



The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

DECEMBER 2024

 Saint Luke's™
BISHOP SPENCER PLACE



Staying Active During the Holidays

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

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

Christmas
Wednesday, Dec. 25

New Year's Eve
Tuesday, Dec. 31

BSP offices will be closed.



A few words from the CEO



As we enter the final month of 2024, what a great time to reflect on our BSP community.

We began the year with specific strategic goals that, while lofty, we knew would enhance and improve our community, for both residents and our staff. Our projects included a new therapy program that would challenge our residents and patients; a new electronic medical records program to improve efficiency and quality of care; and renovations to the Westport Room, the areas surrounding Canterbury, the most utilized staircase, rooms and common areas in York, the fence surrounding our campus, and the south parking lot. We opened the game room and chose a new partner for our dining services that will elevate the overall program to everyone in terms of quality, choice, and service.

In addition, we implemented a true, robust marketing and community outreach program that has allowed us to promote the BSP to the KC community on a very specific and targeted basis. We are seeing new people choose BSP as a result.

Our largest project was the approval of our Certificate of Need by the State of Missouri to construct and open a true memory care unit on the first floor of the Madison building. The unit will complete the spectrum of services we offer on our campus and keep our residents from having to seek memory care services at another community. In conjunction, we have begun replacing the exterior of Madison with a energy-efficient siding that will reduce the risk of moisture and water damage and modernize the look of the building and carport. The construction is well underway and funded through generous donations from the community and Saint Luke's Board.

We've established a solid foundation for the future of BSP, both for residents and our colleagues. I would like to thank each of you for working on the committees for these projects, as many of the decisions were made by you. In the process, we all got to know each other a little better and are blessed by that result. This was truly a team effort and a tremendous experience.

I hope each of you have a joyful and peaceful holiday season, a chance to spend time with family and friends, reflect on 2024, and look forward to 2025. Thank you for allowing us to work in your homes each day, and thank you for allowing us to be part of this special community we call Bishop Spencer Place.

Louis

Tip of the Month!

From the BSP Environmental Committee



Read the Wikipedia Page "Individual Action on Climate Change" to learn more about what each of us can do to help reduce greenhouse gases.

The site offers ideas for ways people can implement more environmentally friendly:

- Transportation and travel
- Diet
- Shopping habits
- Homes
- Consumption of goods



KCB Movement Class

Friday, Dec. 13 | 1 - 1:45 p.m. | Activity Center



Discover movement in a supportive environment. No experience or special shoes necessary (no sandals; only stable shoes, please).



Cheer the Chiefs

Chargers at Chiefs
Sunday, Dec. 8 | 7:20 p.m. | Pub
Broadcast on NBC

Chiefs at Browns
Sunday, Dec. 15 | 12 p.m. | Pub
Broadcast on CBS

Texans at Chiefs
Saturday, Dec. 21 | 12 p.m. | Pub
Broadcast on NBC

Chiefs at Steelers
Wednesday, Dec. 25 | 12 p.m.
Streaming on Netflix



Garden TIME

Stopping by Woods on a Snowy Evening

*Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.*

*My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.*

*He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.*

*The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*



Robert Frost (1874-1963) was an American poet known for his ironic tone, simple language, and realistic depictions of rural New

England. "Stopping by Woods on a Snowy Evening" was written in 1922 and published in 1923.

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 9996** In-house Channel 9996
CDR Canterbury Dining Room **MF2** Madison Second Floor

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	2 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History According to the Great Composers—WR	3 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. Made in France Band—MLR	4 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: Inexplicable Universe—Ch 9996	5 10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 2:30 p.m. Dining Committee—P 3 p.m. Marketing Event	6 9 a.m. Morning Fitness—Ch 10 a.m. Bridge & Games—P 4 p.m. Michelle Miller & Danny Baker—MLR	Pearl Harbor Remembrance Day 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: The Lady in the Van—JLR
 8 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 7:20 p.m. Chargers @ Chiefs—P (NBC)	9 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History According to the Great Composers—WR	10 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	11 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses: The Inexplicable Universe—Ch 9996	12 10:30 a.m. Strength & Balance—AC 1:30 p.m. Robert Butler Classic Movie: Drums Along the Mohawk—WR 4 p.m. Poetry Circle—WR	13 9 a.m. Morning Fitness—Ch 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 1 p.m. KCB Movement Class—AC 3 p.m. Opus 76—MLR	14 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Dirty Rotten Soundrels—JLR
 15 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 12 p.m. Chiefs @ Browns—P (CBS)	16 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History According to the Great Composers—WR	17 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Bill Tammeus—WR 7 p.m. Heartland Bell Ringers—MLR	18 10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses: Inexplicable Universe—Ch 9996	19 10:30 a.m. Strength & Balance—AC 3 p.m. Dickens Carolers—MLR	20 9 a.m. Morning Fitness—Ch 10 a.m. Bridge & Games—P 3 p.m. Rich Hill Trio—MLR	 Winter Solstice 21 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: A Christmas Story—JLR 12 p.m. Texans @ Chiefs—P (NBC)
22 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 3 p.m. St. Paul's Octet Choir: Evensong—MLR	23 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History According to the Great Composers—WR	Christmas Eve 24 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 4:30 p.m. Men's Club—P	 CHRISTMAS DAY 25 12 p.m. Chiefs @ Steelers (Netflix)	Hanukkah Begins Kwanzaa Begins 26 10:30 a.m. Strength & Balance—AC 1:30 p.m. Movie: Holiday with Katharine Hepburn & Cary Grant—WR	27 9 a.m. Morning Fitness—Ch 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 4 p.m. Happy Hour: Joe Cartwright—MLR	28 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Harvey—JLR
29 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	30 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History According to the Great Composers—WR	 NEW YEAR'S EVE 31 Offices Closed New Year's Eve Party Millie Edwards Group 3 p.m. MLR				 NOTE: All programs previously aired on Channel 1851 now air on Channel 9996.

Group activities subject to community status

Art & Entertainment

Art Experience with Nina Irwin

Thursday, Dec. 5 | 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



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

Mondays | Westport Room
Dec. 2, 9, 16, 23, & 30 | 3 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, 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.

Classic Movie with Robert Butler: *Drums Along the Mohawk* (1939)

Thursday, Dec. 12 | 1:30 p.m. | Westport Room

In Revolutionary America, Gil Martin (Henry Fonda) takes his new wife Lana (Claudette Colbert) back to his farm in upstate New York, where they soon find themselves at war with the British and their Indian allies. Directed by John Ford.



After-Christmas Movie: *Holiday* (1938)

Thursday, Dec. 26 | 1:30 p.m. | Westport Room

A man from humble beginnings (Cary Grant) in love with a girl from a rich family finds his unorthodox plan to go on holiday for the early years of his life met with skepticism by everyone except his fiancée's eccentric sister (Katharine Hepburn) and long-suffering brother. Directed by George Cukor.

Saturday Night Movies

7:15 p.m. | Jefferson Living Room



Dec. 7—*The Lady in the Van* (2015)

The true story of Alan Bennett's (Alex Jennings) strained friendship with Mary Shepherd (Dame Maggie Smith), an eccentric homeless woman

who Bennett befriended in the 1970s before allowing her temporarily to park her van in his driveway—where she stayed for fifteen years. Also stars Jim Broadbent, Roger Allam, Frances de la Tour, and James Corden.

Dec. 14—*Dirty Rotten Scoundrels* (1988)

On the French Riviera, two con men (Steve Martin and Michael Caine) try to settle their rivalry by betting on who can swindle an American heiress (Glenne Headly) out of fifty thousand dollars first. Directed by Frank Oz.



(This film is a remake of 1964's *Bedtime Story*, starring Marlon Brando, David Niven, and Shirley Jones.)

Dec. 21—*A Christmas Story* (1983)

In the 1940s, all 8-year-old Ralphie wants for Christmas is a Red Ryder Carbine Action 200-shot Range Model air rifle, an idea rejected by his mother, his teacher, and a disgruntled department store Santa, who all give him the same warning: "You'll shoot your eye out." Stars Peter Billingsley, Darren McGavin, and Melinda Dillon, based on the book *In God We Trust: All Others Pay Cash* by Jean Shepherd.



Dec. 28—*Harvey* (1950)

Elwood P. Dowd (James Stewart) is an amiable but eccentric man whose best friend is an invisible white rabbit named Harvey. After his sister tries to commit him to a mental institution, a comedy of errors ensues.



Thank you, BSP Movie Committee!



Great Courses: *The Inexplicable Universe: Unsolved Mysteries*

Wednesdays

Dec. 4, 11, & 18

3 - 4 p.m. | Channel 9996

Of all the amazing things about the Universe, I think two stand above all the rest. One of them is that we know so much about the universe, but another is that there's even more that we don't know.

— Neil deGrasse Tyson

What do scientists know about the universe? What still remains to be uncovered? What are some of the next avenues of exploration? Neil deGrasse Tyson's six-episode course is a marvelous journey to the frontiers of the known (and unknown) universe and introduces you to tantalizing questions being addressed by some of the world's top scientists.



Astrophysicist and author Neil deGrasse Tyson, PhD, is director of the world-renowned Hayden

Planetarium at the American Museum of Natural History in New York City.

December Speaker

Bill Tammeus

Tuesday, Dec. 17 | 3 p.m. | Westport Room



We're delighted to welcome back our friend Bill Tammeus. Bill will be here to tell us a Christmas story told via the pieces of an old nativity scene that survived his childhood. His mother purchased this nativity scene from the now-defunct F.W. Woolworth store in Woodstock, Illinois, and then repainted some of the pieces in garish purple. It's a story he once published in the now-defunct Sunday Star Magazine of *The Kansas City Star*.

Bill is the former Faith columnist for *The Star*. He took formal retirement in 2006 but continued as Faith columnist on a freelance basis until 2008. In addition to his daily blog, Bill writes columns for *The Presbyterian Outlook* and formerly for the online edition of the *National Catholic Reporter*. He writes a monthly column for *Flatland*, Kansas City Public Television's digital magazine.



Keep up with Bill at billtammeus.typepad.com.

Aluminum Christmas Trees



The Johnson County Museum's holiday exhibit features more than 20 iconic aluminum Christmas trees from the 1950s and 1960s in a variety of colors, sizes, and styles.

The Aluminum Specialty Company, a Wisconsin-based kitchenware manufacturer, introduced the first aluminum Christmas tree in 1959. Aluminum production had ramped up during World War II, and the post-war years saw the introduction of many new aluminum products, including the aluminum soda can in 1956 and the aluminum satellite Sputnik 1, launched in 1957.

The space age sparked a fascination in American society with all things futuristic, so when

Aluminum Specialty launched the Evergleam, an aluminum tree with sleek branches and shimmering needles, it was an instant hit. Aluminum Christmas trees enjoyed widespread popularity throughout the 1960s.

But the 1965 television special *A Charlie Brown Christmas* helped lead to the decline in the tree's popularity. In the special, aluminum trees symbolize the commercialization of Christmas, which Charlie Brown, with his small, scraggly tree, is fighting against. By the 1970s, aluminum trees were largely out of production, although in recent years, vintage enthusiasts and collectors have begun seeking them out for their retro charm.

The Johnson County Museum is located at 8788 Metcalf Avenue in Overland Park. The aluminum Christmas trees will be on display in the museum's All-Electric House through Jan. 4, 2025.



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, Dec. 10 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Men's Club

Tuesday, Dec. 24 | 4:30 p.m. | Pub

What a great group we have!

Poetry Circle

Thursday, Dec. 12 | 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

THE GREY WOLF

Louise Penny

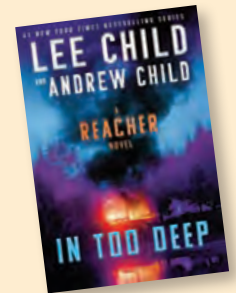


THE WOMEN

Kristin Hannah

IN TOO DEEP

Lee Child and Andrew Child



COUNTING MIRACLES

Nicholas Sparks

Nonfiction

FRAMED: ASTONISHING TRUE STORIES OF WRONGFUL CONVICTIONS

John Grisham and Jim McCloskey



THE ANXIOUS GENERATION

Jonathan Haidt

BE READY WHEN THE LUCK HAPPENS

Ina Garten



THE MESSAGE

Ta-Nehisi Coates



Music

Made in France Band

Tuesday, Dec. 3 | 3 p.m. | Madison Living Room

They are such a hit, we couldn't wait to have them back! This band is comprised of native French speakers and great musician friends, playing piano, violin, vocals, and guitar.

Michelle Miller & Danny Baker

Friday, Dec. 6 | 4 p.m. | Madison Living Room



Vocalist—and resident Bernadette Miller's daughter—Michelle Miller is back with pianist Danny Baker, music director at St. James Catholic Church in Liberty.

Opus 76

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

A BSP favorite is back: Keith Stanfield on violin, Zsolt Eder on violin, Ashley Stanfield on viola, and Daniel Ketter on violincello.

Heartland Bell Ringers

Tuesday, Dec. 17 | 7 p.m.
Madison Living Room

The Ringers, under the tutelage of Marilyn Lake, will play songs for the holiday season.

Dickens Carolers

Thursday, Dec. 19 | 3 p.m.
Madison Living Room



We get to enjoy one of our annual traditions: The Dickens Carolers, singing for us in appropriate costume!

Rich Hill Trio

Friday, Dec. 20 | 3 p.m. | Madison Living Room

Enjoy the lively music of pianist-vocalist Rich Hill and friends. Rich has a personal sound steeped in the rich jazz, blues, and gospel traditions of his Kansas City hometown. His keyboard style is grounded in the long tradition of jazz piano from ragtime to stride, bebop, and modern jazz.

St. Paul's Octet Choir: Evensong

Sunday, Dec. 22 | 3 p.m.
Madison Living Room

Enjoy Evensong with this choir from St. Paul's Episcopal Church.

Happy Hour: Joe Cartwright

Friday, Dec. 27 | 4 p.m. | Madison Living Room

Have a beverage on us and enjoy the music of BSP favorite, pianist Joe Cartwright, who has been a shining star of the Kansas City jazz scene for more than 30 years.

New Year's Eve with Millie Edwards

Tuesday, Dec. 31 | 3 p.m.
Madison Living Room



Who else to start the new year right but Millie Edwards? Come for the music, champagne, colorful beads, and hats, then head to dinner in the Canterbury Dining Room. It's the perfect evening to dress up, have a beverage, and enjoy your fellow residents!

Spiritual Wellness CORNER

Dear Friends,

For the last several Novembers, I've participated in an event on social media in which people share the minutia of their days, hour by hour. It's been fascinating to see how my life has changed year to year, and to see what has stayed the same. Sometimes the smaller changes of our days are harder to notice because they happen gradually. Other changes are significant enough that we feel their impact immediately. Think back to this time last year: Where did you live? Who did you celebrate the holidays with? Is there someone missing from the table this year, or is there someone new? Are your daily routines the same, or have you introduced new activities, therapies, or friendships that have given new shape to how your daily life unfolds?

We sure are experiencing our fair share of changes around here. Every week there is a new corner of BSP under construction, getting needed updates and improvements. We are also experiencing significant staff and service changes, which come with their own share of uncertainty. Your own personal lives surely also experience change from time to time, whether in your families or your bodies, your home, or your routines.

It is more than okay if you respond to these changes with feelings of anxiety, concern, or worry. *And it is more than okay* if you roll with change easily, with curiosity and excitement. However you respond, I invite you to reflect on this year's changes as it draws to a close. Notice how you have weathered them. A favorite author of mine, Madeleine L'Engle, wrote, "You have within you right now, everything you need to deal with whatever the world can throw at you." She also said, "The beauty of life lies in its unpredictability and the lessons that come with it."

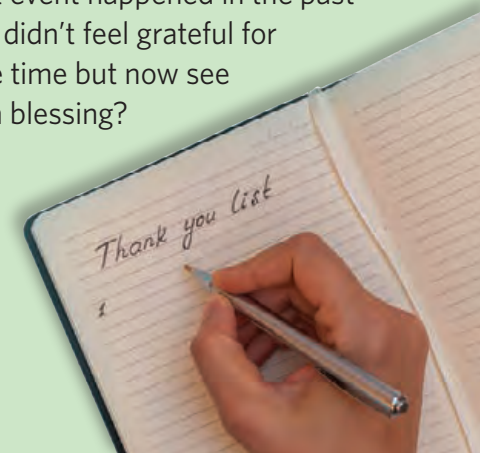
I pray that you feel a sense of peace and calm as the year concludes. Take heart in what stays the same amidst all the changes we are experiencing personally, locally, and nationally. This is a community that takes care of one another. You are not alone. You have everything you need to face whatever may come. We are in this together, and for that, I give thanks.

With love and care,
Chaplain Janette

Gratitude Assignment

December gratitude assignment:

- What small things give me a spark of joy each day?
- Who has shown me unexpected kindness and support?
- What event happened in the past that I didn't feel grateful for at the time but now see was a blessing?



Book Club

Saturday, Dec. 7
4 p.m. | Westport Room

Contact Clark with questions.



Remembrance Service

Wednesday, Dec. 18
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

