susie Adams and Michelle Miller, daughters of our residents Bernadette Miller and Betty Adams, respectively.

Happy Hour: Pianist Michael Pagán

Friday, June 30 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy a bit of jazz piano by a BSP favorite, the always-entertaining Michael Pagán.



Chaplain's CORNER

My family is a "Big Fish" family. The stories we tell about each other and those who came before us are outrageous legends of heroes whose influence spreads far outside the bounds of their actual experience. I love that about my family. Even the most mundane experience can become historic when we are involved.

Of course, my grandfather was a hero. A Marine who was captured at Corregidor in the Pacific during World War II, he had three ships blown out from beneath him before being forced to be a prisoner of war at the brutal hands of the Japanese.

Throughout his military career, he earned medal after medal and promotion after promotion, becoming a hero not just in the eyes of the family, but in the eyes of the nation. His story is a big one, and underneath the exaggerated details of valor and courage are morsels of how his faith in God is truly what got him through it.

An even greater story of faith is that of my grandmother, who later became his wife. While he was overseas, she remained committed to the man who proposed to her then went off to war. She didn't know if he was dead or alive.

Late in 1945, after the bomb was dropped and he was set free to return to a hospital in California, Grandma got into a taxi with four strangers and her wedding dress to travel from Birmingham to Oakland to start her new life. No matter how big the details of the story, there is no denying that faith in God was embedded in every step she took along the way.

I have sometimes wondered if her heroism is solely the product of our family's love of legends. When she got in that taxi, she knew that whatever life she was moving toward had to be better than what she had as a poor coal miner's daughter in Alabama.

Perhaps her faith came out of desperation, a lack of other options. It goes back to the old lyric from Kris Kristofferson: "Freedom's just another word for nothin' left to lose." Faith may be, too.

Without pretense or condition, without consideration of our actions or works, God gives us abundance: abundance of faith, of hope, of love, of life itself. Even in our most desperate times, faith is a gift that we can share with the whole world.

—Ashley Masoni Huber

Livestreaming

SUNDAY SERVICES

St. Andrew's Episcopal

8 a.m., 10 a.m.

standrewkc.org/live-worship

All Souls Unitarian Universalist

10:45 a.m.

allsoulskc.org/Sunday-mornings

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/](https://youtube.com/channel/UCdz9K078zd-zcFBEUzWu18g)

[UCdz9K078zd-zcFBEUzWu18g](https://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

