

A warm, autumn-themed photograph featuring a central cup of coffee with latte art on a saucer. The cup is surrounded by pumpkins, autumn leaves, and nutmeg pods on a rustic wooden surface. The lighting is soft and golden, creating a cozy atmosphere.

The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

NOVEMBER 2024

 **Saint Luke's**
BISHOP SPENCER PLACE



Cheer the Chiefs

Monday, Nov. 4 | 7:15 p.m.

Bucs at Chiefs | Pub

Sunday, Nov. 10 | 12 p.m.

Broncos at Chiefs | Pub

Sunday, Nov. 17 | 3:25 p.m.

Chiefs at Bills | Pub

Sunday, Nov. 24 | 12 p.m.

Chiefs at Panthers | Pub

Kansas City Ballet Movement Class

Friday, Nov. 15 | 1 - 1:45 p.m.

Activity Center



Suzanne's third class is upon us! We'd love for more of you to attend so

we can keep it on the schedule.

No experience or special shoes necessary (no sandals; stable shoes, please). Come as you are and discover movement in a supportive and encouraging environment tailored for you.

Thanksgiving

Thursday, Nov. 28

Brunch: 11 a.m. - 1 p.m.

Canterbury Dining Room

BSP offices closed.



A few words from the CEO



I truly believe that we cross paths with folks, not in happenstance, but for a reason and purpose, even if we do not know it at the time. As I have thought about people I've met in life, I often think about the steps and events that occurred, that created the opportunity to meet that person or group of people.

The most difficult decision of my career is, without a doubt, my departure from BSP in the coming months. Coming to BSP not only occurred at the right time in my life, but has been the most meaningful opportunity in my career. From my very first steps onto the BSP campus and meeting residents and employees, I truly felt this was a special community and the place I was supposed to be at that time.

While I will be leaving with a considerable amount of reluctance, I know that my decision is the best for myself and my family, and I am extremely proud of what we have accomplished by working together. We have worked hard to fully integrate the relationship with Saint Luke's and to create a culture of transparency, accountability, and consistency, which has led to a foundation of trust between all of us. Our projects have been strategically defined and selected to improve our campus, our care, and our commitment to our residents, while addressing concerns, no matter the size. I truly believe that we must take care of the little things each day as we address larger concerns—or as I say, we celebrate the wins, but we do not run from the losses.

In the past 15 months, we have established a tremendous therapy team and program, created a robust marketing and community outreach plan with a new sales program, improved our wages to be more competitive in the clinical areas, opened a game room, and obtained a Certificate of Need for Memory Care. We've also started construction and completed renovations throughout BSP, including the Westport Room, the Canterbury hallways and ceilings, the staircases, the parking lot, renovations in York, and numerous other improvements. Currently, we are improving the exterior of the Madison building.

While I will be contributing to the *Ambassador* for a few more months, I wanted to take this time, to thank each of you for your support, your willingness to help in all areas and work together, and most importantly, your friendship.

Thank you for allowing us to work in your home.

Louis

Art Reception for Nina Irwin

Friday, Nov. 22 | 4:30 p.m. | Art Gallery

Come to the reception for our new showing of the artwork of our great friend and fantastic instructor for more than two years.



Nina Irwin was born in Pontiac, Michigan. Her father and mother were outstanding creatively (artist and musician) and Irwin grew up surrounded by music, art, and literature. This rich, creative setting provided the ideal ground for her to develop her own interests in a wide range of artistic disciplines.

Nina spent years in school focusing on many subjects. Realizing that she had to "simply finish college," she chose fine art—a decision based mostly on the fact that she "wasted a lot of time" at museums anyway—why not get her degree in art? Irwin was immediately captivated by her rigorous courses in painting, drawing and sculpture—in which she excelled. This casual decision to study art led her to her true calling in life.



The works are carefully crafted using an unusual mono-print technique developed by the artist. Working on clay-coated panels, liquid watercolor and ink are somewhat randomly spread across a paper palette. Then, the rigid panel is pressed down firmly, "printing" fantastic textures onto the panel. This initial color print is then the basis for the overall subject. The artist then proceeds to carefully add and subtract from the original.

Tip of the Month!

From the BSP Environmental Committee



Autumn tip: Donating clothes you no longer need reduces waste, conserves resources, and helps others.

Garden TIME

November

Much have I spoken of the faded leaf;
Long have I listened to the wailing
wind,
And watched it ploughing through
the heavy clouds,
For autumn charms my melancholy
mind.

When autumn comes, the poets sing
a dirge:

The year must perish; all the flowers
are dead;

The sheaves are gathered; and the
mottled quail

Runs in the stubble, but the lark
has fled!

Still, autumn ushers in the Christmas
cheer,

The holly-berries and the ivy-tree:
They weave a chaplet for the Old
Year's bier,

These waiting mourners do not sing
for me!

I find sweet peace in depths of
autumn woods,

Where grow the ragged ferns and
roughened moss;

The naked, silent trees have taught
me this,—

The loss of beauty is not always loss!

—Elizabeth Drew Stoddard
American poet and novelist
1823 - 1902



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

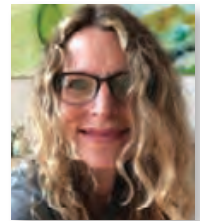
November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daylight Saving Time Ends 3 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	4 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History According to the Great Composers—WR 7:15 p.m. Bucs @ Chiefs—P (ESPN)	Election Day 5 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. FINAL Great Decisions Meeting—WR	6 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 2 p.m. Movie Committee—P 3 p.m. Great Courses: Van Gogh—Ch 1851	7 10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 2 p.m. Dining Committee—P 3:30 p.m. Speaker: Max Kaniger—WR	1 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 4 p.m. Esther & Andreas Landstedt Piano Duo—MLR	2 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: As Good As It Gets—JLR
10 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 12 p.m. Broncos @ Chiefs—P (CBS)	Veterans Day 11 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Veteran Salute: Millie Edwards & Dan S.—MLR 3:30 p.m. Don Dagenais: History/Great Composers—WR	12 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 3 p.m. Illusionist Josh Farley—CDR 4:30 p.m. Women's Gathering—P	World Kindness Day 13 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses: In the Footsteps of Van Gogh—Ch 1851	14 10:30 a.m. Strength & Balance—AC 4 p.m. Poetry Circle—WR	15 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 1 p.m. KCB Movement Class—AC 3 p.m. Michael Pagán & Chloe McFadden—MLR	16 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: A League of Their Own—JLR
17 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 3:25 p.m. Chiefs @ Bills—P (CBS)	18 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History According to the Great Composers—WR	19 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 4 p.m. Matt Villinger & Julie Haile—MLR	20 10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 11 a.m. Podiatrist—AC 1 p.m. Tai Chi—P 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses—Ch 1851	21 10:30 a.m. Strength & Balance—AC 3 p.m. Elisabeth Batchelor Presents—WR	22 9 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 3 p.m. Opera to Go—MLR 4:30 p.m. Artist Reception: Nina Irwin—ART	23 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Breakfast at Tiffany's—JLR
24 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 12 p.m. Chiefs @ Panthers—P (CBS)	25 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History According to the Great Composers—WR	26 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. Robert Butler Movie: My Brilliant Career—WR 4:30 p.m. Men's Club—P	27 10 a.m. Stretch & Strengthen—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses: In the Footsteps of Van Gogh—Ch 1851	28 THANKSGIVING DAY Offices Closed 	29 2 p.m. Raiders @ Chiefs (Amazon Prime) 4 p.m. Happy Hour: Candace Evans—MLR	30 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Howards End—JLR

Group activities subject to community status

Art Experience with Nina Irwin

Thursday, Nov. 7 | 1:30 p.m.
Activity Center



New class time going forward!

Nina is back again this month with another creative project.

Nina has been coming to BSP with her art knowledge and her compassion for more than two years now, with a class in Independent Living, Assisted Living, and one in York. We are so fortunate to have her!



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

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



You don't need any training or artistic abilities for this class,

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.

Blood Pressure Checks

Wednesdays | 1:30 p.m.
Madison Floor 2



Art & Entertainment



Don Dagenais: The History of the World According to the Great Composers

Mondays | Westport Room
Nov. 4, 18, & 25 | 3 p.m.
Nov. 11 | 3:30 p.m.

Many events of world history have been the subject of music compositions, including Haydn's oratorio *The Creation* (Biblical version of creation story), Verdi's *Aida* (ancient Egypt), Handel's *Alessandro* (Alexander the Great), Barber's *Antony and Cleopatra*, Gounod's *Le Cid* (Rodrigo Diaz), Verdi's *Attila* (Attila the Hun), Tchaikovsky's *The Maid of Orleans* (Joan of Arc), Beethoven's *Symphony No. 3 (Eroica or Heroic Symphony)* (Napoleon), and many others all the way up to Adams's *Nixon in China* and *The Transmigration of Souls* (9-11 attacks). We will listen to more than 130 different music selections based on historical events.

Illusionist Josh Farley

Tuesday, Nov. 12 | 3 p.m.
Canterbury Dining Room

Josh Farley is a nationally recognized illusionist who has been featured on the primetime television show *Penn & Teller: Fool Us*; as the headliner for *Masters of Illusion Live!* at Harrah's Casino in Atlantic City; and most recently in *Celebrities of Magic* in Bakersfield, California. His show is approximately 50 minutes in length, full of comedy, mind-reading, and sleight-of-hand.



Classic Movie with Robert Butler:

My Brilliant Career

Tuesday, Nov. 26 | 1:30 p.m. | Westport Room

A proud young woman in early 20th century Australia must choose between marriage and independence. Stars Judy Davis and Sam Neill.

Saturday Night Movies

7:15 p.m. | Jefferson Living Room



Nov. 2—*As Good as It Gets* (1997)
A single mom and waitress (Helen Hunt), a misanthropic author (Jack Nicholson), and a gay artist (Greg Kinnear) form an unlikely friendship after the artist is assaulted in a robbery.

Nov. 9—*Mary Poppins* (1964)

In turn of the century London, a nanny (Julie Andrews) employs music and adventure to help two neglected children become closer to their father. Also stars Dick Van Dyke, Glynis Johns, David Tomlinson, Arthur Treacher, Hermoine Baddeley, and Ed Wynn.

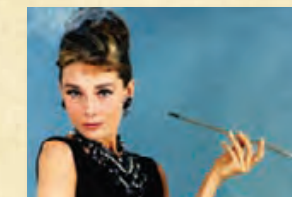


Nov. 16—*A League of Their Own* (1992)

During World War II, sisters join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry. Stars Geena Davis, Lori Petty, Tom Hanks, and Madonna; directed by Penny Marshall.

Nov. 23—*Breakfast at Tiffany's* (1961)

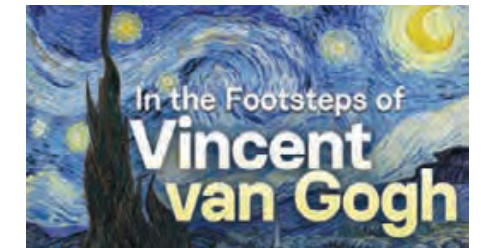
A young New York socialite (Audrey Hepburn) becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way. Also stars George Peppard.



Nov. 30—*Howards End* (1992)

In the early 20th century, class distinctions and troubled relations between two families affect the ownership of cherished British estate Howards End. Stars Emma Thompson, Anthony Hopkins, Helena Bonham Carter, and Vanessa Redgrave.

Thank you, BSP Movie Committee!



Great Courses: In the Footsteps of Vincent Van Gogh

Wednesdays

Nov. 6, 13, 20, & 27

3 - 4 p.m. | Channel 1851

This immersive journey through the world of Van Gogh was filmed on location at historical sites. Written and directed by Professor Jean-Pierre Isbouts, art historian, author, and filmmaker, the series sets out to answer questions that remain unsolved to this day.

Van Gogh is one of the most widely recognized—and most widely misunderstood—artists of the modern world. Secrets of his life are the subject of this fascinating series of 15 documentary shorts, filmed on location in Holland, Belgium, and France and featuring Vincent's own words, based on his letters to Theo, and those of fellow Impressionists and friends, brought to life by a cast of 11 voice actors.

Each episode is edited to the music of Debussy, Satie, Franck, Fauré, and Ravel—music that Vincent was probably very familiar with. Some of these pieces were recorded by Professor Isbouts with musicians in Los Angeles and New York.

November Speakers

Max Kaniger: Founder and CEO of Kanbe's Market

Thursday, Nov. 7 | 3:30 p.m. | Westport Room



Kanbe's Markets is a 501(c)3 non-profit on a mission to build a more inclusive food system in Kansas City by transforming food loss into food access. They achieve this through a distinctive business model that connects local food sources, supports small businesses, and uplifts communities one neighborhood at a time.

Kanbe's Markets divert hundreds of pounds of food waste by hand sorting discarded or imperfect food from large-scale distributors and excess from local farms and redirecting this rescued produce to areas of greatest need. Half of the food they rescue goes directly to feeding the community, with 10% being of high enough quality to be rotated into their Healthy Corner Stores (HCS). The remaining 40% is immediately shared with the region's food banks and pantries through more than 30 hunger relief partners, while 25% is used as animal feed, and the remaining 25% is composted and shared with area farmers. Kanbe's provides fresh food access for more than 250,000 residents.

Thanks, Una Creditor, for arranging this!

Elisabeth Batchelor Presents: India

Thursday, Nov. 21 | 3 p.m. | Westport Room



Born and raised in Austria, Elisabeth studied art conservation in Vienna and Rome, earning a masters degree in Conservation and Technology from the Academy of Fine Arts in Vienna and eventually meeting her English husband, Tony, in Rome.

She worked in art museums, including the Cincinnati Art Museum and Dayton Art Institute for 40 years, the last 15 at the Nelson-Atkins Museum of Art as director of conservation.



Elisabeth has been to India 12 times, staying four to five weeks on each trip. She is a self-declared news junkie about anything having to do with India. We can't wait to hear all she has experienced regarding the country.



Beginning Bridge + Games

Fridays | 10 a.m. - Noon | Pub

Enjoy treats and coffee, learn and play bridge with Christie Collier, or play Scrabble. We have another Scrabble board if we get more players!

Women's Gathering

Tuesday, Nov. 12 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Men's Club

Tuesday, Nov. 26 | 4:30 p.m. | Pub

What a great group we have!



Poetry Circle

Thursday, Nov. 14 | 4 p.m. Westport Room

You don't need to have any experience with poetry. Come give it a try. It's thought-provoking, and we often have laughs. Bring a favorite poem to read informally or simply come to listen and enjoy.



Poetry not only stimulates emotional and aesthetic responses but also enhances cognitive functions like flexible thinking and the capacity to understand complex, multiple meanings, which can be beneficial in everyday decision-making.

Poetry has a power to capture and communicate a message. A poem can speak to important issues that all human beings care about: love, loss, inspiration, and so much more. It is also a form of art that is accessible to everyone.

Bestselling BOOKS

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

Fiction COUNTING MIRACLES

Nicholas Sparks



THE STARS ARE DYING

Chloe C. Peñaranda



INTERMEZZO

Sally Rooney

IDENTITY UNKNOWN

Patricia Cornwell

Nonfiction FROM HERE TO THE GREAT UNKNOWN

Lisa Marie Presley and Riley Keough



BE READY WHEN THE LUCK HAPPENS

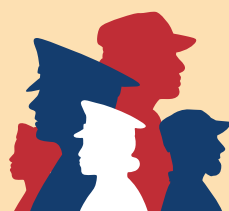
Ina Garten

THE MESSAGE

Ta-Nehisi Coates

REVENGE OF THE TIPPING POINT

Malcolm Gladwell



Veterans Day

Monday, Nov. 11

Veterans Day, originally known as Armistice Day to mark the anniversary of the end of World War I, honors military veterans. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954.



World Kindness Day

Wednesday, Nov. 13

In 1997, an array of institutions based in countries including Australia, Thailand, the United States, and the United Kingdom assembled at a conference in Tokyo, dedicated to championing kindness in society. They formed World Kindness Movement, stating their "pledge to join together to build a kinder and more compassionate world." In 1998, they launched World Kindness Day.

Great Decisions Meeting

Tuesday, Nov. 5 | 3 p.m.

Westport Room



Final meeting of 2024. Let John Blevins know if you'd like to continue! 2025 class dates/time TBD.

Great Decisions 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.

The FPA announced that G. John Ikenberry will serve as Guest Editor of Great Decisions 2025. Professor Ikenberry is the Albert G. Milbank Professor of Politics and International Affairs at Princeton University. In a recent survey of international relations scholars, Ikenberry ranked among the top scholars who have produced the best and most interesting work in international relations.

Name That Resident!

- I was a postal carrier.
- I was a heavy equipment operator.
- I taught real estate classes at a university.
- I was my party's nominee for secretary of state in my state.
- I bought a donkey at a charity auction.

(Last month's answer: Martha Crider!)

Music

Esther & Andreas Landstedt

Friday, Nov. 1 | 4 p.m. | Madison Living Room

Husband and wife duo Esther and Andreas began playing two- and four-hand piano works in 2018.

Beau Bledsoe Trio

Friday, Nov. 8 | 3 p.m. | Madison Living Room

Welcome back Beau on Portuguese guitar, with Turkish cellist Ezgi Karakus and Austin-based vocalist George Carver, who grew up in Lisbon.

Voices of Kansas City

Friday, Nov. 8 | 7 p.m. | Madison Living Room

Voices of Kansas City, a professional a cappella ensemble, will perform a concert for us in honor of Veterans Day.



Veterans Day Program with Millie Edwards & Dan Sturdevant

Monday, Nov. 11 | 2 p.m. | Madison Living Rm

Join Millie and Dan as we honor our veterans and the sacrifices they made for us.

Chloe McFadden and Michael Pagán

Friday, Nov. 15 | 3 p.m. | Madison Living Room

We're thrilled to have Chloe McFadden sing for us with our friend Michael Pagán on piano. What could be better?

Matt Villinger & Julie Haile

Tuesday, Nov. 19 | 4 p.m. | Madison Living Room

Welcome Julie to BSP with our friend Matt. Julie's artistry is a fusion of jazz, soul, R&B, and funk.

Opera to Go!

Friday, Nov. 22 | 3 p.m. | Madison Living Room

Opera to Go from the Lyric Opera of KC brings artists to perform arias, duets, and music theater favorites.

Happy Hour: Candace Evans

Friday, Nov. 29 | 4 p.m. | Madison Living Room

Have a beverage on us and enjoy our first holiday 2024 piano music!



Spiritual Wellness CORNER

A few weeks ago, in our weekly devotionals, I worked with several York residents to write a poem. I provided the prompts to begin each phrase, and one by one, and at times collectively, they filled in the rest. I thought you'd enjoy reading their work. Several of the contributions came from those who are often quiet in our group. What a gift it is to journey alongside them and get to know them more.

*We are blessed and quiet
We wonder about our children
We hear every drop of music
We see wonderful things
We want to be loving light
We are blessed and quiet*

*We understand God loves us
We say we love everybody
We dream of life and having fun
We try and fail
We hope for heaven
We understand God loves us*

*We pretend to sing really well
We feel the love of people in
the room
We touch love and gentleness
We worry she's gone
We cry tears
We pretend to sing really well*

Written by York Residents
Nancy, Louise, Rita Mae, Bev,
Francis, Susan, Leola, John,
Peggy, and Andrew, October
2024.

Perhaps you are inspired to write your own poem. Here are the blank prompts. I wonder what you hear, want, feel, worry, and dream? If you decide to write one, I'd love to hear it. If you'd like to share, come by my office and I'll read you mine, too.

Happy writing,
Janette

Poetry Writing Prompts

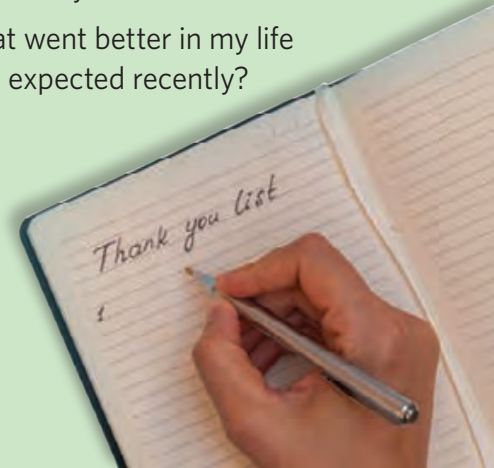
I am...	I pretend...	I understand...
I wonder...	I feel...	I say...
I hear...	I touch...	I dream...
I see...	I worry...	I try...
I want...	I cry...	I hope...



Gratitude Assignment

November gratitude assignment:

- Who has been (or is) a source of support or encouragement in my life?
- What resources do I have that others may not have access to?
- What went better in my life than expected recently?



Book Club

Saturday, Nov. 2
4 p.m. | Westport Room

Contact Clark with questions.



Remembrance Service

Wednesday, Nov. 20
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 and share stories of their lives.

Most of all, it is a time for us to come together to support one another. We hope you make time to attend.





The
SCENE
RECENT EVENTS & PHOTOS

