

The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

SEPTEMBER 2023



 **Saint Luke's**
BISHOP SPENCER PLACE



Get Out!

Gretchen Rubin, proud Kansas Citian and author of The Happiness Project, says that morning itself can play a critical role in setting us up for a more positive outlook. Specifically, she recommends getting out in the early a.m. sun. "That really helps with happiness," she says.

Sunlight, along with fueling bone growth and strengthening the immune system, improves mood and focus by boosting serotonin levels in the body. It also helps the body produce the hormone melatonin on a schedule that better syncs with your natural circadian rhythm, helping you feel more alert during the day and fall asleep more easily after dark. (Critical for those for whom sound sleep has become a stumbling block later in life.)

A great way to absorb some early light is to take a short walk.

Excerpt from AARP's "Shortcuts to Happiness: How to Be Happier at Any Age."

Labor Day Monday, September 4

BSP offices will be closed. We will not have Stretch and Strengthen, Tai Chi, or our Great Composers course.

A few words from the CEO



It is with bittersweet emotion I write my very last note.

A farewell is necessary before we can meet again, and meeting again, after moments or a lifetime, is certain for those who are friends.

—Richard Bach

I will never be able to express how much of an honor it has been to serve the residents and associates of this beautiful community as well Saint Luke's Health System. I think, often, how lucky I am to have had something so good that it makes leaving so difficult.

I have been nothing less than amazed by the resiliency and commitment of our team and their determination to serve. It has truly been a privilege to lead and represent this organization. Be well, continue to do good work, and keep in touch!

To the residents: While you may have thought I've tried to make a difference in your life, you all did that for me. I have learned so much from our endearing residents.

Some of you have become my lifelong friends and have often shared your stories that just make me in awe of you! For some of you, I have become your confidante or you mine. At some point, most of us have had the best laughs and tears together. I offer my gratitude to all of you.

There are no goodbyes for us. Wherever you are, you will always be in my heart.

—Mahatma Gandhi

With my deepest appreciation, love, and very best wishes. See you soon.

Rupal J. Mistry

Please take a moment to meet Louis Collier, our new CEO at Saint Luke's Bishop Spencer Place. Louis has an impressive and extensive background and will be a great addition to the community, residents, and team.

Louis' office is located in the Madison Building, Apt. #308. His direct phone number is 816-595-5003, and his email is loucollier1@saint-lukes.org.

Art Reception: BSP Resident Tony Batchelor Thursday, September 21 | 4 p.m. | Art Gallery



Tony Batchelor has been an artist and professor of art for decades. His exhibition will include several examples from different periods of his art. After growing up in Yorkshire, England, Tony studied art in Brighton. That was the time of the Beatles and their influence of Eastern music. Charlie Watts (drummer for the Rolling Stones, and also a graphic artist) also socialized with art students in Brighton during this time. Tony then became interested in Indian food, music, and art. His early art in the 60s was abstract. Later, it was John Cage and his "Chance Operations" who provided creative sparks. Then came the influence of old masters through myriad museum visits in continental Europe.

Tony's first sabbatical enabled a trip to India. Subsequently studying under a National Endowment for the Humanities grant at Columbia University cemented the influence of all things Indian in his art.

While a full-time professor for 27 years at the Art Academy of Cincinnati, he still found time to make art. Tony and his wife, Elisabeth, an art conservator, moved to Bishop Spencer Place several months ago. They would be happy to show more of Tony's artwork by appointment in their apartment.

Tip of the Month!

From the BSP Environmental Committee



According to the Container Recycling Institute, 86% of disposable water bottles used in the United States become litter, adding 38 billion bottles to U.S. landfills. The water bottling process releases 2.5 million tons of carbon dioxide into the atmosphere annually. Keep using your Saint Luke's containers!



Next time you're in the Memory Garden, note recent changes under the two spruce trees. The space had become overgrown with ivy and needed a clean-out. Marvin, Midori, Carol H., and Carol C., undertook this task, then added new plants: begonias, Siberian bugloss (Jack of Diamonds), and variegated Solomon's seal.



BSP Garden Committee

Some refer to this area as Charlotte's Garden because former resident and avid gardener Charlotte Bliss adopted the area. She added the stone rabbit, squirrel, and family of snails. The angel she donated was moved to the Memorial Wall in 2018. The snails now reside in another area of the garden.

There is more work yet to be done. Drainage and hungry rabbits have been a problem. Our goal is a serene, beautiful garden for you to enjoy. Meanwhile, the stone rabbit and squirrel continue their vigil under the spruce trees.





Chiefs v. Lions Thursday, September 7 7:20 p.m. | Pub

Get excited to cheer on our Kansas City Chiefs as they open the regular season against Detroit.

*** Sign up with Helen by September 15**

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>4 p.m. Tim Whitmer Trio—MLR</div>	<div>2</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>4 p.m. Saturday Book Club—WR</div> <div>7:15 p.m. Saturday Movie: Monuments Men—JLR</div>
<div>3</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>4</div> <div>LABOR DAY</div> <div>Offices Closed</div>	<div>5</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>6</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>12–1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	 <div>7</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2:30 p.m. Dining Committee—CDR</div> <div>7:20 p.m. Chiefs v. Lions (NBC)—P</div>	<div>8</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 & Friends—MLR</div>	<div>9</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>7:15 p.m. Movie: The Quiet American (R)—JLR</div>
<div>Grandparents Day 10</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>9/11 Remembrance Day 11</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>12</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. Artist Jana Dunn—WR</div> <div>4:30 p.m. Ladies' Club—P</div>	<div>13</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>12–1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	<div>14</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>3 p.m. Speaker: Dan Kelly, KC Star—WR</div>	<div>Rosh Hashanah Begins 15</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>4:30 p.m. Suzuki Academy/ Alyssa Beckman—MLR</div>	<div>16</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>7:15 p.m. Saturday Movie: A Beautiful Mind—JLR</div>
 <div>17</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div> <div>12 p.m. Chiefs v. Jaguars—CBS</div>	<div>18</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>19</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Robert Butler Movie: The Fabelmans—WR</div>	<div>20</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11 a.m. Resident Remembrance—CH</div> <div>12–1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	<div>21</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2 p.m. Bible Study—CH</div> <div>4 p.m. Artist Reception: Tony Batchelor—ART</div>	<div>22</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. Made in France Band—MLR</div>	<div>Autumn Equinox 23</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>7:15 p.m. Saturday Movie: The Graduate—JLR</div>
 <div>24</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div> <div>3:25 p.m. Chiefs v. Bears—Fox</div>	<div>National Quesadilla Day 25</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>26</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>3 p.m. Lyric Arts Trio—MLR</div> <div>4:30 p.m.. Men's Club—P</div>	<div>27</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>12–1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Tours: England, Scotland, & Wales—Ch 1851</div>	<div>28</div> <div>10:30 Strength & Balance—AC</div> <div>1 p.m. Toy & Miniature Museum Trip *</div> <div>2–4 p.m. Country Club Bank—MF2</div>	<div>29</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>4 p.m. Happy Hour: Pianist Mark Lowrey—MLR</div>	<div>30</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1–3 p.m. Open Bridge—CDR</div> <div>7:15 p.m. Movie: Road to Perdition (R)—JLR</div>

Group activities subject to community status



The Great Tours: England, Scotland, and Wales

Wednesdays

September 6, 13, 20, & 27

3-4:30 p.m. | Ch 1851

Three lessons per week

Taught by professor Patrick Allitt, a British-born scholar who teaches at Emory University, these engrossing lectures give you an insider's take on traveling through Great Britain.

Professor Allitt shows worthwhile destinations that are often swamped with tourists and long lines, giving you access to these sites without the crowds. Perhaps more importantly, he introduces many overlooked or little-known gems that will surprise and delight even the most seasoned traveler to Britain.

Art Experience Note

Nina will not be able to join us in September, but will be back on October 12 with another inspiring class.

Instead, this month, read up on an art topic of great interest to you, and give your report to Helen! We can share at the next class.

Nina is looking forward to seeing everyone in October!

Art & Entertainment at BSP



Music and Lives of the Great Composers



Mondays | 3-4 p.m. | Westport Room

Don Dagenais's series has been such a success (thank you again, Una Creditor), he will continue the Great Composer series for four more sessions, and maybe more if we can convince him. The three this month will cover:

September 11—Wagner and Sibelius

September 18—Rimsky-Korsakov and Richard Strauss

September 25—Mahler and Rachmaninoff

Don 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 is very active in other civic causes.

Classic Movie with Robert Butler: *The Fabelmans*

Tuesday, September 19 | 2 p.m. | Westport Room

In this 2022 film, loosely based on Spielberg's childhood growing up in post-World War II era Arizona, a young man named Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.

The movie is written by Steven Spielberg and Tony Kushner, directed by Spielberg, and stars Michelle Williams, Paul Dano, Judd Hirsch, Seth Rogan, and Gabriel LaBelle as Sammy.



September—A Month of Nostalgic Memories

by Bernie Jones



It would seem there isn't much to celebrate this month—no turkeys, no Christmas, no Valentines, and no Easter. There is one that is significant, but I wonder sometimes if Labor Day isn't celebrated much other than being just another three-day holiday weekend. I don't have any fond memories of the day other than in 1959, when I left for Washington, D.C., as a part of my early career. My KU degree was political science, and I thought I, at least, should try politics. It was a bad decision. I loved Washington, just not politics. So I was soon Kansas City-bound, never to resettle again.

When I think of September, my memories always involve going back to school. Even kindergarten was a thrill, as was going on to KU and subsequently a year at Rockhurst to bone up my business credentials. I spent around 20% of my life just getting to that point. It would also be the anniversary of going to work in my dream job at Sedgwick Group until my retirement. I always felt that Labor Day was to honor blue collar workers and not me. Retirement made me realize that it was in fact a day for practically all Americans and a great equalizer among us.

Really, though, you start thinking about going back to school more in August than you do in September. In September, you are faced with studying, taking finals later in the school year, and on and on for nine months. Then you are glad the school year is over, followed by a summer that depends on the kind of part-time job you may or may not have. You are just so glad another year of school is behind you.

Then it is September again, and the stark reality hits you that it is back to school. You can hardly wait though to get back to see all your friends

who have scattered through the summer. It is a fantastic time where you get a short break from being away from school until it really does start on that fateful September day. Local school districts now start as early as mid-August, breaking a tradition that you did not go back to school until the Tuesday after Labor Day—never a day earlier.

In our day, we might have been back to school several weeks before the football season started. Now they are already playing football even before getting back to school. Our living plans may be determined entirely by whether you choose to live in a dorm, live off campus, or go through Rush Week for fraternities and sororities. You are away from home maybe for the first time, which means college is a life-changing decision. This decision can oft-times determine how you live your life, and you are making a momentous decision so early in life.

Labor Day now, though, means far more to me than it was originally intended. It determines sometimes what your whole future would be about. According to *Wikipedia*, Labor Day became a national holiday in 1894, when President Grover Cleveland signed a law passed by Congress designating the first Monday in September as a holiday honoring workers. Labor unions had long pressed for this day and sacrificed to gain better treatment of workers.

It has, therefore, far outlived its original meaning. Whether the blue collar force only was the intention of Congress now begs the question: Isn't it now a holiday for all of us to share, whether a CEO of a large corporation or a mother who still manages the household? At least it is important to remember that all of us are honored as we all have labored.

September Speakers & Events

Artist Jana Dunn

Tuesday, September 12 | 3 p.m.
Westport Room



Jana Dunn, a Missouri Native, currently lives and works in Kansas City as a full-time artist. Jana holds bachelor's degrees in interior

design from Pittsburg State University and public relations from the University of Central Missouri. The opportunity to study under and work with American artist and academic Marjorie Schickis where Jana's intrigue with colorful, unconventional, 3-D works of art was born. Her paper and metal collages have been featured in the Kansas City Symphony Alliance's Designer Show House and the Kansas City Hyde Park Homes tour.



Journalist Dan Kelly

Thursday, September 14 | 3 p.m.
Westport Room



Dan Kelly was born and raised in Kansas City, Missouri, and received bachelor's and master's degrees from the University of Missouri School of Journalism, where he also served on the faculty for six years. He has been covering entertainment and arts news at *The Kansas City Star* since 2009. He previously worked at the *Columbia Daily Tribune*, *The Miami Herald*, and *The Louisville Courier-Journal*. He has written two books, most recently *The Girl with the Agate Eyes: The Untold Story of Mattie Howard, Kansas City's Queen of the Underworld*. He will be here to talk about his book.

National Museum of Toys/Miniatures

Thursday, September 28
BSP bus leaves at 1 p.m.



The museum's toy collection documents society's cultural beliefs, technological advancements,

and the hopes and dreams of generations of children from the 18th century to the present. The fine-scale miniature collection includes architectural works, room settings, fine art, decorative art, tools, equipment, and figures made to scale.

We hope the Miniature Art Museum is installed upon our visit. American artist Chris Toledo will have installed a Miniature Art Museum in the existing Miniature Maze, comprised of two wings that include five galleries designed to highlight the miniature art displayed within, and a central atrium to represent a classical museum setting.



We will enjoy a docent-led tour, lasting about 45 minutes, but can explore the museum on our own after the tour.

Name That Resident!

- I was born in a Catholic country.
- I prefer to read fiction by Indian writers.
- I am a museum junkie.
- Alto Adige is my favorite vacation spot.
- I have three brothers and sisters.

(Last month's answer was Pat Russell!)



Beginning Bridge + Games

Fridays | 10 a.m. – Noon | Pub

Beginning Bridge (with Christie Collier) and Games continues—with treats from PB&J. We've started a Scrabble group. Come enjoy some time with fellow residents.

Saturday Night Movies

7:15 p.m. | Jefferson Living Room

September 2—*Monuments Men* (2014)

A World War II platoon rescues art stolen by the Nazis. Stars George Clooney and Matt Damon.

September 9—*The Quiet American* (R) (2002)

A reporter (Michael Caine) and a doctor (Brendan Fraser) vie for a beautiful Vietnamese woman.

September 16—*A Beautiful Mind* (2001)

John Nash (Russell Crowe), a brilliant but asocial mathematician, accepts secret work in cryptography.

September 23—*The Graduate* (1967)

Disillusioned college graduate Dustin Hoffman finds himself torn between his older lover and her daughter.

September 30—*Road to Perdition* (R) (2002)

Starring Tom Hanks and Paul Newman. Be aware this movie has extreme violence and language.

Saturday Evening Book Club

Saturday, September 2
4 p.m.

Westport Room

Contact Clark with questions.



Bestselling BOOKS

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

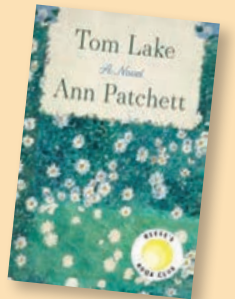
Fiction

FOURTH WING

Rebecca Yarros

TOM LAKE

Ann Patchett



THE HEAVEN & EARTH GROCERY STORE

James McBride



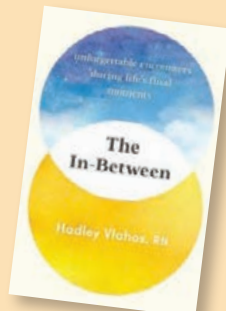
NONE OF THIS IS TRUE

Lisa Jewell

Nonfiction

OUTLIVE: THE SCIENCE & ART OF LONGEVITY

Peter Attia, MD



THE WAGER: A TALE OF SHIPWRECK, MUTINY, AND MURDER

David Grann

THE IN-BETWEEN

Hadley Vlahos, R.N.

WHAT AN OWL KNOWS

Jennifer Ackerman



Wisdom

My Dad: When you're negotiating or talking about something you want, say it and shut up. Don't talk, no matter how long or uncomfortable the silence, because the first one to talk will lose.

My Mother: Everyone has a challenge in their life. Yours just happens to show.
—Tanya Palmer

Trust God.
—Anonymous

Don't try to be perfect. It can't be achieved. The perfect is the enemy of the good.
—Niki Ehernberger

From *The Four Agreements*: Be true to your word. Don't take anything personally. Don't make assumptions. Always do your best.

One I figured out: Expect the best result in a situation, but be prepared for the less than perfect outcome.
—Mary Moore

My Dad: "Go to the nursing school that you want to attend, not where your best friend wants you to go." I appreciated my dad's support and advice. And I finished my program while my friend did not!
—Robbie Levi

Adapted from Augustine Mandino: Love the light because it shows you the way. Embrace the darkness because it shows you the stars.
—Janette Rushing

Don't be hesitant about asking to sit with people at dinner or brunch.
—Lisa Tostevin

My Mother: Don't put anything in writing that you don't want to share with everybody!
—Katie Gusewelle

Music

Tim Whitmer Trio

Friday, September 1 | 4 p.m. | Madison Living Room

Tim is back on piano, with guitar maestro Rod Fleeman, and Mike Herrera on saxophone.

Betse Ellis & Friends

Friday, September 8 | 3 p.m. | Madison Living Room

We never know who will be here to accompany the incredibly talented Betse (Bobbie's daughter) and her fiddle, but you can count on it being a rousing good time, not to be missed.

Alyssa Beckman & The Suzuki Academy

Friday, September 15 | 4:30 p.m. | Madison Living Room

Alyssa Beckman is the director of the Kansas City Suzuki Academy, a music program with about 125 students between the ages of 3 and 18 that study chamber music. Since its founding in 2015, the KCSA has enjoyed a reputation for excellence and sharing the gift of music throughout the region.

Made in France Band

Friday, September 22 | 3 p.m. | Madison Living Room

They're back! The Made in France band is comprised of native French speakers and musician friends, playing piano, violin, bass, and guitar. They may even get you dancing!

Lyric Arts Trio

Tuesday, September 26 | 3 p.m. | Madison Living Room

The Lyric Arts Trio presents classical concerts crafted around a central theme, with a balance of solos, duos, and trios for clarinet, soprano, voice, and piano. We are so glad they are back to perform for us.

Happy Hour with Mark Lowrey

Friday, September 29 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy our dear friend, the dreamy Mark Lowrey, on piano.



Chaplain's CORNER

Thank you, Pastor Ashley, for your immeasurable contribution to our community. Until our next pastor is in place here at BSP:

Equilibrium, a Blessing

Like the joy of the sea coming home to shore,
May the relief of laughter rinse through your soul.
As the wind loves to call things to dance,
May your gravity be lightened by grace.
Like the dignity of moonlight restoring the earth,
May your thoughts incline with reverence and respect.
As water takes whatever shape it is in,
So free may you be about who you become.
As silence smiles on the other side of what's said,
May your sense of irony bring perspective.
As time remains free of all that it frames,
May your mind stay clear of all its names.
May your prayer of listening deepen enough
to hear in the depths the laughter of the God.

—John O'Donohue

Bible Study

Every third Thursday | 2 p.m. | Chapel

Please join us for Bible study. We just started a new book, *Short Stories by Jesus*, written by Amy-Jill Levine. All are welcome.

Remembrance Service

Wednesday, September 20 | 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 passed and share memories of their lives. We'd love to have you attend each third Wednesday of the month.



Gratitude Assignment

Try this gratitude assignment for September.

- What went well in the life of someone close to me that I am especially grateful for?
- What opportunities do I have to pursue my interests?
- What opportunities do I have to serve others?



Reminder

Our Westport Library contains some of the finest art, history, poetry books, and more. Use the white check-out binder by the east door and mark it again when you return the books. If you have questions about the library or any titles, contact Jeffrey Weidman at jwopusone@gmail.com.



Grandparents Day

Sunday, September 10

Since 1979, National Grandparents Day has been celebrated on the first Sunday of September after Labor Day each year. The official flower of this day is the forget-me-not.



