



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

FEBRUARY 2024

 Saint Luke's
BISHOP SPENCER PLACE



February is American Heart Month, and the first Friday in the month is National Wear Red Day. On this day, people across the country wear red to raise awareness and hope for eradicating heart disease and stroke in millions of women across the nation. So, put on your reddest red—whether it is lipstick, a pair of pants, a sweater, or your favorite hat.

Follow these tips from the National Institutes of Health for heart-healthy living:

- Get your blood pressure and cholesterol checked.
- Eat heart-healthy foods, such as vegetables, fruit, whole grains, fish, lean meats, eggs, nuts, seeds, and legumes.
- Maintain a healthy weight.
- Get regular physical activity.
- Manage stress.
- Don't smoke.
- Get enough quality sleep.

BSP Town Hall Meeting **Friday, Feb. 16 | 1 p.m.** **Westport Room**

Come learn about BSP updates and more. Bring your questions!

A few words from the CEO



It seems like only a few days ago I was writing the January column for *The Ambassador*, and now it is time for the February issue to go to print. We seem to use the phrase “time flies” so casually, and time does seem to pass quickly. I have always thought deeply about the fact that time keeps moving forward, regardless of

what is happening around us. That is what keeps us going as we work through life’s daily struggles and why we focus on the celebratory events each day.

Therefore, what is the answer to the age-old question of what would you do if you had an extra day to live? With this being a leap year, we have an extra day in February. (I know, technically, it is not an extra day, just an adjustment every four years.) But what will we all do with an extra day this year?

Will we use it to rest, spend with family, take a trip, shop, volunteer, pick up a new hobby or skill, see a movie, call a friend, watch television, help a friend, or do we even celebrate that we have an extra day? Whatever we think is important to do when we have an extra day, should also be important enough for us to do every day.

Yes, time does fly, and time does keep moving forward, but occasionally, when we stop and engage in conversations with folks and learn their stories and life lessons, time seems to slow for a brief period. It’s in these moments of learning someone’s story, their struggles, their accomplishments, and their life lessons, that time does slow as we cherish that conversation and find ourselves being blessed.

What a great community in which we live and work. Thank you for allowing our staff to work in your homes, and thank you for choosing Bishop Spencer Place as your home.

Louis Collier

Ellis Birthday Reception

Wednesday, Feb. 14 | 11 a.m. | Madison Living Room



Betse Ellis is hosting a Valentine birthday gathering in honor of her late mother, Bobbie Ellis. Join us for coffee and chocolate.

Art Reception: Frank Hamilton

Thursday, Feb. 22 | 4 p.m. | Art Gallery



Come meet and visit with Frank about his art and his process.

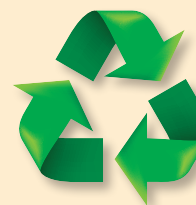
Frank is a photographic artist and photography teacher. He began

studying photography in 1969, beginning with 35mm black and white images. In 2003, when the photography world was changing, he began to work with digital photography and color. His work appears in collections including the Nelson-Atkins Museum of Art, the State Museum of Paraguay, and the Spencer Museum of Art at the University of Kansas.

Frank was suggested to us by resident Doug Rushing.

Tip of the Month!

From the BSP Environmental Committee



Plant-based diets and diets with less red meat are better for the environment than an animal-based one. Chicken and fish produce less CO₂ and methane per pound of food than cattle and hogs.

Name That Resident!

- My pet bird’s name was Sami.
- I grew up surrounded by sheep, and they are still among my favorite animals.
- My preferred drink is gin and tonic.
- I love classical music.
- I have one older brother.

(Last month’s answer was Roger Chatten!)



We have uncovered a large notebook of photographs titled *The Development of the Bishop’s Garden*. This treasure will be kept in the Madison Library for your viewing pleasure.



Also included in the binder is an article written in 2002 by the Garden Center Association of Greater Kansas City about gardening legends Virginia and Sarah Weatherly, one a resident of BSP.

Quote of the Month

The point is, art never stopped a war and never got anybody a job. That was never its function. Art cannot change events. But it can change people. It can affect people so that they are changed...because people are changed by art—enriched, ennobled, encouraged—they then act in a way that may affect the course of events.

—Leonard Bernstein

February 2024

Group activities subject to community status

Art Experience with Nina Irwin

Thursday, Feb. 8
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 with Helen at **816-595-5015**.



Nina works from her studio in the historic stockyards of Kansas City. She received her BA in studio art from UMKC and is currently working on her MA in art history. In addition to her studio work, Nina teaches unique art and art history classes at her West Bottoms Studio and at the Nelson-Atkins Museum of Art. She is represented in collections regionally, nationally, and globally. You can learn more about Nina and her artwork at ninairwin.com.

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

Art & Entertainment at BSP



Robert Butler: A Month of Classic Movies from the Heart

Mondays in February | Westport Room

If you haven't come to Robert's movies yet, now's a great time! Robert is a lifelong Kansas City resident and a graduate of the University of Kansas. For more than 40 years, he reviewed movies for the *Kansas City Star*. He continues to write about film and television on his website, butlercinemascene.com, and we have been fortunate to have Robert (and his film knowledge) as part of our BSP family for years.

Lars and the Real Girl (2007)

Feb. 5 | 2 p.m.

An awkwardly shy young man (Ryan Gosling) in a small northern town strikes up an unconventional relationship with a doll he finds on the Internet.



Airplane (1980)

Feb. 12 | 2 p.m.

After the crew becomes sick with food poisoning, a neurotic ex-fighter pilot must land an airplane full of passengers safely.

Dangerous Liaisons (1988)

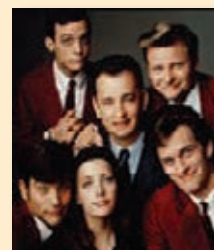
Feb. 19 | Please note start time of 2:30 p.m.

A scheming widow (Glenn Close) plots revenge against the ex-lover who dumped her by arranging the seduction and disgrace of his young fiancée.

That Thing You Do! (1996)

Feb. 26 | 2 p.m.

A band scores a one-hit wonder in 1964 and rides the star-making machinery as long as they can, with help from their manager (Tom Hanks).



Hot Off the Presses

We have ordered two copies for our library of the new book *Tenth Army Commander: The World War II Diary of Simon Bolivar Buckner Jr.*, a memoir of resident **Bill Buckner's father**.



Simon Bolivar Buckner Jr. was a major figure of the Pacific War, both for his command in Alaska and in his key role heading Tenth Army during the Battle of Okinawa in the spring of 1945. Buckner was the senior U.S. officer killed by enemy fire in World War II when Japanese artillery cut him down on June 18, 1945, one month shy of his 59th birthday. The shelling ended a remarkable life—son of a Confederate Lieutenant General and governor of Kentucky, the “Child of the Democracy” in the 1896 Presidential election campaign, educated at West Point, service as a student and instructor at various Army posts and schools from 1917 to 1936, command in Alaska from 1940 to 1944, and ultimately of Tenth Army from 1944 to his death.



General Buckner kept a diary covering the period from Jan. 1, 1944, to June 17, 1945, which has never been fully published until now. Buckner made notes every day, often in great detail; his chief of staff thought Buckner wanted to write a memoir after the war, but the papers were scattered

after his death. In addition to the Okinawa material, Buckner's diaries discuss his departure from Alaska and service in Hawaii as Tenth Army commander. Topics include his daily life in wartime Hawaii, troop training, comments on war events, gossip, notes on his travels to Guam and the Philippines, and his role in the Smith vs Smith controversy after the Battle of Saipan. The diary text is augmented by letters from General Buckner to his wife Adele during March to June 1945, and a letter from the Tenth Army Chief of Staff to Adele detailing Buckner's death.



The Great Courses: Post-Impressionism: The Beginnings of Modern Art

Wednesdays

Feb. 7, 14, 21, & 28

3 - 4 p.m. | Channel 1851

Two classes per week

We began this course last month and hope you are enjoying it.

Post-Impressionist artists radically broke with the artistic conventions of the past, developed entirely new ways of seeing and painting, and paved the way for abstraction in art and movements like Cubism and Modernism. Centered in France, and radiating outward to the larger world, Post-Impressionism forever changed the language, conception, and methods of painting, giving viewers new ways of perceiving and understanding visual experience.

Post-Impressionists produced some of the most beloved paintings in the history of art, from artists such as Paul Cézanne, Vincent van Gogh, Paul Gauguin, Henri Rousseau, and Henri de Toulouse-Lautrec.

Our instructor is the highly regarded Ricky Allman, a professor of painting and drawing at UMKC.

February Speakers

Donna Houtteman

Thursday, Feb. 15 | 3 p.m. | Westport Room



Donna is back with an enlightening talk on women in art.

Discover how *The Portrayal of Women in Art* can enlighten us to cultural history. Follow how the chronological depiction of the female form, from the Stone Age through contemporary, reflects the time and place in which it was made. Enjoy learning about some of history's greatest works of art. Ponder the fact that most art was created by men (reflecting HIS-story rather than HER-story).

Libby Hanssen

Tuesday, Feb. 20 | 3 p.m. | Westport Room



Libby Hanssen will speak about her new book *States of Swing: The History of the Kansas City Jazz Orchestra, 2003-2023*. Since 2003, the Kansas City Jazz Orchestra has served as KC's premiere big band.

States of Swing explores the first 20 years of the organization's history, gathered from personal interviews and thousands of documents, and shares the challenges and triumphs of a non-profit performing arts organization dedicated to preserving a Kansas City art form.



Libby Hanssen writes for *The Kansas City Star*, KCUR 89.3, 91.9 Classical KC, *KC Studio*, *The Pitch*, and other publications. She has a BA and MA in trombone performance.

April Watson and Marijana Rayl

Thursday, Feb. 29 | 3 p.m. | Westport Room

We will have a double-header this day with two curators for the Nelson-Atkins Museum of Art. April Watson, Senior Curator of Photography, will talk about the successful exhibition *Evelyn Hofer: Eyes on the City*, and Marijana Rayl, Assistant Curator of Photography, will speak on the exhibition *Cities are for People: Street Photography 1945-1970*.



April holds a doctorate in art history from the University of Kansas and an MA in art history from the University of New Mexico, Albuquerque. She has a BFA in graphic design from Alfred University.



Marijana earned her MA in art history from the University of Arizona, and completed PhD coursework at the University of Pennsylvania.

Women's Gathering

Tuesday, Feb. 13 | 4:30 p.m. | Pub

Men's Club

Tuesday, Feb. 27
4:30 p.m. | Pub

Our Women's Gathering is the second Tuesday of each month. Our Men's Club is the fourth Tuesday of each month.

Come for treats and lively discussion before dinner!



Beginning Bridge + Games

Fridays | 10 a.m. - Noon | Pub

We're glad we have some new players for Beginning Bridge with Christie Collier and Scrabble Games. Join us and enjoy some treats and coffee.



Pool is an interesting game that's easy to learn and play and is moderate exercise (standing, bending, and hand/eye coordination). I'm a beginner, but I enjoy the challenge, both physically and mentally. Becoming an expert takes years of practice, but it's an activity that rank novices like me can enjoy now. You can play with two to four players or alone. Throw some balls on the table and try shooting them into a pocket. Clark and I do this often, not competing but practicing. It's a great diversion from reading and TV. If you're interested in learning, search for Pool School on YouTube to find excellent lessons. There are many variations of pool, but the most common is 8-Ball. For a brief description of 8-Ball, go to tinyurl.com/mr48txsz.

The game room also has an electronic dart board and two tables for cards. It is open for all residents, and your keycard will unlock the door. There are printed rules in the drawer of the small table. We can enjoy our game room without feeling the need to be competitive player. If you want a game, call me, Clark Achelpohl, Phill Levi, Steve Crider, Phil Berg, or Marvin Newton.

—Una Creditor

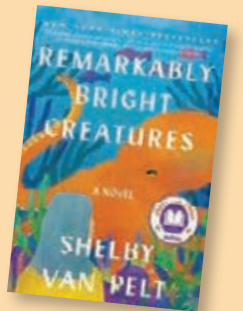
Bestselling BOOKS

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

Fiction

FOURTH WING

Rebecca Yarros

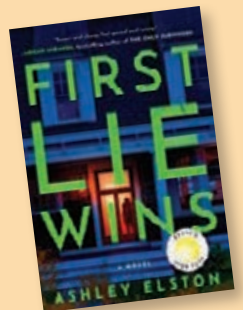


THE HEAVEN AND EARTH GROCERY STORE

James McBride

REMARKABLY BRIGHT CREATURES

Shelby Van Pelt



FIRST LIE WINS

Ashley Elston

Nonfiction

OATH AND HONOR

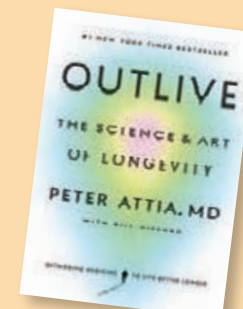
Liz Cheney

THE WAGER

David Grann

OUTLIVE: THE SCIENCE AND ART OF LONGEVITY

Peter Attia, MD



PREQUEL: AN AMERICAN FIGHT AGAINST FASCISM

Rachel Maddow



Great Decisions Meeting

Tuesday, Feb. 6 | 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. Each year, eight topics for the briefing book are chosen by a panel of experts. We envision monthly meetings as we explore each of these topics.

Resident John Blevins will convene this initial meeting to explore if there is enough interest here at Bishop Spencer Place to create our own discussion group. He will introduce you to the annual *Briefing Book* and show an example of a short briefing video as used to introduce a particular topic.

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.

If you have questions, contact John Blevins by phone or email.

Music

Peter Schlamb & Bram Wijnands

Friday, Feb. 2 | 3 p.m. | Madison Living Room

Vibraphonist and pianist Peter Schlamb is adjunct instructor of jazz vibes, rhythm section lab, and jazz improv at UMKC. Born in The Netherlands, veteran jazz pianist Bram Wijnands is a former adjunct professor of music at UMKC. We are thrilled they will be joining us!

Michelle Miller & Danny Baker

Friday, Feb. 9 | 4 p.m. | Madison Living Room

Vocalist—and resident Bernadette Miller's talented daughter—Michelle Miller is back with pianist Danny Baker to perform love songs.

Kent Rausch & Tom's Town Band

Friday, Feb. 16 | 4 p.m. | Madison Living Room

Kent Rausch and Tom's Town return! Tom's Town was formed to honor the legacy of Kansas City jazz and the amazing musicians who created it. Performing outrageously hot swing music of the golden era in Kansas City, every song celebrates why KC is famous for jazz.

Clayton DeLong

Tuesday, Feb. 20 | 7 p.m. | Pub

Come enjoy an after-dinner drink and some nice tunes from guitarist Clayton DeLong in the Pub. Clayton is a graduate of the UMKC Conservatory, where he studied under renowned jazz musician Bobby Watson.

Happy Hour with Joe Cartwright

Friday, Feb. 23 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy BSP favorite and jazz pianist Joe Cartwright, who has been shining star of the Kansas City jazz scene for more than thirty years. Send Helen any music requests.

Spiritual Wellness CORNER

The novel I'm currently reading has taught me a new word: *palimpsest*. I looked it up and learned it is most used in the study of manuscripts. A palimpsest is a document that has been written on multiple times, and you can see evidence of previous writings underneath what is most legible. Think of a piece of paper on which you've used a pencil, erased what you wrote, and then written something else. Often you can see the faint traces of what was written first. That is a palimpsest.

Architecture is another context in which the word is used. Buildings have palimpsests; the paint in the bathroom of my house is peeling in the corners and underneath I can see evidence of the previous owners' paint and wallpaper. Cities themselves are palimpsests, most evident when new entrepreneurs take ownership of old buildings. You can see the remnants of how that space and time had been used previously, though perhaps now it is a shoe store. The history of such places is compelling.

Palimpsest is my new favorite word, and it feels a fitting discovery in my early days with you all at BSP. You all are walking palimpsests, carrying and wearing the memories of years past. The version of each other we now see has faint traces of the lives you've lived before. A favorite author said, "I am still every age I have been." As I get to you know, I am fascinated by the stories you carry. Bearing witness to your experiences and wisdom inspires me to pay attention to my own experiences, ordinary as they may seem. What palimpsests am I creating for those who will know me in years to come? How will the palimpsests of my life reveal something about me if I forget who I am?

We are not only made up of our memories of ourselves. We are, in the words of theologian John Swinton, held in the memories of God and in one another. It is in noticing one another's palimpsests that we can know each other more fully, regardless of our own memories held or forgotten. This month, as you go about your ordinary or extraordinary days, I invite you to pay attention. What palimpsests within yourself and others do you notice? Give thanks for these. Name them. Remember that God has infinite capacity to see every single one, even the ones we ourselves cannot see anymore. You are held in the love of God, at every age you have been and will be.

Janette

Gratitude Assignment

February gratitude assignment:

- What challenges have I overcome?
- Who or what changed my life for the better?
- In what ways is my life a gift?



Saturday Evening Book Club
Saturday, Feb. 3
4 p.m.
Westport Room

Contact Clark with questions.



Remembrance Service for Residents and Staff
Wednesday, Feb. 21
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 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.



