



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

JUNE 2024

Stay ACTIVE

Beginning Bridge + Games

Fridays | 10 a.m. – Noon | Pub

Come play Bridge with Christie Collier or tackle a Scrabble game and enjoy some fruit, sweets, and coffee.

Women's Gathering

Tuesday, June 11
4:30 p.m. | Pub

Men's Club

Tuesday, June 25
4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Chair Volleyball

Thursday, June 13 | 1:30 p.m.
Westport Room

Wear your comfy clothes and get ready for some laughs. We need at least eight players.

Thank you, KCS, for the superb flute and harp concert with Kayla and Katie!



A few words from the CEO



What a great time to call Saint Luke's Bishop Spencer Place your home or your place of work.

As we enter the month of June, we must recognize the successes in May, including obtaining approval from the State of Missouri for a new Memory Care unit that had been in the works for years; completing the flooring and ceiling in the Canterbury area; completing renovation of one therapy room and starting the second; approval to move forward with renovations of the Westport Room; and ordering new outdoor furniture. We also continue to improve numerous small areas each day. In June, our main therapy gym renovation will be complete and new equipment will arrive. Combine this with our new therapy partner and our rehabilitation program will become the standard in Kansas City.

We have initiated a new employee orientation program, are recognizing our staff in new ways, and are keeping a culture of transparency. The retention of great staff means a higher level of consistently great service to BSP residents, a higher quality of care, and the ability to continue to work on new projects to keep us moving forward as the place to live and the place to work. Several new employees joined us in May, and more begin in June as we move toward being fully staffed in all areas.

Two new residents moved into our independent living community in May, and we expect two or three additional residents in June. We have a long list of qualified prospects who have expressed a strong desire to make BSP their home. While our sales team continues to do a phenomenal job in events and community outreach, we have received several referrals from current independent living residents, and that is the highest form of confidence in our community.

We continue our commitment to address any concerns, recognize suggestions, and have conversations on all topics, understanding that we all want the best for this very special community.

I truly appreciate the support and commitment from each of our residents and the friendships that have developed. I am truly honored and humbled to be a part of the BSP family.

Louis Collier

We must take care of our families, wherever we find them.
—Elizabeth Gilbert

Environmental Message



A Primer About Plastics

Many of us at BSP care deeply about the environment, including me, a retired biochemist.

Based on their chemical composition, plastics are classified by a number, typically 1 to 7, with the number found within a triangle on the plastic object. Certain plastics are recyclable, which means that the chemical components can be reused to make new products similar to the old products. But this process can produce harmful byproducts, including toxic chemicals and carbon dioxide. Only somewhere between 5 – 18% of plastics get recycled, and the higher the assigned number of a plastic, the less likely it is to be recycled.

Plastics, unlike paper products, are not biodegradable, meaning that left to themselves they tend to accumulate in streets, landfills, and bodies of water. 86% of litter is plastic. An estimated 11 million metric tons enter the oceans each year.

About 80% of paper is recyclable and/or biodegradable. That compares to about 9% of plastics. And most of those plastics are single use. Some number 5 plastics are reusable, but to reuse them they must be collected and sanitarily cleaned before being used again.

Plastics are ubiquitous, useful, yet can be dangerous. We need to pay much more attention to how we are using them. Consider how all of us at BSP could work together to improve our community's utilization of plastics.

—Doug Rushing



Juneteenth

Wednesday | June 19

Juneteenth commemorates June 19, 1865, when Union soldiers led by Major General Gordon Granger landed at Galveston, Texas, with news that the war had ended and that the enslaved were now free, two and a half years after President Lincoln's Emancipation Proclamation.

Garden TIME

*In the cherry blossom's shade
there's no such thing
as a stranger.*

—Kobayashi Issa
Japanese poet

Kobayashi Issa was a Japanese haiku poet born on June 15, 1763. He is known for his works that reflect the human condition and everyday life, including his observations of nature and animals.

Thank you, Midori Houston.

Name That Resident!

- I once owned an old British sports car and it ran until I "fixed" it...
- I followed the Lewis & Clark Trail from St. Louis to Astoria, Oregon.
- I discovered single-malt scotch in a basement pub in Aspen after hiking there over the mountains.
- I rode an overnight train, with locals, across the edge of the Gobi Desert.
- I enjoy poetry.

*(Last month's answer was
Marjorie Frauenfelder!)*

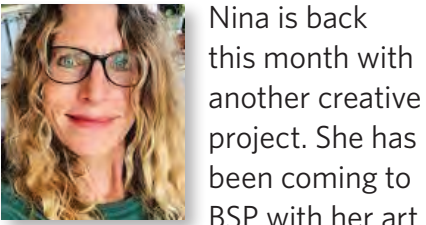
June 2024

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		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—P 4 p.m. Saturday Book Club—WR 7:15 p.m. Saturday Movie: Gosford Park—JLR</div>
<div>2</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>3</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Robert Butler Classic Movie: Belfast—WR</div>	<div>4</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. Great Decisions Group Meeting—WR</div>	<div>5</div> <div>10 a.m. Stretch & Strengthen—AC 12–1 p.m. BP Checks—MF2 1 p.m. Tai Chi—AC 2 p.m. Movie Committee—P 3 p.m. Great Courses—Ch 1851</div>	<div>6</div> <div>10:30 a.m. Strength & Balance—AC 1 p.m. Nina Irwin Art Experience—AC 2:30 p.m. Dining Committee— CDR</div>	<div>7</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 3 p.m. Betse & Clark Trio— MLR</div>	<div>8</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—P 7:15 p.m. Movie: Two Mules for Sister Sara—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 & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Robert Butler Classic Movie: Chicago—WR</div>	<div>11</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 3:30 p.m. KCS Larry Figg & Anne-Marie Brown—MLR 4:30 p.m. Women’s Gathering—P</div>	<div>12</div> <div>10 a.m. Stretch & Strengthen—AC 11–1 Marketing Event—CDR 12–1 p.m. BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses: World Heritage Sites—Ch 1851</div>	<div>13</div> <div>10:30 a.m. Strength & Balance—AC 1 p.m. Chair Volleyball—WR 4 p.m. BSP Poetry Group— WR</div>	<div>Flag Day 14</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 3 p.m. Millie Edwards & Friends—MLR</div>	<div>15</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—P 7:15 p.m. Movie: Bend It Like Beckham—JLR</div>
<div>Father’s Day 16</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>17</div> <div>10 a.m. Stretch & Strengthen—AC 11 a.m. DAR Meeting—WR 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—WR 3 p.m. Robert Butler Movie: The Princess Bride—WR</div>	<div>18</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Poet Elaine McMilian—WR 7 p.m. After-Dinner Music—MLR</div>	<div>Juneteenth 19</div> <div>10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 12–1 p.m. BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses—Ch 1851</div>	<div>20</div> <div>10:30 a.m. Strength & Balance—AC 11–1 Marketing Event—CDR 3 p.m. Speaker: Lisa McClendon—WR</div>	<div>21</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 1 p.m. Town Hall—WR 3 p.m. Kelly Hackleman, Virginia Backman, & Steve Lewis—MLR</div>	<div>22</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—P 7:15 p.m. Movie: The Prime of Miss Jean Brodie—JLR</div>
<div>23</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div> <div>30</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>24</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Pianist Dorothy Brandwein—MLR</div>	<div>25</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Bret Cortright—WR 4:30 p.m. Men’s Club—P</div>	<div>26</div> <div>10 a.m. Stretch & Strengthen—AC 12–1 p.m. BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses: World Heritage Sites—Ch 1851</div>	<div>27</div> <div>10:30 a.m. Strength & Balance—AC 2 p.m. Bus Leaves for Linda Hall Library</div>	<div>28</div> <div>9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 4 p.m. Happy Hour: Michelle Miller & Danny Baker—MLR</div>	<div>29</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—P 7:15 p.m. Saturday Movie: The Blues Brothers—JLR</div>

Group activities subject to community status

**Art Experience with
Nina Irwin**
Thursday, June 6 | 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 by calling Helen at **816-595-5015**.

Nina’s parents were both creative—an artist and a musician—and Nina grew up surrounded by classical music, art, and literature. But she spent a number of years in college, studying various subjects before finally focusing on art. You can learn more about Nina and her artwork at ninairwin.com.



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



Classic Movies with Robert Butler
Mondays | Westport Room

June 3 | 2 p.m. *Belfast* (2021)
A young boy and his working-class Belfast family experience the tumultuous late 1960s. Based on true events from writer and director Kenneth Branagh’s childhood.

June 10 | 2 p.m. *Chicago* (2002)
Two death-row murderesses develop a fierce rivalry while competing for publicity, celebrity, and a sleazy lawyer’s attention.

June 17 | 3 p.m. *The Princess Bride* (1987)
A bedridden boy’s grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles in this fantasy-comedy directed by Rob Reiner.



Linda Hall Library Exhibition
Chained to the Sky: The Science of Birds

Thursday, June 27
Bus leaves at 2 p.m. from Madison, 2:10 p.m. from Jefferson
Linda Hall Library’s acclaimed (and extended) exhibition explores the story of our relationship with birds from the past to present day. For millennia, birds have been deified, celebrated in art and song, hunted, mass-produced for food and feathers, and for a great many, sent to extinction. *Chained to the Sky* tells the story of the human relationship with the avian world, the threats birds face today, and what we can do to protect them.

The three-part ornithology exhibition features rare books from the library’s collection and items on loan from Chicago’s Field Museum that will give visitors one of the most comprehensive histories of ornithology assembled in North America.

Sign up with a concierge or Helen.

*Saturday Night
Movies*

7:15 p.m. | Jefferson Living Room



June 1—*Gosford Park* (2001)
A murder mystery at an English country manor in the 1930s, this is Julian Fellowes’s precursor to *Downton Abbey*.

June 8—*Two Mules for Sister Sara* (1970)

When a former Civil War soldier (Clint Eastwood) saves a nun (Shirley MacLaine) from a gang of bandits, they team up to help the Mexicans in their war against the French.



June 15—*Bend It Like Beckham* (2002)
Two ambitious girls (Parminder Nagra and Keira Knightley), have their hearts set on careers in professional football (soccer), despite their parents’ wishes.

June 22—*The Prime of Miss Jean Brodie* (1969)

An eccentric Scottish schoolteacher’s (Maggie Smith) ideas about life and love overly impress her young pupils and bring her into conflict with her school’s conservative headmistress.



June 29—*The Blues Brothers* (1980)
Jake Blues (John Belushi) rejoins with his brother Elwood (Dan Aykroyd) after being released from prison, but the duo has just days to reunite their old R&B band and save the Catholic home where the two were raised, outrunning the police as they tear through Chicago.



NEW COURSE
World Heritage Sites:
Exploring the World’s
Greatest Places
Wednesdays
June 5, 12, 19, & 26
3 p.m. | Channel 1851
Two classes per session

Since 1972, the United Nations Educational, Scientific and Cultural Organization (UNESCO) has designated locations of cultural and natural significance that are of outstanding value as World Heritage Sites.

UNESCO Sites include great archaeological sites, sublime works of religious architecture, monumental sculpture and painting, classic urban landscapes, masterworks of architecture and engineering, and our planet’s most magnificent natural features, physical and biological formations, and areas of noteworthy beauty and scientific value.

Lavishly illustrated with vivid color photos, artworks, film footage, diagrams, and maps, this course takes you on a journey covering six continents. The result is an enjoyable dive into extraordinary and memorable destinations for travel, study, and appreciation along with your guide, Justin M. Jacobs, Professor of History.

June Speakers

Writer and Poet Elaine McMilian
Tuesday, June 18 | 3 p.m. | Westport Room



Whether it's songs or the written word, Elaine McMilian has been a committed writer all her life. After earning an English/creative writing B.A. from UMKC, she performed as a vocalist in the greater Kansas City area in a variety of musical groups and genres. Recently, she has focused on writing poetry and essays, showcasing her works in her blog, *And Something More*. Read more of Elaine's writing at www.elainemcmilian.net. You can find her music at various sites online—just spell McMilian correctly!

Elaine and her husband, Gaylon Umbarger, retired KC Symphony percussionist, have several friends here at BSP. Please come meet her and experience her debut book of poetry, *Copper and Other Precious Metals*.



Poetry Group
Thursday, June 13 | 4 p.m.
Westport Room

Come give our poetry and casual conversation group a try. Bring a favorite poem to read informally to the group or simply come to listen and enjoy.

Reading or listening to poetry not only **stimulates emotional and aesthetic responses** but also enhances flexible thinking and the capacity to understand complex, multiple meanings, which can be beneficial in everyday decision-making.

Poetry has a **power to capture and communicate a message** like no other form of art. A poem can speak to important issues human beings care about: love, loss, inspiration, and so much more. It is also a form of art that is accessible to everyone.

RESCHEDULED
Professor Lisa McLendon
Thursday, June 20 | 3 p.m. | Westport Room



Lisa McLendon is back, this time to present "Why English Spelling Is Such a Train Wreck!" Why do words that are spelled similarly not rhyme? Why do words spelled differently rhyme?

There doesn't seem to be much rhyme or reason behind English spelling, but by looking at the history and origin of words we can make a little more sense of spelling.

Dr. McClendon is the William Allen White Professor of Journalism and Mass Communications and Faculty affiliate in the Center for Russian, East European, and Eurasian Studies at the University of Kansas.

Bret Cortright of War Horses for Veterans
Tuesday, June 25 | 3 p.m. | Westport Room



Bret Cortright is the Chief Operating Officer of War Horses for Veterans.

Through exceptional horsemanship, WHFV provides combat veterans, first responders and others the tools for personal and professional growth. They help veterans and first responders who experienced life-disrupting trauma to recover from their limitations, to repurpose their talents and abilities to a successful life, and to reintegrate into their families, workplaces, and communities. The organization envisions a community of active duty military, combat veterans, first responders, and others who support one another as each individual moves from trauma through recovery to a productive and sustainable life.

150th Kentucky Derby



Bestselling BOOKS

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

Fiction
THE WOMEN
 Kristin Hannah

FUNNY STORY
 Emily Henry

FIVE BROKEN BLADES
 Mai Corland

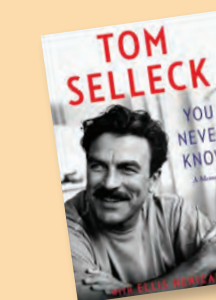
THE 24TH HOUR
 James Patterson

Nonfiction
THE DEMON OF UNREST
 Erik Larson

YOU NEVER KNOW
 Tom Selleck

THE ANXIOUS GENERATION
 Jonathan Haidt

THE END OF EVERYTHING
 Victor Davis Hanson



Great Decisions Meeting
Tuesday, June 4 | 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.

Resident John Blevins held our first meeting in February, and 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

Betse & Clarke Trio
Friday, June 7 | 3 p.m. | Madison Living Room
Join the Betse & Clarke Trio for what is always a toe-tapping good time. Betse is the daughter of our beloved friend, the late Bobbie Ellis.

Cellist Larry Figg & Violinist Anne-Marie Brown of KCS



Tuesday, June 11 | 3:30 p.m.
Madison Living Room
This delightful performance is a gift from the Kansas City Symphony. Don't forget to thank them for their continued generosity.

Millie Edwards & Friends
Friday, June 14 | 3 p.m. | Madison Living Room
Millie Edwards and Friends are back. Millie is one of the most acclaimed local performers on the jazz circuit.

After-Dinner Music
Tuesday, June 18 | 7 p.m. | Madison Living Room
Name That Tune with the KCS Quartet!

Kelly Ker Hackleman, Virginia Backman, & Steve Lewis
Friday, June 21 | 3 p.m. | Madison Living Room



It's an all-French program performed by some of the very best: Kelly Ker Hackleman on piano, Virginia Backman on flute, and Steve Lewis on horn.

Dorothy Brandwein
Monday, June 24 | 3 p.m. | Madison Living Room
Pianist Dorothy Brandwein has a new program for us. Dr. Brandwein was awarded a Doctor of Musical Arts in Piano Performance from UMKC. We're thrilled she's back!

Happy Hour with Danny Baker & Michelle Miller
Friday, June 28 | 4 p.m. | Madison Living Room
Have a glass on us while listening to Danny Baker and Michelle Miller, resident Bernadette Miller's daughter.



Spiritual Wellness CORNER

I'm curious about what summer is like when one is retired. You'll have to tell me: Do your routines change with the seasons, or do you enjoy a year-round rhythm that is less dictated by the culture's shifts in work and school demands?

Summer, to me, feels permissive. I enjoy using these months to try new restaurants (especially if I can dine al fresco), local events, and a good book with a mood that matches the weather. This year I'm hoping to maintain that spirit of curiosity and find something new to learn or observe. I especially love being a local tourist, taking in the things guests prioritize and I overlook. I'm wondering if you'd join me in treating this summer as an opportunity for spiritual connection. Spirituality is all about relationship; what new activities could we try that help us get to know ourselves, one another, the world around us, or a transcendent presence better? Here are some ideas to get you going if you're up for the challenge:

Juneteenth celebrates the end of slavery in the United States. Support black-owned businesses in the community (I recommend Blue Nile Café and BLK + BRWN. Bookstore), attend a Juneteenth celebration, or watch a Juneteenth Jamboree film on PBS. Visit juneteenthkc.com for a full line up of events across the city.

The summer solstice, the longest day of the calendar year, is observed with festivals and rituals all over the world. Celebrate by spending the long evening outside, consider your intentions for the year, or make a mandala with fresh greenery and flower petals.

The Ethnic Enrichment Festival happens August 16 - 18 in Swope Park. More than 60 organizations and communities provide food, music, crafts, and dance from around the world. Closer to home, films like *Babies* and *The Visitor* provide great cultural exploration.

Think of it as an opportunity to revisit the assignment you may have had in grade school every September: "What I did on my summer vacation." Keep an eye out for chances to strengthen your empathy skills, get to know yourself a little better, connect with the world around you, and consider questions of meaning and purpose.

I so look forward to hearing what you decide.

With love,
Chaplain Janette

Gratitude Assignment

June gratitude assignment:

- What event in my youth contributed positively to my current life?
- What aspect of my past has prepared me to handle my current challenges?
- Which childhood friends contributed to my happiness?



Saturday Book Club
Saturday, June 1
4 p.m.
Westport Room

Contact Clark with questions.



Remembrance Service
Wednesday, June 19
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 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.



