



The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

MARCH 2025

 **Saint Luke's**
BISHOP SPENCER PLACE

Stay ACTIVE

Kansas City Ballet Movement Class

Friday, Mar. 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 of you come so we can keep it on the schedule through the rest of the year.

Join Kansas City Ballet teaching artist Suzanne Ryanstrati for an intro seated movement/dance class. No experience necessary—come as you are (wear stable shoes, please). This workshop is a delightful blend of movement and music.

Enable Dental

Monday, Mar. 3 | 11 a.m.-1 p.m.

Activity Center

Blood Pressure Checks

Wednesdays | 1:30 p.m.

Madison Floor 2



A few words from the CEO



As we welcome the month of March and look toward spring, we write and talk about renewal and hope, but do we ever really take the time for self-renewal or self-care?

The daily demands of life can be stressful, especially when we deal with a major health or other issue. Burnout becomes a reality for many people. Many articles discussing

the health care field state that as many as 60% of nurses and physicians report feeling burned out. As many as 70% of caregivers caring for a family member with dementia report feeling high levels of stress and overwork within 24 months.

I remind everyone to find a few minutes each day to take a deep breath, reflect in a quiet setting, or spend time talking with someone and asking how they are doing. One of the most impactful gestures in my life occurred in March 1984. I was in the second semester of my first year in college, taking biology, chemistry, and statistics, along with a few other classes, and in the middle of basketball season. I felt completely overwhelmed and tired for the first time in my life.

Then I received a letter from Father Ben Wheless, my priest at the Christ Episcopal Church in Big Stone Gap, Virginia. He mentioned that he knew my heavy load of difficult classes, along with playing basketball, was a tremendous amount of responsibility, and he advised me to find five minutes every day to get away from everyone and everything and reflect on something positive. He encouraged me to find the positive in all challenges and to recognize the small accomplishments in each day, as sometimes just getting through a day is a win. This letter came at the perfect time for me and changed the way I looked at difficult days. Taking the time to write the letter and send it to me had a lasting impact on my life that I still reflect on, a difference that lasts to this day.

So I encourage you to take care of yourselves, reach out to family and friends, and find those few minutes each day to reflect on the positive. We have a tremendous community at BSP, a community that looks out for each other, and a community that has such a caring spirit. I am so grateful that you allow us to work in your homes each day.

Wishing you the very best,

Louis

Artist Reception for Laura Baker

Thursday, Mar. 6 | 4 p.m. | Art Gallery



Laura Rene Baker (a.k.a. the Pie Baker Lady) worked for many years as an interior architect, but she has set all that aside to concentrate on her real calling, writing cookbooks. Her first book, *Pie as Art, Volume 1* was released in July 2020 to much success. This cookbook concept is a unique idea where the baker is also the writer and the illustrator. Laura spent 11 years test-baking more than 75 pie recipes and painting complex illustrations of each recipe. She illustrates whole pies and pie slices in a variety of media, including watercolor, watercolor pencil, colored pencil, and acrylic paint. She uses a wide variety of surfaces for the illustrations, including canvas, watercolor paper, and wood. Laura is currently working on *Pie as Art, Volume 2*.

A majority of the pie illustrations were completed on an artist residency at the Red Barn Studio in Lindsborg, Kansas. Since 2000, the Red Barn Studio has invited Laura to be the artist-in-residence each summer during the month of July. Lindsborg, sometimes called Little Sweden, is in central Kansas.



Tip of the Month!

From the Environmental Committee



If you want information about a public figure's position on the environment, simply Google, for example, "John Smith's position on climate change/environment." This will provide you with information on consistencies and inconsistencies in this area. Write or call your congressperson or senator to share your thoughts or ask for clarifications on his/her positions.

Garden TIME

March

by John Updike

*The sun is nervous
As a kite
That can't quite keep
Its own string tight.*

*Some days are fair,
And some are raw.
The timid earth
Decides to thaw.*

*Shy budlets peep
From twigs on trees,
And robins join
The chickadees.*

*Pale crocuses
Poke through the ground
Like roses come
To sniff around.*

*The mud smells happy
On our shoes.
We still wear mittens,
Which we lose.*



John Updike (1932–2009) won the Pulitzer Prize for his novels *Rabbit Is Rich* (1981) and *Rabbit at Rest* (1990), one

of only four writers (with Booth Tarkington, William Faulkner, and Colson Whitehead) to win more than once. Updike published short stories, poetry, criticism, children's books, and more than twenty novels.

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

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	3 10 a.m. Stretch & Strengthen—AC 11 a.m. Enable Dental—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais: History of Music—WR	4 Shrove Tuesday Mardi Gras 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. Great Decisions Meeting 2025—WR	5 Ash Wednesday 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	6 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—P 4 p.m. Artist Reception: Laura Baker—ART	7 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. KCB Movement—AC 1 p.m. Grocery Trip 3 p.m. Bram & Lucy Wijnands—MLR	1 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 4 p.m. Book Club—GR 7:15 p.m. Movie: Julie & Julia—JLR
 Daylight Saving Time Begins 9 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Eclipse Chat: Jack Brandt—WR 3 p.m. Don Dagenais: History of Music—WR	11 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 3 p.m. Humberto Sierralta—MLR 4:30 p.m. Women's Gathering—P	12 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	Lunar Eclipse 13 10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 4 p.m. Poetry Circle—WR	14 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 1 p.m. Grocery Trip 3 p.m. Made in France Band—MLR	15 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: The Man Who Shot Liberty Valance—JLR
16 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	 St. Patrick's Day 17 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Comm—WR 3 p.m. Driscoll Irish Dancers—MLR <i>(No Don D. class today)</i>	18 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Randy Mason—WR	19 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	First Day of Spring 20 10:30 a.m. Strength & Balance—AC 3 p.m. Speaker: CCL's Jen Kane—WR	21 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Kent Rausch & Tom's Town Band—MLR	22 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: The Ghost & Mrs. Muir—JLR
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 23	10 a.m. Stretch—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais—WR 24	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Mayor Quinton Lucas—WR 25	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 26	10:30 a.m. Strength & Balance—AC 1:30 p.m. Robert Butler Classic Movie: The Band Wagon—WR 27	9 a.m. Morning Fitness—Ch 9996 10:30 a.m. Catholic Mass—CH 1 p.m. Grocery Trip 4 p.m. Happy Hour: Charles Williams—MLR 28	11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: The Hundred-Foot Journey—JLR 29
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 30	10 a.m. Stretch—AC 1 p.m. Tai Chi—AC 3 p.m. Don Dagenais—WR 31	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Mayor Quinton Lucas—WR 4:30 p.m. Men's Club—P	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	10:30 a.m. Strength & Balance—AC 1:30 p.m. Robert Butler Classic Movie: The Band Wagon—WR	9 a.m. Morning Fitness—Ch 9996 10:30 a.m. Catholic Mass—CH 1 p.m. Grocery Trip 4 p.m. Happy Hour: Charles Williams—MLR	11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: The Hundred-Foot Journey—JLR

Group activities subject to community status

Art & Entertainment

Art Experience with Nina Irwin

Thursday, Mar. 13 | 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 THREE years now, with a class in Independent Living, Assisted Living, and one in York. We are so fortunate to have her!

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.



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

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

Name That Resident!

- Favorite sport: soccer
- Favorite movie: *The Heart Is a Lonely Hunter*
- Most important cause: gun safety
- Place I miss: the ocean
- Favorite exercise: zumba

(January's answer: Elisabeth Batchelor!)



Don Dagenais: The History of Music

Mondays | Westport Room

Mar. 3, 10, 24, & 31 | 3 p.m.

(We will not have class on Mar. 17)

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. 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:

The Band Wagon (1953)

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

The Band Wagon, a 1953 American musical directed by Vincente Minnelli, stars Fred Astaire as an aging musical star who hopes a Broadway show will revive his career. However, the play's director wants to make it a pretentious retelling of the Faust legend and brings in a prima ballerina (Cyd Charisse) who clashes with the star.



Along with *An American in Paris* (1951) and *Singin' in the Rain* (1952), it is regarded as one of the finest Metro-Goldwyn-Mayer musicals, although it was a box-office disappointment on first release. The song "That's Entertainment!" from the film, became a hit and a standard in popular music.

IMAGE ABOVE: Gerrit van Honthorst (Dutch, 1592-1656). *The Concert* (detail), 1623.

Saturday Night Movies

7:15 p.m. | Jefferson Living Room



Mar. 1—*Julie & Julia* (2009)

Blogger Julie Powell (Amy Adams) is determined to emulate Julia Child's (Meryl Streep) cooking techniques. Though separated by time, the two women share a common passion for food that intertwines their lives. Directed by Nora Ephron.

Mar. 8—*North by Northwest* (1959)

In Alfred Hitchcock's classic spy thriller, an advertising executive (Cary Grant) goes on the run after being mistaken for a government agent. Also stars Eva Marie Saint.



Mar. 15—*The Man Who Shot Liberty Valance* (1962)

A senator (Jimmy Stewart) returns to a Western town for the funeral of an old friend (John Wayne) and tells the story of his origins. Directed by John Ford.

Mar. 22—*The Ghost & Mrs. Muir* (1947)

In 1900, a young widow (Gene Tierney) finds her seaside cottage is haunted by a sea captain (Rex Harrison) and forms a unique relationship with the ghost. Directed by Joseph L. Mankiewicz.



Mar. 29—*The Hundred-Foot Journey* (2014)



The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's (Helen Mirren) Michelin-starred eatery.

Thank you, BSP Movie Committee!



The Great Tours: Ireland and Northern Ireland

Wednesdays

Mar. 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.



March Speakers

Randy Mason

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



Randy Mason is the multimedia producer at *The Kansas City Star*. He spent more than thirty years as a public TV producer and host, receiving 19 regional Emmy Awards and a National Emmy for Best Documentary.

Randy will present "The Neighborhood of Steptoe." Steptoe, a part of Kansas City history largely overlooked, existed near 43rd Street between Wornall and what's now Southwest Trafficway. Black families lived there in modest homes that weren't available to them in most parts of town. Some famous Kansas City figures spent time in Steptoe, and today Bishop Spencer Place sits along its perimeter. Randy will explain how Steptoe started and what remains today.

Jennifer Kane

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



Jennifer Kane has been a registered dietician since 2006. She graduated second in her class at Johnson Wales

University in Providence, Rhode Island, earning a bachelor's degree in culinary nutrition and associate's degrees in both culinary arts and food as nutrition. Jen has been in residential living her entire career, hoping to provide residents from independent living to assisted living to long-term care with fresh, wholesome food.

Jen is a dietitian with CCL Dining, our new dining partner. She will discuss guidelines for healthy eating and will follow with a Q & A.

Mayor Quinton Lucas

Tuesday, Mar. 25 | 3 p.m. | Westport Room



Born and raised in Kansas City's East Side, Quinton Lucas has served as the 55th mayor of Kansas City, Missouri, since 2019.

As mayor, he led Kansas City's nationally acclaimed zero-fare transit initiative,

providing free public transportation on bus and rail transit citywide. Having experienced homelessness in his youth, Mayor Lucas created the city's first Housing Trust Fund to develop affordable housing. He has promoted KC globally, securing the city's berth as one of only 11 American cities to host the 2026 Soccer World Cup.

Thank you, Berit Lindboe, for arranging this talk!

Great Decisions Meeting

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



Great Decisions, America's largest discussion program on world affairs, is sponsored by the Foreign Policy Association and has been in operation for nearly 70 years. The program involves reading the *Great Decisions Briefing Book*, watching the video series, and meeting in a discussion group to explore the issues.

It's never too late to join. Call or email John Blevins with any questions. He'll tell you how to purchase a book, or you can borrow one from another resident.



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, Mar. 11 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Men's Club

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

What a great crowd we have!

Poetry Circle

Thursday, Mar. 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.

Reading or listening to poetry stimulates emotional and aesthetic responses and enhances cognitive functions like flexible thinking and the capacity to understand complex, multiple meanings.

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

ONYX STORM

Rebecca Yarros

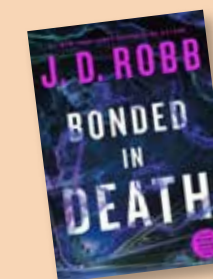


IRON FLAME

Rebecca Yarros

BONDED IN DEATH

J.D. Robb



JAMES

Percival Everett

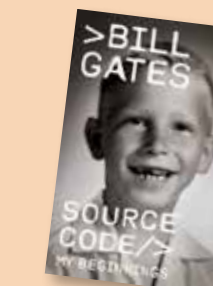
THE WOMEN

Kristin Hannah

Nonfiction

SOURCE CODE: MY BEGINNINGS

Bill Gates



THE ANXIOUS GENERATION

Jonathan Haidt

ON THE HIPPIE TRAIL

Rick Steves

THE SIRENS' CALL

Chris Hayes

MEMORIAL DAYS: A MEMOIR

Geraldine Brooks



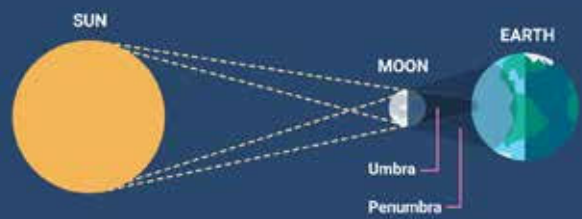
Eclipse Chat: Jack Brandt
Monday, Mar. 10 | 2 p.m.
Westport Room

Retired NASA astronomer and author of several textbooks, resident Jack Brandt will review the ideas behind a lunar eclipse and will be happy to chat.



Full Lunar Eclipse
Thursday, Mar. 13

A lunar eclipse occurs when the sun, earth, and moon align so that the moon passes into earth's shadow. In a total lunar eclipse, the entire moon falls within the darkest part of earth's shadow, called the umbra. Lunar eclipses are sometimes called "blood moons" because when the moon is in the umbra, it appears red-orange.



Kansas City will experience a full lunar eclipse in March.

Begins: Thu, Mar. 13, 10:57 p.m.

Max View: Fri, Mar. 14, 1:58 a.m.

Ends: Fri, Mar. 14, 5:00 a.m.

Duration: 6 hours, 3 minutes

From nasa.gov and timeanddate.com.

Music

Bram & Lucy Wijnands

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

Bram and Lucy brought the house down in August, and we're thrilled they're back. Lucy is a jazz vocalist who has performed all over the world. Her father, master pianist Bram, is a BSP favorite. Don't miss this!

Humberto Sierralta

Tuesday, Mar. 11 | 3 p.m. | Madison Living Room

One of our favorites, Humberto Sierralta, is back to entertain us with another lively piano performance.

Made in France Band

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

The band is comprised of native French speakers and great musician friends, playing piano, violin, vocals, and guitar. *Viens pour le plaisir!*

Driscoll Irish Dancers

Monday, Mar. 17 | 3 p.m. | Madison Living Room



We're happy the Driscoll Irish Dancers are part of our Saint Patrick's celebration again this year. The dancers have competed at regional and national championships,

but performance is their first love. They will be here after performing in KC's St. Patrick's Day parade.

Joe Cartwright & Alison Borberg

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

Joe Cartwright returns along with dynamic jazz, classical, and musical theatre vocalist Alison Borbert.

Happy Hour: Charles Williams

Friday, Mar. 28 | 4 p.m. | Madison Living Room



Have a glass on us and enjoy the music of Charles Williams, pianist for the Kansas City Jazz Orchestra and a regular at Eddie V's on the Plaza.

Spiritual Wellness
CORNER

Greetings friends and neighbors. March is one of my favorite months. Daffodils push through the soil to brighten the land, the spring equinox brings to mind what green and growing things await us, and there are often just enough warm days that we begin to feel the temptation to leave our coats at home.

March is an in-between time. Sometimes we are tempted to overlook the in-between seasons and moments of our lives, remembering either where we were before or where we might be after. The long middle days between those two can feel like a drudgery. But when you think about it, life is sort of one big in-between time, made up of smaller in-between times, isn't it?

Consider the time between...

starting school and finishing it

searching for a job and showing up for your first day

meeting the girl and marrying her

trying to have a baby and bringing one home

raising children and emptying the nest

starting the countdown clock for retirement and having the party

noticing new symptoms and getting a diagnosis

selling your home and moving to Bishop Spencer Place

watching your loved one begin treatment and saying goodbye.

We would be remiss if we ignored the value of in-between times and what they teach us. In his book *Domestic Monastery*, Catholic priest and theologian Ronald Rolheiser writes, "Stay inside your vocation, inside your commitments, inside your legitimate conscriptive duties, inside your church, inside your family, and they will teach you where life is found and what love means." He says the places our lives are spent—homes, workplaces, relationships—are our own personal monasteries where the true meaning of life is contemplated.

Sometimes, things are just what they say on the tin: a period of waiting for what's next. But sometimes those periods give us beautiful gifts like the brightness of daffodil blooms and warm sun to carry us through until all is verdant again. May this month between the stark cold of winter and the brightness of summer be a reminder for us all to look for signs of life as we carry on from one transition to the next, whatever they may be.

With love and care,
 Chaplain Janette

Gratitude Assignment

Gratitude is the secret currency of life. The moment we shift our focus from what we lack to what we have, we realize how wealthy we truly are. Hot water, a safe place to rest, a warm meal—these are not small things; they are the foundation of joy.

- What is my favorite place in the city and why?
- Have I thanked the people who make my life easier?
- What can I do with my strengths in my community?



Book Club

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

Contact Clark with questions.



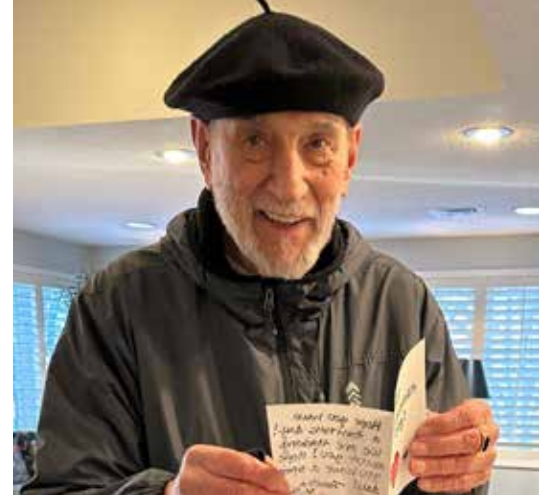
Remembrance Service

Wednesday, Mar. 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

