



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

NOVEMBER 2023

 **Saint Luke's**
BISHOP SPENCER PLACE



**Food As Medicine
Everyday**

On Thursday, Nov. 9, Grace Hoffman, Food As Medicine Everyday (FAME) educator at Saint Luke’s Hospital, will be here to talk about nutrition (see page 8 for details). Here are some basic FAME principles.

- 1. Choose whole foods and low-processed foods.
- 2. Develop a diverse, primarily plant-based diet that is nutrient-dense, fiber-rich, and full of antioxidants.
- 3. Include lean meats from healthy animals.
- 4. Choose anti-inflammatory foods to reduce the risk of chronic disease, such as heart disease and Type 2 diabetes.
- 5. Understand individuals have unique food needs—no one diet is right for everyone.
- 6. Care about food and food production.

**Thanksgiving
Thursday, Nov. 23**

BSP offices will be closed.



A few words from the CEO



First and foremost, I would like to personally say thank you for being a resident of our community. I am truly grateful for each one of you who have chosen Bishop Spencer Place. I know that you could choose any community for your home, and you chose to be here and to be the foundation of BSP.

The mornings have become cool, and the trees are turning as we have moved into the third season of 2023. The transformation of the fall season is always a reflection of the constant changes that we each have in our lives. We also must remember that we have the ability and responsibility to impact others and to assist in creating change in someone’s life.

We are focused on creating an environment in which we all work together for the continued advancement of our community. We should always feel comfortable sharing ideas, suggestions, or concerns in a manner that demonstrates and fosters a true team approach, and I am always available to discuss and listen. We are currently hard at work planning a busy, exciting, and rewarding 2024, and we are seeking your input to help Bishop Spencer Place remain one of the premier retirement communities in Kansas City.

We are committed to creating programs, activities, and events that keep each of you engaged and energized. Everyone has a story, and everyone has preferences that must be recognized and respected. As we continue receiving your input, we will work toward implementing meaningful change. Change can be exciting, challenging, or both—just like the changing of the seasons. We will work together with a foundation of transparency and trust, as we look toward an exciting time at Bishop Spencer Place.

I am truly honored to be a part of this community. Looking to the future of our community by building on the foundation of excellence is energizing and exciting to me, and I’m eager to share that with the greater Kansas City community.

Don’t judge each day by the harvest you reap, but by the seeds that you plant.—Robert Louis Stevenson

Louis Collier

**Art Reception: Kellie Bloxsom
Thursday, Nov. 2 | 4 p.m. | Art Gallery**



Kellie Bloxsom is a graduate of the Kansas City Art Institute and a senior designer at Hallmark Cards. She is originally from Flint, Michigan.

Kellie says, “My inspiration for my work comes from observing colors and shapes in the world around me. I am drawn to create pieces that have an imperfect, simple, honest quality. My primary medium is collage. Collage allows me the ability to combine painting, drawing, mark-making, and cut paper into one final package. I work in tandem, creating both abstract and icon pieces. In my abstract work, I let my intuition lead the direction of the piece.”



**Chorus Practice
Thursdays, Nov. 16 & 30
1 – 2 p.m. | Chapel**

BSP Chorus Practice starts again in anticipation of the Christmas program.

Name That Resident!

- I was born in Jefferson City, Missouri.
- With my bachelor’s and master’s degrees in English, I taught at several Kansas City schools.
- I was a copywriter, then started my own agency, Wordworks Advertising.
- My husband and I traveled to many locales, including Siberia, Alaska, Paris, Senegal, and more!
- I have two daughters.

(Last month’s answer was Sharon Bevins!)



*I see from my house by the side of
the road
By the side of the highway of life,
The men who press with the ardor
of hope
The men who are faint with the strife
But I turn not away from their smiles nor
their tears
Both parts of an infinite plan—
Let me live in a house by the side of
the road
And be a friend to man.*

**From *The House by the Side of the Road*
by Sam Walter Foss.**



I grew up on a farm in Eastern Oregon. We raised sugar beets, potatoes, and onions.

But my fondest memory is Mama’s raspberry patch and Papa’s big flower garden! Dahlia flowers the size of dinner plates, gladioli, sweet peas, California poppies, and lilacs, just to name a few.

Our house was shabby—no running water nor indoor plumbing. But we had the beautiful flower garden!

We lived right on Highway 20. Often, people would stop to admire the garden. Papa always fixed them a pretty bouquet of flowers. They offered to pay, but just seeing them happy was reward enough for him.

—Midori Houston

P Pub
WR Westport Room
Ch 1851 Channel 1851 on your Spectrum TV

Art Experience with Nina Irwin

Friday, Nov. 10
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**.

You don't need training or artistic abilities, but you will benefit from participating.



The Great Tours: France through the Ages

Wednesdays

Nov. 1, 8, 15, 22, & 29
3 - 4 p.m. | Ch 1851
Two classes per week.
Final class Nov. 29.

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.

Art & Entertainment at BSP



Don Dagenais: Music and Lives of the Great Composers & Presidential History

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

Don finishes his Great Composer series with these sessions:

Nov. 13—Puccini and Vaughan Williams

Nov. 20—Barber and Glass

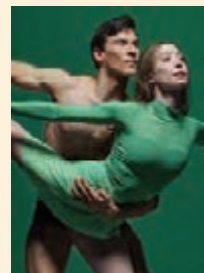
But Don is not leaving us! He returns with a series on presidential history, Nov. 27 and the first three Mondays in December.

Nov. 27—The History of American Presidential Campaigns

This course will give a history of American Presidential campaigns dating back to the beginning of the country, particularly those that have changed the course of our history. The course is non-partisan and will be illustrated by items from the instructor's own collection of political memorabilia dating back to the election of 1820.

Kansas City Ballet's Second Company

Wednesday, Nov. 8 | 2 p.m. | Canterbury Dining Room



Ballet comes to BSP! An interactive demonstration offers a range of ballets, narrated by KC Ballet directors and performed by KC Ballet's Second Company. They will perform in the Canterbury Dining Room. Seating is limited so you may want to watch over the living room balcony. Thank you to the Ballet and April Barry for this presentation.

Classic Movie with Robert Butler: The Passion of Joan of Arc (1928)

Tuesday, Nov. 28 | 2 p.m. | Westport Room

This French silent film is based on the actual trial record of Joan of Arc. It is considered one of the greatest films of all time, with unconventional lighting, camera work, and a beautiful choral soundtrack.



Thanksgiving May Be the Best Holiday Yet

by Bernie Jones



Thanksgiving Day is an immortalized, sacred time in the history of our country. It was the first time that the Pilgrims celebrated the end of their first harvest season, which was a traditional day in England. So we have to give the English credit for this wonderful holiday. The Pilgrims were having their first annual tradition of giving thanks for the bountiful harvest and historic first Thanksgiving in this new land by inviting the local Native Americans (probably from the Wampanoag tribe) come to break bread.

It had the makings of one of the first really great things that had happened in this new world. Today, we could look upon it as our probable first miscue in our relationship with all indigenous people. It would not be long until more Europeans began to migrate to the new world and push them off their sacred lands, turning potential friendship into war.

War would also start, of course, with the Revolutionary War, followed by the War of 1812, to defend ourselves between those who remained in England. Then in 1861, the horrors of the Civil War began, bringing us days of commemoration of that war for many years forward. Then, we would run headlong into the First World War—a war to end all wars! It did, though, segue us into another great holiday. That was the recognition of all our heroic men and women who fought in all wars.

World War I formally ended at the 11th minute of the 11th hour of the 11th day of the 11th month of the year in 1918 and gave us a holiday that we all grew up with as knowing it to be Armistice Day. World War II would give us a problem of what to do with celebrating the Armistice Day of 1918 fame. A solution became evident, and in

1954, Armistice Day was renamed Veterans Day and honored all American veterans of all wars. In 1971, Congress passed the Uniform Monday Holiday Act, which moved Veterans Day to the fourth Monday in October. But President Gerald Ford signed a law that returned the annual observance of Veterans Day to its original date of November 11th, beginning in 1978.

Now this doesn't come in the category of special events, and we are blessed that we are spared from a major election this year, but another big day occurs nearly every November—Election Day.

So two great events are always celebrated in November, and ironically, they are at the extremes of the holidays we are usually accustomed to. On Thanksgiving, we honor those things for which we give thanks, while on Veterans Day, we honor those who gave their lives in war. Thanksgiving is one of the great holidays that gives us a positive approach to life—giving thanks for all our blessings and wonders that never cease to amaze us.

It is a great occasion having turkey, dressing, cranberries of some nature, mashed potatoes swirled in gravy, sweet potato concoctions, and fabulous pumpkin or pecan pies—always hard to pick that one. And if you wish, you can fix a meal from scratch, slowly losing your mind. No toys for the grandchildren or much more elaborate toys for the adult children—and no returns or exchanges. How could Thanksgiving not be the best holiday of the year?

I wish all of you a very Happy Thanksgiving.



November Speakers

Ed Matheny: *The Pursuit of a Ruptured Duck*

Monday, Nov. 6 | 2 p.m. | Westport Room



BSP Resident Ed Matheny's book, *The Pursuit of a Ruptured Duck*, serves as a "Who's Who" of Kansas City by recalling stories of the WWII service of well-known locals, such as H.G. Kaufman, Henry W. Bloch, Cliff Jones, James M. Kemper, Jr., Clinton W. Kanga, Jr., and William H. Dunn, Sr. These men returned with a small lapel pin, a memento of their days spent in the service, embossed with an American eagle—called a "ruptured duck." Ed presents a narrative on his book via DVD.

Pilot Marianne Roper

Tuesday, Nov. 7 | 3 p.m. | Westport Room

Marianne Roper received her private pilot's license in 1963 and continues to love flying. The 80-year-young Marianne was featured in a social media post from Saint Luke's, crediting, in part, her doctors for her recovery from breast cancer, liver cancer, and heart bypass surgery. She still flies and works with Challenge Air, created to change the perception of children with special needs through the gift of flight, and the Airline History Museum group. Come meet this wonderful woman.



Grace Hoffman of Saint Luke's

Thursday, Nov. 9 | 3 p.m. | Westport Room

Grace Hoffman is the Nutritional Health Coordinator and Food As Medicine Everyday (FAME) Educator at Saint Luke's Muriel I. Kauffman Women's Heart Center. Grace has been teaching the FAME series since 2021 and even broadcasts live cooking and interactive

nutrition lessons. Grace shares her skills and passion with other disciplines within Saint Luke's, community organizations, and the UMKC School of Medicine, spearheading the national push to increase nutrition education among medical students, residents, and fellows.



Her presentation will include a demonstration of two nutritious treats you can make at home.

Mina Steen

Thursday, Nov. 16 | 3 p.m. | Westport Room



Mina Steen is a lifelong Kansas Citian and friend of Bishop Spencer Place. Her grandfather, Harry W. Colmery, wrote the initial proposal for the G.I. Bill.

Mina is delighted to share the story behind the G.I. Bill of Rights. It is one way she can repay her family for a wonderful upbringing and honor the sacrifices made by so many over the years.

Councilperson Andrea Bough

Tuesday, Nov. 21 | 3 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's Commission on Ethics Reform, and served on the Charter Review Commission.



Andrea received her B.S. in Political Science from Missouri State University and a J.D. from UMKC. She is a member of the Missouri Bar, the Kansas Bar, and the KC Metropolitan Bar.

She will speak on economic plans and TIF programs.



Beginning Bridge + Games

Fridays | 10 a.m. – Noon | Pub

We're adding new players to our weekly games! Beginning Bridge (with Christie Collier) and Games continues—enjoy some treats and coffee from PB&J. Join our Scrabble group or if there is another board game you'd like to add, please let Helen know.

Women's Gathering

Tuesday, Nov. 14 | 4:45 p.m. | Pub



Remember our Women's Gathering is the second Tuesday of each month and moved to 4:45 pm this month, following the Lyric Arts Trio. Come for some treats and lively discussion before dinner!

Tip of the Month!



From the BSP Environmental Committee

Try to stop drinking bottled water. Use your refillable containers and consider a water filter such as Brita. According to the Container Recycling Institute, Americans throw away more than 60 million plastic water bottles every day. Most end up in landfills, gutters, and waterways.

Special Presentation

Dr. Ted Higgins

Thursday, Nov. 30 | 3 p.m.

Westport Room



Retired vascular surgeon Dr. Ted Higgins runs a surgical center in Haiti that generally sees upwards of 20,000 patients per year. He says the humanitarian

crisis the country faces is making it difficult for the Higgins Brothers Surgicenter for Hope to get patients the care they need.

Ted has had a heart for Haiti since 1981. During his fourth year of residency at Yale, he and his wife, Kim, spent a three-month rotation at Hospital Albert Schweitzer in Deschapelles, Haiti. They were touched by the Haitian people, their culture, and their needs.

Ted began annual trips to the Dominican Republic, where teams provided health care to sugar cane cutters and their families in the bateys. Seeing surgical needs of all kinds, Ted began operating in a borrowed clinic in 1992. In 2016, the Higgins Brothers Surgicenter for Hope opened, named for Ted's father, Edward, and uncle, Paul, both surgeons.



This is a presentation and learning experience you won't want to miss—ask Bill Buckner and our CEO, Louis Collier, who listened to Ted's story at the Vanguard Club last month.

Wisdom

This month we're sharing more words of wisdom from BSP residents.

Serve as you wish to be served.
When you breathe in, breathe in peace. When you breathe out, breathe out love.

—John Blevins

From my grandfather: Anything worth doing is worth doing right.

T.S. Eliot: For us, there is only the trying. The rest is not our business.

—Carol Chatten

As a doctoral student in Counseling/ Psychology, from my professor, Dr. Dunlop: Hey, Chatten, shut up and listen!

—Roger Chatten

When I was little, a friend of my parents' gave me a crystal sherbet dish with silver filigree that was kept in the china cabinet. When we had dessert, mine was served in my special dish. One time, as I carried it to the kitchen, I dropped it, and it broke. I cried but don't remember being scolded.

As I thought about this growing older, I realized it wouldn't have broken if I hadn't used it or known it was special. This has shaped how I think about special things. If I never use them, nothing can happen. If I do use them, I can recall what they mean to me, and I will have those memories.

—Mary Carey

Resilience and positivity are so important! When we practice them, life is easier and becomes better daily.

—Sheila Cone

Music



Bach Aria Soloists

Friday, Nov. 3 | 1 p.m. | Chapel

BAS is the adventurous ensemble dedicated to performing Bach, Baroque music, and composers Bach inspired. We are fortunate they are back with us again.

followed by

Tim Whitmer Trio

Friday, Nov. 3 | 4 p.m. | Madison Living Room

We'll celebrate our dear friend Tim's birthday along with his trio.

Tom's Town Band

Friday, Nov. 10 | 4 p.m. | Madison Living Room

Kent Rausch and the band are back. They will also play songs to honor our veterans.

Lyric Opera to Go

Tuesday, Nov. 14 | 4 p.m.

Madison Living Room



Join this incredible group of artists for a program of opera and musical theater favorites. Please thank their outreach department after you enjoy their performance.

Kansas City Symphony String Quartet

Friday, Nov. 17 | 3 p.m. | Madison Living Room

Our wonderful friend Susie Yang is bringing a string quartet through their Community Connections program. Thank her and the quartet for their generosity.

Happy Hour with Joe Cartwright



Friday, Nov. 24 | 4 p.m.

Madison Living Room

Have a glass on us and enjoy BSP favorite Joe Cartwright on piano.

The Harvest Moon

Henry Wadsworth Longfellow

It is the Harvest Moon! On gilded vanes

And roofs of villages, on woodland crests

And their aerial neighborhoods of nests

Deserted, on the curtained window-panes

Of rooms where children sleep, on country lanes

And harvest-fields, its mystic splendor rests!

Gone are the birds that were our summer guests,

With the last sheaves return the laboring wains!

All things are symbols: the external shows

Of Nature have their image in the mind,

As flowers and fruits and falling of the leaves;

The song-birds leave us at the summer's close,

Only the empty nests are left behind,

And pipings of the quail among the sheaves.

Henry Wadsworth Longfellow (1807-1882) wrote many lyric poems known for their musicality, often presenting stories of mythology and legend. He became the most popular American poet of his day.

Remembrance Service

Wednesday, Nov. 15 | 11 a.m. | Chapel

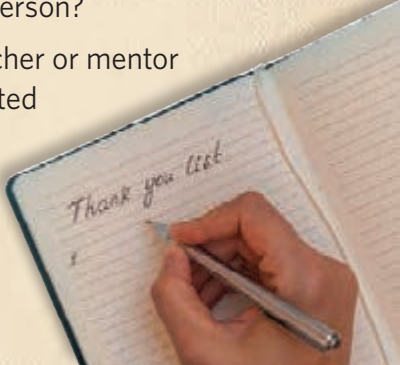
This is a time to remember those who have passed here at BSP and other losses close to our hearts. We light candles for the saints and share stories of their lives. Most of all, it is a time for us to come together to support one another. Please make time to attend.



Gratitude Assignment

November gratitude assignment:

- Who has been a source of strength in my life?
- Which family members have made me a better person?
- Who is a teacher or mentor who contributed positively to my life?



Saturday Night Movies

**7:15 p.m.
Jefferson Living Room**



Nov. 4—Moonstruck (1987)

A bookkeeper from Brooklyn falls for the brother of the man she has agreed to marry.

Nov. 11—Fried Green Tomatoes (1991)

An unhappy housewife befriends a woman at a nursing home and is enthralled by the tales she tells of people she used to know.

Nov. 18—The Best Exotic Marigold Hotel (2011)

British retirees take up residence in an Indian hotel that is less luxurious than advertised.

Nov. 25—Calendar Girls (2003)

A Women's Institute chapter raises funds for a local hospital by posing nude for a calendar.

