

# The Ambassador

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“Write it on your heart that every day is the best day in the year.”

— Ralph Waldo Emerson



## JANUARY HIGHLIGHTS

<b>Speaker Series: Steve Hughes, UBS</b> Tuesday, January 3, 3:00 Westport Room		<b>Ali Welton: Poetry Reading</b> Friday, January 13, 3:00 The Pub	
<b>Patricia Lyons &amp; Friends</b> Wednesday, January 4, 3:00 Madison Living Room		<b>Ryan Head: Classical Guitar</b> Tuesday, January 17, 3:00 Chapel of the Epiphany	
<b>Movie Classic: "L.A. Confidential"</b> Friday, January 6, 2:00 Westport Room		<b>Ron Achelpohl: MARC</b> Friday, January 20, 3:00 Westport Room	
<b>Dr. Melinda Estes Presents</b> Monday, January 9, 3:30 Westport Room		<b>Lunch &amp; Learn Series</b> Monday, January 23, 11:30 Westport Room	
<b>The Noteables</b> Wednesday, January 11, 1:00 Madison Living Room		<b>Donna Houtteman: Art History</b> Monday, January 23, 3:00 Westport Room	
<b>Chronic Disease Workshop</b> Wednesdays, January 11, 18, & 25 Westport Room, 2:00-4:30		<b>Omari Abdul-Alim: Violinist</b> Tuesday, January 24, 3:00 Madison Living Room	
<b>Lunch at Zoës Kitchen</b> Thursday, January 12 BSP bus departs at 11:15		<b>Union Station Trip: Pompeii</b> Thursday, January 26 BSP bus departs at 10:00	
<b>Lori Kesinger, KU Audio-Radio</b> Thursday, January 12, 3:00 Westport Room		<b>Speaker Series: Jolie Justus</b> Tuesday, January 31, 3:00 Westport Room	

### EXCITING ANNOUNCEMENT REGARDING BERT BATES!

Each year the University of Missouri recognizes prominent individuals, whether they have attended the university or not, by presenting them with honorary degrees. This year one was awarded to our own Mr. Bert Bates.

W. H. "Bert" Bates is best known for his longstanding and tireless record of civic, philanthropic and legal service. His work ethic has garnered him recognition as well as numerous honors, awards and leadership positions on countless boards and committees. He was named one of 24 "Living Legends" of Kansas City by *Ingram's* magazine in 1999.



Today, Bert continues to serve as senior counsel at Lathrop & Gage LLP's Kansas City office. We are so fortunate that, in all of his years as a BSP resident, Bert has been a steadfast promoter, supporter and champion for Bishop Spencer Place. Cheers to you, Mr. Bates! Congratulations and thank you!

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## DR. MELINDA ESTES, SAINT LUKE'S HEALTH SYSTEM

This month we have the pleasure of welcoming Dr. Melinda Estes, President and CEO of Saint Luke's Health System, as she discusses the forthcoming micro-hospitals within their Kansas City network. The initial structure will be in Overland Park and will contain eight beds for quick treatment, 24/7. The affiliation with Saint Luke's means they will be able to accept Medicare and Medicaid, whereas unaffiliated freestanding emergency centers cannot.

Dr. Estes has said, "We will be having a whole group of Saint Luke's emergency hospitals which will come into the market over the next couple of years. They look like any other hospital. It's just that in the scale, they're 17,000 square feet." The new hospitals will host an emergency room and acute care, as well as lab radiology, a Level IV trauma center and a pharmacy. They also will accommodate inpatient care, allowing patients to be monitored overnight when needed.

Plan to hear Dr. Estes speak with us about the future of micro-hospitals and more at **3:30 on Monday, January 9, in the Westport Room. Please arrive on time, this will be a full house!**



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## RYAN HEAD, CLASSICAL GUITAR



Ryan Head has studied with renowned Grammy Award-winning guitarist Sharon Isbin and has done graduate work at the University of Missouri-Kansas City Conservatory of Music. He has played the guitar for more than 20 years and has 14 years of experience with classical guitar. In addition to his classical training, he has played in bands and has varied experience with many guitar styles including rock, country, blues, Piedmont blues, slide guitar and ragtime.

Ryan is also a member of the Suzuki Association of the Americas as a registered trained teacher. He has served on the faculty at the Panhandle Guitar School in Kimball, Nebraska, and now teaches at Kansas City School of Music. We look forward to hearing his music at **3:00 on Tuesday, January 17, in the Chapel of the Epiphany.**

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## RON ACHELPOHL: MARC



The Mid-America Regional Council (MARC) is a nonprofit association of city and county governments and the metropolitan planning organization for the bi-state Kansas City region. Governed by a board of directors made up of local elected officials, MARC serves nine counties and 119 cities, providing a forum in which the region can work together to advance social, economic and environmental progress.

The group promotes regional cooperation and develops innovative solutions through leadership, planning and action.

Within MARC's management team is Ron Achelpohl (son of residents Clark and Ruth Achelpohl), who serves as the Director of Transportation and Environment. Ron Achelpohl oversees the transportation planning, land use, environmental planning and resource allocation processes, as well as initiatives to better manage and operate the region's transportation system, enhance the area's role as a trade center and strengthen public transit. Ron holds a bachelor of science in civil engineering from the University of Missouri and a master of science in engineering management from the University of Kansas. We're excited to learn about current issues from Ron at **3:00 on Friday, January 20, in the Westport Room.**







## CHAPLAIN'S CORNER

Out With The Old Year, In With The New!

2016 has been a challenging year. Months of campaigning marked by vitriolic rhetoric here at home, war, natural disasters and terrorist strikes all around the world.

2016 has been a blessed year. Toys “R” Us offered Quiet Shopping Hour for kids with autism. Michael Jordan donated \$2M to help bridge the divide between police and communities. An Afghan teacher began operating a bicycle library, delivering books to remote villages that lack schools. Two color-blind brothers saw color for the first time, thanks to new technology.

2017 will be a challenging year. And it will be a blessed year. The trick is to note the blessings even as we navigate the challenges, then to give thanks for the former and to ask for strength to deal with the latter.

*The LORD is my strength and my shield; in him my heart trusts;  
so I am helped, and my heart exults, and with my song I give thanks to him (Ps. 28.7)*

— Chaplain Kathy Hall

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### CHAPLAIN ANNOUNCEMENTS

**Roman Catholic Mass:** Father Bob Hagan will be here to celebrate Mass on Wednesday, January 4, at 9:30 a.m. in the Chapel of the Epiphany.

**Good Books:** We will meet on the last Monday of the month, January 30, at 3:00 in the Chapel of the Epiphany. We will be reading *A Hidden Wholeness: The Journey Toward an Undivided Life*, by Parker Palmer. Please join us!

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### LUNCH & LEARN!



Our popular Lunch & Learn series, *Turning Points in Modern History*, sheds light on how top discoveries and ideas since the year 1400 have shaped the modern world. Two 30-minute talks on DVD are followed by a group discussion. This session is at **11:30 on Monday, January 23, in the Westport Room. Lunch will be provided (for ten points), so please sign up with the concierge no later than Saturday, January 21, to reserve a delicious lunch by PB&J Restaurants.**

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### MOVIE CLASSIC “L.A. CONFIDENTIAL” WITH ROBERT BUTLER

*L.A. Confidential* is a 1997 American neo-noir crime film directed, produced and co-written by Curtis Hanson. The screenplay by Hanson and Brian Koppelman is loosely based on James Ellroy's 1990 novel of the same name, the third book in his L.A. Quartet series. Like the book, the film tells the story of a group of LAPD officers in 1953 and the intersection of corruption and Hollywood celebrity. The title refers to the 1950s scandal magazine *Confidential*.



See this movie classic starring Kevin Spacey, Russell Crowe and Kim Basinger at **2:00 on Friday, January 6, in the Westport Room.**

Coventry Calendar inserted here

Apartment calendar inserted here to cover two pages



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## CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

We are offering a six-week workshop designed to help our residents with ongoing health problems manage them more effectively. Anyone with a chronic condition such as diabetes, arthritis, heart disease, asthma or any other ongoing health problem should participate. Caregivers or family members who serve as caregivers are also welcome!



Topics include managing symptoms and emotions, problem-solving and goal-setting, better understanding of nutrition and medications, increasing strength and stamina and making overall informed decisions. The program was developed by Dr. Kate Lorig at Stanford University. Workshop participants demonstrate significant improvements in the areas covered and also report fewer hospitalizations and outpatient visits.



**Sign up soon, as this class is open to approximately 12-18 of our residents and will be held from 2:00-4:30 on six consecutive Wednesdays, beginning January 11 in the Westport Room. The interactive workshop is presented by Saint Luke's and funded by a grant. Please call the concierge to reserve your spot, but be sure you can commit to the full course! If you have any questions, please call Jo Hendrix.**

## SPEAKER SERIES: STEVE HUGHES

Our Speaker Series continues with Mr. Steve Hughes, certified financial planner and certified investment management analyst, as he discusses the current economic climate, among other topics. Steve is a graduate of Bowdoin College and the University of Kansas School of Business and is also a member of Bowdoin Career Advisory Network (BCAN).



We look forward to learning about the country's financial outlook at **3:00 on Tuesday, January 3, in the Westport Room.**

## POMPEII EXHIBIT AT UNION STATION

*POMPEII: The Exhibition* made its North American premier at Kansas City's historic Union Station. This exhibition examines the lives of residents of Pompeii before and after the catastrophic eruption of Mount Vesuvius on August 24, 79 A.D. Nearly 200 artifacts on loan from the collection of the Naples National Archaeological Museum are on display. It is believed that more than 2,000 people lost their lives in this tragedy.



We will travel back in time when Pompeii bustled as a commercial port and strategic military and trading city. In a media-rich, object-based, immersive experience, we will learn how the people of Pompeii lived, loved, worked, worshipped and found entertainment. There is even a simulated eruption to be experienced! **Sign up with a concierge, as the BSP bus will depart at 10:00 on Thursday, January 26.**



## THE NOTEABLES

The Junior League of Kansas City's renowned singing group — The Noteables — is back for a fun post-holiday performance! This special group has been performing for area communities for more than 35 years, and two of the original members are still part of the group!

Come hear their lively music at **1:00 on Wednesday, January 11, in the Madison Living Room.** They are led by a new director this year!



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## OMARI ABDUL-ALIM, VIOLINIST



"Once I decided that sharing my music with the world is what I wanted to do, I very soon began developing what are now my three primary mediums for doing so: performing, teaching and composing," Omari tells the culture website, *The Root*. His desire to teach started at an after-school program at Thurgood Marshall Elementary School in Seattle, his hometown. We will reap the benefits of this passionate violinist as he performs here at **3:00 on Tuesday, January 24, in the Madison Living Room.**

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## LUNCH AT ZOËS KITCHEN

Another chance for a lunch with friends, this month at nearby Zoës Kitchen, where each Mediterranean dish is made fresh daily. The **BSP bus will depart at 11:15 on Thursday, January 12.** Remember to sign up with a Jefferson or Madison concierge.



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## KANSAS CITY ART INSTITUTE'S DONNA HOUTTEMAN



Donna Houtteman is the leading voice behind the Art Sofa Series for Continuing and Professional Studies at the Kansas City Art Institute. Although she doesn't call herself an "art historian," her passion for art and enthusiasm for the history in which it was made is quite contagious. Donna leads more than 50 tours per year at the Nelson-Atkins Museum of Art and completed their rigorous docent-in-training program in 2002.

Ms. Houtteman will expand our basic knowledge of art and its history at **3:00 on Monday, January 23, in the Westport Room. This is not to be missed!**

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## PATRICIA LYONS RETURNS TO BSP

Patricia Lyons (or "Princess") has become an artist well-known for a velvety voice that can turn into a lion's growl when singing the blues. Patricia has had an extensive performing schedule throughout her career and you can find her on cruise ships and at jazz festivals, conferences and hotels. She has also toured with such acclaimed artists as B.B. King, Little Richard, Etta James, Eartha Kitt, Al Green and Gladys Knight, to name just a few. Welcome Patricia again at **3:00 on Wednesday, January 4, in the Madison Living Room.**



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## LORI KESINGER: UNIVERSITY OF KANSAS AUDIO-RADIO NETWORK



The Audio-Reader Network is a reading and information service for blind, visually-impaired and print-disabled individuals in Kansas and western Missouri. The network reads daily newspapers, magazines and best-selling books on the air and on the internet 24/7, and offers automated newspaper readings by telephone. Services are free to anyone in their listening area who is unable to read regular printed material.

Lori Kesinger, the program manager of KU's Audio-Radio Network, will share how this charitable service works at **3:00 on Thursday, January 12, in the Westport Room.**

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## COUNCILWOMAN JOLIE JUSTUS

Jolie Justus represents Kansas City's 4th District. For the 2015-2019 council term, Mayor Sly James has appointed Justus as Chair of the Airport Committee; Vice-Chair of the Finance and Governance Committee; Co-Chair of the Legislative Committee and member of the Transportation and Infrastructure Committee. She will update us on the district doin's at **3:00 on Tuesday, January 31, in the Westport Room.**



## GARDEN TIME

The gardens may be dormant now, but winter is a time for dreaming and planting for a new growing season. The Resident Council's Garden Committee, which is made up of people who are interested in the gardens, has primary responsibility for the Memorial Garden, tucked away between the Madison and Spencer buildings. Some members do actual planting, watering and deadheading, but that is not required. Meetings are held on the fourth Monday of most months at 2:00 in the Abbey. Please call Mrs. Jerry Wheeler, Chairman, if you would like to join the Garden Committee.



— Article written by Barbara Lee

## POETRY READING (AND A LITTLE TRIP DOWN MEMORY LANE)



We are in for a treat! Our very own caregiver with Windsor Care, Ali Welton, will be giving a new poetry reading of her own verses at **3:00 on Friday, January 13, in the Pub.**

Ali is pursuing her goal to be published one day and we can be the first to encourage her on her way to fame! See you there!

## HAPPY NEW YEAR!

### SUNDAY, JANUARY 1

#### BISTRO CLOSED

Brunch in the  
Canterbury Dining Room 11:00-1:00

#### HANUKKAH ENDS

### MONDAY, JANUARY 2

#### BISTRO OPEN

BUSINESS OFFICE & SALON CLOSED



### EMPLOYEE HOLIDAY FUND

A special thank you to all residents,  
family members, board members  
and others who donated to our  
Employee Holiday Fund —  
with much gratitude and appreciation  
for your support throughout the year!

**HAPPY 2017 TO YOU AND YOURS!**

## COMMUNITY ANNOUNCEMENTS AND MILESTONES

### JANUARY BIRTHDAYS

Phoebe Bunting	10	Dolores Gioia	26
Leslie Hoover	11	Evelyn Smith	26
Bob Solenberg	13	Jerre Steenhof	27
Mary Green	15	Marie Fellers	30
Frank Spurlock	16	Dave Zoller	30
Ken Kampfe	22		

## IT'S OFFICIAL!

Effective December 19, 2016, BSP is now part of the Saint Luke's Health System (SLHS). BSP is proud to join SLHS and SLHS is proud to have BSP as part of their family. As we move ahead together, the focus will remain on providing excellent care to all we serve.







## *COCKTAIL HOUR WITH PIANIST ROGER WILDER*

### COCKTAIL HOUR: MUSIC & WINE BAR

Friday, January 27, at 4:30

Madison Living Room/Canterbury Dining Room

Roger Wilder will perform while wine is served from 4:30-6:00.

You may choose to listen while you sit in the Pub, dine in the Canterbury Dining Room or enjoy wine & cocktails in the Madison Living Room! Daily special and full dinner menu is available, also with complimentary drinks.

### A FEW HIGHLIGHTS FROM OUR RECENT EVENTS

