

*The*  
**AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

FEBRUARY 2025





## Go Red National Wear Red Day Friday, Feb. 7

February is American Heart Month, and the first Friday in the month is National Wear Red Day. On this day, people across the country wear red to raise awareness and hope for eradicating heart disease and stroke in millions of women across the nation. So, put on your reddest red—whether it is lipstick, a pair of pants, a sweater, or your favorite hat.

Follow these tips from the National Institutes of Health for heart-healthy living:

- Get your blood pressure and cholesterol checked.
- Eat heart-healthy foods, such as vegetables, fruit, whole grains, fish, lean meats, eggs, nuts, seeds, and legumes.
- Maintain a healthy weight.
- Get regular physical activity.
- Manage stress.
- Don't smoke.
- Get enough quality sleep.

## Blood Pressure Checks Wednesdays | 1:30 p.m. Madison Floor 2



## A few words from the CEO



I had numerous ideas and thoughts to discuss in this month's letter, but first, I would like to express my gratitude to each of you, our residents, as we worked together through an extremely critical weather event that brought challenges to everyone in Kansas City. As you know, we had to be very creative in making sure that we had staff around the clock. Several staff members volunteered to stay overnight. Others picked up staff each day, and we had to change some service hours. In addition, garbage was not picked up for a couple of days, and food and medical supply deliveries, as well as EMS services, were suspended, not to mention that EMS services were also suspended. All these challenges were met by our tremendous leaders and staff, a team that I am extremely proud to be included in as a member.

February can be a very trying month as the weather in most of the country is cold and the newness of the year has worn off. Fortunately, February is packed with several holidays and observances that will warm our hearts, such as Valentine's Day and Black History Month. February is known as the month of love, friendship, and renewal, and I hope it inspires all of us to fill our hearts with the warmth and affection of family and friends.

A few quotes to help us see the sunshine that is coming:

*February is the bridge that connects the promises of the past year with the hopes of the year ahead.*  
—David LaMotte

*In February, there is everything to hope for and nothing to regret.*  
—Patience Strong

*February is the border between winter and spring.*  
—Terri Guillemets

*Blessed is he who has learned to admire but not envy, to follow but not imitate, to praise but not flatter, and to lead but not manipulate.*  
—William Arthur Ward

Thank you for allowing us to continue to work in your homes. It's an honor we value each day.

Louis

## Inspiration for *The Stalwart Tree* by Clay Marcusen (see Clay's poem at right)



A fall trip to the prairie land in Linn County, Kansas, was nice and cool, cloudy with a light breeze, and very peaceful. The land is 60 acres, and is a rolling type of terrain with excellent views in all directions. I have been working for 25 years on prairie conversion of this land with the assistance of the Conservation Department. A good friend joined me, as she was very interested in viewing and learning more about prairie life and management of it. Prairies are on the decline in North America and globally, whereas historically prairies covered most of North America. The majority of prairie land remaining is in the Midwest, and the Flint Hills in Kansas have the majority of the country's last remaining tallgrass prairie.

## February Challenge!



A clever, generous BSP resident donated a dastardly difficult 1000-piece puzzle with a challenge.

It will be ready for any and all residents to work on at the Madison Puzzle Table on Feb. 1, and if it's finished by Feb. 28, the resident will donate \$150 to the Resident and Employee Engagement Fund.

## Tip of the Month!

### From the Environmental Committee



Some plastics are more recyclable than others. Plastics with the numbers 1, 2, and 5 should be placed in the recycling bins in the refuse rooms. Plastics with other numbers should not.



## The Stalwart Tree by Clay Marcusen, BSP resident

<i>It's erect</i>	<i>Its splendor</i>
<i>It's tall</i>	<i>It's listening</i>
<i>Sturdy</i>	<i>Majestic</i>
<i>A team player</i>	<i>If you listen</i>
<i>Look for it</i>	<i>It will tell you</i>
<i>in your yard</i>	<i>Many stories</i>
<i>Or your neighbor's</i>	<i>But you have</i>
<i>Yard</i>	<i>To listen</i>
<i>Or in the park</i>	<i>You have to</i>
	<i>take time</i>
<i>Look for it</i>	<i>To listen</i>
<i>Standing on</i>	<i>And then</i>
<i>The prairie</i>	<i>Share your stories</i>
<i>Near a pond</i>	<i>With it</i>
<i>It is waiting</i>	<i>And give thanks to</i>
<i>To speak with</i>	<i>The Stalwart Tree</i>
<i>You</i>	<i>Make a date with it</i>
<i>In all seasons</i>	<i>To return</i>
<i>It has</i>	<i>And as you depart</i>
<i>Open arms</i>	<i>You two will</i>
<i>Welcoming you</i>	<i>Exchange</i>
<i>It is alive</i>	<i>Signs of</i>
<i>With wonder</i>	<i>Acknowledgement</i>
<i>Go over to it</i>	<i>And respect</i>
<i>Have a sit</i>	
<i>Look up</i>	
<i>And see its</i>	
<i>Grace</i>	





**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

# February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Groundhog Day 2</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>3</b> 10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>3 p.m. Don Dagenais: History of Music—WR</b>	<b>4</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>12 p.m. Bridge Luncheon—CDR</b> <b>3 p.m. First Great Decisions Meeting 2025—WR</b>	<b>5</b> 10 a.m. Stretch & Strengthen—AC <b>11 a.m. Podiatrist—AC</b> <b>1 p.m. Tai Chi—P</b> <b>1:30 p.m. BP Checks—MF2</b> <b>2 p.m. Movie Committee—P</b> <b>3 p.m. Gr. Courses—Ch 9996</b>	<b>6</b> 10:30 a.m. Strength & Balance—AC <b>2:30 p.m. Dining Committee—P</b> <b>3 p.m. Chapel Open House &amp; Organ Recital—CH (rescheduled)</b>	 <b>National Wear Red Day 7</b> 9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> 1 p.m. Grocery Trip <b>3 p.m. Lyric Arts Trio—MLR</b>	<b>1</b> 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P <b>4 p.m. Book Club—GR</b> <b>7:15 p.m. Movie: The Quiet Man—JLR</b>
 <b>Super Bowl Sunday 9</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR <b>5:30 p.m. Super Bowl Kickoff—Fox (Watch Party details to follow.)</b>	<b>10</b> 10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>3 p.m. Don Dagenais: History of Music—WR</b>	<b>11</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>1 p.m. Resident Council—WR</b> <b>4:30 p.m. Women's Gathering—P</b>	<b>12</b> 10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>1:30 p.m. BP Checks—MF2</b> <b>3 p.m. Great Courses: Tours of Ireland—Ch 9996</b>	<b>13</b> 10:30 a.m. Strength & Balance—AC <b>1:30 p.m. Nina Irwin Art Experience—AC</b> <b>4 p.m. Poetry Circle—WR</b>	 <b>Valentine's Day 14</b> 9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> <b>10:30 a.m. Catholic Mass—CH</b> <b>1 p.m. KCB Movement—AC</b> <b>3 p.m. Tim Whitmer Valentine Quartet—MLR</b>	<b>15</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P <b>7:15 p.m. Movie: Dreamgirls—JLR</b>
<b>16</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>Presidents' Day 17</b> 10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>3 p.m. Don Dagenais: History of Music—WR</b>	<b>18</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>3 p.m. Speaker: Tricia Rojo Bushnell—WR</b>	<b>19</b> 10 a.m. Stretch & Strengthen—AC <b>11 a.m. Resident Remembrance—CH</b> <b>1 p.m. Tai Chi—AC</b> <b>1:30 p.m. BP Checks—MF2</b> <b>3 p.m. Great Courses: Tours of Ireland—Ch 9996</b>	<b>20</b> 10:30 a.m. Strength & Balance—AC <b>3 p.m. Speaker: Deanna Dikeman—WR</b>	<b>21</b> 9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> 1 p.m. Grocery Trip <b>3 p.m. Kent Rausch &amp; Tom's Town Band—MLR</b>	<b>22</b> 10 a.m. Grocery Trip 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P <b>7:15 p.m. Movie: Hoosiers—JLR</b>
<b>23</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>24</b> 10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>3 p.m. Don Dagenais: History of Music—WR</b>	<b>25</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>4:30 p.m. Men's Club—P</b>	<b>26</b> 10 a.m. Stretch & Strengthen—AC <b>1 p.m. Tai Chi—AC</b> <b>1:30 p.m. BP Checks—MF2</b> <b>3 p.m. Great Courses: Tours of Ireland—Ch 9996</b>	<b>27</b> 10:30 a.m. Strength & Balance—AC <b>1:30 p.m. Robert Butler Classic Movie: On the Waterfront—WR</b>	<b>28</b> 9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> <b>10:30 a.m. Catholic Mass—CH</b> 1 p.m. Grocery Trip <b>4 p.m. Happy Hour: Matt Villinger &amp; Julie Haile—MLR</b>	



Group activities subject to community status



## Art & Entertainment

### Art Experience with Nina Irwin

Thursday, Feb. 13 | 1:30 p.m.  
Activity Center



Thank you for coming to her rescheduled reception last month. She asked us to let you know how grateful she is.

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 THREE 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](http://ninairwin.com).

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

### Name That Resident!

- I was born in a Catholic country.
- I prefer to read fiction by Indian writers.
- I am a museum junkie.
- Alto Adige is my preferred vacation spot.
- I have three brothers and sisters.

(January's answer: Jane Stevens Simons!)



### Don Dagenais: The History of Music Mondays | Westport Room Feb. 3, 10, 17, & 24 | 3 p.m.

Don is back for his final 12-week 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.

### Classic Movie with Robert Butler:

#### *On the Waterfront* (1954)

Thursday, Feb. 27 | 1:30 p.m. | Westport Room

Director Elia Kazan's classic *On the Waterfront* is frequently listed among the greatest of all American films. It concerns the inner and outer struggle of an ex-boxer longshoreman (Marlon Brando) in exposing the corruption of union bosses. Unquestionably, the strength of the film is the acting. Brando's performance in particular is one for the ages. Also stars Karl Malden, Lee J. Cobb, Rod Steiger, and Eva Marie Saint in her film debut.



The film received 12 Academy Award nominations and won eight, including Best Picture, Best Actor for Brando, Best Supporting Actress for Saint, and Best Director for Kazan.

Join us. We can all shout, "I coulda been a contender!" together.

IMAGE ABOVE: Josef Danhauser (Austrian, 1805-1845). *Franz Liszt Fantasizing at the Piano* (detail), 1840.

## Saturday Night Movies

7:15 p.m. | Jefferson Living Room



### Feb. 1—*The Quiet Man* (1952)

A retired American boxer (John Wayne) returns to the village of his birth in 1920s Ireland, where he falls for a spirited redhead (Maureen O'Hara) whose brother (Victor McLagen) is contemptuous of their union. Directed by John Ford.

O'Hara) whose brother (Victor McLagen) is contemptuous of their union. Directed by John Ford.

### Feb. 8—*Sully* (2016)

Based on the true story of pilot Chesley "Sully" Sullenberger (Tom Hanks), who on January 15, 2009, landed his damaged plane on the Hudson River in order to save the flight's passengers and crew, then found himself under intense scrutiny by the National Transportation Safety Board (NTSB). Directed by Clint Eastwood.



### Feb. 15—*Dreamgirls* (2006)

The Dreamettes, a trio of black female soul singers, cross over to the pop charts in the early 1960s, facing their own personal struggles along the way.

The film and original Broadway musical are based heavily on The Supremes, later known as Diana Ross and The Supremes. Stars Beyoncé, Jamie Foxx, Eddie Murphy, Danny Glover, and Jennifer Hudson.

### Feb. 22—*Hoosiers* (1986)

Based on the true story of the Milan, Indiana, high school basketball team that made the 1954 state finals, this movie chronicles the attempts of a coach with a spotty past (Gene Hackman) and the town's basketball-loving drunk (Dennis Hopper) to lead the team to victory.



Thank you, BSP Movie Committee!



### The Great Tours: Ireland and Northern Ireland

Wednesdays

Feb. 5, 12, 19, & 26

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.



# February Speakers

## Tricia Rojo Bushnell

Tuesday, Feb. 18 | 3 p.m. | Westport Room



Tricia Rojo Bushnell is the Executive Director of the Midwest Innocence Project, which works to free innocent people convicted of crimes they did not commit. She is responsible for managing all aspects of MIP and serves as

its lead attorney, representing clients in court and in clemency proceedings. Tricia believes in the power of community and what we can achieve together. She previously served as the president of the Innocence Network, an affiliation of 71 innocence organizations around the country and the world.

Visit [themip.org](http://themip.org) to find out more about the Midwest Innocence Project and its work to free innocent people.

## Deanna Dikeman

Thursday, Feb. 20 | 3 p.m. | Westport Room



We were fortunate to have Deanna here several years ago to discuss her now viral book, *Leaving and Waving*, which was featured on ABC News. "I

never set out to make this series," she says. "I just took these photographs as a way to deal with the sadness of leaving. It gradually turned into our good-bye ritual and became a story about family, aging, and the sorrow of saying goodbye." Deanna will discuss her new book, *Relative Moments*.

Read Deanna's extensive and impressive biography by visiting [deannadikeman.com](http://deannadikeman.com).

## Great Decisions Meeting

Tuesday, Feb. 4 | 3 p.m. | Westport Room



The 2025 Great Decisions series begins with this month's meeting. The topic will be "American Foreign Policy at a Crossroads." All are welcome to this first session to learn more about the program and decide if you'd like to participate in the rest of the eight-session series, held monthly.

Great Decisions is America's largest discussion program on world affairs. Begun by the Foreign Policy Association more than 60 years ago, tens of thousands of participants take part in

discussions nationwide. The program involves reading the *Great Decisions Briefing Book* (Helen has a copy available), watching the video overviews and meeting to discuss the most critical global issues facing America today.

The group of 15 to 20 residents who participated in 2024 found it to be very informative. The reading materials are first-rate, and the video overviews are well done.

You're not obligated to read the material to join the discussion, though it is encouraged. John Blevins volunteers as the group's convenor, and you may contact him or Helen with questions.



Visit [tinyurl.com/2tpamz2s](http://tinyurl.com/2tpamz2s) or scan the QR code to see a list of 2025 discussion topics.



## 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, Feb. 11 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

## Men's Club

Tuesday, Feb. 25 | 4:30 p.m. | Pub

What a great crowd we have!



## Poetry Circle

Thursday, Feb. 13 | 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.

## Kansas City Ballet Movement Class

Friday, Feb. 14 | 1 p.m. | Activity Center



Suzanne is continuing her class into 2025! Talk with some who have attended. We'd love to have even more attend so we can keep it on the schedule through the rest of the year.

# Bestselling BOOKS

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

## Fiction

### JAMES

Percival Everett

### THE WOMEN

Kristin Hannah

### IRON FLAME

Rebecca Yarros

### THE GOD OF THE WOODS

Liz Moore

### INTERMEZZO

Sally Rooney

## Nonfiction

### CHER: THE MEMOIR

Cher

### FRAMED

John Grisham and Jim McCloskey

### BE READY WHEN THE LUCK HAPPENS

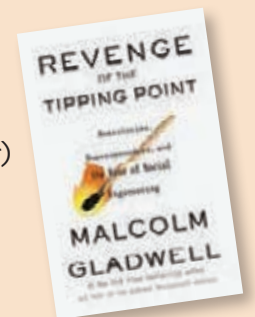
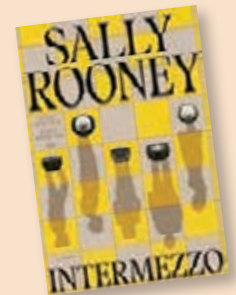
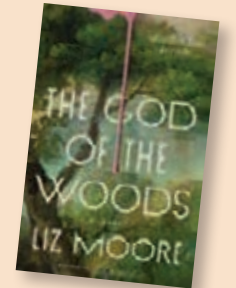
Ina Garten

### THE SERVICEBERRY

Robin Wall Kimmerer, John Burgoyne (Illustrator)

### REVENGE OF THE TIPPING POINT

Malcolm Gladwell





RESCHEDULED

# Chapel of the Epiphany Open House

Thursday, Feb. 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

### Lyric Arts Trio

Friday, Feb. 7 | 3 p.m. | Madison Living Room



The Lyric Arts Trio— Elena Lence Talley on clarinet, Daniel Velicer on piano, and soprano vocalist Sarah Tannehill Anderson—have delighted audiences throughout the Midwest with their technical and artistic abilities and wonderful musicianship.

### Tim Whitmer Valentine Quartet

Friday, Feb. 14 | 3 p.m. | Madison Living Room

BSP favorite Tim Whitmer will be here with a group of musician friends for a special Valentine's Day performance.

### Kent Rausch & Tom's Town Band

Friday, Feb. 21 | 3 p.m. | Madison Living Room



Kent Rausch and Tom's Town return, once again performing outrageously hot swing music of the Golden Era. Tom's Town was formed to honor the legacy of Kansas City jazz and the amazing musicians who created it.

### Happy Hour: Pianist Matt Villinger & Vocalist Julie Haile

Friday, Feb. 28 | 4 p.m.

Madison Living Room

Have a glass on us and enjoy music from Matt Villinger with acclaimed vocalist Julie Haile. Matt is one of the most in-demand pianists in Kansas City. Born and raised in St. Louis, Matt recorded his first album, *All Night*, in 2013. Julie's artistry is a fusion of jazz, soul, R&B, and funk.



# Spiritual Wellness CORNER

Greetings, friends. Peace can be an elusive thing. And when we do feel it from time to time, it's hard to imagine that feeling sticking around for very long. Just around the bend might be something to disrupt or challenge it. And yet, there are communities and organizations around the world that engage in peace-keeping and peace-making efforts all the time, bearing hope that such work is worthwhile.

Recently during weekly devotions with the York residents, we explored the concept of peace. Trying to make an abstract concept more tangible, I asked, "What does peace feel like to you?" Here's some of what they said:

Peace feels...

...calm	...like no dogs	...sleepy
...like softness in your whole body	barking, no cats howling, just the ticking of the clock	...quiet
...relaxing		...itchy
		...like a mother's love

"Itchy" might feel out of place, but it made me think that often when I feel peace, I begin to feel a sort of itchiness with the stillness, and I try to fill it with something else eventually. Sometimes peace can feel itchy because we don't know how to exist in such a state for very long. We are too used to being productive, but peace offers us a respite from a world that demands we do something useful with our time.

Now it's your turn: I wonder what peace feels like to you. What is the source of your peace? This month, my prayer for you is that you notice feelings of peace when you hear the ticking of a clock, when you feel so relaxed you could fall asleep, when your whole body goes soft. May these sensory reminders inspire you to create pathways of peace in the ways that you can, for the communities you're a part of, so that others can experience the softness too.

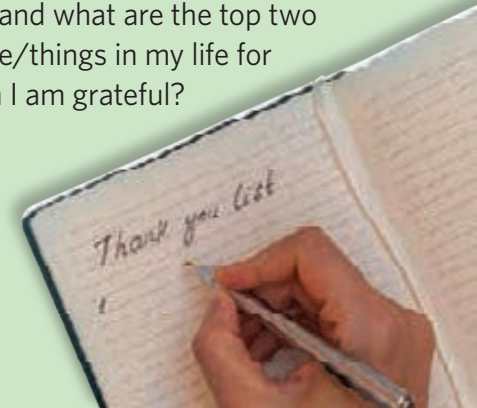
May BSP be a harbor of peace in a world that demands our productivity and usefulness. You are good and beloved, worthy of peace, just because you're you.

With love and care,  
Chaplain Janette

## Gratitude Assignment

February gratitude assignment:

- What do I enjoy most about my community?
- Who helped me get through a stressful experience, and have I thanked them?
- Who and what are the top two people/things in my life for which I am grateful?



## Book Club

Saturday, Feb. 1  
4 p.m. | Game Room

Contact Clark with questions.



## Remembrance Service

Wednesday, Feb. 19  
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

