



The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

MARCH 2024

Stay ACTIVE

Strengthen Your Bones

AARP recommends these exercises to keep bones strong.

Push-Ups

You can do push-ups against a wall, on bent knees, or on the floor. Perform the exercise three to five times, rest, and repeat.

Squats

Stand with feet hip-width apart, then slowly squat down. (Rest your hand on a sturdy object for extra balance.) Squat as far as you can, but not below your knees, then return to a standing position. Repeat eight to 12 times.

Walk and Stomp

Bones are stimulated when they're jolted. While walking, stomp each foot two or three times every 10 steps or so, imagining you are crushing a can.

Stair Climb

Stair-climbing increases bone density because it forces your body to resist gravity while strengthening the muscles. Use a handrail as needed and consider adding an occasional stomp.

Hip-Leg Lifts

Place your hand on a sturdy object and set feet hip-width apart. Shift weight onto your left foot, then straighten right leg and lift it out in front of you, about six inches off the floor. Do a set of eight to 12 lifts, then repeat with left leg.

A few words from the CEO



After watching the Chiefs in the regular season, how many of us thought they would win their second Super Bowl in a row and the third in five years? They finished the regular season with a 11-6 record, lost two of three games in December, and seemed to never find their rhythm as a team.

So-called experts were talking about all the problems with the Chiefs that included dropped passes, a struggling offensive line, and a defense susceptible to the run. They seemed to agree that the Chiefs might win one playoff game then be finished for this season because Mahomes couldn't win on the road.

Instead of listening to experts, the Chiefs under Andy Reid kept working to take care of the fundamentals of catching, blocking, and tackling. As each week brought another game where the Chiefs were the underdog, they showed their improvement in areas that were their nemesis during the regular season.

Think about the path to the Super Bowl: first, play Miami, a team that could score a ton of points. Then, go to Buffalo to play one of the league's most talented teams. After that, go to Baltimore to play what many considered the AFC's best team. Then came the Super Bowl and the 49ers, considered the best team in the NFL. The Chiefs met each challenge and are now being called a dynasty, participating in four of the last five Super Bowls.

Maintaining excellence is an amazing feat in any sport at any level, and those considered dynasties find a way to maintain their commitment and dedication to winning year after year. These teams take care of the small things and focus on the fundamentals, doing things the right way every day. This same formula applies to our community, as we want Bishop Spencer Place to be a dynasty in senior living, known for doing the small things each day, being a progressive community for our residents and our employees, and expecting to win year after year.

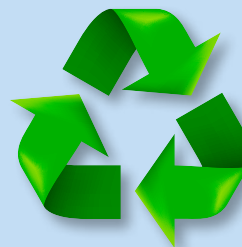
What another great year for the Chiefs, and what a great year 2024 is becoming for our family here at BSP. I thank you again for choosing this community as your home and for allowing us to work in your home.

Excellence happens when you try each day to both do and be a little better than you were yesterday.—Pat Riley

Louis

Tip of the Month!

From the BSP Environmental Committee



For those with gasoline powered vehicles: keep tires properly inflated, drive at a moderate speed, and avoid rapid accelerations as much as possible.

Think About Mental Health

Clinical psychologist Guy Winch, author of *Emotional First Aid*, offers these tips to improve mental health in 2024.

- **Rethink social media use.** Is social media helping or hindering your mental health?
- **Reconnect with a long-lost friend.** Loneliness affects physical and mental health. Social bonds are a remedy.
- **Develop empathy for someone else.** Try to answer these questions: *What makes this person happy? What makes them worried? What are their dreams? What experiences and emotions have shaped their world view? How are their thought patterns similar to mine?*
- **Schedule four activities each week.** Do something pleasurable, check a task off your to-do list (you'll feel much better once it's done), be social, and engage in physical activity.
- **Write a thank-you note.** Gratitude is linked to improved mental health.
- **Schedule "me time."** Plan 10 minutes twice a day to stretch, meditate, or go outside. You'll feel happier and more energized the rest of the day.

Little Green Folk

Leprechauns are one reason you're supposed to wear green on St. Patrick's Day. Folklore tradition says wearing green makes you invisible to leprechauns, who like to pinch anyone they can see.



Garden TIME

To March

by Emily Dickinson (1830-1886)

Dear March, come in!
How glad I am!
I looked for you before.
Put down your hat—
You must have walked—
How out of breath you are!
Dear March, how are you?
And the rest?
Did you leave Nature well?
Oh, March, come right upstairs with me,
I have so much to tell!

I got your letter, and the birds';
The maples never knew
That you were coming,—I declare,
How red their faces grew!
But, March, forgive me—
And all those hills
You left for me to hue;
There was no purple suitable,
You took it all with you.

Who knocks? That April!
Lock the door!
I will not be pursued!
He stayed away a year, to call
When I am occupied.
But trifles look so trivial
As soon as you have come,
That blame is just as dear as praise
And praise as mere as blame.



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

March 2024

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>3 p.m. The Bow Wind 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. Movie: Good Morning, Vietnam (R)—JLR</div>
<div>3</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>4</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: One-hit Composers—WR</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>3 p.m. Great Directions Group Meeting—WR</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>2 p.m. Movie Committee—P</div> <div>3 p.m. Great Courses—Ch 1851</div>	<div>7</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2 p.m. Dining Committee—CDR</div> <div>3 p.m. Speaker: Dr. Felicia Londré—WR</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>4 p.m. Beau Bledsoe Group—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 Odd } Couple—JLR</div>
<div>Daylight Saving Time Begins</div> <div>10</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>11</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: One-hit 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>4:30 p.m. Women's Gathering—P</div>	<div>13</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11-1 Marketing Event—CDR</div> <div>12-1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses—Ch 1851</div>	<div>14</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>3 p.m. Opus 76 Quartet—MLR</div>	<div>15</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>3 p.m. Irish Driscoll Dancers—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. Movie: Raiders of the Lost Ark—JLR</div>
<div>St. Patrick's Day</div> <div>17</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>18</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: One-hit Composers—WR</div>	<div>First Day of Spring</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. Nina Irwin Art—AC</div> <div>7 p.m. After-Dinner Music—MLR</div>	<div>20</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11 a.m. Resident Remembrance—CH</div> <div>11-1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses—Ch 1851</div>	<div>21</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1:30 p.m. Chair Volleyball—WR</div> <div>4 p.m. BSP Poetry Group—WR</div>	<div>22</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—WR</div> <div>10:30 a.m. Catholic Mass—CH</div> <div>3 p.m. Susie & Bill Goldenberg—MLR</div>	<div>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. Movie: The Frisco Kid—JLR</div>
<div>Palm Sunday</div> <div>24</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>25</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: One-Hit 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. Speaker: Sidonie Garrett—WR</div> <div>4:30 p.m. Men's Club—P</div>	<div>27</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11-1 p.m. BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Councilperson Andrea Bough—WR</div>	<div>Maundy Thursday</div> <div>28</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1 p.m. Coffee with Bishop—P</div> <div>2 p.m. Speaker: Dave Ekerdt—WR</div> <div>3 p.m. Maundy Thursday Services—CH</div>	<div>Good Friday</div> <div>29</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge & Games—P</div> <div>3 p.m. Good Friday Services—CH</div> <div>4 p.m. Happy Hour: Pianist Matt Villinger—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: Witness (R)—JLR</div>
<div>Easter</div> <div>31</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>						

Group activities subject to community status

Art Experience with
Nina Irwin

Tuesday, March 19
1 p.m. | Activity Center



Nina is back this month with another creative project. She has been coming to BSP with her art knowledge and her compassion more than a year, with classes in our independent living, assisted living, and skilled nursing areas. We are so fortunate to have her.

Reserve your spot with Helen at **816-595-5015**.



Nina received her BA in studio art from UMKC and is currently working on her MA in art history. In addition to her studio work, Nina teaches unique art and art history classes at her West Bottoms Studio and at the Nelson-Atkins Museum of Art. She is represented in collections regionally, nationally, and globally. You can learn more about Nina and her artwork at ninairwin.com.

We hope more of you can come to class; you don't need any training or artistic abilities, but you will certainly benefit from participating. Nina keeps amazing us with new art history topics each month as we learn how art weaves into our lives.

Art & Entertainment at BSP



Don Dagenais: One-Hit Composers

Mondays, March 4, 11, 18, & 25 | 3 p.m. | Westport Room

Don Dagenais recently taught a course at Bishop Spencer Place on the music and lives of great composers. But there are many composers who wrote just one or two hit pieces. Don brings music from some of these one-hit wonders.

Don has taught classes on classical music and opera for more than 30 years.

Saturday Book Club

Saturday, March 2 | 4 p.m.
Westport Room

Contact Clark with questions.



Poetry! Love It? Hate It?
Someplace In Between?

Thursday, March 21 | 4 p.m. | Westport Room

We have received a nice response on our Poetry Conversation Group flyer sent out in February. Please bring a favorite poem to either read informally to the group or simply come to listen and enjoy. **After this date, we will hold our meetings in the Pub after renovation is completed.**



Our two copies have arrived and are in the Madison Library: **Tenth Army Commander: The World War II Diary of Simon Bolivar Buckner Jr.**, a memoir of resident Bill Buckner's father.



Saturday Night
Movies

7:15 p.m. | Jefferson Living Room



March 2—**Good Morning, Vietnam (R)** (1987)

In 1965, an unorthodox and irreverent DJ (Robin Williams) begins to shake up things when he is assigned to the U.S. Armed Services radio station in Vietnam. He becomes wildly popular with the troops but runs afoul of management, who think he isn't G.I. enough. Loosely based on the experiences of DJ Adrian Cronauer.

March 9—**The Odd Couple** (1968)

A New Yorker (Jack Lemmon), newly separated from his wife, moves in with his best friend (Walter Matthau), a divorced sportswriter—but their ideas of housekeeping and lifestyles are as different as night and day. Based on Neil Simon's classic Broadway comedy.



March 16—**Raiders of the Lost Ark** (1981)

In 1936, archaeologist Indiana Jones (Harrison Ford) is hired by the U.S. government to find the Ark of the Covenant before the Nazis can obtain its awesome power.

March 23—**The Frisco Kid** (1979)

A Polish rabbi (Gene Wilder) travels through the Old West on his way to lead a synagogue in San Francisco and is befriended by a bank robber (Harrison Ford).



March 30—**Witness (R)** (1985)



While protecting an Amish boy—who is the sole witness to a brutal murder—and his mother, a detective (Harrison Ford) is forced to seek refuge within their community when his own life is threatened.



The Great Courses:
Post-Impressionism:
The Beginnings of
Modern Art

Wednesdays

March 6, 13, & 20

3 p.m. | Channel 1851

Two classes per week

We will finish this course on March 20.

Post-Impressionist artists radically broke with the artistic conventions of the past, developed entirely new ways of seeing and painting, and paved the way for abstraction in art and movements like Cubism and Modernism. Centered in France, and radiating outward to the larger world, Post-Impressionism forever changed the language, conception, and methods of painting, giving viewers new ways of perceiving and understanding visual experience.

Post-Impressionists produced some of the most beloved paintings in the history of art, from artists such as Paul Cézanne, Vincent van Gogh, Paul Gauguin, Henri Rousseau, and Henri de Toulouse-Lautrec.

Our instructor is the highly regarded Ricky Allman, a professor of painting and drawing at UMKC.

March Speakers

We are so pleased that resident Berit Lindboe has secured two Shakespearean speakers this month.

Dr. Felicia Londré

Thursday, March 7 | 3 p.m. | Westport Room



Dr. Felicia Londré is a theatre historian specializing in American, French, and Russian theatre and Shakespeare. She is Honorary Co-Founder of the Heart of America

Shakespeare Festival. She earned a BA at the University of Montana, an MA at the University of Washington, and a PhD at the University of Wisconsin. In 1999, she was inducted into the College of Fellows of the American Theatre at the Kennedy Center.

Dr. Londré's talk includes a slide presentation surveying the evidence relating to the authorship of the plays and sonnets of the author known as William Shakespeare.

Sidonie Garrett

Tuesday, March 26 | 3 p.m. | Westport Room



Sidonie Garrett is the Executive Artistic Director of the Heart of America Shakespeare Festival where she most recently directed *Romeo and Juliet*, *Shakespeare in Love*, and the previous

five season's productions. For HASF, she has directed collaborations with the Bach Aria Soloists, the Grammy Award-winning Kansas City Chorale, Kansas City Ballet, Kansas City Symphony, JCCC's Performing Arts Series, Kansas City Actors Theatre, KC Rep, and the Kansas City Museum.

Thank you, Berit!

RESCHEDULED

Councilperson Andrea Bough

Wednesday, March 27 | 2 p.m. | Westport Room



Prior to being elected to the Kansas City city council, Andrea Bough served on Mayor Sly James's transition team, chaired Mayor James' Commission on Ethics Reform, and served on the Charter Review Commission. She will speak on economic plans and TIF programs.

David J. Ekerdt, PhD

Thursday, March 28 | 2 p.m. | Westport Room



David J. Ekerdt is professor emeritus of sociology and gerontology at KU. From 1988 to 1997, he was associate director of the Center on Aging and associate professor of family medicine at University of Kansas Medical Center. He directed the Landon Center on Aging from 2003 to 2016. He teaches the sociology of aging and research methods.

Professor Ekerdt will speak on the "Politics of Social Security." Social Security provides Americans with financial protection against some of life's difficulties, paying benefits to millions of retired and disabled workers and their families and to families of deceased workers. The program had its last makeover in 1983 and is due for another if it is to serve the generations of the 21st century. Reform proposals are controversial, caught up in larger struggles about the role of government in American life. Will the fixes for Social Security mend it or end it?



Beginning Bridge + Games

Fridays, March 1, 8, 15, & 29 | 10 a.m. - Noon | Pub
Friday, March 22 | 10 a.m. - Noon | Westport Room

We are glad to hear we have some new players! Enjoy some treats and coffee at Bridge Scrabble Games with Christie Collier. **On March 22, we will move to the Westport Room due to construction but will meet in the Pub on all other Fridays.**



Women's Gathering

Tuesday, March 12 | 4:30 p.m. | Pub

Men's Club

Tuesday, March 26 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner!

Chair Volleyball

Thursday, March 21 | 2 p.m.
Westport Room

Chair Volleyball is back! We had a great group last month—even our CEO played! We need a minimum of eight players. Wear your comfy clothes and get ready for some laughs.



Name That Resident!

- I was born in Kansas City at The Willows.
- I'm a former English teacher.
- I'm a cat lover.
- My favorite hobby is connecting people.
- I was a lawyer.

(Last month's answer was Tony Batchelor!)

Bestselling BOOKS

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

Fiction

HOUSE OF FLAME AND SHADOW

Sarah J. Maas



GOTHIKANA

RuNyx

FIRST LIE WINS

Ashley Elston



THE FURY

Alex Michaelides

Nonfiction

THE WAGER

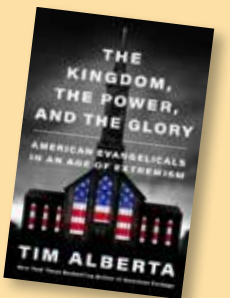
David Grann

OATH AND HONOR

Liz Cheney

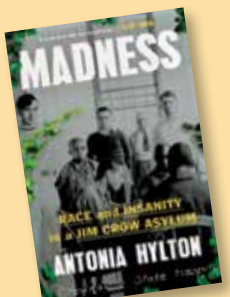
THE KINGDOM, THE POWER, AND THE GLORY

Tim Alberta



MADNESS: RACE AND INSANITY IN A JIM CROW ASYLUM

Antonia Hylton



Daylight Saving Time

Sunday, March 10 | 2 a.m.

Set your clocks ahead one hour!

Great Decisions Meeting

Tuesday, March 5 | 3 p.m.

Westport Room



Great Decisions is America's largest discussion program on world affairs. It is sponsored by the Foreign Policy Association and

has been in operation for nearly 70 years. The program involves reading the *Great Decisions Briefing Book*, watching the video series, and meeting in a Discussion Group to explore the most critical global issues facing America today. Each year, eight topics for the briefing book are chosen by a panel of experts.

Resident John Blevins held our first meeting in February to see if there would be enough interest at Bishop Spencer Place to create our own discussion group. After that meeting, it was decided we would have monthly meetings as we explore each of these topics.

It's never too late to join. **Please call or email John with any questions.** He also has an accompanying book you can purchase at a reduced rate.

John has participated in this series for several years and is an enthusiastic proponent of the program. There are so many well-traveled and worldly wise residents here that we expect both lively and informative conversations as we work our way through the topics.

You can see an overview of topics at tinyurl.com/GD-BSP-2024.

Music

Bow Wind Trio

Friday, March 1 | 3 p.m. | Madison Living Room

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

Beau Bledsoe Group

Friday, March 8 | 4 p.m. | Madison Living Room

Don't miss this flamenco show with the incredible Ensemble Iberica master, Beau Bledsoe, dancer Melinda Hedgecorth, and singer/guitarist Antonio Rojas.

Opus 76 Quartet

Thursday, March 14 | 3 p.m. | Madison Living Room

This incredible string quartet is made up of Keith Stanfield on violin, Zsolt Eder on violin, Ashley Stanfield on viola, and Daniel Ketter on cello.

Irish Driscoll Dancers

Friday, March 15 | 3 p.m. | Madison Living Room

The Driscoll Irish Dancers are so happy to be part of our Saint Patrick's celebration again this year. The competitive dancers have competed at regional and national championships, but performance is their first love.

Clayton DeLong & Adam Galblum

Tuesday, March 19 | 7 p.m. | Westport Room

Come enjoy an after-dinner drink and some nice tunes at our monthly Music in the Pub.

Susie & Bill Goldenberg

Friday, March 22 | 3 p.m.

Madison Living Room

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

Happy Hour with

Matt Villinger

Friday, March 29 | 4 p.m.

Madison Living Room

Have a glass on us and enjoy Matt Villinger on piano. Send Helen any musical requests.



Spiritual Wellness CORNER

When I was a teenager, I went on my first mission trip and received some cultural training from our leader that I have never forgotten. First, he encouraged us to use the phrase "that's different," whenever we encountered something unfamiliar or strange to us. He said that our instinct is to consider things unfamiliar to us as weird, but to the people we would get to know, these foods and customs were not weird; they were a way of life. Saying "that's different," was an inward reminder to be open in spirit toward our new friends.

Another bit of wisdom he shared was that learning a few hymns and phrases in Spanish would go a long way for showing respect and care toward our hosts. He explained that our native tongues are considered our heart language. And at the end of the day, no matter how much English the people of Mexico might know, they surely said their prayers and sang their hymns in the language of their hearts. To meet them there would be a gift of grace to them and to us.

I have come to think of religious expression as a language. I personally speak the language of Christianity. Maybe you speak the language of Judaism or Hindu or Unitarian Universalism or agnosticism. At the end of the day, my heart language will most likely always be Christian. But I hope to learn and speak a few phrases in your languages too.

What if we took on this practice as we engage with one another in this place we call home? We can practice this by simply being authentically human alongside one another, being willing to say, "that's different," instead of "that's weird," and believing there is value in each person's language, whatever it may be.

I'd love to know your heart language; please stop by anytime and teach me the phrases and prayers that are most important. Please know, whatever language you speak, you are always welcome to use the chapel space here. Sometimes we just need a place that is quiet and sacred to think or pray or simply be. It belongs to all of us. I hope you find solace there.

Chaplain Janette

Gratitude Assignment

March gratitude assignment:

- What opportunities have I been given that not many people have?
- What are my strengths?
- What gives me meaning in life?



Maundy Thursday Service

Thursday, March 28 | 3 p.m.
Chapel

Good Friday Service

Friday, March 29 | 3 p.m.
Chapel

Remembrance Service

Wednesday, March 20
11 a.m. | Chapel

This is a time to remember those who have passed 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.



