

The ANBASSADOR CEDTEMBER 2024

SAINT LUKE'S BISHOP SPENCER PLACE

SEPTEMBER 2024





Kansas City Ballet Movement Class Thursday, Sept. 12 1:30 p.m. | Activity Center



You've asked for it, so don't let this class title keep you away—this is going to be so much fun!

Ever dream of trying dance or getting back into it? Join our

special guest Kansas City Ballet teaching artist Suzanne Ryanstrati for an intro dance class. No experience or special shoes necessary (no sandals; stable shoes, please)—just bring yourself as you are.

This workshop promises to be a delightful blend of movement and music. Plan on 30 minutes of warmup, dance, and cooldown, followed by 15 minutes of Q&A with Suzanne. Discover dance in a supportive and encouraging environment tailored just for you.

Blood Pressure Checks Wednesdays | Madison Floor 2 Sept. 4 | 1:30 - 2:30 p.m. Sept. 11, 18, & 25 | 12 - 1 p.m.



A few words from the CEO



Note: This is not my typical column discussing updates at Bishop Spencer Place, but a column dedicated to Suicide Prevention Month for personal reasons.

Each September for the last eight years, my thoughts are consumed with the unnecessary loss of lives to suicide. In 2008, September

was designated as National Suicide Prevention Month, a time to raise awareness of this stigmatized topic and share the resources available to discuss mental health and suicide prevention. Saint Luke's provides a considerable number of these resources and hosts programs in September to make these resources known. Yellow is the color used to promote suicide prevention.

As you may or may not know, I fully understand the complexities, uncomfortable conversations, and unanswered questions surrounding suicide and the pain a family must endure. My son, Logan, took his life at the age of 26 in 2016. The yellow bracelet I've worn for eight years says In memory of Logan Collier—One More Day. I have asked myself multiple times, what would I do if I had one more day with Logan?—as I am sure most of you have asked yourselves after the loss of a loved one.

This journey has not been easy, to say the least, but it has allowed me opportunities to learn and share with other parents and families the unending questioning of why someone takes their own life. I try to find joy and comfort each day in my normal routine of work and my interactions with people, with an emphasis on their stories and the challenges they face. The loss of Logan has truly made me more aware and more patient to hear everyone's stories. I had to understand that life goes on and Logan would want me to move forward, focused on being the best person I can be and to always find ways to help others.

Logan, without any fanfare, volunteered in food and abuse shelters, his heart was focused on making sure kids had food to eat. He had a big heart for the unhoused and gave money or food to each person he came across who needed it, even if it meant he went without. As I see unhoused folks in the community, each one reminds me of Logan and makes me want to help. Logan provides a constant challenge to try to make a difference each day with someone.

This column is not intended to be sad, but to raise awareness of suicide prevention, and if it helps one family or one person, then it has served its purpose. It is also to remind all of us to regularly check on the well-being of family and friends. continued

Composting Tips from Sharon and John Blevins

Bishop Spencer Place is providing a convenient, environmentally responsible and affordable service in their composting program. Note that the take-out cartons the Bistro uses are marked *compostable* so they go into the orange compost bin in the Refuse Room. And paper towels are compostable!

In our previous home, we paid \$13 per month for the privilege of taking our own bucket of compostable waste to a designated collection point a mile away. Here, BSP is providing that collection point (that orange bucket) just down the hall, at no added cost.

Tips that make it easy

We have a small (less than one gallon) collection bucket on our countertop all the time (unless special guests are coming!), and it is lined with a compostable bag. Once the bag is full, we walk it down the hall to the Refuse Room and drop it off, then go on to pick up our mail.



Our countertop bin is the OXO Good Grips Easy-Clean Compost Bin, 0.75 gallons, about \$23: tinyurl.com/4cswj3m7.

We've found 1.2 gallon compostable bags in a handy dispenser box. Look for Avotee 1.2 Gallon Compostable bags, about \$11 for 125 bags: tinyurl.com/3h2xnas4.

Tip of the Month!

From the BSP Environmental Committee

Use reusable water bottles, travel coffee cups, and metal straws. Stop using non-reusable plastic items.



As I wrote this column, I could not help but think of everyone here at Bishop Spencer Place and the family environment that welcomes and supports everyone. This is truly a special community, and as we continue to move Bishop Spencer Place forward together, I thank you from the bottom of my heart for allowing me to be a part of it.







September

Departing summer hath assumed An aspect tenderly illumed, The gentlest look of spring; That calls from yonder leafy shade Unfaded, yet prepared to fade, A timely carolling. No faint and hesitating trill, Such tribute as to winter chill The lonely redbreast pays! Clear, loud, and lively is the din, From social warblers gathering in Their harvest of sweet lays...

— William Wordsworth English poet, 1770 - 1850



Ravens at Chiefs Thursday, Sept. 5 7:20 p.m. | Pub

Get excited to cheer on our Kansas City Chiefs as they open the regular season at home against Baltimore.

ART Art Gallery BG Bishop's Garden CDR Canterbury Dining Roo	JLR Jefferson Livin MLR Madison Livin	g Room Ch 1851 Channel 18	Room 351 on your Spectrum TV		Septemb	oer 2024
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	2 LABOR DAY Offices & Bistro Closed 11 a.m. Brunch—CDR	3 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. Great Decisions Meeting—WR	4 10 a.m. Stretch & Strengthen—AC 1:30 p.m. BP Checks—MF2 1 p.m. Tai Chi—AC 2 p.m. Movie Committee—P 3 p.m. Great Courses: Essential Italy—Ch 1851	5 10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art—AC 3 p.m. Dining Committee—P 7:20 p.m. Ravens at Chiefs (NBC)—P	6 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 3 p.m. Betse Ellis & Beth Watts Nelson—MLR	7 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 4 p.m. Book Club—WR 7:15 p.m. Movie: Apollo 13—JLR
8 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	9 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: Great Ballet Music—WR	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 3 & 3:30 p.m. James O'Keefe: Heart Health Video—Ch 1851 4:30 p.m. Women's Gathering—P	10 a.m.Stretch & Strengthen—AC11 a.m.Podiatrist—AC12-1 p.m.BP Checks—MF21 p.m.Tai Chi—P3 p.m.Great Courses—Ch 1851	12 10:30 a.m. Strength & Balance—AC 1:30 p.m. KC Ballet Movement Class—AC 3 p.m. Robert Butler Classic Movie—WR	13 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 3 p.m. Opus 76 Quartet— MLR	10 a.m.Grocery Trip11 a.m.Rosary—CH1-3 p.m.Open Bridge—P7:15 p.m.Movie: Erin Brockovich (R)—JLR
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 3:25 p.m. Bengals at Chiefs— CBS	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—WR 3 p.m. Don Dagenais: Great Ballet Music—WR	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speakers: Blevins' Trip to Greece—WR 7 p.m. Music: Clayton DeLong & Emily Dix—P	10 a.m.Stretch & Strengthen—AC11 a.m.Resident Remembrance—CH12-1 p.m.BP Checks—MF21 p.m.Tai Chi—AC3 p.m.Great Courses—Ch 1851	10:30 a.m. Strength & Balance—AC 1:30 p.m. Speaker: Dustin Clayton of PPS Therapy—WR 4 p.m. Poetry Circle—WR	20 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 1 p.m. Town Hall—WR 3 p.m. Mark Lowrey & Eboni Fondren—MLR	21 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1–3 p.m. Open Bridge—P 7:15 p.m. Movie: Cats—JLR
22 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 7:20 p.m. Chiefs at Falcons— NBC	23 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: Great Ballet Music—WR	24 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3:30 p.m. Eddison Chen Piano Recital—MLR 4:30 p.m. Men's Club—P	25 10 a.m. Stretch & Strengthen—AC 12-1 p.m. BP Checks—MF2 1 p.m. Tai Chi—AC 3 p.m. Great Courses: Essential Italy—Ch 1851	26 10:30 a.m. Strength & Balance—AC 11 a.m Block Party—Jefferson 2 p.m. Lot (Food Trucks 11 a.m1 p.m.) 4 p.m. Trivia Hour—P	27 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 4 p.m. Michael Pagán & Jesica Poell—MLR	28 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Saving Mr. Banks—JLR
29 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 3:25 p.m. Chiefs at Chargers— CBS	30 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: Great Ballet Music—WR					

LIFE ENRICHMENT | INDEPENDENT LIVING

BISHOP SPENCER PLACE

Group activities subject to community status

AC Activity Center (above Bistro)

CH Chapel

P Pub

September 2024

Art Experience with Nina Irwin

Thursday, Sept. 5 | 1:30 p.m. **Activity Center**



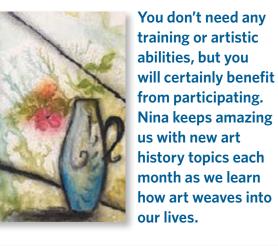
Nina is back with another creative project. Last month we worked with pattern

and creativity. Nina has been coming to BSP with her art knowledge and her compassion for more than two years, with classes in our independent living, assisted living, and skilled nursing areas.



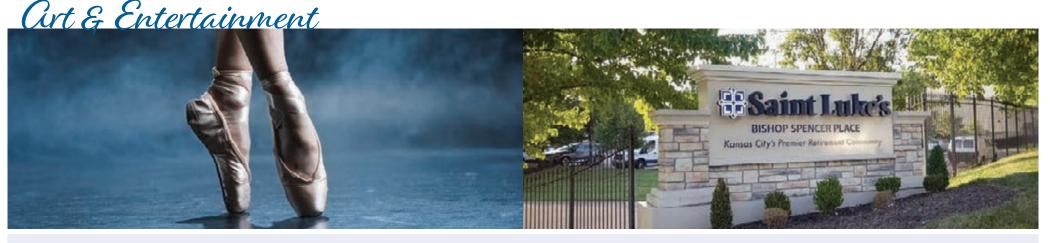
Learn more about Nina and her artwork at ninairwin.com.

Reserve your spot by calling Helen at 816-595-5015.



Labor Dav Monday, September 2

BSP offices and the Bistro will be closed. Brunch will be served in the Canterbury Dining Room, 11 a.m. - 1 p.m.



Great Ballet Music with Don Dagenais Mondays, Sept. 9, 16, 23, & 30 | 3 p.m. | Westport Room

Don Dagenais will play his final four videos of ballets from the 18th century to the present, by such masters as Gluck, Chopin, Weber, Tchaikovsky, Prokofiev, and Copland.

RESCHEDULED



Classic Movies with Robert Butler: Stairway to Heaven (1946) Thursday, Sept. 12 | 3 p.m. Westport Room

A British aviator who cheats death must argue for his life before a celestial court.

Saturday Night Movies Saturdays | 7:15 p.m. | Westport Room

Sept. 7—Apollo 13 (1995)

NASA must return a damaged Apollo 13 to Earth and save the lives of the astronauts. Directed by Ron Howard, starring Tom Hanks.

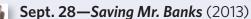




Sept. 14—Erin Brockovich (2000—R) A legal assistant (Julia Roberts) brings down a California power company that's polluting a city's water.

Sept. 21—Cats (2019)

Cats decide which one will ascend to the Heaviside Layer and come back to a new life.





Author P. L. Travers (Emma Thompson) meets Walt Disney (Tom Hanks), who wants to adapt her novel Mary Poppins for the cinema.

Bishop Spencer Place History

Bishop Robert Nelson Spencer served the Diocese of West Missouri during the years of the Great Depression and World War II. During his Episcopate, there was discussion of establishing an Episcopal home. In 1965, under the Episcopate of Bishop Edward Welles, the estates of parishioners Lora Hershey Bacharach and Fannie S. Campbell gave money for funding.

In 1975, the Episcopal Retirement Home Planning Committee first met under the Episcopate of Bishop Arthur Vogel. Bishop Spencer's daughter, Kathleen Spencer De Yong, gave approval of the project name, Bishop Spencer Home, in honor of her father.

Planning and development of the community accelerated when Bishop John C. Buchanan began his Episcopate in 1989. In 1994, Saint Luke's Hospital, Rachel L. Davies, and William T. Kemper, Jr. contributed funds to acquire 6.5 acres of land.

On September 30, 1994, we held a groundbreaking ceremony, and on December 6, 1995, Bishop Spencer Place opened its doors. Many of our current residents were instrumental in the development and financing of the community.



Resident-Sponsored Block Party!

Thursday, Sept. 26 | 11 a.m. - 2 p.m. Food Trucks: 11 a.m. - 1 p.m. Jefferson & York Lot

Join residents and staff for food, music, entertainment, and games. We hope to see a huge crowd!



The Great Courses: Essential Italy

Wednesdays Sept. 4, 11, 18 & 25 3 - 4:30 p.m. | Channel 1851 This month we will air three lessons per session.

The Great Courses, in collaboration with the Smithsonian, brings you a grand tour of Italy that focuses on the most historically and artistically compelling sites. A breathtaking travel journey, this course is a video tour and travelogue that lets you walk the streets and savor the heritage of Italy's premiere destinations of Rome, Tuscany, and Venice, with side trips to additional treasures of Italian civilization.

Your guide is Professor Kenneth R. Bartlett of the University of Toronto, an esteemed historian and scholar who knows these remarkable places in intimate detail, having traveled to Italy every year since 1970. As a cultural tour leader there for decades, Professor Bartlett knows Italy like few others do, and demonstrates a special talent for uncovering its most memorable historic, cultural, and artistic riches.

August Speakers

Dr. James O'Keefe Tuesday, Sept. 10 3 & 3:30 p.m. | Channel 1851



Hear from Dr. O'Keefe about heart disease prevention in "Health News You Can Use: Heart Disease Prevention and Longevity," a 30-minute video from a successful marketing event we held in the Canterbury

Dining Room. The World Health Organization says 80% of heart attacks and strokes are preventable. The video describes exciting new research that reveals there may be a new way to help slow aging and lengthen our lifespan.

Dr. O'Keefe is an esteemed cardiologist at Saint Luke's Mid America Heart Institute and Medical Director at Saint Luke's Charles & Barbara Duboc Cardio Health & Wellness Center.

Dustin Clayton Thursday, Sept. 19 | 1:30 p.m. Westport Room



Dustin Clayton received a doctorate in physical therapy from the University of Missouri-Columbia and a bachelor's degree in psychology. He is a practicing physical therapist

with 10 years experience in skilled nursing and inpatient and outpatient rehab working with diverse diagnoses. He has worked throughout Missouri in various facilities assisting patients meet their goals and return home safely.

Dustin will discuss exercise programming for aging adults to maintain functional independence within their home. You'll love his presentation!



John & Sharon Blevins: What's It All About, Zorba? Tuesday, Sept. 17 | 3 p.m. | Westport Room



Come for a taste of Sharon and John's summer adventure on the Greek island of Patmos, where they gathered with a

group of people from around the world for ten days to consider how, individually and in community, we can journey toward the common good.

They'll share a mix of photos, poetry, and music, with an opportunity—if you choose—to join in conversations about how the concept

of common good fits into life at Bishop Spencer Place.

After the program, you're invited to sample a bit of Greek food and to ask John and Sharon about swimming



in the Aegean Sea, feasting on Greek food at midnight, dancing to Zorba's music—and whatever else might have left you curious.



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

Learn and play bridge with Christie Collier or play Scrabble. Enjoy treats and coffee from PB&J.

Women's Gathering

Tuesday, Sept. 10 | 4:30 p.m. | Pub Come for some treats and lively discussion before dinner.

Men's Club

Tuesday, Sept. 24 | 4:30 p.m. | Pub It's been great to see so many of you the last few months.

Poetry Circle Thursday, Sept. 19 | 4 p.m. Westport Room



You don't need to have any

experience with poetry. Come give it a try. It's thoughtful, and we often have laughs. Bring a favorite poem to read informally or simply come to listen and enjoy.

Poetry can speak to important human issues: love, loss, inspiration, and more. It is also a form of art that is accessible to everyone.

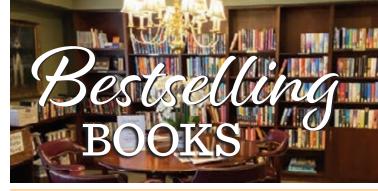
Thursday Trivia Thursday, Sept. 26 | 4 p.m. Pub



Let's meet in the Pub for a rousing round of trivia. Get ready for questions from Louis and Helen!







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

Fiction THE WOMEN Kristin Hannah

THE COVEN Harper L. Woods

SHADOW OF DOUBT Brad Thor

FOURTH WING Rebecca Yarros

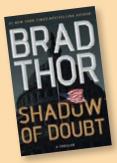
Nonfiction **THE ART OF POWER** Nancy Pelosi

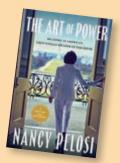
THE ANXIOUS **GENERATION** Jonathan Haidt

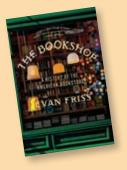
THE DEMON **OF UNREST** Erik Larson

THE BOOKSHOP: A HISTORY OF THE AMERICAN BOOKSTORE **Evan Friss**









Great Decisions Meeting Tuesday, Sept. 3 | 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.

It's never too late to join.



Call or email resident John Blevins with any questions. You'll find the topics at tinyurl.com/GD-BSP-2024.

Name That Resident!

- I know how to milk a cow.
- There were only four kids in my first grade class and I was related to half of them.
- Word on the street is I flirt too much.
- I enjoy genealogy with my children.
- My father had the first ton litter at the county fair.

(Last month's answer was Ann Lowman!)

Music

Betse Ellis & Beth Watts Nelson Friday, Sept. 6 | 3 p.m. | Madison Living Room

We know and love Betse, daughter of our late friend, BSP resident Bobbie Ellis. With her this time is Beth Watts Nelson, who has a voice like a church bell!

Opus 76 String Quartet

Friday, Sept. 13 | 3 p.m. | Madison Living Room

The ensemble consists of musicians Keith Stanfield, Zsolt Eder, Ashley Stanfield, and Daniel Ketter. Their recent debut at Carnegie Hall was described by Gramophone as a significant impact on the classical music scene.

After-Dinner Music: Clayton DeLong & **Emily Dix**

Tuesday, Sept. 17 | 7 p.m. | Pub

From Clayton and Emily: "From our first time performing, it was magic, bringing our own vibe to compositions that will live through our interpretation and love. Proud to keep the music alive—we adore what we do and hope you will, too!"

Mark Lowrey & Eboni Fondren Friday, Sept. 20 | 3 p.m. | Madison Living Room



How are we so fortunate to have Mark Lowrey here three times within a month! This time, he'll play in the Madison with premier jazz vocalist, Eboni Fondren. We're

thrilled she keeps performing here. Read her extensive bio at ebonifondrenmusic.com/about.

Eddison Chen Piano Recital

Tuesday, Sept. 24 | 3:30 p.m. | Madison Living Room Eddison Chen won the Kansas City Symphony concerto

competition this season and was one of 23 participants making the quarterfinals of the Cliburn Junior competition.

Happy Hour: Michael Pagán & Jesica Poell Friday, Sept. 27 | 4 p.m. | Madison Living Room

Have a beverage on us and enjoy the music of pianist Michael Pagan and the so-much-fun vocalist, Jesica Poell, a.k.a. Baby J.



Sandwiched between summer's final call in August and autumn's cool arrival in October, September is home to the Autumn Equinox, Labor Day, and the month traditionally associated with school resuming. A good friend of mine has synesthesia, a neurological condition which stimulates a multisensory experience in the brain (*hearing* something means also seeing it). She tells me that September is mostly yellow with bits of orange and brown. September, then, is apple cider and sunsets and leaves on trees beginning to turn.

Christian churches often follow a different calendar, known as the Calendar of the Church Year, to organize its shared life together. For example, it determines the date of Easter (always the first Sunday after the full moon that falls on or after March 21). September falls in the church's longest season: Ordinary Time. In contrast to the Gregorian calendar's associations with yellow and orange, this season is marked by the color green. Throughout Ordinary Time, the church looks for the greening power of God at work in the world amidst the ordinary stuff of life.

September offers an ordinariness that invites us to notice the moments that make up our days and cause us to give thanks. September is all at once green *and* yellow and orange and brown. Many things are still growing and enjoying verdant life while others have begun their descent toward wintery rest. We find ourselves somewhere on this spectrum, too, as the end of the year is now in sight.

Perhaps poet Pat Schneider said it best when she described ordinary things as a kind of love (see the poem at right). My prayer this month is that we notice the ordinary parts of our lives and give thanks for how they form us. May we mirror the generosity and steadfastness of ordinary things.

Chaplain Janette



Remembrance Service Wednesday, Sept. 18 | 11 a.m Chapel

Gratitude Assignment

September gratitude assignment:

- Who have I reached out to help recently?
- Who do I admire in our community, and have I let them know?
- What am I thankful for today? And yesterday?

Thank you list

Book Club Saturday, Sept. 7 4 p.m. | Westport Room Contact Clark with questions.

The Patience of **Ordinary Things** by Pat Schneider

It is a kind of love, is it not? How the cup holds the tea, How the chair stands sturdy and foursquare, How the floor receives the bottoms of shoes Or toes. How soles of feet know Where they're supposed to be. I've been thinking about the patience Of ordinary things, how clothes Wait respectfully in closets And soap dries quietly in the dish, And towels drink the wet From the skin of the back. And the lovely repetition of stairs. And what is more generous than a window?









RECENT EVENTS & PHOTOS









