

The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

JUNE 2025



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BISHOP SPENCER PLACE



Food MATTERS

A Matter of Health

You are what you eat. So observed 19th century French philosopher and nutritionist Brillat-Savarin. It's an idea that still rings true. The connection between what we eat and how we feel will be the focus of a regular feature in *The Ambassador*.

We'll serve up a smorgasbord of small bites about how food makes a difference in our mental and physical health, such as ways to control chronic illness and pain, manage stress, fight fatigue, and nourish our minds through what we eat.

We'll bring in academic research, personal stories, recipes, and more. What does high blood sugar do to your body and how can you lower your level through diet? We'll look at the link between inflammation and heart disease, depression, Alzheimer's, and arthritis, plus food choices that will make a difference.

What foods strengthen bones? How can magnesium-rich foods help numbness or muscle cramps? We'll even look at insights and habits of long-lived people from around the world, whose diets and lifestyles are key to their longevity.

A few words from the President



It is remarkable that we have already reached June. It seems like Christmas was only yesterday. As we approach the midpoint of 2025, it is an opportune moment to reflect on the passage of time. We have several occasions to acknowledge, including Father's Day, D-Day, Flag Day, Juneteenth, and summer solstice to name a few.

June marks the peak of nature's full bloom, with gardens, parks, and outdoor spaces flourishing with color and vitality. For us at Bishop Spencer Place, who have been diligently working on establishing a Memory Care Unit on our campus for years, June signifies that we are now approximately 90 days away from the opening of this much-anticipated facility. We are currently developing clinical and therapeutic platforms to create individualized plans for each person's needs, setting us apart from other facilities. The BSP Memory Care Unit will truly be a special place.

In addition to the exciting progress with the Memory Care Unit, June brings an array of vibrant activities and events for the residents at Bishop Spencer Place. The warmer weather allows for outdoor gatherings, garden walks, and social engagements that foster our sense of community and connection.

Our June events calendar offers numerous opportunities for enrichment and enjoyment. With musical performances, art classes, wellness workshops, and guest lectures, there are activities suited to diverse interests.

As we embrace the joys of June, we continue our commitment to excellence in providing the services and support to our residents. We are truly grateful that you allow us to work in your homes each day and to be a part of this special community.

Louis



Blood Pressure Checks

Wednesdays | 1:30 p.m.

New Location: **Apt. 204**

Enable Dental

Tuesday, June 3 | 11:30 a.m. | Activity Center

Enable Dental, the mobile dentist, will be at BSP. Please contact Sami Dunn if you have any questions.



New Resident Happy Hour

Friday, June 6 | 4-5 p.m. | Pub

Join us in welcoming and getting to know the new neighbors.

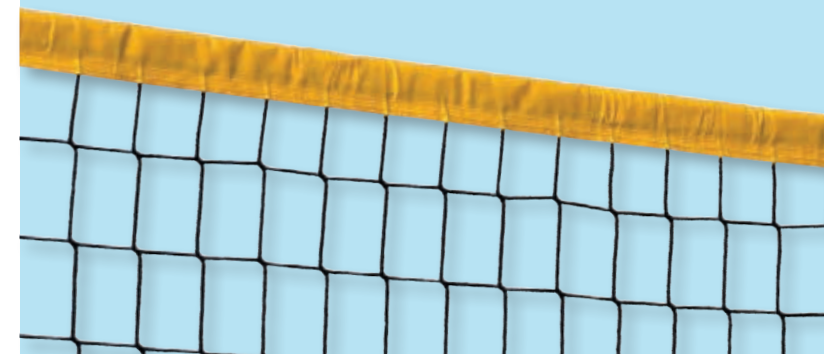
Chair Volleyball

Thursday, June 12 | 1:30-2:15 p.m.

Westport Room

You asked for it! We need a minimum of eight players, but the more who participate, the better.

Wear comfy clothes, plus get ready for laughs.



Garden TIME

June

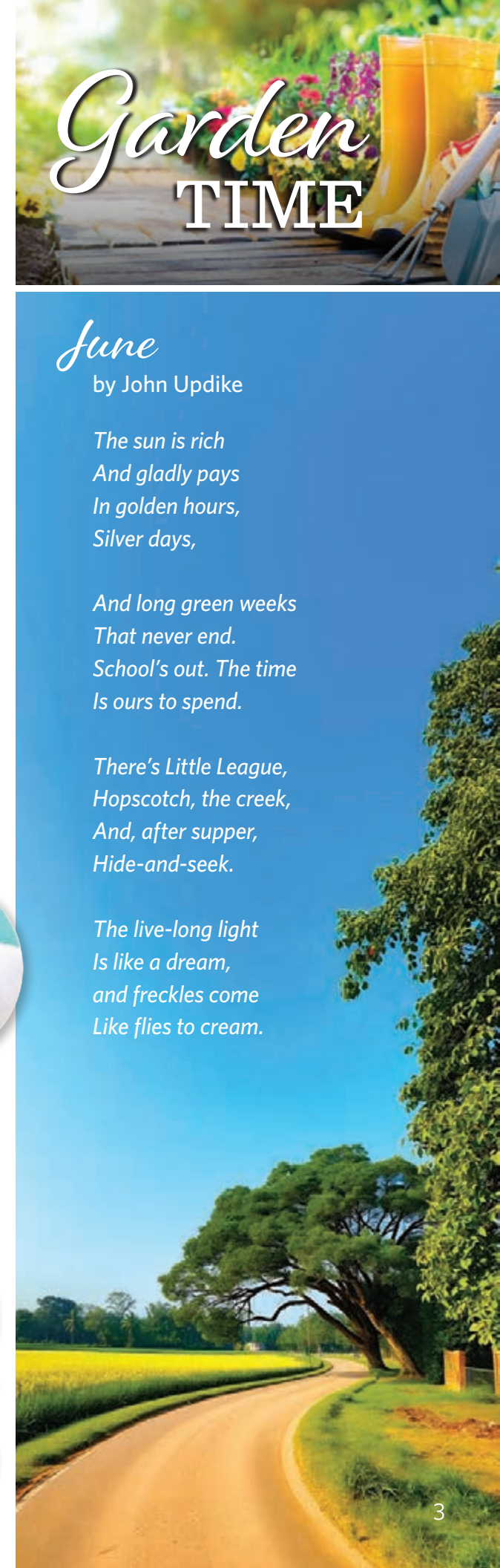
by John Updike

*The sun is rich
And gladly pays
In golden hours,
Silver days,*

*And long green weeks
That never end.
School's out. The time
Is ours to spend.*

*There's Little League,
Hopscotch, the creek,
And, after supper,
Hide-and-seek.*

*The live-long light
Is like a dream,
and freckles come
Like flies to cream.*



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KCB Movement Class

Friday, June 6 AND

Thursday, June 26

1 p.m. | Activity Center

No experience necessary. Just come as you are. This workshop is a delightful blend of movement and music. Plan on warmup and cooldown with our teacher. Discover simple seated dance movement in a supportive and encouraging environment with our summer substitute, Michele Hamlett-Weith.

There will be **no Art Experience** class with Nina this month. She's taking the month of June off. We'll welcome her back in July.

Name That Resident!

- I was born in a farmhouse in central Nebraska.
- I attended Wayne State, University of Central Missouri, and UMKC.
- Being a first grade teacher was the best job!
- My hobbies include reading, sewing, and puzzles.
- I enjoy watching sports on TV, especially the Chiefs and Royals.

(Last month: Ann Lowman!)

Art & Entertainment



Classic Movie with Robert Butler: *The Circus*

Thursday, June 19 | 1:30 p.m. | Westport Room

This 1928 silent comedy, written and directed by and starring Charlie Chaplin, features Chaplin's most famous character, the Little Tramp. At a circus, the Tramp is chased by police into the big top, where he is an accidental sensation with his hilarious efforts to elude capture. The circus owner immediately hires him, but discovers that the Tramp cannot be funny on purpose. The film is one of Robert Butler's favorites.

Artist Reception: Henry Bridges Simpson

Thursday, June 26 | 4 p.m. | Art Gallery

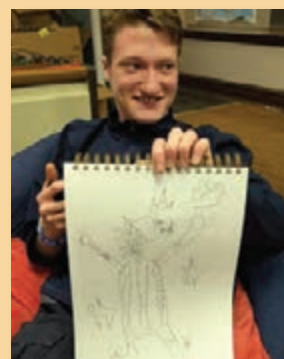


This is something new for our art gallery! Our new guest artist, Henry Bridges Simpson, is a 16-year-old student at Crossroads Academy.

Henry has loved art and drawing since he could hold a pencil and now works mainly in digital art. He recently showed his work as part of the *Here By Possibility: Inspired Aesthetics Student Showcase*.

Henry loves all things Disney and attended a Make-a-Wish Foundation trip to California last summer to see the magic in person.

Henry says: "I am inspired to do art by my mom because of her creativity."



Saturday Night Movies

7:15 p.m. | Jefferson Living Room



June 7—*Monty Python and the Holy Grail* (1975)

King Arthur and his Knights of the Round Table embark on a low-budget search for the Holy Grail. Acclaimed for its absurdist humor and clever

wordplay, the film blends satire and historical parody. The cast includes Graham Chapman, John Cleese, and Eric Idle.

June 14—*A River Runs Through It* (1992)

Two sons of a stern minister—one reserved, one rebellious—grow up in rural 1920s Montana, devoted to fly fishing. Stars Brad Pitt, Tom Skerritt, Craig Sheffer, and Brenda Blethyn. Directed by Robert Redford, based on Norman Maclean's semi-autobiographical novella.



June 21—*Radio Days* (1987)

This comedy-drama, written and directed by Woody Allen, is a nostalgic look at the golden age of radio during the late 1930s and 1940s, focusing on a working-class

family living in Rockaway Beach, New York. The ensemble cast includes Mia Farrow, Dianne Wiest, and Wallace Shawn.

June 28—*The Grapes of Wrath* (1940)

An Oklahoma family, driven off their farm by the poverty and hopelessness of the Dust Bowl, joins the westward migration to California, suffering the misfortunes of the homeless in the Great Depression. Stars Henry Fonda, directed by John Ford, based on the John Steinbeck novel.



Thank you, BSP Movie Committee!



The Great Tours: Germany and Austria

Wednesdays | June 4, 11, 18, & 25
3-4 p.m. | Channel 9996

Another five-star program from The Great Courses. To travel the historically rich lands of Germany and Austria is to encounter some of the greatest landmarks of European culture; some of the greatest natural beauty of the continent; and the many pleasures of the region's local traditions, food specialties, and celebrated beers and wines.

For this tour, Professor James Pfrehm has organized the experience he calls the "three-river approach," following the three of the great rivers of Europe: the Danube, Rhine, and Elbe. With these geographic guideposts, along with side trips to special locations, you'll enjoy a richly detailed and wide-ranging trip through these two endlessly fascinating countries.

Dr. Pfrehm is an independent scholar who taught German language, literature, and culture at the university level for more than 20 years. He holds a Ph.D. in Germanic Linguistics from the University of Wisconsin-Madison.

June Speakers

Dr. Paul Laird

Mondays, June 9, 16, & 23 | 2 p.m.
Westport Room



Paul Laird is Professor Emeritus of Musicology at KU and a noted scholar on Leonard Bernstein, Broadway musicals, and other topics. He is the author or editor of eight books about Bernstein and frequently gives preconcert lectures in the Kansas City area.

Dr. Laird will speak on these delightful musicals:

Girl Crazy (1930)
Oklahoma! (1943)
My Fair Lady (1956)

Read more at music.ku.edu/people/paul-laird.

Dr. Ryan Pferdehirt

Tuesday, June 24 | 3 p.m. | Westport Room



Ryan Pferdehirt is the Vice President of Ethics Services at the Center for Practical Bioethics and an Instructor of bioethics at Kansas City University. His work helps health care organizations develop ethics committees

and grow competencies of ethics committees, individual consultants, and the general public. He works with hospitals, hospices, and clinical associations nationwide, providing workshops and ethics consultation services.

Ryan was well-received last month at Chaplain Janette's seminar. We hope you can come.

Donna Houtteman

Art History: Later Europe and the Americas (1750-1980)

Monday, June 30 | 3 p.m. | Westport Room



Donna Houtteman is presenting an eight-week program on later European and American art, highlighting Rococo, Enlightenment, Neoclassicism, and Romanticism.

With her contagious enthusiasm, Donna developed ART BLOCKS and has taken her classes on the road. Donna's 23 years' experience as a docent at The Nelson-Atkins Museum of Art is a perfect fit for approaching art history from an everyman's perspective. She has also served as a docent at Kemper Museum of Contemporary Art since 2023.

Read more about Donna at artblockskc.com.



Claude Monet (French, 1840-1926). *La Gare Saint-Lazare*, 1877. Oil on canvas, 30 x 41 inches. Musée d'Orsay, Paris

Superfoods with Jen Kane

Tuesday, June 17 | 2 p.m. | Bistro

Jen Kane with CCL will offer a Superfood session. Meet outside the Bistro for samples.



Beginning Bridge + Games

Fridays | 10 a.m. - Noon | Pub

Play bridge with Christie Thomas Collier or enjoy a Scrabble game with residents. We also have introduced a new special dominoes game! You can also enjoy some treats and coffee.



Women's Gathering

Tuesday, June 10 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Men's Club

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

What a great crowd we have!

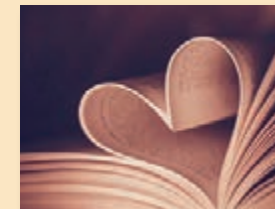
Poetry Circle

Thursday, June 12

4 p.m. | Westport Room

Come give our poetry and casual conversation group a try. We were glad to see new faces at our recent meetings! Bring a short poem to read informally to the group or simply come to listen and enjoy.

Reading or listening to poetry not only stimulates emotional and aesthetic responses but also enhances 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 like no other form of art. A poem can speak to important issues human beings care about: love, loss, inspiration, and more. It is also a form of art that is accessible to everyone.



Upworthy.com, a website that focuses on positive content, asked its readers which books had changed their lives. Here are the top twelve responses.

THE ALCHEMIST

Paul Coelho

THE FOUR AGREEMENTS

Don Miguel Ruiz

TO KILL A MOCKINGBIRD

Harper Lee

THE POWER OF NOW

Eckhart Tolle

THE MIDNIGHT LIBRARY

Matt Haig

ATOMIC HABITS

James Clear

TUESDAYS WITH MORRIE

Mitch Albom

UNTAMED

Glennon Doyle

MAN'S SEARCH FOR MEANING

Victor Frankl

THE UNTETHERED SOUL

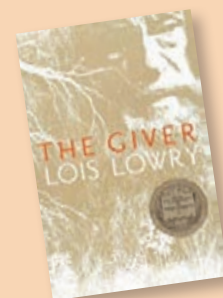
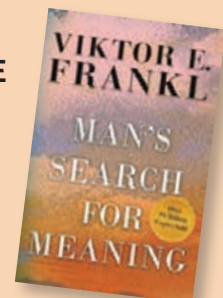
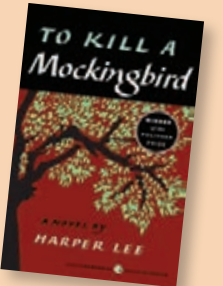
Michael Singer

THE GIVER

Lois Lowry

THE LAST LECTURE

Randy Pausch



Great Decisions Meeting
Tuesday, June 3 | 3 p.m.
Westport Room



Great Decisions is America's largest discussion program on world affairs. It 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 most critical global issues facing America today.

It's never too late to join. Please call or email John Blevins with any questions. He also has an accompanying book you can purchase, or you can certainly borrow one from another resident. John has participated in this series for several years and is an enthusiastic proponent of the program. There are so many well-traveled and worldly-wise residents here that we have both lively and informative conversations as we work our way through the topics.



Visit tinyurl.com/2tpamz2s or scan the QR code for the 2025 discussion topics.

Music

Dorothy Brandwein
Thursday, June 5 | 3 p.m. | Madison Living Room

Pianist Dorothy Brandwein will be here to perform a classical piano recital. Dr. Brandwein holds a Doctor of Musical Arts in Piano Performance from UMKC. We are thrilled she is back!

Susie Yang & Meredith McCook
Friday, June 6 | 3 p.m. | Madison Living Room

KC Symphony stars Susie Yang and Meredith McCook are bringing another community outreach program to BSP with a violin and cello duo.

Hot Club KC Trio
Friday, June 13 | 3 p.m. | Madison Living Room

Hot Club KC, 2022 winner of *Pitch Magazine's* "Best Jazz Band of Kansas City," performs vintage acoustic gypsy jazz with a Parisian flair.

Made in France Band
Friday, June 20 | 3 p.m. | Madison Living Room

The band is comprised of native French speakers and great musician friends, playing piano, violin, vocals, and guitar. They may even get you dancing.

Happy Hour: Matt Villinger & Julia Haile
Friday, June 27 | 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 and neighbors. In recent weeks I've been reflecting on your generosity of time and spirit in our recent series on death and dying. I found those sessions to be meaningful and generative, and I'm grateful for the way you engaged the subject matter and one another. Many thanks to those of you who helped get the series off the ground, and thanks to Fr. Tom for partnering with me in leading each week.

It's evident, based on conversations I'm having with many of you, that it would be time well spent to keep this subject matter on the activities calendar in some way. There are three main ideas I'm hearing you would find valuable to keep discussing:

- 1) a time to talk about death and dying in a conversational way
- 2) a time to talk about grief
- 3) ongoing presentations/workshops on end-of-life planning

I'm working with Helen to accommodate these requests, starting with Dr. Ryan Pferdehirt's talk June 24 (see pg. 8). We hope to have other, ongoing conversation groups available starting in July. We are still deciding on frequency and format for each of these; I welcome a conversation with anyone who has ideas or suggestions to share.

There have been many bereavements here in recent weeks which have been difficult each in their own way. These have also been reminders of just how important it is to have these conversations and especially to be supportive of one another. This is such a kind, hospitable, and caring community. Thank you for sharing yourselves with one another as we honor the lives of those we loved and extend care for those grieving.

Author Christiana Peterson writes, "*One of the central reasons we practice death is that it helps us love others. When our lives are preoccupied with our own comforts and health, with the things that will help us avoid thinking about death, we are focused on ourselves. . . Facing our fear of death can help us love others better.*"

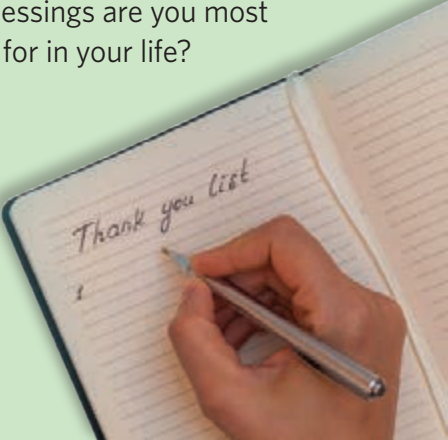
May our ongoing conversations do just that: enable us to love one another better as we become more vulnerable, and in so doing, more fully alive.

With love and care,
Chaplain Janette

Gratitude Assignment

June gratitude assignment:

- In a society that has you counting money, possessions, pounds, calories, and steps, consider being a rebel and count your blessings instead.
- What blessings are you most grateful for in your life?



Book Club
Saturday, June 7
4 p.m. | Game Room

Contact Clark with questions.



Remembrance Service
Wednesday, June 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.



