



# *The* **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

JULY 2023

# Stay ACTIVE

## Brain Health

AARP offers these tips for protecting brain health:

**Drop a few pounds.** Extra weight can be harmful to our hearts, but it can affect our brains, too. Excess weight can reduce blood flow to the brain, shrink the brain, and reduce cognitive ability. For people who are overweight, losing just five to 10% of their body weight can improve physical and brain health.

### Eat brain-healthy foods.

Incorporate lots of fruits and vegetables into your diet, including a serving of dark leafy greens nearly every day, plus lean protein and fish, whole grains, and good fats like olive oil and nuts.

**Be active.** A 2016 study in the journal *Neurology* found that people over age 50 who did little to no exercise saw a decline in memory and thinking skills compared to those who engaged in moderate- and high-intensity exercise. Getting your heart rate up for 150 minutes per week is good for your heart and your head.

**NOTE:** We will not have Tai Chi classes on July 3, 5, 10, 24, or 26, or Stretch class on July 3.

## A few words from the CEO



Happy Summer! Summer marks a time to get outside and enjoy the sunshine and the beautiful colors that summer brings. It is good for the soul.

One of my favorite things in life is sunshine. Another favorite is happy residents.

It is my goal to make myself available to each of you and make a positive impact on your lives and your home. My office is located on the third floor of the Madison building, apartment #308; my direct phone number is 816-595-5003; and my email is [rmistry@saintlukeskc.org](mailto:rmistry@saintlukeskc.org).

If you have recently joined our community, thank you for choosing Bishop Spencer Place. I value each of you. If you've been with us for a while, I want you to know how much I appreciate you continuing to be part of the Bishop Spencer Place family. It takes special people like you to make our community a great place to call home.

Fun facts about the 4th of July: President Calvin Coolidge (30th president, elected in 1923) is the only U.S. president who was born on the 4th of July. Barack Obama (44th president, elected in 2009) celebrates his eldest daughter Malia's birthday on the 4th of July as well.

I wish you all a safe, happy, and healthy Independence Day!

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

## Name That Resident!

- I always lived within walking distance of a streetcar.
- I was skinny, uncoordinated, had bad eyes, and my teeth were crooked!
- My first real job was at the Jones Store Company at 12th and Main Streets.
- I made beds at St. Mary's Hospital in 1945.
- I always cheered on the Southwest Indians.
- I love museums.

(Last month's answer was Bill Buckner!)

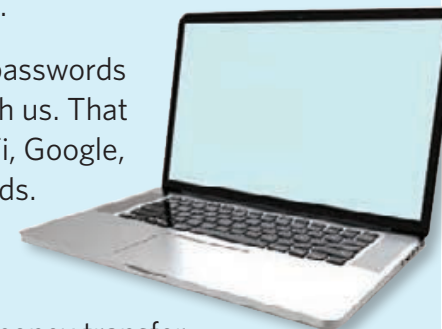
## Tech Note for New Residents

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

Please have all pertinent passwords handy when you meet with 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



## Tip of the Month!

### From the BSP Environmental Committee



If you donated clothing last month, you were helping reduce energy use. If you buy secondhand clothing this month, you are also helping reduce energy use.

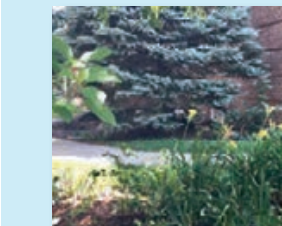
## Gratitude Assignment



Research shows that practicing gratitude—focusing on what's good in our lives and being thankful for the things we have—can increase happiness and well-being.

### Try this gratitude assignment for July.

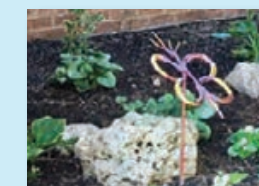
- Name three things that went well in the past month.
- Name good things in your life you take for granted.
- Identify things in your home that give you a sense of comfort.



We have a newly designed area in the memorial garden. You'll find it as you

exit the first floor south door, once known as the Windsor Care door, or you can walk the garden path from the south to the north.

Our BSP gardeners were once told that the area under the two beautiful fir trees was too wet for anything but ivy. Now our garden visionaries have redesigned the area with originality and purpose. You will be surprised.



Cheers for our gardeners!

—Louise Nyberg

## 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.

<b>AC</b>	Activity Center (above Bistro)	<b>CH</b>	Chapel	<b>P</b>	Pub
<b>ART</b>	Art Gallery	<b>JLR</b>	Jefferson Living Room	<b>WR</b>	Westport Room
<b>BG</b>	Bishop's Garden	<b>MLR</b>	Madison Living Room	<b>Ch 1851</b>	Channel 1851 on your Spectrum TV
<b>CDR</b>	Canterbury Dining Room	<b>MF2</b>	Madison Second Floor	<b>*</b>	Sign up with the concierge

# July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>2</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>3</div> <div>12 p.m. Bridge Luncheon—CDR 3 p.m. Robert Butler   Movie Classic: On the Town—WR</div>	<div>4</div> <div>Independence Day  OFFICES CLOSED Happy Fourth of July</div>	<div>5</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11–noon BP Checks—MF2 2 p.m. Movie Committee—Bistro 3 p.m. Great Tours: England, Scotland, &amp; Wales—Ch 1851</div>	<div>6</div> <div>10:30 a.m. Strength &amp; Balance—AC 1 p.m. IL Chorus Rehearsal—CH 2:30 p.m. Dining Committee—CDR</div>	<div>7</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge &amp; Games—P 1 p.m. Nina’s Art Class—AC 4 p.m. Pianist Humberto Sierralta—MLR</div>	<div>8</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—CDR 7:15 p.m. Saturday Movie: A Man Called Otto—JLR</div>
<div>9</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>10</div> <div>10 a.m. Stretch &amp; Strengthen—AC 3 p.m. Don Dagenais: Great Composers—WR</div>	<div>11</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 4:30 p.m. Ladies’ Club—P</div>	<div>12</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11–noon BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Tours: England, Scotland, &amp; Wales—Ch 1851 5 p.m. Marketing Event</div>	<div>13</div> <div>10:30 a.m. Strength &amp; Balance—AC 1 p.m. IL Chorus Performance—MLR 3 p.m. Speaker: Tim Degnan, WWII—WR</div>	<div>14</div> <div>Bastille Day 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge &amp; Games—P 4 p.m. KC Symphony String Quartet—MLR</div>	<div>15</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—CDR 7:15 p.m. Saturday Movie: The Pelican Brief—JLR</div>
<div>16</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>17</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—WR 3 p.m. Don Dagenais: Great Composers—WR</div>	<div>18</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Erin Dodson, Hallmark Collection—WR</div>	<div>19</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11 a.m. Resident Remembrance—CH 11–noon BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Tours: England, Scotland, &amp; Wales—Ch 1851</div>	<div>20</div> <div>10:30 Strength &amp; Balance—AC 2–4 p.m. Country Club Bank—MF2 2 p.m. Bible Study: Pastor Ashley—CH 4 p.m. Speaker: Teri Truog—WR</div>	<div>21</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge &amp; Games—P 3 p.m. Made in France Band—MLR</div>	<div>22</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—CDR 7:15 p.m. Saturday Movie: Heavenly Creatures (R)—JLR</div>
<div>23</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>24</div> <div>10 a.m. Stretch &amp; Strengthen—AC 3 p.m. Don Dagenais—WR</div>	<div>25</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Cynthia Raven’s Sweet Presentation—WR 4:30 p.m. Men’s Club—P</div>	<div>26</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11–noon BP Checks—MF2 3 p.m. Great Tours: England, Scotland, &amp; Wales—Ch 1851</div>	<div>27</div> <div>10:30 a.m. No Strength &amp; Balance class today 4 p.m. Artist Reception: Barbara Doty—ART</div>	<div>28</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. Happy Hour: Joe Cartwright—MLR</div>	<div>29</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—CDR 7:15 p.m. Saturday Movie: The Quiet American (R)—JLR</div>
<div>30</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>31</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais—WR</div>					

*Group activities subject to community status*

## Art Experience with Nina Irwin

Friday, July 7  
1 p.m. | Activity Center



Nina is back with another new project. She has been coming to BSP for more than a year now, and we are so incredibly fortunate to have her!

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



**We hope more of you can attend. You don't need training or artistic abilities, but**

**you will certainly benefit from participating.**



## The Great Tours: England, Scotland, and Wales

Wednesdays, July 5, 12, 19, & 26  
3-4:30 p.m. | Ch 1851  
Three lessons per week

Taught by professor Patrick Allitt, a British-born scholar at Emory University, these highly recommended lectures give you an insider's take on traveling through Great Britain, including little-known gems.

## Art & Entertainment at BSP



### Classic Movie with Robert Butler: *On the Town* Monday, July 3 | 3 p.m. | Westport Room

In this 1949 film adaptation of the Broadway musical, three sailors (Gene Kelly, Frank Sinatra, and Jules Munshin) search for love during a whirlwind 24-hour leave in New York City.

**Note start time: We have moved Robert's movie one hour later to accommodate those of you playing bridge in the CDR.**

### Music and Lives of the Great Composers Mondays, July 10, 17, 24, and 31 | 3 p.m. | Westport Room



Don Dagenais's series has been such a success, he will continue the Great Composer series for at least six more sessions.

Week 7 (July 10)—Handel and Haydn  
Week 8 (July 17)—Beethoven and Smetana  
Week 9 (July 24)—Rossini and Wagner  
Week 10 (July 31)—Verdi and Saint-Saens

### Saturday Night Movies Saturdays | 7:15 p.m. | Jefferson Living Room

**July 1—*A Man Called Otto*** (2022)  
Tom Hanks stars as a grump who has given up on life.

**July 8—*Florence Foster Jenkins*** (2016)  
Meryl Streep is a New York heiress who dreams of becoming an opera singer, despite her terrible singing voice.

**July 15—*The Pelican Brief*** (1993)  
Julia Roberts and Denzel Washington uncover a conspiracy.

**July 22—*Heavenly Creatures*** (R) (1994)  
Kate Winslet in Peter Jackson's tale of a real New Zealand murder.

**July 29—*The Quiet American*** (R) (2002)  
Michael Caine and Brendan Fraser vie for a woman's love.

## Celebrating the Declaration of Independence

by Bernie Jones, with most of the credit to the Continental Congress



History often gets a little tangled, but our celebration of the Fourth of July actually centers on the Declaration of Independence. Officially, the Continental Congress declared its freedom from Britain on July 2, 1776, when it voted to approve a resolution that would be adopted July 4 and signed on August 2, 1776.

Let's backtrack to another date—April 19, 1775, which didn't get nearly as much attention. This was the the day that shots fired at the British brought us the phrase "The shot heard around the world." Ralph Waldo Emerson begins his famous poem "Concord Hymn" with that phrase. As a footnote, on that day, the rowdy colonists had seriously smashed the British troops.

Moving on, the Stamp Act was the final blow by the King and Parliament, and the leaders of the colonists had enough. They would no longer let George III place taxes on the colonists without any input from colonist leaders. Those leaders would convene the Second Continental Congress which included some of our best known founders—Washington, Adams, Jefferson, Hamilton, Franklin, and Madison to name a few. At the conclusion, they would write the famed Declaration which would bring everything to a dramatic conclusion.

Officially, the Continental Congress declared its freedom from Great Britain on July 2, 1776, when it voted to approve a resolution submitted by delegate Richard Henry Lee of Virginia. The official date of adoption was July 4, 1776, and it was signed on August 2, 1776. This great document was now out for the world to see and bears oft repeating. This document will amaze you!

### Preamble to the Declaration of Independence

*When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.*

*We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.—That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed,—That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shown, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed.*



John Trumbull, American (1756-1843). *Declaration of Independence*, 1818. Oil on canvas. 12 × 18 feet.

# July Speakers

**Tim Degnan**  
Thursday, July 13 | 3 p.m. | Westport Room



Tim Degnan spent his career as both a teacher and administrator and has served on the boards of various civic and philanthropic organizations. This will be the third time Tim has presented programs at Bishop Spencer Place. Many of you know Tim from his friendship with Don Carlton.

Tim toured major World War II battleground islands of the Central Pacific—Pearl Harbor, Saipan, Tinian, Guam, Iwo Jima, and Peleliu/Palau. What are these islands like today? How are contemporary historians understanding the Pacific war, now that the Japanese, Chinese, Russian, and American archives are open to them? He'll tell us the answers to these questions and more in his presentation.

**Hallmark Curator Erin Dodson**  
Tuesday, July 18 | 3 p.m. | Westport Room



Erin Dodson is a Kansas City-based artist and curator who has worked for Hallmark since 2008. She earned a BA in studio art at City College of New York and worked at the Richard Avedon Foundation, where she contributed to the research and archiving of the artist's work. Erin co-founded the artist-run exhibition space Kiosk Gallery.

As curator of the Hallmark Art Collection, Erin has focused on making the collection accessible and relevant to the employees of Hallmark and sharing the collection with the public through significant museum loans and exhibitions at the Hallmark Visitors Center. She is an executive member of the Association of Professional Art Advisors.

**Teri Truog of Horizon Academy**  
Thursday, July 20 | 3:30 p.m. | Westport Room



Residents Susan and Fred Troug's daughter, Teri Truog, is a reading specialist at Horizon Academy, an independent, Orton-Gillingham accredited school for students with language-based disabilities. Her presentation will explain what dyslexia is, how it is diagnosed and treated, and what makes "dyslexic thinking" a gift in today's world.

Since taking her first Orton-Gillingham course over ten years ago at Horizon Academy, Teri has carried it with her to every school she has taught in. "It has been a game-changer in my instruction and in overall student literacy success. Once I learned it, I used it at every school I have worked in because it teaches EVERY student how to read, particularly those with dyslexia."

**Cynthia Raven of SugarChat Studio**  
Tuesday, July 25 | 3 p.m. | Westport Room



Cynthia Raven, owner of SugarChat Cookie Studio, made and decorated birthday cakes for her daughters when they were young, which evolved into decorating cookies that rival any paintings.

Cynthia has taught at events around the country, including Nashville, Austin, Tampa Bay, St. Louis, Atlanta, Miami, and on a Royal Caribbean cruise. She currently offers group classes, private classes, demonstrations, team building events, and online tutorials. Take a look at her Instagram page: @sugarchatcookiestudio. You won't believe her talent!



**Beginning Bridge + Games**  
Fridays | 10 a.m.–Noon | Pub  
Beginning Bridge (with Christie Collier) and Games continues—with coffee and pastries. We've started a Scrabble group. Come enjoy some time with fellow residents.

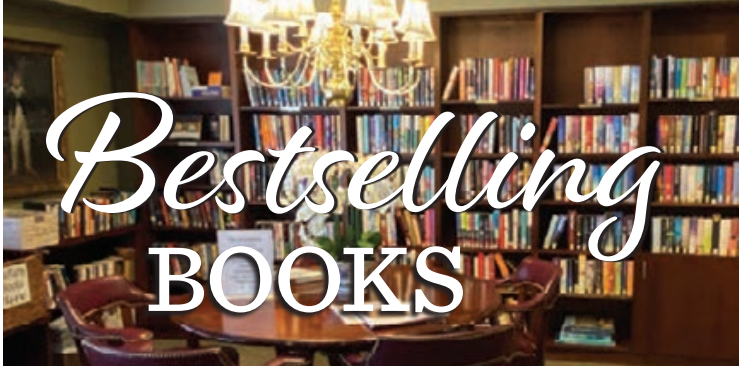


**Independent Living Chorus**  
Practice—Chapel  
Thursday, July 6 | 1 p.m.  
Performance—Madison Living Room  
Thursday, July 13 | 1 p.m.

**BSP Book Club**  
Saturday, July 1 | 4 p.m.  
Westport Room  
Contact Clark with questions.

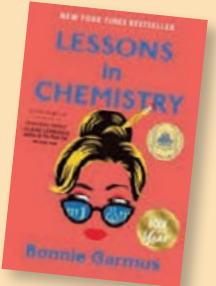


**Remembrance Service**  
Wednesday, July 19 | 11 a.m. | Chapel  
Our monthly remembrance service is an opportunity to come together as a community to support one another through ritual. We light candles for our loved ones who have died and share memories of their lives. We'd love to have you attend each third Wednesday of the month.

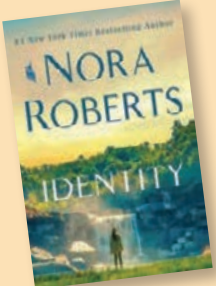


Check out the fiction and nonfiction books that top the latest *New York Times* Best Seller List.

**Fiction**  
**HAPPY PLACE**  
Emily Henry



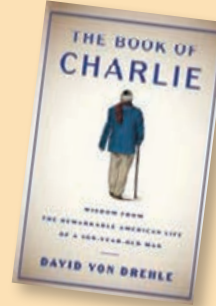
**LESSONS IN CHEMISTRY**  
Bonnie Garmus



**IDENTITY**  
Nora Roberts

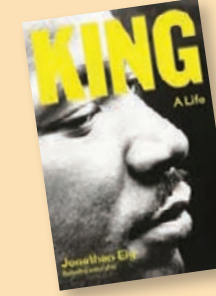
**THE COVENANT OF WATER**  
Abraham Verghese

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



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

**THE BOOK OF CHARLIE**  
David Von Drehle



**KING: A LIFE**  
Jonathan Eig

## Art

### Artist Reception for Barbara Doty

Thursday, July 27 | 4 p.m.  
Art Gallery



Barbara Doty is a self-taught professional watercolor and watercolor pencil artist, teacher,

and author. She had always been interested in painting, but being a young widow raising three children on her own took her in different directions. Retirement finally allowed



Barbara the opportunity to pursue her passion for art. Her love of wildlife led her to paint animals as well as pet portraits.



Barbara prefers to paint animals very close up and in detail. Not being concerned about backgrounds allows her to develop an

intimate relationship with the animal. Her goal is for the viewer to really see the animal, to look into its eyes and feel the beautiful soul.

Barbara has shown her work in solo exhibitions and has completed commissioned work in the Kansas City area. One of our BSP residents owns an original Barbara Doty painting.

## Music

### Humberto Sierralta

Friday, July 7 | 4 p.m. | Madison Living Room



Humberto Sierralta plays with a flair and a flourish not typically seen. We know and love him and are delighted to welcome him back.



### KC Symphony String Quartet

Friday, July 14 | 4 p.m.  
Madison Living Room

BSP friend Lawrence Figg is bringing three of his talented friends from the Kansas City Symphony to play for us.

### Made in France Band

Friday, July 21 | 3 p.m. | Madison Living Room



The band is comprised of native French speakers and great musician friends, playing piano, violin, bass, and guitar. They may even get you dancing!

### Happy Hour with Joe Cartwright

Friday, July 28 | 4 p.m. | Madison Living Room



Have a glass on us and enjoy our dear friend, the talented Joe Cartwright, on piano.

## Chaplain's CORNER

Before I met my husband and we had our three kids, I was not much of a movie-goer. I realized soon after meeting him that not a single comic book movie would come to the theater without an enthusiastic push for opening night tickets. After I got top-grade noise cancelling headphones, I learned to like these movies, too.

I recently heard a preacher talk about the movies we watch during difficult times. The truth is that when times get hard, people don't go to feel-good movies, the romantic comedies that make us smile, or the Hallmark movies that make us feel warm and fuzzy inside.

Instead, people are drawn to movies about battles between good and evil. Superhero movies and movies like *Star Wars* or *The Lord of the Rings* show a world of evil and distress through the eyes of a person or a group that is trying to save the world.

The heroes hold out hope when most have given up; they run into the burning building while most are running away. In just about every movie that shows the struggle between good and evil, there is some point when all hope is lost. The hero stands face to face with evil, and there is nothing left to do, no way to win. The hero is clearly outmatched.

Then the hero rises up and tries one more time. She persists when all the chips are down. This is what makes us hopeful, having faith and confidence that even in the midst of the greatest evil, still we rise. It is this hope that seems to drive Maya Angelou's poem, *Still I Rise*: "You may shoot me with your words, You may cut me with your eyes, You may kill me with your hatefulness, But still, like air, I'll rise."

As we climb our way out of the pandemic, it may be difficult to remember what it was like to feel hopeful. There may be times when it seems there is no reason at all to keep going. During those times, we remember that even though evil exists, goodness and love exist, too, and they are worth rising for.

God loves us so much that hope is everlasting. As this world is full of difficult times, may we rise, filled with hope, knowing that the good can never be choked out or overcome.

—Ashley Masoni Huber

## Livestreaming

### SUNDAY SERVICES

#### St. Andrew's Episcopal

8 a.m., 10 a.m.

[standrewkc.org/live-worship](http://standrewkc.org/live-worship)

#### All Souls Unitarian Universalist

11:10 a.m.

[bit.ly/3g7G62f](http://bit.ly/3g7G62f)

#### Immaculate Conception

11 a.m.

[facebook.com/golddomekc](https://facebook.com/golddomekc)

#### Community Christian Church

10:30 a.m.

[facebook.com/Community4KC](https://facebook.com/Community4KC)

#### Conception Abbey

7:45 a.m., 10:30 a.m., 5:30 p.m.

[conceptionabbey.org/live](http://conceptionabbey.org/live)

#### Grace and Holy Trinity Cathedral

10:15 a.m.

[kccathedral.org/worship](http://kccathedral.org/worship)

#### St. Paul's Episcopal

10 a.m.; Wednesday, 6 p.m.

[facebook.com/StPaulsKCMO](https://facebook.com/StPaulsKCMO)

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

#### Unity Temple on the Plaza

10:30 a.m.

[bit.ly/2yfspgE](http://bit.ly/2yfspgE)

#### Village Presbyterian Church

9:30 a.m.

[villagepres.org/online](http://villagepres.org/online)

