

# *The* **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

JULY 2024



 **Saint Luke's**  
BISHOP SPENCER PLACE



# Stay ACTIVE

## Exercise Snacks

Health experts recommend getting 150 minutes of exercise per week, which is usually translated as 30 minutes five days a week. But what if you can't find time for a full 30-minute workout? Try exercise snacks—short bursts of activity that last one or two minutes at a time.

Any activity or exercise that gets you out of your seat and moving for a minute or two counts as an exercise snack, including walking, sprinting, stair climbing, jumping jacks, chair squats, lunges, stationary bike riding, or pushups.

Recent studies show that exercise snacks can:

- Improve heart function
- Increase endurance
- Improve flexibility
- Improve muscle strength
- Reduce blood sugar levels

As with any exercise, it's important to be consistent. Try doing an exercise snack three times a day, seven days a week.



## A few words from the CEO



It is hard to believe we are entering the second half of 2024. Most of us think about hot summer days in July, referring to the Dog Days of Summer that occur July 3 – August 11, according to the *Old Farmers' Almanac*.

Why is this time called the Dog Days? This period of hot weather is aligned with the rising of Sirius, the Dog Star, part of the constellation Canis Majoris ("The Greater Dog"). Of course, the rising of Sirius does not actually impact our weather, but its appearance during the hottest part of the year affirms the story of Sirius will live on.

Aside from the sun, Sirius is the brightest star in the sky. Under certain conditions, Sirius can be seen with the naked eye during the day. I cannot not help but relate its brightness and relevance to Bishop Spencer Place, as we continue to be the brightest star of planned retirement communities in the KC area.

We continue to work together on a multitude of projects to keep Bishop Spencer Place at the forefront of retirement communities, a continued commitment our residents deserve. We have just completed the renovation of the therapy gyms, we're replacing concrete throughout the campus, the south parking lot will be resurfaced soon, the Westport room will begin renovations on July 8, and the Memory Care unit is under construction, along with several other projects.

Of all the activity, the most satisfying is that new residents are deciding to join our community on a regular basis. In addition, we currently have the lowest number of job openings in years, which means people are choosing Bishop Spencer Place as their place of employment. Both actions support our vision and the direction of our community and are a direct compliment to our residents and our staff.

Thank you for allowing us to work in your homes and for being a vital part of this great community.

Louis

*When time is running out and the score is close, most players are thinking, I don't want to be the one to lose the game, but I'm thinking, what do I have to do to win?"—Jerry West*

**REMINDER:** The Westport Room will be under renovation from July 8 to the end of the month.

## Tip of the Month!

### From the BSP Environmental Committee



Plant-based diets produce 75% less heat-trapping gas, generate 75% less water pollution, and use 75% less land than meat-rich diets. Vegetarian diets tend to have fewer calories, lower levels of saturated fat and cholesterol, and more fiber, potassium, and vitamin C. Vegetarians tend to have lower cancer rates.



**Tai Chi**  
**Mondays & Wednesdays**  
**1 p.m. | Activity Center**

*No class on July 1, 3, 23, & 24.*

**Blood Pressure Checks**  
**Wednesdays | Madison 2nd Floor**  
July 3, 10, 17, 24, & 31 12 – 1 p.m.



**BSP Committees**  
**Movie Committee**

Wednesday, July 3 | 2 p.m. | Pub

**Dining Committee**

Wednesday, July 3 | 2:30 p.m. | Canterbury Dining

**Resident Council**

Tuesday, July 9 | 1 p.m. | **Activity Center**

## Memorial Wall Plaques

With construction of the first-floor memory unit underway, the plaques in the Memory Garden have been relocated to the Bishop's Garden below the Canterbury dining patio. Commemoration to follow.



# Garden TIME

## Newly Old

To be newly old's  
Like a hazy day  
The smell of rain in sun

## Jenifer's Cat

Smoke walking around  
In silver cat feet slippers  
Evanescent girl

## Chapel

Hello, it's me here  
Like Adele song, wondering  
If you'd like to meet  
(after all these years. . . )

—haikus by Janette Rushing

## Name That Resident!

- I was born in Kansas City.
- I am a Libra married to a Libra.
- I have a registered hole in one (golf).
- My favorite book is *Catcher in the Rye*.
- My preferred music genres are classical, baroque, and classic rock.

*(Last month's answer was John Blevins!)*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>2 p.m. Chair Volleyball—WR</div>	<div>2</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>12 p.m. Bridge Luncheon—CDR</div>	<div>3</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>12-1 p.m. BP Checks—MF2</div> <div>2 p.m. Movie Committee—P</div> <div>2:30 p.m. Dining Committee—CDR</div> <div>3 p.m. Great Courses: World Heritage Sites—Ch 1851</div>	<div>Independence Day 4</div> <div>OFFICES CLOSED</div> <div>3:30 p.m. Pianist Humberto Sierralta—MLR</div>	<div>5</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge &amp; Games—P</div> <div>4 p.m. Joe Cartwright &amp; Vocalist Deborah Brown—MLR</div>	<div>6</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1-3 p.m. Open Bridge—P</div> <div>4 p.m. Saturday Book Club—WR</div> <div>7:15 p.m. Movie: Spaceballs—JLR</div>
<div>7</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>8</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Nina Irwin Art Experience—AC</div>	<div>9</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Resident Council—AC</div> <div>4:30 p.m. Women's Gathering—P</div>	<div>10</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>11 a.m. PPS Therapy 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: World Heritage Sites—Ch 1851</div>	<div>11</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>3 p.m. Speaker: Grant Mallet—CDR</div>	<div>12</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge &amp; Games—P</div> <div>10:30 a.m. Catholic Mass—CH</div> <div>3 p.m. Made in France Band—MLR</div>	<div>13</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1-3 p.m. Open Bridge—P</div> <div>7:15 p.m. Movie: Remains of the Day—JLR</div>
<div>14</div> <div>10 a.m. Holy Eucharist with Bishop Diane Bruce—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>15</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Robert Butler Movie: Sherlock Junior, Buster Keaton—JLR</div>	<div>16</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>3 p.m. Great Decisions Group Meeting—JLR</div> <div>7 p.m. Music: Pianist Candace Evans—MLR</div>	<div>17</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>11 a.m. Marketing Event—CDR</div> <div>11 a.m. Resident Remembrance—CH</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: Essential Italy—Ch 1851</div>	<div>18</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>4 p.m. BSP Poetry Group—P</div>	<div>19</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge &amp; Games—P</div> <div>3 p.m. Doug Talley Quartet—MLR</div>	<div>20</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1-3 p.m. Open Bridge—P</div> <div>7:15 p.m. Movie: Lilies of the Field—JLR</div>
<div>21</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>22</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>2 p.m. Robert Butler Movie: Stairway to Heaven, David Niven—JLR</div>	<div>23</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>4:30 p.m. Men's Club—P</div>	<div>24</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>12-1 p.m. BP Checks—MF2</div> <div>3 p.m. Great Courses: Essential Italy—Ch 1851</div>	<div>25</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>4 p.m. Trivia Thursday—P</div>	<div>Summer Olympic Games Begin 26</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge &amp; Games—P</div> <div>10:30 a.m. Catholic Mass—CH</div> <div>4 p.m. Happy Hour: Pianist Rich Hill—MLR</div>	<div>27</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>1-3 p.m. Open Bridge—P</div> <div>7:15 p.m. Movie: The Maltese Falcon—JLR</div>
<div>28</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>29</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Speaker: Tom Esselman—CDR</div>	<div>30</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>3 p.m. Speaker: Pat Contreras—CDR</div>	<div>31</div> <div>10 a.m. Stretch &amp; 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 Courses: Essential Italy—Ch 1851</div>			

Group activities subject to community status



Art Experience with  
Nina Irwin

Monday, July 8 | 2 p.m.  
Activity Center



Nina is back this month with another creative project. This past month she shared highlights from her trip to Budapest and wove it into her class. She has been coming to BSP with her art knowledge and her compassion for two years, 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](http://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 | 2 p.m. | Jefferson Living Room

This month we'll watch two classic films with our favorite movie critic. Robert has fascinating history to share about both.

July 15 | *Sherlock Junior* (1924)  
Buster Keaton, who also directed, plays a film projectionist who longs to be a detective.



July 22 | *Stairway to Heaven* (1946)  
In this British fantasy-romance, a wartime aviator (David Niven) must argue for his life before a celestial court.



2024 Summer Olympics  
Friday, July 26–Sunday, August 11

The 2024 Summer Olympics takes place in France, with Paris as the main host city and events in 16 other cities spread across metropolitan France, plus one subsite—for the surfing competition—in Tahiti.

The opening ceremony is scheduled for Friday, July 26, at 12:30 p.m. Kansas City time. It will take place outside a traditional stadium setting for the first time, with the parade of nations conducted as a boat parade along the Seine, and the official protocol to take place in a temporary mini-stadium.

This year's summer Olympic games features 329 events in 32 sports, including swimming, gymnastics, basketball, boxing, track and field, tennis, golf, football (soccer), volleyball, and equestrian events, plus four optional sports: breaking (also known as break dancing), skateboarding, sport climbing, and surfing.

Saturday Night  
Movies

7:15 p.m. | Jefferson Living Room



July 6—*Spaceballs* (1987)  
In this *Star Wars* parody, written and directed by Mel Brooks, a star-pilot for hire and his trusty sidekick must

come to the rescue of a princess and save Planet Druidia from the clutches of the evil Spaceballs. Starring Bill Pullman, John Candy, and Rick Moranis, with the voice of Joan Rivers.

July 13—*Remains of the Day* (1993)

In this film, adapted from the novel by Nobel Prize-winning author Kazuo Ishiguro, a butler who sacrificed body and soul to service realizes too late how misguided his loyalty was to his lordly employer. Directed by James Ivory and starring Anthony Hopkins and Emma Thompson.



July 20—*Lilies of the Field* (1963)  
A travelling handyman (Sidney Poitier) becomes the answer to the prayers of nuns who wish to build a chapel in the desert. Poitier won the Academy Award

for Best Actor for his performance in this film, becoming the first Black actor to win an Academy Award for a leading role.

July 27—*The Maltese Falcon* (1941)

San Francisco private detective Sam Spade takes on a case that involves him with three eccentric criminals, a gorgeous liar, and their quest for a priceless statuette. Adapted from the Dashiell Hammett novel, the film was written and directed by John Huston and stars Humphrey Bogart, Mary Astor, Peter Lorre, and Sydney Greenstreet.



Thank you, BSP Movie Committee!

Great Courses

Wednesdays | 3 p.m.  
Channel 1851  
Two classes per session



World Heritage Sites  
July 3 & 10

Lavishly illustrated with vivid color photos, artworks, film footage, diagrams, and maps, this course takes you on a journey of extraordinary destinations across six continents with guide Justin M. Jacobs, Professor of History.



NEW COURSE  
Essential Italy  
July 17, 24, & 31

This breathtaking travel journey lets you walk the streets and savor the heritage of Italy's premiere destinations of Rome, Tuscany, and Venice, with side trips to additional treasures of Italian civilization. Professor Kenneth R. Bartlett of the University of Toronto, an esteemed historian, scholar and cultural tour leader there for decades, uncovers the country's most memorable historic, cultural, and artistic riches.



# June Speakers



## Grant Mallet

Thursday, July 11 | 3 p.m.  
Canterbury Dining Room

Grant Mallet is the development officer and educator at The Land Institute, a non-profit research organization based in Salina, Kansas. The institute's work, led by a team of plant breeders and ecologists worldwide, is focused on developing perennial grains, pulses, and oilseed-bearing plants to be grown in ecologically intensified, diverse crop mixtures known as perennial polycultures. The Land Institute's goal is to create an agriculture system that mimics natural systems to produce ample food and reduce or eliminate the negative impacts of agriculture.



Grant Mallet was born and reared in western Kansas and Nebraska and carried his experience with farm culture to the University of Kansas, studying the history of agriculture. He has been a formidable educator ever since.

Please thank Patty Moore and Bob Inderman for introducing us!

## Poetry Group

Thursday, July 18 | 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.

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.



## Tom Esselman

Monday, July 29 | 3 p.m.  
Canterbury Dining Room



Tom Esselman began his nonprofit leadership career after working as a product development executive at Hallmark Cards for 22 years. In 2015, he became CEO of Connecting For Good, and a steering council member of the Kansas City Coalition for Digital Inclusion (KCCDI). In 2020 he negotiated a merger with PCs for People and worked as executive director of the organization for eight years, developing skills in fixed wireless broadband installations, computer refurbishing, distribution, tech support, and digital literacy training for low-income residents throughout the greater Kansas City region.

## Pat Contreras

Tuesday, July 30 | 3 p.m.  
Canterbury Dining Room



Pat Contreras is a candidate for Missouri State Senate, District 7. Pat grew up in Kansas City and earned two undergraduate degrees from St. Louis University and a Master of Public Administration from Columbia University. He joined the U.S. State Department as a foreign services officer, serving in Pakistan and Mexico. After his tour of duty in the foreign service, Contreras was appointed to the Jackson County Veterans Task Force in 2014. Since 2017, he has worked with civic and business leaders on the Boards of MOCSA (Metropolitan Organization to Counter Sexual Assault), Health Forward Foundation, and University Health.



## 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 from PB&J.

## Chair Volleyball

Monday, July 1 | 2 p.m.  
Westport Room

We need a minimum of eight players. Wear your comfy clothes. No keeping score, just fun and laughs!



## Women's Gathering

Tuesday, July 9 | 4:30 p.m. | Pub

## Men's Club

Tuesday, July 23 | 4:30 p.m. | Pub

It's been great to see so many more of you the last few months.



## Thursday Trivia

Thursday, July 25 | 4 p.m.  
Pub

Let's meet in the Pub for a rousing round of trivia. Get ready for questions from Louis and Helen!



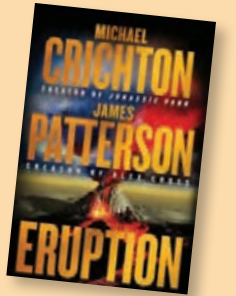
# Bestselling BOOKS

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

## Fiction

### ERUPTION

Michael Crichton  
and James Patterson



### CAMINO GHOSTS

John Grisham



### THE WOMEN

Kristin Hannah

### YOU LIKE IT DARKER

Stephen King

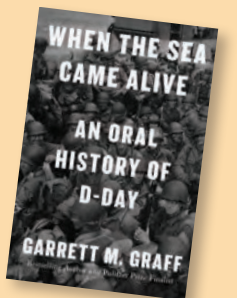
## Nonfiction

### THE ANXIOUS GENERATION

Jonathan Haidt

### THE DEMON OF UNREST

Erik Larson

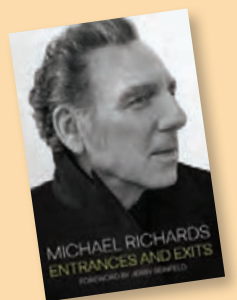


### WHEN THE SEA CAME ALIVE: AN ORAL HISTORY OF D-DAY

Tom Selleck

### ENTRANCES AND EXITS

Michael Richards





**Great Decisions Meeting**  
Tuesday, July 16 | 3 p.m.  
**Moved to the Jefferson Living Room**  
**this month.**



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](http://tinyurl.com/GD-BSP-2024).

*Music*

**Humberto Sierralta**  
Thursday, July 4 | 3:30 p.m. | Madison Living Room  
Celebrate Independence Day enjoying patriotic tunes with Humberto on piano.

**Pianist Joe Cartwright & Vocalist Deborah Brown**  
Friday, July 5 | 4 p.m. | Madison Living Room  
Joe and Deborah together? Lucky us! Deborah has performed in night clubs, concerts, jazz festivals, and on television and radio soundstages in more than 50 countries. Joe has been shining star of the Kansas City jazz scene for more than thirty years.

**Made in France Band**  
Friday, July 12 | 3 p.m. | Madison Living Room  
 Made in France Band is a group of French-speaking musician friends performing French classics. They may even get you dancing.

**After-Dinner Music: Candace Evans**  
Tuesday, July 16 | 7 p.m. | Madison Living Room  
For more than 20 years, pianist/vocalist Candace Evans performs a wide variety of musical genres, including jazz, classical, pop, Broadway, and ballads in top venues and events in the Kansas City area.

**Doug Talley Quartet**  
Friday, July 19 | 3 p.m. | Madison Living Room  
We love having them here! Doug Talley on sax, TJ Martley on piano, Tim Brewer on bass, and Keith Kavanaugh on percussion. Come enjoy!

**Happy Hour: Pianist Rich Hill**  
Friday, July 26 | 4 p.m.  
Madison Living Room  
Enjoy a refreshment on us before dinner.



*Spiritual Wellness*  
**CORNER**

Hi, friends. When I was ten, my family moved to a house in the country that sat on eight acres. The three in the front were kept well-manicured, and the five in the back were mostly pasture. We also had a swimming pool, a swing set, and a willow tree. I can remember climbing the willow tree with a book in hand and finding the perfect nook in the branches from which to sit and read. My dog lay on the ground below me. Occasionally I would sit on a blanket under the tree, but my favorite spot was inside it. I cried when a storm brought it down.

I spent many days on the swing set, sitting on the bucket swing with Dusty the puppy in my lap. It might have been minutes or hours—I don’t know which. All I know is that she fell asleep in my lap as I swung back and forth, back and forth. I got lost in daydreams, sometimes singing to myself, observing the clouds, feeling Dusty’s soft fur on my arms. It was in those moments when time slowed, and I remember feeling God for the first time.

Can you remember the first time you felt the presence of the divine? Tapping into those memories and experiences can often provide the roadmap for finding God again in the here and now. As an adult, I’ve learned to garden. I love getting dirt under my fingernails and seeing new seedlings sprout their leaves. Gardening feels like a spiritual practice, and is it any wonder that’s the case when my first experience of God took place under blue skies with grass underfoot? Put another way, gardening brings me back to the swing set and the willow tree.

Did you first feel the presence of something beyond yourself when you were outdoors, too? Or maybe you felt it in a house of worship, when you tasted something delicious, or when you spent time with a favorite pet. I invite you to reconnect with that early memory. What spiritual practice could you try out that mirrors the time you first felt that sense of wonder at something bigger than yourself?

My prayer for you all this summer is that your spirituality is nourished by familiar rhythms that connect you with God, yourself, and one another. May you rest in the presence of love within and around you.

With love,  
Chaplain Janette

*Gratitude Assignment*

- July gratitude assignment:**
- How have I grown as a person throughout my life?
  - What and who helped me through stressful situations?
  - Have I recently thanked friends and family members for all they do for me?



**Saturday Book Club**  
Saturday, July 6  
4 p.m.  
Westport Room  
Contact Clark with questions.



**Remembrance Service**  
Wednesday, July 17  
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. We hope you make time to attend.







# *The* **SCENE**

RECENT EVENTS & PHOTOS

