



*The*  
**AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

APRIL 2024

 **Saint Luke's**  
BISHOP SPENCER PLACE



# Stay ACTIVE

## Therapy Transition Update

Beginning this month, the Bishop Spencer Place community will see the fruits of a year of working to enhance our rehabilitative and physical wellness offerings.

Therapy spaces are being renovated; new and innovative therapy equipment has been ordered; and BSP has entered a partnership with a new therapy company, Physical Performance Systems.

The exercise class schedule will remain the same, but we look forward to enhancing our wellness offerings throughout the Bishop Spencer Place community. We wish the team with Select Rehab well and welcome the Physical Performance Systems team to BSP.

## Partial Solar Eclipse

Monday, April 8 | 12:30 p.m.  
Bishop's Garden and  
Canterbury Patio

You are welcome to meet for the eclipse viewing scheduled to start about 12:30pm. We have a limited number of safety glasses available.

## A few words from the CEO



We are beginning several projects on our campus that coincide with the season of spring. The beginning of spring—with warmer days and a few cold days mixed in, with grass growing and flowers and trees blossoming—seems to mirror the activities and energy that we have at Bishop Spencer Place. We have recently seen new mulch arrive on our campus, and our landscape is starting to see new life. We will also see new outdoor furniture in the next few weeks to further enhance our community.

We're welcoming new residents who have joined our wonderful community, as well as possible new residents who visit each day. We're starting many new improvement projects, including the replacement of the flooring and ceiling around Canterbury. York renovations are almost completed, renovations on the Westport Room will soon begin, and renovations on the first of two therapy rooms have begun and will include new therapy equipment as we develop a world class rehabilitation program. We continue to move closer to the start of construction on the Memory Care unit and have just begun the design stage to renovate the main kitchen in early 2025.

We are committed to continually maintaining and improving our community, your home, and all areas of the campus. We will keep looking to you, our residents, for your input, guidance, and participation in our efforts. It must continue to be a team effort, and your contributions and participation are truly appreciated. I cannot believe I have already been here for six months. You have welcomed me into your homes, and I feel that I have been here for a lot longer, in a very positive way.

This is an exciting time of the year and a very exciting time for all of us at BSP as we continue to make this the premier retirement community in Kansas City.

*No matter what people tell you, words and ideas can change the world.*—Robin Williams

Louis Collier



## Art Reception for Linda Nickell Thursday, April 4 | 4 p.m. | Art Gallery



Currently living in Leawood, Kansas, Linda Nickell enjoys working in her home studio space, creating her artwork using oil paint with cold wax medium.

Linda is a former manager of school programs at

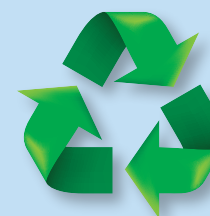
the Nelson-Atkins Museum of Art. For many years, enjoyed opening the world of art to students of all ages through creative programming. She has a degree in art education and fine arts from Missouri State University. Before working at the museum, Linda was an art educator in public and private schools as well as a graphic designer and illustrator for corporations in the Kansas City area.



Linda has exhibited in solo and group shows in the Kansas City and Dallas areas with many of her works being held in private and corporate collections in a variety of cities.

## Tip of the Month!

### From the BSP Environmental Committee



Many plastic containers can be reused. For example, the plastic containers in the Bistro that contain blueberries can be used again once they are washed.

### Blood Pressure Checks Wednesdays | Madison 2nd Floor

April 3, 10, 17, & 24 | 12 - 1 p.m.



# Garden TIME

## April's Dream

by William Stanley Braithwaite  
(1878-1962)

The stream's breath tastes of the  
wood's perfume,  
Filled are the woods with foam:  
And the sea like a sheet 'neath the  
summer noon,  
With the languorous swerve runs home.  
The beat of a pulse the warm sun stirs  
In the air, the sea and stream,  
Beckons the heart-and the soul allures  
Forth, into April's dream.

William Stanley Braithwaite was an African-American writer, poet, literary critic, anthologist, and publisher. His father was from the West Indies, and his mother was the daughter of a slave. His father died when Braithwaite was young. To help support his family, he took a job as an apprentice at a publishing company, where he discovered his love of poetry. It was this job that led Braithwaite to become a writer himself.



**AC** Activity Center (above Bistro)    **CH** Chapel    **P** Pub  
**ART** Art Gallery    **JLR** Jefferson Living Room    **WR** Westport Room  
**BG** Bishop's Garden    **MLR** Madison Living Room    **Ch 1851** Channel 1851 on your Spectrum TV  
**CDR** Canterbury Dining Room    **MF2** Madison Second Floor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>April Fools' Day 1</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: One-Hit Composers—WR	<b>2</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. Great Decisions Group Meeting—WR	<b>3</b> 10 a.m. Stretch & Strengthen—AC 11 a.m. Special Garden Comm—WR 1 p.m. Tai Chi—AC 2 p.m. Movie Committee—P 3 p.m. Great Courses: Off the Beaten Path—Ch 1851	<b>4</b> 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—CDR 4 p.m. Artist Reception for Linda Nickell—ART	<b>5</b> 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 3 p.m. Made in France Band—MLR	<b>6</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 4 p.m. Saturday Book Club—WR 6 p.m. Opus 76 Concert—Bus 7:15 p.m. Movie: Mamma Mia—JLR	
<b>7</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>8</b> 10 a.m. Stretch & Strengthen—AC 12:30 p.m. Partial Eclipse—BG (weather permitting) 1 p.m. Tai Chi—AC 3 p.m. Donna Houtteman: Women Artists—WR	<b>9</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 4:30 p.m. Women's Gathering—P	<b>10</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses: Off the Beaten Path—Ch 1851	<b>11</b> 10:30 a.m. Strength & Balance—AC 1 p.m. Nina Irwin Art Experience—AC 4 p.m. BSP Poetry Group—WR	<b>12</b> 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 3 p.m. Mark Lowrey & Eboni Fondren—MLR	<b>13</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 7:15 p.m. Saturday Movie: Knives Out—JLR	
<b>14</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>15</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—WR 3-4:30 p.m. Don Dagenais: Music Inspired by Nature—WR	<b>16</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Robert Butler: Much Ado About Nothing—WR 7 p.m. After-Dinner Music: Matthew Shoaf—P	<b>17</b> 10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 1 p.m. Tai Chi—AC 3 p.m. Great Courses: Off the Beaten Path—Ch 1851	<b>18</b> 10:30 a.m. Strength & Balance—AC 11 a.m. Marketing Event—CDR 3 p.m. Speaker: Architect Greg Sheldon—WR	<b>19</b> 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 3 p.m. KC Symphony Quartet—MLR	<b>20</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 7:15 p.m. Saturday Movie: Gaslight—JLR	
<b>21</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>Earth Day Passover Begins 22</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3-4:30 p.m. Don Dagenais: Music Inspired by Nature—WR	<b>23</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Chair Volleyball—WR 4:30 p.m. Men's Club—P	<b>24</b> 10 a.m. Stretch & Strengthen—AC 11 a.m. Podiatrist—AC 12:30 p.m. SM East HS Choir—MLR 1 p.m. Tai Chi—P 3 p.m. Great Courses: Off the Beaten Path—Ch 1851	<b>25</b> 10:30 a.m. Strength & Balance—AC 1 p.m. Blessing of Pets—BG 3 p.m. Speaker: Author/Journalist David Von Drehle—WR	<b>26</b> 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 4 p.m. Happy Hour: Tim Whitmer & Chase McRoy—MLR	<b>27</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 7:15 p.m. Saturday Movie: Bridge of Spies—JLR	
<b>28</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>29</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3-4:30 p.m. Don Dagenais: Music Inspired by Nature—WR	<b>National Oatmeal Cookie Day 30</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Speaker: Steve Kraske—WR					

Group activities subject to community status



## Art Experience with Nina Irwin

Thursday, April 11  
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 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).



**We hope more of you can come to class; 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



### Don Dagenais: One-Hit Composers Monday, April 1 | 3 p.m. | Westport Room

We are happy to get one more week of Don Dagenais's fascinating series about composers who wrote just one or two hit pieces.



### Donna Houtteman: Women in Art Monday, April 8 | 3 p.m. | Westport Room

This is the second part of Donna's previous presentation. In February, we saw how the female form has been represented by male artists—subject or object? Now we will explore the work of women artists. Let's see how far they have come!

### Don Dagenais: Music Inspired by Nature Monday, April 15, 22, & 29 | 3 - 4:30 p.m. | Westport Room

What is it that inspires composers to write music? Many different things, of course, but one of the greatest inspirations has been the beauty of the world around us. Don will share music inspired by the beauty of the earth (mountains, valleys, forests and even the moon), plants (flowers, trees, gardens), and animals (birds, butterflies, fish, and even elephants and whales).



**PLEASE NOTE: These classes are 1 ½ hours each.**

### Classic Movie with Robert Butler: *Much Ado About Nothing* (1993)

Tuesday, April 16 | 2 p.m. | Westport Room

Kenneth Branagh wrote, directed, and stars this film adaptation of Shakespeare's play, which also features Emma Thompson, Robert Sean Leonard, Denzel Washington, Michael Keaton, Keanu Reeves, and Kate Beckinsale in her film debut.

## Saturday Night Movies

7:15 p.m. | Jefferson Living Room



### April 6—*Mamma Mia* (2008)

This film of the musical, about a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA, stars Meryl Streep, Pierce Brosnan, Amana Seyfried, Colin Firth, and Stellan Skarsgård.

### April 13—*Knives Out* (2019)

When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. The all-star cast includes Jamie Lee Curtis, Toni Collette, Chris Evans, and Don Johnson.



### April 20—*Gaslight* (1944)

In this classic psychological thriller directed by George Cukor, a young woman's husband slowly manipulates her into believing she is descending into insanity. Stars Charles Boyer, Ingrid Berman, Joseph Cotten, and Angela Lansbury in her film debut. In 2019, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant."

### April 27—*Bridge of Spies* (2015)

During the Cold War, an American lawyer (Tom Hanks) is recruited to defend an arrested Soviet spy (Mark Rylance) in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers. Directed by Steven Spielberg.



## The Great Courses: *Off the Beaten Path*

Wednesdays  
April 3, 10, 17, & 24  
3 p.m. | Channel 1851  
Two classes per week

**We are starting an engaging and distinct new course!**

What if we could get something else out of our travel? What if there's more to the places we visit than high-traffic monuments, capital cities, and top-rated museums? Bob Krist's *Off the Beaten Path* is a 28-episode series for seasoned sightseers that shuns conventional tourist sites and plugs you into the wider life, culture, and history of four unique destinations.

Join Bob Krist and a rotating cast of local fishermen, winemakers, photographers, costumers, artisans, and even lighthouse keepers to explore four stunning spots—Azores, Mexico, Maine, and Venice. You'll be able to participate in the customs and celebrations that make each one of these locations unique.

Bob Krist is an award-winning freelance photographer and filmmaker whose work has taken him to more than 150 countries and all seven continents.



# April Speakers

## Greg Sheldon

Thursday, April 18 | 3 p.m. | Westport Room



Greg Sheldon is a Principal in architecture firm BNIM's Kansas City office. He served as the senior project architect for the Bloch Building addition and other campus enhancement projects at the Nelson-Atkins Museum of Art, the Kauffman Center for the Performing Arts, the Henry W. Bloch Executive Hall at UMKC, the Lewis Center for the Arts at Princeton University, an expansion to the John F. Kennedy Center for the Performing Arts, and the new School of Music Building at the University of Missouri.

Greg will speak about working with architectural collaborators. Please thank Elisabeth Batchelor for securing this speaker!

## RESCHEDULED

## David Von Drehle

Thursday, April 25 | 3 p.m. | Westport Room



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

David will discuss his book, *The Book of Charlie*, which many of you have read. (Bring your book for an autograph!) 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."



## Steve Kraske

Tuesday, April 30 | 2 p.m. | Westport Room



Steve Kraske hosts "Up to Date," the daily talk show on KCUR, the public-radio affiliate in Kansas City. His topics range from housing to race to poverty to the KC Chiefs. Steve talks to governors, best-selling authors, and citizens affected by the social forces of the day. He has covered every president since Gerald Ford, 13 national political conventions, the Iowa caucuses, and numerous races for governor, the U.S. Senate, and Congress.

Steve was a 1992 John S. Knight Journalism Fellow at Stanford University and a 2016 fellow at the Dole Institute of Politics at the University of Kansas. In 2019, *435 Magazine* named him one of the 50 most powerful people in Kansas City. He holds a B.A. in journalism from the University of Wisconsin-Madison.

Steve also teaches journalism and is a career-long print and broadcast journalist. He is an affiliate faculty member with UMKC's Center for Digital and Public Humanities.

Steve's topic is: "Oh, The People I've Met."

## Poetry Group

Thursday, April 11 | 4 p.m.  
Westport Room

We hope you can come to the second poetry conversation group. Either bring a favorite poem to read informally to the group or simply come to listen and enjoy.



## Beginning Bridge + Games

Fridays | 10 a.m. - Noon | Pub

Bring some new residents to beginning Bridge with Christie Collier and Scrabble Games and enjoy some fruit, sweets, and coffee.



## Women's Gathering

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

## Men's Club

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

Come for some treats and lively discussion before dinner. It's been great to see so many of you!

## Chair Volleyball

Tuesday, April 2 | 2 p.m.  
Westport Room

Wear your comfy clothes and get ready for some laughs. We need at least eight players.



## Name That Resident!

- I was born two months premature, and if Sally Chapple's husband hadn't invented the incubator, I wouldn't be here today!
- I love dogs.
- *All Creatures Great and Small* is my favorite PBS offering.
- I loved seeing the whales in the St. Lawrence River in August.
- I haven't seen a pair of shoes I didn't like.

(Last month's answer was Jenifer Lucas!)

# Bestselling BOOKS

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

## Fiction

### THE WOMEN

Kristin Hannah



### NEVER TOO LATE

Danielle Steel



### THE HUNTER

Tana French

### FATE INKED IN BLOOD

Danielle L. Jensen

## Nonfiction

### THE HOUSE OF HIDDEN MEANINGS

RuPaul



### BLOOD MONEY

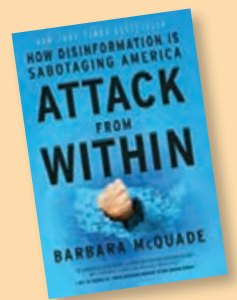
Peter Schweizer

### BURN BOOK: A TECH LOVE STORY

Kara Swisher

### ATTACK FROM WITHIN

Barbara McQuade





## Great Decisions Meeting

Tuesday, April 2 | 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.

**Resident John Blevins** held our first meeting in February to see if there would be enough interest at Bishop Spencer Place to create our own discussion group. After that meeting, 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

### Made in France Band

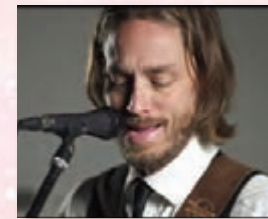
Friday, April 5 | 3 p.m. | Madison Living Room

The band is comprised of native French speakers and great musician friends, playing piano, violin, vocals, and guitar. They may even get you dancing.

### Mark Lowrey & Eboni Fondren

Friday, April 12 | 3 p.m. | Madison Living Room

Sublime vocalist Eboni Fondren is a force in the Kansas City jazz scene. Pianist Mark Lowrey has entertained in his hometown and beyond for 20+ years.



### Matthew Shoaf

Tuesday, April 16 | 7 p.m. | Pub

Come enjoy an after-dinner drink and some nice tunes at our monthly Music in the Pub. Matthew Shoaf, a graduate of the UMKC Conservatory,

has played in numerous projects, ensembles, and bands of all styles of music in Kansas City and around the country. He takes requests from a long list of songs that aim to please and promises that whatever your preference or mood, he has a song that will speak to you.

### Kansas City Symphony Quartet

Friday, April 19 | 3 p.m. | Madison Living Room

BSP friend Lawrence Figg is bringing three of his talented friends from the Kansas City Symphony to play for us.

### Shawnee Mission East High School Choir

Wednesday, April 24 | 12:30 p.m.

Madison Living Room

Enjoy a 30-minute performance by the Shawnee Mission East High School Chansonettes, the school's women's choir.

### Happy Hour with Tim Whitmer & Chase McRoy

Friday, April 26 | 4 p.m. | Madison Living Room

Have a glass on us while listening to the music of our beloved Tim Whitmer on piano and Chase McRoy on bass. Send Helen any musical requests.

## Spiritual Wellness CORNER

Dear Friends,

April is often met with hope for warmer days, and in the Christian tradition, a celebration of Christ's resurrection. Eastertide is my favorite time of year, but some years the hopefulness I feel is gentler and quieter than others.

Perhaps the hope you have today is also a bit gentle. Perhaps you didn't complete your Lenten plans. Maybe you didn't start any. Maybe your new year goals have waned. Maybe the start of April feels like just another month. Perhaps today, as the sun rises and the birds reliably sing their song, you are still deeply affected by the grief of death and loss. You do see signs of new life everywhere, but your pain has not gone away.

I'm here to tell you that the hope of Easter says it's okay to not be okay and Jesus will not minimize your pain. You can hold two things at the same time. The disciple Thomas, who needed to see Jesus's wounds to believe in his resurrection, models the complexity of holding two feelings the best of any disciples. You are here, Jesus, and I believe, but that doesn't erase your wounds or mine. In the Christian story, we profess that love endures death and brings things back to life. It's also true that Jesus rose still fully human, still showing the wounds that remind us of his pain, and still inviting us into the story with our wounds, too.

Maybe this season is purely joyful for you, and your hope is bold and beautifully loud. I celebrate that with you. I encourage you to hold your hope on behalf of those who need it most until their own is restored.

I bless you as you move through the season of Eastertide. May you hold some glimmers of hope that all shall be well, even if all things are not well right now. On the days that will inevitably come, when it is just too difficult to hope, know that we carry each other. We stand in hope on behalf of those who have no hope, knowing that one day we will need someone to do the same for us.

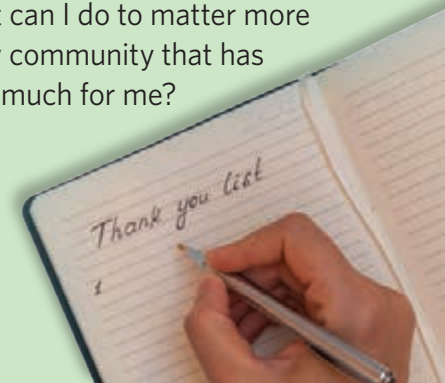
I join the women who were the first to proclaim the good, startling, unbelievable news about the empty tomb. Christ is risen. Alleluia!

Happy Easter,  
Chaplain Janette

## Gratitude Assignment

April gratitude assignment:

- What historical event am I grateful for?
- What aspects of my spiritual life am I grateful for?
- What can I do to matter more to my community that has done much for me?



**Saturday Evening Book Club**  
Saturday, April 6  
4 p.m.  
Westport Room

Contact Clark with questions.



**Remembrance Service**  
Wednesday, April 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 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.







# The SCENE

RECENT EVENTS & PHOTOS

