# 

SAINT LUKE'S BISHOP SPENCER PLACE

**DECEMBER 2023** 





#### **Staying Active During the Holidays**

The holiday season is a busy time, and often our fitness routines get disrupted—or abandoned. The Centers for Disease Control and Prevention offers these tips to sneak in fitness during the holidays:

- **1.** On shopping trips, walk a few quick laps around the shopping center or store before beginning to shop.
- **2.** Take the stairs whenever possible. If you can't climb all the way to the top, take the elevator part of the way, then take the stairs the rest of the way.
- **3.** When you gather with family or friends, go for a group walk or play a group game that gets you up and moving.

Christmas Monday, Dec. 25, 2023

**New Year's Day** Monday, Jan. 1, 2024

BSP offices will be closed.

#### A few words from the CEO



As we wind down for the holidays and new year, I wish only the best for you and your family. The holiday season can represent wonderful and joyful memories with friends and family, and it can also be stressful and challenging at the same time. At this time of year, it is also a refreshing reminder of the family that we have here at Saint Luke's

Bishop Spencer Place. I am so grateful for each one of our residents and our employees as we work *together* to continually improve our community.

I am very proud of some of the projects and changes that we have accomplished in the past few months, and I am very excited about 2024 as we welcome new residents to our community, expand our activities, and improve our services and campus. I truly believe that 2024 will be a memorable year for all of us at Bishop Spencer Place as we continue our work together with a foundation of transparency and trust.

At this time of year, I am reminded of the following quote from the book Life, the Truth, and Being Free by Steve Maraboli:

When a new day begins, dare to smile gratefully. When there is darkness, dare to be the first to shine a light. When there is injustice, dare to be the first to condemn it. When something seems difficult, dare to do it anyway. When life seems to beat you down, dare to fight back. When there seems to be no hope, dare to find some. When you're feeling tired, dare to keep going. When times are tough, dare to be tougher. When love hurts you, dare to love again. When someone is hurting, dare to help them heal. When another is lost, dare to help them find the way. When a friend falls, dare to be the first to extend a hand. When you cross paths with another, dare to make them smile. When you feel great, dare to help someone else feel great too. When the day has ended, dare to feel as you've done your best. Dare to be the best you can—at all times, dare to be!

Wishing you the very best and happy holidays. Looking forward to the new year!

Louis Collier

#### **Art Reception: Lorrie Eigles** Thursday, Dec. 19 | 4 p.m. | Art Gallery



Lorrie Eigles's award-winning abstract art has been in many solo and group art exhibitions. Collected in both private and public collections, including the Stowers Institute for Medical Research, Lorrie works with intuitive line and

shape reminiscent of Miró and Kandinsky. She creates her flowing imagery with color pencil and ink on white Bristol paper. Her "Metallic" drawings are silver and gold paint markers on black paper.

Lorrie has a Bachelor of Arts in American studies, sociology, and art, and a Masters of Education in ounseling from Southern Illinois University. She can be contacted through her website lorrieeiglesart. **com**, or contact Helen.



#### Michelle Goforth: Enable Dental Thursday, Dec. 7 | 1 p.m. | Westport Room

Michelle Goforth will share information about the mobile dentistry program that allows Enable Dentistry to perform



routine dentistry work inside independent living communities. We will gauge whether there is enough interest to bring Enable to Bishop Spencer Place.

#### **Name That Resident!**

- Before I settled in Kansas City, I was a nomad, moving from Chicago to Boston to New Haven to Charlottesville to Arcata, California, back to Charlottesville, and then to Kansas City.
- My cane comes from a shop that was one block from Mozart's birthplace.
- My silver tabby was named Seymour.
- My morning walk is still 2+ miles.
- (Last month's answer was Katie Gusewelle!)







#### From our Garden Committee **Co-Chairs:**

Thank you to all our members who helped water and maintain the Memory Garden over our hot summer months: Elisabeth Batchelor, Carol Chatten, Marvin Newton, and Midori Houston.

Take a well-deserved break!

#### **BSP** Chorus



Rehearsal: Thursday, Dec. 7 1 p.m. Chapel

Concert:

Thursday, Dec. 14 2:30 p.m. Madison Living Room

*Come enjoy the holiday* tunes!

SUNDAY		MONDAY	٦	TUESDAY	V	VEDNESDAY	Ţ	HURSDAY		FRIDAY	S.	ATURDAY	
									10 a.m. 1 p.m. 3 p.m.	<b>1</b> Morning Fitness—Ch 1851 <b>Bridge &amp; Games—P</b> <b>Nina Irwin Art—AC</b> <b>Symphony Quartet—MLR</b> <b>Bus leaves: Nativity</b> <b>Puppet Show</b>	11 a.m. 1–3 p.m. <b>4 p.m.</b>	Grocery Trip Rosary—CH Open Bridge—( Saturday Book Cl Movie: It's a Wonderful Life	Club—
3		4		5		6	Pearl Ha Rememb	orbor 7	Hannuka	h Begins 8			ç
<ol> <li>10 a.m. Holy Eucharist—CH</li> <li>11 a.m. Brunch—CDR</li> <li>3:15 p.m. Bus leaves: Spirituality &amp; All That Jazz</li> <li>7:20 p.m. Chiefs vs. Packers—NBC</li> </ol>	1 p.m. 3 p.m.	Stretch & Strengthen—AC Tai Chi—AC Don Dagenais: Presidential History— WR	11:15 a.m.	Strength & Balance—AC Grocery Trip <b>Bridge Luncheon—CDR</b>	12-1 p.m. 11 a.m. 1 p.m. 2 p.m.	Stretch & Strengthen—AC BP Checks—MF2 Podiatrist—AC <b>Tai Chi—moved to Pub</b> <b>Movie Committee—P</b> Great Courses—Ch 1851	10:30 a.m. <b>1 p.m.</b> <b>1 p.m.</b>	<ul> <li>Strength &amp; Balance—AC</li> <li>Dentist</li> <li>Presentation—WR</li> <li>Chorus Practice—CH</li> <li>Dining Comm—CDR</li> </ul>	10 a.m. 10:30 a.m. <b>3 p.m</b> .	Morning Fitness—Ch 1851 Bridge & Games—P Catholic Mass—CH Speaker: Michael Laddin—WR Betse Ellis/Friends—MLR	11 a.m. 1-3 p.m. <b>3 p.m.</b>	Grocery Trip Rosary—CH Open Bridge—( Terence O'Malle Don Musical—V Movie: Home Alo	ley: N WR
10		11		12		13		14		15			10
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR <b>3:25 p.m. Chiefs vs. Bills—CBS</b>	1 p.m.	Stretch & Strengthen—AC Tai Chi—AC Don Dagenais: Presidential History— WR	11:15 a.m. <b>1 p.m.</b>	Strength & Balance—AC Grocery Trip <b>Resident Council—WR</b> Women's Gathering—P	12-1 p.m. 1 p.m.	Stretch & Strengthen—AC BP Checks—MF2 Tai Chi—AC Great Courses: France Through the Ages—Ch 1851	11 a.m. 2:30 p.m.	Strength & Balance—AC 51st St. Singers—MLR BSP Chorus Christmas Performance—MLR Speaker: UMKC's Susan Mason—WR	10 a.m. 1 p.m.	Morning Fitness—Ch 1851 Bridge & Games—P Town Hall—WR Made in France Band—MLR	11 a.m. 1-3 p.m.	Grocery Trip Rosary—CH Open Bridge—G <b>Movie: Ladies</b> Lavender—JLR	s in
17		<sup>&gt;</sup> 18		19		20	Winter S	Solstice 21		22			23
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	1 p.m. 3 p.m.	Stretch & Strengthen—AC Tai Chi—AC Don Dagenais—WR Chiefs v. Patriots—ABC	11:15 a.m.	Strength & Balance—AC Grocery Trip Artist Reception: Lorrie Eigles—ART	<b>11 a.m.</b> 12-1 p.m. <b>1 p.m.</b>	Stretch & Strengthen—AC Resident Remembrance—CH BP Checks—MF2 Tai Chi—AC Great Courses: France Through the Ages—Ch 1851	1 p.m.	<ul> <li>Strength &amp; Balance—AC</li> <li>Robert Butler: Classic Movie—WR</li> <li>Dickens Carolers— MLR</li> </ul>	10 a.m. 10:30 a.m.	Morning Fitness—Ch 1851 Bridge & Games—P Catholic Mass—CH Miller/Baker Christmas Singalong—MLR	11 a.m. 1-3 p.m.	Grocery Trip Rosary—CH Open Bridge—( Saturday Mov Christmas Care	vie: A
Christmas Eve2410 a.m.Holy Eucharist—CH	СН	RISTMAS DAY 25	Kwanzaa	Begins 26		27		28		29			30
11 a.m. Brunch—CDR <b>3 p.m. Christmas Eve Service—CH</b> <b>New Year's Eve 31</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR <b>3:25 p.m. Chiefs vs. Bengals—CBS</b>	C	12 noon Chiefs vs. Raiders—CBS	11:15 a.m. <b>3 p.m.</b>	Strength & Balance—AC Grocery Trip Humberto Sierralta— MLR Men's Club—P	12-1 p.m.	Stretch & Strengthen—AC BP Checks—MF2 <b>Movie: Mrs. Harris</b> Goes to Paris—Ch 1851	2-4 p.m.	Strength & Balance—AC Country Club Bank— MF2 Donna Houtteman Art Blocks—WR	10 a.m.	Morning Fitness—Ch 1851 Bridge & Games—P Early NY Eve Party: Millie Edwards Group—MLR	11 a.m. 1-3 p.m.	Grocery Trip Rosary—CH Open Bridge—( Saturday Mov <i>Tootsie</i> —JLR	

P Pub

**AC** Activity Center (above Bistro)

CH Chapel

Group activities subject to community status

## 2022

#### Art Experience with Nina Irwin Friday, Dec. 1 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.

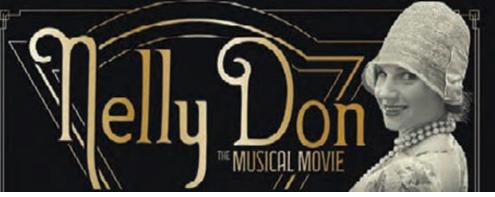


#### The Great Tours: France through the Ages

Wednesdays Dec. 6, 13, & 20 3 - 4 p.m. | Ch 1851 Two classes per week. Final class Dec. 20.

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





#### **Nelly Don: The Musical Movie** Saturday, Dec. 9 | 3 p.m. | Wesport Room

Terence O'Malley presents his film, *Nelly Don: The Musical Movie*, playing in theaters only, to BSP. We have hosted Terence several times, but this is a special presentation. Seating is limited to residents.

The movie tells the story of Nell Donnelly—Nelly Don—and the fashion revolution she ignited from Kansas City in the early 1900s. Yet in the shadows of her success, she faced drama: a philandering alcoholic husband, her affair with a U.S. Senator, the fake adoption of her own son, and her infamous mafia-linked abduction.

#### **Don Dagenais: History of Presidential Campaigns** Mondays, Dec. 4, 11, & 18 | 3 p.m. | Westport Room

Don Dagenais, a retired attorney has been a collector of political memorabilia for more than 60 years and has a collection of several thousand items dating back to the election of 1820. This course will give a history of American presidential campaigns, with particular focus on the major campaigns



that have changed the course of our political history, such as the elections of 1800, 1840, 1860, 1872, 1912, 1932, and 1948. The course is strictly non-partisan and will be illustrated by items from the instructor's own collection of political memorabilia. Don presented the first in this series of four classes on Nov. 27.

#### **Classic Movie with Robert Butler:** *His Girl Friday* Tuesday, Dec. 21 | 1 p.m. | Westport Room

This 1940 Howard Hawkes screwball comedy stars Cary Grant as a newspaper editor trying to keep his ace reporter ex-wife (Rosalind Russell) from remarrying.

## Advent to Christmas

by Bernie Jones



On Dec. 3, we begin the religious observances of the four Sundays of Advent. It is a solemn period yet it has prepared us for a joyful Christmas Day. One of the

most beautiful passages in Advent is the Magnificat, which sets the tone for the season and is from church liturgies and hymns:

My soul proclaims the greatness of the Lord; My spirit rejoices in God my savior.

- For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed.
- The Mighty One has done great things for me, and holy is his name.
- His mercy is from age to age to those who fear him. He has shown might with his arm, dispersed the arrogant of mind and heart.
- He has thrown down the rulers from their thrones but lifted up the lowly.
- The hungry he has filled with good things; the rich he has sent away empty.
- He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, to Abraham and to his descendants forever.

Traditionally, Christmas carols have probably been blaring on the radio for at least a couple of months already. All the musical groups in town bring us their songs and scriptures of Advent and Christmas. Some of these concerts are magnificent, but all of them are enjoyable. My beloved "Messiah," from the pen of George Frederic Handel, tops my list of most beautiful pieces of music ever written, and it has quite a history of performances in the city. Churches made it their own, and the old Kansas City Philharmonic in some form made it into large festivals. The Kansas City Symphony performs every year and uses old large renditions of the piece, gradually paring it back to a piece that was more like Handel would have intended.

Several years ago, the Spire Chamber Orchestra performed a pared-down version of "Messiah" on original instruments with fewer musicians in several Episcopal Churches. Two years ago, they made history by doing it at the Kaufmann Center to compete with the Symphony's larger version. They were so successful last year that they will soon be doing their third Christmas. The Spire uses about 20 chamber music orchestra members and a chorus of about the same number, with soloists coming from the chorus. Be sure to hear theirs or the Symphony's larger version. Their 2021 and 2022 performances are available on YouTube.

Advent brings another beautiful piece: The Festival of Nine Lessons and Carols. There are as many versions of this Festival as there are choirs that can do it well. It can go from a full choral performance with soloists to a choral Advent and choral music alternating with scripture readings or hymns that tell of the birth of Jesus. It can be done with congregations singing the carols and lectors reading. Formal versions of usually start with the far-away sound of "Once in Royal David's City," arranged by David Willcocks and performed by a young treble from the Choir of Men and Boys. Recordings are available on YouTube. The current year is live from the BBC on Christmas Eve.

After all this glorious music of Christmas comes that wondrous holiday of Christmas celebrating our Lord's birth and the beginnings of the church as we know it today. We spend much time and money to make it the very best we can, and we never tire of it. Anyone who doesn't enjoy Christmas music misses out on great family traditions that have made this holiday so memorable through the years.

I wish you all a beautiful and blessed Christmas and New Year.

December Speakers

#### **Journalist and Author David Von Drehle**



We are thrilled to host David Von Drehle, an enormously accomplished journalist and author and currently a columnist and deputy opinion editor at the Washington Post. He lives with his family in

David David

*Charlie*, which many of you have read. (Bring your book for an autograph or buy more as gifts!) In the words of INKansas City Magazine, "It is a beautifully crafted meditation



on perseverance and fortitude, and Von Drehle explores how Charlie's resilient heart, agile mind and, most of all, his amazing ability to embrace change helped him thrive through an astonishing century of upheaval."

#### **Michael Laddin: Rock Island Bridge Project**

Friday, Dec. 8 | 3 p.m. | Westport Room



The Rock Island Bridge, built in 1905, has been vacant in the heart of Kansas City

since the 1970s. Flying Truss, LLC, has a 66-year lease on the bridge, and they are converting it into a public crossing (connecting 19 miles of levee-top trails) and entertainment destination with private venue space, full kitchens, bars, and a coffee shop. When it opens in 2024, Kansas City will have the first in the world entertainment venue on a railroad bridge.



Mike Laddin, a Kansas City native passionate about keeping KC great, is vice president and CFO of Flying Truss. He has more than 40 years of general management and

finance experience. (Thank you, John Blevins!)

#### Susan Mason: UMKC Medical **Student Mentor Review** Thursday, Dec. 14 | 4 p.m. | Westport Room

We want to thank the Bishop Spencer Place volunteers who signed up to be mentors to some select UMKC medical students! You



will meet with Susan Mason for a synopsis and scheduling of the program. Susan is a Student Support Specialist/Course Coordinator at UMKC and will be here to explain all the details.

Thank you all for helping these students with your experience and knowledge.

#### **Artist Donna Houtteman** Thursday, Dec. 28 | 2 p.m. | Westport Room



Our friend Donna Houtteman is back to present "Mary, Full of Grace." She will discuss how visual artists have strived to capture Our Mother's perfect essence.

Enjoy an hour of beautiful art presented by Donna Houtteman, parishioner of Cure of Ars and Redemptorist Church.





#### **Beginning Bridge + Games** Fridays | 10 a.m. - Noon | Pub

We're always hoping to add new players to our weekly games! Beginning Bridge (with Christie Collier) and Games continues—enjoy 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, Dec. 12 | 4:30 p.m. | Pub

Remember our Women's Gathering is the second Tuesday of each month. Come for some treats and lively discussion before dinner!





#### From the BSP Environmental Committee

Think about the environment when planning holiday get-togethers. Send e-vites instead of paper invitations. Use your own dishes and cloth napkins instead of paper plates and napkins. Choose natural decorations, such as plants and pine cones, instead of disposable decor.



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

Fiction **DIRTY THIRTY** Janet Evanovich

THE EXCHANGE John Grisham

FOURTH WING Rebecca Yarros

THE SECRET Lee Child and Andrew Child

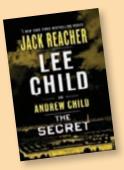
Nonfiction THE WOMAN IN ME Britney Spears

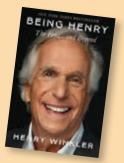
FRIENDS, LOVERS, **AND THE BIG TERRIBLE THING** Matthew Perry

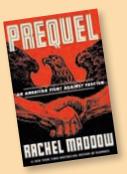
**BEING HENRY** Henry Winkler

PREOUEL Rachel Maddow









### Gratitude Assignment

#### **December gratitude assignment:**

- Who inspires me and why?
- Who have I helped today?
- Who makes me smile, laugh, and feel like I matter? Tell them!

Thank you



Dec. 2—It's a Wonderful Life (1946) Dec. 9—Home Alone (1990) Dec. 16—Ladies in Lavender (2004) Dec. 23—A Christmas Carol (1951) Dec. 30—Tootsie (1982)

Kansas City Symphony String Quartet

Friday, Dec. 1 | 3 p.m. | Madison Living Room Our friend Larry Figg has assembled a wonderful quartet including Anne-Marie Brown, Rena Ishii, and Duke Lee!

#### **Betse Ellis & Friends**

Friday, Dec. 8 | 4 p.m. | Madison Living Room With her mom, Bobbie, always in her heart and in ours, Betse will bring her crew for a down-home holiday performance. We are so happy she will be here!

## **51st Street Singers**

Thursday, Dec. 14 | 11 a.m. | Madison Living Room Please welcome 31 students from Pembroke Hill's fifth grade class, also known as the 51st Street Singers.

#### **BSP Chorus Christmas Concert**

Thursday, Dec. 14 | 2:30 p.m. | Madison Living Room The chorus will sing Christmas music with the accompaniment of Robert and Lyra Pherigo.

Made in France Band Christmas Show Friday, Dec. 15 | 3 p.m. | Madison Living Room They are such a hit, we couldn't wait to have them back!

**Dickens Carolers** Thursday, Dec. 21 | 3 p.m. | Madison Living Room The Carolers are back for a not-to-be-missed performance.

Michelle Miller & Danny Baker Friday, Dec. 22 | 3 p.m. | Madison Living Room Begin your holiday weekend with a singalong.

#### Humberto Sierralto

Tuesday, Dec. 26 | 3 p.m. | Madison Living Room It's not a holiday season without a concert by Humberto.

#### Early New Year's Eve: Millie Edwards

Friday, Dec. 29 | 5 p.m. | Madison Living Room Who else to start 2024 right but Millie Edwards and friends? Come for the music, champagne, colorful beads, and hats!

# Spiritual Wellness CORNER



Dear BSP residents and staff.

I've always seen the work of chaplaincy as a reciprocal act; as a health care chaplain it's my role to extend hospitality to those in my care. However, you also extend hospitality to me when you invite me into your homes, rooms, and offices. I've been so excited about joining

you here, and I'm grateful for the hospitality you've extended so far. I have to admit I've had a rough go of making Kansas City home in recent years, but I've come to believe home is as much about how we embody our beliefs in the spaces we tend as it is about a feeling of belonging. I suspect you all know something about this as you've certainly made many transitions of your own. I look forward to learning from and with you as we tend to Bishop Spencer Place and our wider community together.

When Sami Dunn gave me a tour of BSP a few weeks ago, I thought of Julian of Norwich when I saw the chaplain's office. Julian was a medieval mystic in England, and she lived in a solitary cell attached to her church for most of her life until she died in her 70s. Her cell had two windows: one that opened to the interior of the church, where she could participate in the liturgy and receive communion, and one that opened to the main thoroughfare of the town, where people would approach her for advice and prayer. She was situated between the church and the world, not fully immersed in either, so that she was open to giving and receiving from both. I couldn't help but notice the chaplain's office has two doors: one that opens to a hallway of staff offices, the interior of BSP, and one that opens to the lobby, the main thoroughfare, if you will. I hope you all will make use of both "windows" for conversation and prayer, thoughts on the latest Travis Kelce and Taylor Swift news, and an occasional cup of tea.

It is a real privilege to be your chaplain, and I look forward to getting to know you all in due course.

With gratitude, Janette Platter





#### **Spirituality and All That Jazz** Sunday, Dec. 3 BSP bus leaves at 3:15 p.m.

Enjoy Tim Whitmer and the All-Star House Band in a holiday concert featuring Millie Edwards, Haviluh Bruders, and Charles Williams. This 90-minute toetapping, finger-snapping concert will be a swinging presentation of holiday classics in the fully decorated setting of Unity Temple on the Plaza.

Music . . . can name the unnameable and communicate the unknowable.

-Leonard Bernstein

#### **Remembrance Service** Wednesday, Dec. 20 11 a.m. | Chapel

Our monthly remembrance service is an opportunity to come together as a community to support one another through ritual. We light candles for our loved ones who have passed and share memories of their lives. We'd love to have you attend each third Wednesday of the month.









#### **RECENT EVENTS & PHOTOS**











