



The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

JANUARY 2025

 **Saint Luke's**
BISHOP SPENCER PLACE



Stay ACTIVE



Cheer the Chiefs

Sunday, Jan. 5 | TBD
Chiefs at Broncos | Pub

Kansas City Ballet Movement Class

Friday, Jan. 10 | 1 - 1:45 p.m.
Activity Center



Kansas City Ballet teaching artist Suzanne Ryanstrati is

continuing her class into 2025! We'd love for more of you to attend this month so we can keep it on the schedule.

No experience or special shoes necessary (no sandals, stable shoes, please)—come as you are. This workshop is a delightful blend of movement and music. Plan on warm-up, dance, and cool down, followed by Q&A with our teacher in a supportive and encouraging environment tailored just for you.



New Year's Day

Wednesday
Jan. 1, 2025

BSP offices closed.

Brunch

11 a.m. - 1 p.m. | CDR

A few words from the CEO



January was named for the Roman god Janus, protector of gates and doorways, which symbolize beginnings and endings. Janus is usually depicted with two faces, one looking into the past and the other toward the future. The Romans offered sacrifices to Janus and made promises of good behavior in the new year. New Year's resolutions were born.

A recent article by Catherine Boeckmann in *The Old Farmer's Almanac* online compared the most common resolutions in 1947 and 2023, and she found that resolutions migrated from denying physical indulgences to general self-improvement.

1947	2023
1. Improve my disposition	1. Lose weight
2. Live a better life	2. Get organized
3. Stop smoking	3. Spend less
4. Save more money	4. Enjoy life to the fullest
5. Stop drinking	5. Stay fit and healthy

Ms. Boeckmann says when making resolutions, keep them simple, make the words positive, pick a resolution that will make you feel better, set aside time to pause and reflect, and create an incentive for keeping the resolution.

It's fun to recognize that a new year is a beginning, but our commitment to our residents and colleagues at Bishop Spencer Place remains the same: *Come to work in your homes with the commitment of trying to find ways to make BSP better each day.* We were able, through a joint effort of residents and colleagues, to make significant changes at BSP in 2024 and, in 2025, we have the obligation to take that foundation and keep moving forward with continuous improvement. That is my resolution.

Thank you for allowing us the continued honor of working in your homes.

Louis

P.S. January is a fun month that includes Polar Bear Plunge Day, Fruitcake Toss Day, Strawberry Ice Cream Day, Popcorn Day, Compliment Day, Chocolate Cake Day, Fun at Work Day, Backwards Day, and Run It Up the Flagpole and See If Anyone Salutes It Day.

RESCHEDULED

Artist Reception for Nina Irwin

Thursday, Jan. 2 | 4 p.m. | Art Gallery



Have a beverage on us and visit with our great friend and fantastic instructor Nina Irwin about her art process.

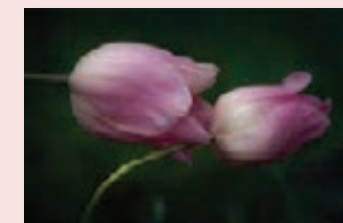
Artist Reception for Kirk Decker

Thursday, Jan. 16 | 4 p.m. | Art Gallery



Kirk Decker is a photographer who works with film, digital, and infrared cameras to create portrait and fine art photographs. He is an Artist INC fellow and a Best of Missouri Hands juried member. His most recent

exhibitions have included Kansas City Artist's Coalition's 40th Anniversary River Market Regional Invitational Exhibition, The Kansas City Society for Contemporary Photography's Current Works 2016 Exhibition, Art Westport, Summit Art Fest, and Farmers Park Exhibit. His websites are KirkDecker.com and ShootingWithFilm.com.



And he's a great guy! Come visit with Kirk and have a beverage at his reception.

Tip of the Month!

From the BSP Environmental Committee



Eating more plant-based foods reduces the use and production of carbon-based compounds that contribute to global warming. For example, raising cattle for meat increases production of methane, a greenhouse gas. In addition, eating the meat increases the probability of getting coronary artery disease.

Garden TIME

January Morning

*Each morning
in winter*

*I walk to the old dogwood tree
that stretches over the front yard.*

I am waiting for a sign.

*Through the earliest days
there is nothing to see
more than January ice,
hard against the ground,
then mud
as snows melt,
then ice again,*

*but one sunny morning
comes something new.*

*Powerful and green
daffodil shoots
begin to work their way above the soil.*

*Winter will be a long time yet.
More snows will come,
and ice
and cold
and April will seem distant.*

Do not be afraid.

*Hope will
push through
frozen ground,
always,
and forever.*

Poet Dan Schatz is a writer, folk singer, musician, songwriter, Unitarian Universalist minister, and Grammy nominee.

AC Activity Center (above Bistro) **CH** Chapel **MF2** Madison Second Floor
ART Art Gallery **GR** Game Room **P** Pub
BG Bishop's Garden **JLR** Jefferson Living Room **WR** Westport Room
CDR Canterbury Dining Room **MLR** Madison Living Room **Ch 9996** In-house Channel 9996

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
5 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR TBD Chiefs@ Broncos—P (TBD)	6 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Chapel Open House—CH 4:30 p.m. Organ Recital—CH	7 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR	1 HAPPY NEW YEAR! OFFICES CLOSED 8 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: Tours of Ireland—Ch 9996	2 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—P 4 p.m. Nina Irwin Artist Reception—ART <i>(rescheduled)</i>	3 9 a.m. Morning Fitness—Ch 10 a.m. Bridge & Games—P 3 p.m. Betse Ellis & Friends—MLR	4 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 4 p.m. Book Club—GR 7:15 p.m. Movie: Father of the Bride (1991)—JLR
12 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	13 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History of Music—WR	14 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	15 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses: Tours of Ireland—Ch 9996	16 10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 4 p.m. Kirk Decker Artist Reception—ART	17 9 a.m. Morning Fitness—Ch 10 a.m. Bridge & Games—P 3 p.m. Bram Wijnands & Peter Schlamb—MLR	18 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—CDR 7:15 p.m. Movie: Breakfast at Tiffany's—JLR
19 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	Martin Luther King Jr. Day 20 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History of Music—WR	21 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. UMKC Mentor Program—WR	22 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: Tours of Ireland—Ch 9996	23 10:30 a.m. Strength & Balance—AC 1:30 p.m. Robert Butler Classic Movie: Drums Along the Mohawk—WR <i>(rescheduled)</i>	24 9 a.m. Morning Fitness—Ch 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 3 p.m. KC Symphony Quartet—MLR	25 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Willow—JLR
26 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	27 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History of Music—WR	28 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Councilman Johnathan Duncan—WR 4:30 p.m. Men's Club—P	29 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 1:45 p.m. The Notables—MLR 3 p.m. Great Courses: Tours of Ireland—Ch 9996	30 10:30 a.m. Strength & Balance—AC 3 p.m. Speaker: Jan Sokoloff Harness—WR	31 9 a.m. Morning Fitness—Ch 10 a.m. Bridge & Games—P 4 p.m. Happy Hour: Michael Pagan & Vanessa Thomas—MLR	



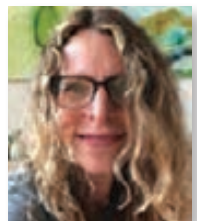
NOTE: All programs previously aired on Channel 1851 now air on Channel 9996.

Group activities subject to community status

Art & Entertainment

Art Experience with Nina Irwin

Thursday, Jan. 16 | 1:30 p.m.
Activity Center



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 Music

Mondays | Westport Room

Jan. 13, 20, & 27 | 3 p.m.

Don is back for his final class.

Music has been with us almost since the beginning of humanity, but this course will

begin with our first understandings of music from ancient Egypt, Greece, and Rome and continue through the Middle Ages, the Renaissance, and the Classical, Romantic and Modern eras of music. The course will continue up to electronic music, minimalist music, and the music of the 21st century. There will be many audio and a few video excerpts.

This course will run 12 weeks.

RESCHEDULED

Classic Movie with Robert Butler:

Drums Along the Mohawk (1939)

Thursday, Jan. 23 | 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.



The film, based on the novel of the same name by Walter D. Edmonds, is loosely based on historical events. A central feature of the plot is the Battle of Oriskany, a pivotal engagement of the Saratoga campaign during the American Revolutionary War.

Henry Fonda is descended from the Fondas who settled in the Mohawk Valley in the 17th century. The village of Fonda, New York, is named for Douw Fonda, Henry's sixth great grandfather.

Saturday Night Movies

7:15 p.m. | Jefferson Living Room



Jan. 4—*Father of the Bride* (1991)

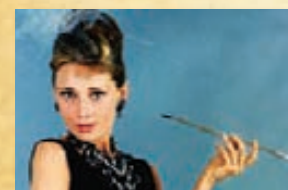
In this remake of the Spencer Tracy classic, a father (Steve Martin) becomes flustered as his family prepares for his oldest daughter's

wedding and finds himself reluctant to let her go. Also stars Diane Keaton and Martin Short.

Jan. 11—*Best in Show* (2000)

This mockumentary comedy follows entrants in a prestigious dog show as they travel to and compete at

the show. Stars Christopher Guest, Eugene Levy, Jennifer Coolidge, John Michael Higgins, Michael Hitchcock, Jane Lynch, Michael McKean, Catherine O'Hara, and Parker Posey. Co-written by Guest and Levy and directed by Guest.



Jan. 18—*Breakfast at Tiffany's* (1961)

A young New York socialite (Audrey Hepburn) becomes interested in a man (George Peppard) who has moved into her apartment building,

but her past threatens to get in the way. Directed by Blake Edwards and based on the 1958 novella of the same name by Truman Capote.

Jan. 25—*Willow* (1988)

A young farmer (Warwick Davis) is chosen to undertake a perilous journey in order to protect a special baby from an evil queen. Also stars Val Kilmer, Joanne Whalley, Billy Barty, and Jean Marsh. Written by George Lucas and Bob Dolman and directed by Ron Howard.



Thank you, BSP Movie Committee!

NEW COURSE



The Great Tours: Ireland and Northern Ireland

Wednesdays

Jan. 8, 15, 22, & 29

3 - 4 p.m. | Channel 9996

Ireland is one of the most enchanting places in the world. From the spectacular Cliffs of Moher to the hallowed stage of the Abbey Theatre, a tour of this island rewards armchair travelers with an array of historical, cultural, and scenic delights.

Instructor Marc C. Conner, President of Skidmore College, earned degrees in English and Philosophy at the University of Washington, and master's and doctorate degrees in English at Princeton. He was previously the Jo M. and James Ballengee Professor of English at Washington and Lee University, serving as provost and chief academic officer from 2016 to 2020. He also taught at Princeton and Notre Dame.

Professor Conner is a specialist in modern literature, particularly Irish and American literature, who presents at major Irish studies gatherings. He created a study abroad program in Ireland and has led adult education programs to Ireland and other Celtic lands.

January Speakers

Councilman Johnathan Duncan

Tuesday, Jan. 28 | 3 p.m. | Westport Room



We have the distinct pleasure of hosting our 6th District Councilman, Johnathan Duncan. As an Army combat veteran who grew up poor and working class, Johnathan has had to face real fears. Real fear doesn't look like losing

a wealthy donor or a vote. Real fear looks like having to make hard choices in order to survive day to day. Johnathan isn't afraid to fight back against those who want to strip us of our rights.

Between being a director at the Veterans of Foreign Wars and organizing with the city-wide tenant union KC Tenants, Johnathan knows how to work with others to get the job done. Johnathan is prepared work with his City Hall colleagues to build a city where we can all thrive. His priorities are safe communities, improved city services, climate solutions, accessible healthcare, economic justice, truly affordable housing, LGBTQ+ rights, common sense gun control, and reproductive rights.

Feel free to bring your questions to the presentation.

Jan Sokoloff Harness

Thursday, Jan. 30 | 3 p.m. | Westport Room



Jan Sokoloff Harness is a force in the communications world. Jan is the author of *Look Up: Your Unexpected Guide to Good* and the founder of Sokoloff Harness Communications LLC, the international agency she

launched in 2002. Jan is a popular speaker, award-winning writer, and former talk show host. Her career has run the gamut from radio news director to agency creative director. With decades of experience, Jan is known for her engaging presentations, strategic counsel, attention-grabbing copy, and the rare ability to boost creativity, teamwork, productivity, and laughter.



Why is it important to look up? Join Jan for an exploration of creative possibilities. Hope to see you there.

UMKC Mentor Program for 2025

Tuesday, Jan. 21 | 2 p.m. | Westport Room



We're honored to be part of the annual Senior Mentor Program with students from the UMKC School of

Medicine. For those who have signed up, this will be the initial meeting to discuss questions added to the program, orientation, schedules, and more. We thank Susan Mason, Senior Student Support Specialist and Course Coordinator, Department of Medical Humanities and Bioethics at UMKC School of Medicine.

Name That Resident!

- I was born in Greensburg, Indiana.
- My favorite vacation spots are Maine and the out-islands of the Bahamas.
- I knew nothing about football until the Chiefs were so brilliant and I forced to learn!
- I worked with Helen R. and Tanya P. in the media department at Bernstein-Rein Advertising.
- My late husband was a tv producer/director in Philadelphia, Washington D.C., and Kansas City.

(November's answer: Steve Crider!)



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, Jan. 14 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Men's Club

Tuesday, Jan. 28 | 4:30 p.m. | Pub

What a great crowd we have!

Poetry Circle

Thursday, Jan. 9 | 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.

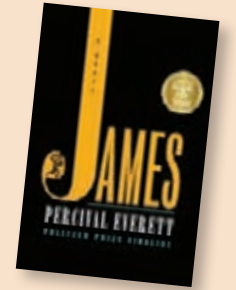
Fiction

THE WOMEN

Kristin Hannah

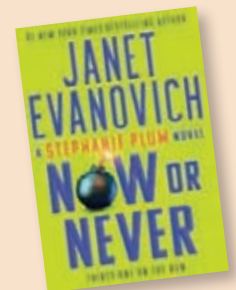
JAMES

Percival Everett



THE HOUSE OF CROSS

James Patterson



NOW OR NEVER

Janet Evanovich

Nonfiction

CHER: THE MEMOIR

Cher



THE SERVICEBERRY: ABUNDANCE AND RECIPROCITY IN THE NATURAL WORLD

Robin Wall Kimmerer, John Burgoyne (Illustrator)

FRAMED: ASTONISHING TRUE STORIES OF WRONGFUL CONVICTIONS

John Grisham and Jim McCloskey



BE READY WHEN THE LUCK HAPPENS

Ina Garten

Chapel of the Epiphany Open House

Monday, Jan. 6
Come and go from 3-5 p.m.
Organ Recital 4:30 p.m.

All residents are warmly invited to explore the beauty of the Chapel of the Epiphany in celebration of the liturgical season for which it is named. There will be displays and activities that feature the history of the chapel, its art, architecture, and organ. Refreshments will be served, and at 4:30 p.m., our talented organist Lynne Tidwell will present a recital. Former chaplains have been invited to attend, and Dcn. Linda Yeager, The Rev. Canon Harry Firth, and Bishop Diane Bruce have RSVPed! Fr. Firth will join the organist and play the harpsichord for a portion of the recital.

Come to celebrate the themes of revelation and light and enjoy this beautiful space. Even if you don't regularly use the Chapel, this is a chance to come and enjoy the space. We look forward to welcoming you!

Music

Betse Ellis & Friends

Friday, Jan. 3 | 3 p.m. | Madison Living Room
Join the Betse—the daughter of our beloved friend, the late Bobbie Ellis—and friends for a toetapping good time.

Eboni Fondren & Mark Lowrey

Friday, Jan. 10 | 3 p.m. | Madison Living Room
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.

Bram Wijnands & Peter Schlamb

Friday, Jan. 17 | 3 p.m. | Madison Living Room
We're thrilled that veteran jazz pianist Bram and vibraphonist and pianist Peter will be joining us again!

Kansas City Symphony Quartet

Friday, Jan. 24 | 3 p.m. | Madison Living Room
Cellist Susie Yang is bringing three of her talented friends from the Kansas City Symphony to play for us.

The Noteables

Wednesday, Jan. 29 | 1:45 p.m. | Madison Living Room
The Junior League of Kansas City's renowned singing group—The Noteables—is back for a lively performance.

Happy Hour: Pianist Michael Pagán & Vocalist Vanessa Thomas

Friday, Jan. 31 | 4 p.m. | Madison Living Room
Have a glass on us and enjoy music from our friend Michael, with acclaimed vocalist Vanessa Thomas, known for her span of five octaves and command in jazz, blues, gospel, classical, and music theater. For over a decade, she has toured nationally with Grammy-award winning trumpet-virtuoso Doc Severinsen of *The Tonight Show*.



Spiritual Wellness CORNER

Greetings friends. One of my favorite ways I've heard the work of chaplains described is this: We listen to stories, and we tell stories. In my first year at Bishop Spencer Place, I have received the gift of your stories of this place, its history, and your history here. It has been a joy to walk alongside you and tell some stories of my own.

Stories sometimes come to me in person, in writing, over the phone, or indirectly through connections you help me make. Some of the stories I have most enjoyed collecting are those of our chapel, The Chapel of the Epiphany. I learned it was designed by an architect from North Carolina, and its organ was custom-built for the space, inspired by the elegant organs found in British village churches. I've enjoyed reading a history of the art in the space, as recorded by former resident Bernie Jones.

Whether you use the chapel for worship or not, I hope you know that the chapel is a space open to you for times of solitude, heartfelt conversation, prayer, or other soulful practices. I feel joy any time I pass by the doors and see someone inside, enjoying the beauty and tranquility our chapel offers.

In the Christian calendar, Jan. 6 is The Feast of Epiphany. Traditionally, this commemorates the day the Magi, or Wise Men, visited Jesus. On this day, the church celebrates themes of Christ's manifestation to the world, or the "epiphanies" of Jesus's divinity which include his birth, the coming of the Magi, his baptism, and the wedding where he turned water into wine.

In celebration of this feast for which our chapel is named, all are cordially invited to a Chapel Open House on January 6. In addition to refreshments and a short organ recital, there will be signs hung throughout the chapel about the history of this beautiful corner of Bishop Spencer Place. Though inspired by the Christian celebration of Epiphany, this event is not a worship service and so I hope all feel warmly welcome to attend, regardless of your own religious or areligious preferences.

I look forward to sharing more of these stories with you, and as ever, I hope you continue to share your stories with me.

With love and care,
Chaplain Janette

Gratitude Assignment

December gratitude assignment:

- How can I make someone feel like they really matter to me?
- Who has been a blessing in my life and do they know?
- What are some things I enjoy about my home here?



Book Club

Saturday, Jan. 4
4 p.m. | Game Room

Contact Clark
with questions.



Remembrance Service

Wednesday, Jan. 15
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

