



The Benefits of Jigsaw Puzzles

According to a study in the Archives of Neurology, adults who engaged in cognitively challenging activities like puzzles had less beta-amyloid protein in their brains, a major component of the plaque that indicates Alzheimer's disease.

Puzzles require our left (logical) and right (creative) brains to work together. Envisioning where a piece might go is like a trip to the mental gym. It requires neural connections between the two hemispheres and processes that improve short-term memory.

Solving a puzzle takes trial and error. You may try to fit a piece by color, then shape, constantly forming and revising theories in your mind. This translates to improved critical-thinking skills.

The brain goes into a near dreamlike state when working a puzzle, and the rush is not just in your head. Well, it is—but the pleasure and satisfaction are backed by science.

We have many puzzles you can work on with friends or take to your apartment—just let us know. Many websites also offer free online jigsaw puzzles, including:

thejigsawpuzzles.com jigsawplanet.com

A few words from the CEO



As I write my first CEO update for the *Ambassador*, I have been truly humbled by the overwhelmingly warm welcome from residents and employees. I knew when I first visited Bishop Spencer Place that there was something very special about this campus.

I was truly honored to have been offered

this position, and I am thrilled to be here and be a part of such an incredible community and team that has accomplished so much over the years. Bishop Spencer Place would not be the community it is without each resident and employee, and I thank you for all your contributions.

I am eager to learn more about each of you and what you think makes Bishop Spencer Place so special. I am also eager to learn about ways you think we can make our community even better.

I encourage you to stop by my office for a visit or call my cell phone at any time with any suggestions, concerns, or just for a casual chat.

I believe in transparency and open, honest conversation. I will be hosting Resident Town Hall meetings every other month and Employee Town Hall meetings every quarter. In each of these meetings we'll discuss ideas, opportunities, and general topics of interest in senior living.

This is truly an exciting time for our community, and I am honored to be a part of the journey.

Small things done with great love will change the world.

—Mother Teresa

Louis Collier

St. Paul's Episcopal Day School Trick-or-Treaters

Tuesday, Oct. 31 | 10:30 a.m. | Madison Living Room



Bring your candy to share with our witches and goblins!

Podiatrist Visit

Wednesday, Oct. 4 | 11 a.m. | Activity Center

Our podiatrist will see residents beginning at approximately 11 a.m. on a first-come, first-served basis.

Tai Chi on October 4 at 1 p.m. will be moved to the Westport Room.

Resident Flu Shots

Thursday, Oct. 5 | 11 a.m. - 1 p.m. Pub and Abbey

Residents will need to bring copies of their insurance and Medicare cards and will fill out a form to receive the influenza vaccination.

Donations

Monday, Oct. 16 - Tuesday, Oct. 17 | 1 - 3 p.m. Apartment 105

BSP has scheduled another on-site thrift pickup with Big Brothers Big Sisters. Lists of items that can and cannot be donated are available for review at both concierge desks and outside of Apartment 105. Thank you in advance for your contributions. At our May pickup, BSP donated 750 pounds of clothes and 250 pounds of household goods, which contributed approximately \$350 to Big Brothers Big Sisters!

Halloween Party

Tuesday, Oct. 31 | 2 p.m. | Madison Living Room

No excuses! Get your costume together—simple or elaborate, it doesn't matter.

It's the party of the year in the
Madison Living Room.

If you want to be a costume judge, contact Helen.



To say that it was a beautiful day would not begin to explain it. It was that day when the end of summer intersects perfectly with the start of fall.

-Ann Patchett





Come cheer on our Kansas City Chiefs against the Denver Broncos.

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AC Activity Center (above Bistro)

ART Art Gallery

BG Bishop's Garden

CDR Canterbury Dining Room

CH ChapelJLR Jefferson Living RoomMLR Madison Living Room

MF2 Madison Second Floor

P PubWR Westport RoomCh 1851 Channel 1851 on your Spectrum TV

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 7:20 p.m. Chiefs v. Jets—NBC 8 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 3:25 p.m. Chiefs v. Vikings—CBS	2 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: Great Composers—WR Columbus Day Indigenous Peoples' Day 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: Great Composers—WR	3 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. Monday Movie on Tuesday: Pink Panther—Ch 1851 10 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 4:30 p.m. Ladies' Club—P	10 a.m. Stretch & Strengthen—AC 11 a.m. Podiatrist—AC 11-noon BP Checks—MF2 1 p.m. Tai Chi—WR 2 p.m. Movie Committee—P 3 p.m. Great Courses—Ch 1851 11 10 a.m. Stretch & Strengthen—AC 11-noon BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses: France Through the Ages—Ch 1851	10:30 a.m. Strength & Balance—AC 11-1 Flu Shots—Abbey/P 2:30 p.m. Dining Committee—CDR 4:30 p.m. Volker Brass Quintet—MLR 12 10:30 a.m. Strength & Balance—AC 1 p.m. Nina Irwin Art Experience—AC 7:20 p.m. Chiefs v. Broncos— Prime Video & P	9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 3 p.m. Susie & Bill Goldenberg—MLR 13 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 3 p.m. Eboni Fondren & Mark Lowrey—MLR	10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 4 p.m. Saturday Book Club—WR 7:15 p.m. Saturday Movie: Last Picture Show (R)—JLR 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 7:15 p.m. Movie: The American President—JLR
15 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1-3 p.m. BBBS Collection—Apt 105 2 p.m. Garden Committee—WR 3 p.m. Don Dagenais: Great Composers—WR	17 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1–3 p.m. BBBS Collection—Apt 105 4 p.m. Jeff Freling & Adam Schlozman—MLR	10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 11-noon BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses: France Through the Ages—Ch 1851	19 10:30 a.m. Strength & Balance—AC 2 p.m. Bible Study—CH 3 p.m. Speaker: Dr. Sue Porter, WWI Museum Volunteer—WR	 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 4 p.m. Michelle Miller & Danny Baker—MLR 	21 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 7:15 p.m. Saturday Movie: The Big Chill (R)—JLR
22 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 3:25 p.m. Chiefs v. Chargers—CBS	23 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: Great Composers—WR	24 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 4 p.m. Reception: Don & Pat Dagenais—Abbey/P	25 10 a.m. Stretch & Strengthen—AC 11-noon BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses: France Through the Ages—Ch 1851	26 10:30 a.m. Strength & Balance—AC 2-4 p.m. Country Club Bank—MF2 3 p.m. Speaker: Aimee Demarcereau DeGalan—WR		28 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 7:15 p.m. Movie: Young Frankenstein—JLR
29 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 3:25 p.m. Chiefs v. Broncos—CBS	30 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Robert Butler Classic Movie: The Thing from	Halloween 31 10:30 a.m. Strength & Balance—AC 10:30 a.m. St. Paul's Kids—MLR 11:15 a.m. Grocery Trip 2 p.m. Halloween Party—MLR				

Another World—WR

Art Experience with Nina Irwin

Thursday, Oct. 12 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 benefit from participating.



NEW! The Great Tours: France through the Ages

Wednesdays
Oct. 4, 11, 18, & 25
3 - 4 p.m. | Ch 1851
Two classes per week

In this visually lavish course, we travel across France, from Brittany and Normandy in the north to Aquitaine and Provence in the south, enjoying a view of France unlike any you'll find without a plane ticket, guided by multi-award-winning scholar Professor John Greene of the University of Louisville.



Music and Lives of the Great Composers



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

Don Dagenais's series has been such a success, he will continue the Great Composer in October and has committed to more.

Don Dagenais, a retired attorney, has been a fan of classical music and opera for more than 40 years

and has taught classes on those subjects for more than 30 years. He has been on the board of directors of many performing arts groups and is the current president of a national organization of symphony volunteers. This month he will cover:

Oct. 2—Stravinsky and Prokofiev

Oct. 9—Bizet and Elgar

Oct. 16—Massenet and Mussorgsky

Oct. 23—Purcell and Debussy

Please come thank Don for his energy, generosity, and unlimited knowledge at a reception for him on Tuesday, Oct. 24, at 4 p.m. in the Pub. We hope to have more than just one!

Monday Movie on Tuesday: The Pink Panther

Tuesday, Oct. 3 | 2 p.m. | Channel 1851

This 1963 comedy, directed by Blake Edwards and starring David Niven and Peter Sellers, follows Inspector Clouseau as he tries to catch a notorious jewel thief before he can steal the diamond known as the Pink Panther.



Classic Movie with Robert Butler: The Thing from Another World (1951)

Monday, Oct. 30 | 2 p.m. | Westport Room

In this horror classic, scientists and Air Force officials fend off a bloodthirsty alien organism at a remote arctic outpost. Robert says the film includes terrific dialogue and acting!

The Good, the Bad, and the Ugly of October

by Bernie Jones



October is mostly a fun month, but once in awhile we are brought to the reality of how something significant happened to cause us to to reflect on a particular day.

When we start October,

Mother Nature is preparing us for one of the most beautiful events of the year. I don't think anything can rival the spectacular change every year. September starts this off, and November usually brings it to an end, when the leaves are on the ground. In September, the trees begin to change from mostly green through a showpiece of the most beautiful trees by the end of October or early November. I have seen scenes of lakes with their reflections in the water that will blow your mind. It is natural art at its best.

While this is all going on, we hit a significant event that became one of man's greatest adventures starting on Oct. 12, 1492, in an attempt to prove the world was round and not a square. Christopher Columbus made his transatlantic voyages under the sponsorship of Ferdinand II and Isabella I, the Roman Catholic monarchs of Aragon, Castile, and Leon in Spain. Think of the surprise that Columbus may have had when he saw land in the horizon to the west of the Bahamas, giving Spain the upper hand in settling South America.

The place we now inhabit eventually became most of North America under the tutelage of what would now be the UK and would become the United States and Canada. Canada started the tradition of Columbus Day. President Franklin Roosevelt signed the law that made Columbus Day a national holiday in the U.S. in 1934. In 1971, President Richard Nixon changed it to the second Monday in October. A growing number of U.S. states have begun to replace it with Indigenous Peoples' Day—a holiday

to honor the culture and history of all the people living in the Americas before and after Columbus's arrival.

October ends with one of the greatest spooky, horrible days of the year—HALLOWEEN! This will take you back to childhood if nothing else will. Kids (as well as some adults) had the time of their lives dressing up as spooky characters and carrying carved-out pumpkins with candles and kooky faces on them. Nobody was safe in the neighborhood as we all went out trick-ortreating with a whole lot of treats with maybe the grumpiest curmudgen in the neighborhood receiving some kind of trick. When we got to upper school, these antics sometimes grew into some really crazy things—depending on who had the craziest ideas. Occasionally these would get out of hand but were usually just fun pranks. Halloween has changed over the years, and I am afraid it may disappear, but it was a fun event of our childhoods.

Halloween may be a secular affair now, but the holiday is rooted in a Celtic pagan festival called Samhain, when it was believed that the ghosts of the dead returned to earth. It was appropriated by the early Roman Catholic Church some 1,200 years ago as All Hallows' Eve. In the eighth century, Pope Gregory III changed All Hallows' Day, also known as All Saints' Day to honor the church's saints to Nov. 1, followed by All Souls' Day on Nov. 2 to honor the faithful departed. All Hallows' Eve, All Saints' Day, and All Souls' Day therefore comprise the trifecta of a short three-day religious event.

Have a happy and spooky Halloween! Stay at home or come to the Madison Living Room at

2 p.m., or just for the fun of it, watch a horror movie—or something very calming!

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October Speakers

Dr. Susan Porter

Thursday, Oct. 19 | 3 p.m. Westport Room



Dr. Susan Porter, retired anesthesiologist from KUMC, Saint Luke's, and KC Orthopaedic Institute, will

present a virtual tour of the National World War I Museum and Memorial. Dr. Porter has served as an active volunteer at the Museum since 2019 and is currently a docent/guide for educational groups, school groups, and public tours. The presentation will feature a re-creation of a walking tour thorough the main gallery areas of the Museum, summarizing a chronological history of the Great War, its causes, conduct, and continuing impact on the world today. The presentation will also include an exciting preview of new and updated exhibits planned for 2023-25.

Name That Resident!

- I was involved in establishing the first magnet schools in KC.
- The Clinton White House asked permission to use a publication I wrote about lending in Indian Country at a conference.
- I was fired from my job at Nick's Clam Bar on the Jersey Shore when enchantment with a Ferris Wheel ride made me late for work.
- I like reading a mix of books, magazines, and news sources. I'm working on *Ulysses* by James Joyce. Only 736 pages to go!
- I learned to spell *antidisestablishmentarianism* when I was 13 and still can rattle it off when asked.

(Last month's answer was Elisabeth Batchelor!)

Dr. Aimee Marcereau DeGalan

Thursday, Oct. 26 | 3 p.m. Westport Room



Dr. Aimee Marcereau DeGalan is the Louis L. and Adelaide C. Ward Senior Curator of European Art at the Nelson-Atkins Museum of Art. Aimee leads the European Arts division, which includes the departments of Ancient

Art, European Paintings & Sculpture, and Architecture, Design, and Decorative Arts. She pursues exhibition and catalogue projects, and is responsible for acquisitions, interpretation, and presentation of the European collections.

Aimee was here last year, bringing us a splendid presentation on Edgar Degas. This time, she will speak about Claude Monet.



Claude Monet, French (1840–1926). Water Lilies, 1915–1926. Oil on canvas, $79 \times 167 \text{ } 3/4 \text{ } \text{inches}$. Nelson-Atkins Museum of Art.

In honor of the 150th anniversary of the birth of Impressionism, the Nelson-Atkins Museum of Art presents *Monet and his Modern Legacy*—an exhibition exploring Claude Monet's transformative impact on a later generation of American artists. Featuring three remarkable loans from the Musée Marmottan Monet in Paris, and additional works by Monet, this show illuminates the paintings and their influence on artists like Sam Francis, Helen Frankenthaler, Jules Olitski, and Jean-Paul Riopelle, among others. The exhibition opens Oct. 28.

Tip of the Month!

From the BSP Environmental Committee



Plastics are coded 1 through 7. The code number is found inside a triangle on the plastic. Those with numbers 1 or 2 are safe to put in recycling bins.



Beginning Bridge + GamesFridays | 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.

Bible Study

Thursday, Oct. 19 | 2 p.m. | Chapel

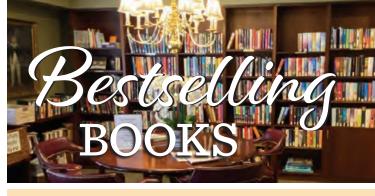
Please join us for Bible study every third Thursday of the month. All are welcome.



Saturday Evening
Book Club
Saturday, Oct. 7 | 4 p.m.
Westport Room

Contact Clark with questions.





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

Fiction HOLLY

Stephen King

FOURTH WING

Rebecca Yarros

PAYBACK IN DEATH

J.D. Robb

TOM LAKE

Ann Patchett

Nonfiction OUTLIVE: THE SCIENCE & ART OF LONGEVITY

Peter Attia, MD

WHY WE LOVE BASEBALL

Joe Posnanski (NOTE: Joe Posnanski is a former sports writer for the *Kansas City Star.*)

NECESSARY TROUBLE: GROWING UP AT MIDCENTURY

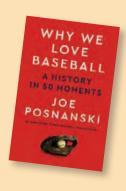
Drew Gilpin Faust

THE LAST POLITICIAN: INSIDE JOE BIDEN'S WHITE HOUSE

Franklin Foer









Morning Poem

Every morning the world is created.
Under the orange

sticks of the sun the heaped ashes of the night turn into leaves again

and fasten themselves to the high branches and the ponds appear like black cloth on which are painted islands

of summer lilies.

If it is your nature
to be happy
you will swim away along the
soft trails

for hours, your imagination alighting everywhere.
And if your spirit carries within it

the thorn that is heavier than lead if it's all you can do to keep on trudging—

there is still somewhere deep within you a beast shouting that the earth is exactly what it wanted—

each pond with its blazing lilies is a prayer heard and answered lavishly, every morning,

whether or not you have ever dared to be happy, whether or not you have ever dared to pray.

—Mary Oliver



Volker Brass Quintet

Friday, Oct. 5 | 4:30 p.m. | Madison Living Room

Volker Brass—the graduate brass quintet at the UMKC Conservatory—played here last year to thunderous applause. We'll hear Will Landon and Austin Barry (trumpet), Frank Carrubba (horn), Landon Schmidt (trombone), and Johnathan DeSoto (tuba).

Susie & Bill Goldenberg

Friday, Oct. 6 | 3 p.m. | Madison Living Room

The brother/sister duo are back for their bi-annual performace, with Susie on violin and Bill on piano.

Eboni Fondren & Mark LowreyFriday, Oct. 13 | 3 p.m. | Madison Living Room

Dynamic vocalist Eboni Fondren is a force in the Kansas City jazz scene. Pianist Mark Lowrey has entertained in his hometown and beyond for more than half of his 40+ years.

Two Guitars: Jeff Freling & Adam Schlozman Tuesday, Oct. 17 | 4 p.m. | Madison Living Room





Jeff Freling studied at Berklee School of Music and the UMKC Conservatory. Adam Schlozman teaches at the Jazz Guitar and Rhythm Section Lab at UMKC. Combining elements of 40s swing, 50s cool jazz, and original compositions, Jeff and Adam deliver an engaging musical experience on two guitars.

Michelle Miller & Danny Baker

Friday, Oct. 20 | 4 p.m. | Madison Living Room

Vocalist—and resident Bernadette Miller's talented daughter—Michelle Miller is back to sing for us with pianist Danny Baker. We'll also sign to her mom for her birthday.

Happy Hour with Michael Pagán Friday, Oct. 27 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy the always energetic Michael Pagán on piano.

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

October 7—The Last Picture Show (R) (1971)

In 1951, a group of high schoolers come of age in a bleak, isolated North Texas town. Stars Timothy Bottoms, Jeff Bridges, and Cybill Shepherd.

October 14—The American President (1995)

A widowed president running for reelection falls in love with an environmental lobbyist. Stars Michael Douglas, Annette Bening, and Martin Sheen.

October 21—The Big Chill (R) (1983)

A group of seven former college friends gather for a weekend reunion at a South Carolina vacation home after the funeral of another of their college friends. Stars Tom Berenger, Glenn Close, Jeff Goldblum, William Hurt, Kevin Kline, Mary Kay Place, Meg Tilly, and JoBeth Williams.

October 28—Young Frankenstein (1974)



In this Mel Brooks film, an American grandson of the infamous scientist is invited to Transylvania, where he discovers the process that reanimates a dead body. Stars Gene Wilder, Madeline Kahn, Marty Feldman, Cloris Leachman, and Teri Garr.

Remembrance Service

Wednesday, October 18 | 11 a.m. | Chapel

This is a time to remember those who have passed here at BSP and other losses close to our hearts. We light candles for the saints and share stories of their lives. Most of all, it is a time for us to come together to support one another.

Please make time to attend.

Gratitude Assignment

October gratitude assignment:

- In what ways have I enjoyed grace from a stranger or an acquaintance?
- What do I enjoy about the music Llisten to?
- Look at any personal photograph; what do
 I love and appreciate about who is in the photo?

Indigenous Peoples' Day and Columbus Day Monday, Oct. 9

The Biden Administration issued a proclamation declaring the second Monday of October Indigenous Peoples' Day, pronouncing it a "day in honor of our diverse history and the Indigenous peoples who contribute to shaping this Nation." The day is now federally recognized alongside Columbus Day, observed on the same day.

The effort to refocus Columbus
Day is a criticism of Christopher
Columbus and other explorers who
used violence and slavery during
their journey to the Americas.

Approximately 29 states do not celebrate Columbus Day, and 195 cities have renamed it or replaced

it with Indigenous Peoples' Day.

Jar, Santa Ana Polychrome, Santa Ana, New Mexico, ca. 1820. Nelson-Atkins Museum of Art.









The SCENE

RECENT EVENTS & PHOTOS









