he AMBAS DOR JULY 2025

SAINT LUKE'S BISHOP SPENCER PLACE





Healthy Longevity

For most of history, few people lived long enough to experience the ailments of old age. The average lifespan of American babies born in 1900 was 47 vears: one in five died before their tenth birthday. The picture changed dramatically when better sanitation, antibiotics and vaccines arrived in the 20th century.

Average U.S. lifespans began to slow in the 1950s and continue to lag other industrial countries.

In the early 2000s, the term "blue zone" appeared in an academic journal and other publications to describe the high number of centenarians in Sardinia, Italy, and a few other places around the globe. A healthy diet, physical activity, and a sense of community stood out as probable components of long lives.

Although blue zones had some detractors, most aging experts recognize the roles played by diet, activity, and environment. The Harvard School of Public Health identifies factors that contribute to a longer lifespan, including a healthy diet (e.g. Mediterranean, DASH); regular exercise to lower the risk of heart disease, diabetes and cognitive decline; healthy weight; social connections; brain exercise; improving sleep quality.

A few words from the President



A community is more than just folks living close to each other. It's a family made of shared moments, mutual respect, and taking care of one another. It's where we find connection, support, and purpose. Celebrating community means recognizing the goodness it brings to our lives and appreciating those who keep it going strong.

As we get older, the people around us become even more important. A strong community can help us not feel so alone, keep us healthier, and remind us we belong. For those facing challenges like getting around or losing loved ones, the community's a lifeline, offering emotional support and a helping hand when it's needed most.

Encouragement is what keeps us going, and it often springs up from the relationships we've built. Our residents know that the community is a source of strength and inspiration. Friends and neighbors cheer each other on, whether it's reaching a health goal, trying out a new hobby, or getting through tough times.

Activities like painting classes, exercise groups, or chats over coffee give us space to encourage each other and grow. They show us that life doesn't stop just because we get older. These groups are where we're not just learners but also teachers, sharing wisdom and experiences that lift everyone up.

Communities are special because they're made up of so many different residents, each with their own stories and perspectives. Every person brings with them a lifetime of experiences, lessons from the past, and ideas for how to handle what life throws their way. These stories are treasures worth sharing.

Appreciation is the heart of any good community. Showing gratitude for the people around us, whether it's through a kind word or a simple gesture, makes everyone feel valued and strengthens our bonds. A community that truly cares for its members is one that flourishes—just like ours at Bishop Spencer Place.

Thank you for letting us be a part of your lives and to work in your homes each day.

Louis

KCB Movement Class Friday, July 25 | 1 p.m. | Activity Center



and music with a warmup and simple seated dance movement

in a supportive and encouraging environment with our summer substitute, Michele Hamlett-Weith.

Name That Resident!

- In high school varsity basketball, I got an assist for the longest basket in the university arena. We did go on to lose the game, though.
- My bride and I married in the Our Lady of Guadalupe next to the French Quarter. The New Orleans Fire Department chaplain officiated.
- My father-in-law gave me a credit card for the Playboy Club as a wedding gift!
- On a marketing trip to NYC, at the Dorset off 6th Avenue, I rode up the elevator with Angela Lansbury.
- At a corporate meeting in Chicago, Broadway Joe Namath was there with a container of footballs. He threw them to the audience, and one pass was completed to me!

(Last month: Jan Nuernberger!)

Dance Lessons



We've had guite a few requests for dance lessons! Kayla Sloan with Kindred Dance offers a variety of dance classes. Whether you're a beginner or have more experience, you can join in without needing a partner. You may also be seated for some of her lessons.

Call or email Helen R. by July 14 if you're interested. Kayla can teach small or large groups, but we may start with one large pop-up dance here to gauge interest.

This workshop is a blend of movement cooldown. Discover



The Garden Year

by Sara Coleridge (1802-1852)

January brings the snow, Makes our feet and fingers glow.

February brings the rain, Thaws the frozen lake again.

March brings breezes, loud and shrill, To stir the dancing daffodil.

April brings the primrose sweet, Scatters daisies at our feet.

May brings flocks of pretty lambs Skipping by their fleecy dams.

June brings tulips, lilies, roses, Fills the children's hands with posies.

Hot July brings cooling showers, Apricots, and gillyflowers.

August brings the sheaves of corn, Then the harvest home is borne.

Warm September brings the fruit; Sportsmen then begin to shoot.

Fresh October brings the pheasant; Then to gather nuts is pleasant.

Dull November brings the blast; Then the leaves are whirling fast.

Chill December brings the sleet, Blazing fire, and Christmas treat.



English author Sara Coleridge was known for her literary criticism, poetry, and children's literature. She was the daughter of Samuel Taylor Coleridge.

AC	Activity Center (above Bistro)	СН	Chapel	MF2	Madison Second Floor
ART	Art Gallery	GR	Game Room	Ρ	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

SUNDAY	MONDAY TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:30 a.m.Strength & Balance—AC11:15 a.m.Grocery Trip12 p.m.Bridge Luncheon—CDR3 p.m.Great Decisions Meeting 2025—WR	2 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 Tours: Austria & Germany—Ch 9996	3 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—P 3 p.m. Humberto Sierralta 4th of July Concert— MLR	Independence Day 4	5 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 4 p.m. Book Club—GR 7:15 p.m. Movie: Auntie Mame—JLR
6 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	7 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Donna Houtteman—WR	8 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	9 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Tours: Austria & Germany—Ch 9996	10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 4 p.m. Poetry Circle—WR	11 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 4 p.m. La Sonora KC—MLR	12 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: City Slickers— JLR
13 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Donna Houtteman—WR	 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Ed Matheny Birthday Celebration—WR 	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 Tours: Austria & Germany—Ch 9996	10:30 a.m. Strength & Balance—AC 3 p.m. Speaker: Michelle Piranio—WR	189 a.m.Morning Fitness—Ch 999610 a.m.Bridge & Games—P1 p.m.Grocery Trip3 p.m.Peter Schlamb & Bram Wijnands—MLR	19 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Chariots of Fire—JLR
20 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	21 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1 p.m. Garden Comm—WR 3 p.m. Speaker: Donna Houtteman—WR	22 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. Chair Volleyball—WR 4:30 p.m. Men's Club—P	23 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Tours: Austria & Germany—Ch 9996	24 10:30 a.m. Strength & Balance—AC 1:30 p.m. Robert Butler Classic Movie: Notorious—WR	25 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. KCB Movement—AC 1 p.m. Grocery Trip 4 p.m. Happy Hour: Rich Hill & Charles Perkins—MLR	26 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Fluke—JLR
27 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	28 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Donna Houtteman—WR	29 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Jacque Blessington—WR	30 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 2 p.m. Movie: My House In Umbria—Ch 9996	31 10:30 a.m. Strength & Balance—AC 2 p.m. Superfood with Jen Kane—ART		

BISHOP SPENCER PLACE

Group activities subject to community status

July 2025

Cirt & Entertainment

Art Experience with Nina Irwin

Thursday, July 10 | 1:30 p.m. **Activity Center**



Nina is back after a month's hiatus with another creative project for us. Nina has been coming to BSP with her art knowledge and compassion for more than three years. We are so fortunate to have her.

You don't need any training or artistic abilities for this class. 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.

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





Classic Movie with Robert Butler: Notorious Thursday, July 24 | 1:30 p.m. | Westport Room

In this 1946 classic Hitchcock spy thriller, the daughter (Ingrid Bergman) of a convicted German spy is asked by and American agent (Cary Grant) to spy on a group of her father's Nazi friends operating out of Rio de Janeiro after World War II. Also stars Claude Rains, who was nominitated for an Academy Award for best supporting actor. Written by Ben Hecht, who was nominated for an Academy Award for best original screenplay. Edith Head designed Ingrid Bergman's gowns for the film.

Honoring Ed Matheny's 102nd Birthday! Tuesday, July 15 | 3-4:30 p.m. | Westport Room

We will celebrate our friend, Ed Matheny on his 102nd birthday starting with a DVD program titled, "Over Here." This will be followed by KC Symphony musicians Larry Figg and Anne-Marie Brown with a short performance in honor of Ed. Refreshments will be served.







In the Roaring 20s, a boy, orphaned when his father dies unexpectedly, is placed in the care of his free-spirited aunt (Rosalind Russell). Conflict ensues when the executor of his father's estate objects to the aunt's lifestyle. Nominated for six Academy Awards, including Best Motion Picture, Best Actress (Russell), and Best Supporting Actress (Peggy Cass).

July 5—Auntie Mame (1958)

July 12—City Slickers (1991) On the verge of turning 40, an unhappy Manhattan yuppie (Billy Crystal) is roped into joining his two friends (Bruno Kirby, Daniel Stern) on a cattle



drive in the southwest. Also stars Jack Palance.



July 19—Chariots of Fire (1981) Based on a true story: Two British track athletes (Harold Abrahams, Eric Liddell), are driven to win in the 1924 Olympics. Also stars John Gielgud and Ian Holmes. Kenneth Branagh and Stephen Fry make

their debuts in minor roles. Winner of the Best Picture Oscar.

July 26—Fluke (1995) After a self-centered businessman (Matthew Modine) dies in a car crash, he comes back as a dog and attempts to



stars Nancy Travis, Eric Stoltz, and Samuel L. Jackson.

Thank you, BSP Movie Committee!

reconnect with his family. Also

6







The Great Tours: **Germany and Austria** Wednesdays | 3-4 p.m. July 2, 9, 16, & 23 | Channel 9996

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 traditions, food, beers, and wines.

Professor James Pfrehm has organized the experience into a "three-river approach," following the three great rivers of Europe: the Danube, Rhine, and Elbe. You'll enjoy a richly detailed and wideranging trip through these two endlessly fascinating countries.

Dr. Pfrehm 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.

Movie: My House in **Umbria** (2003) Wednesday, July 30 2 p.m. | Channel 9996

An unlikely group of people find solace and friendship after being thrown together after an unsettling event.

July Speakers

Michelle Piranio Thursday, July 17 | 3 p.m. | Westport Room



Birds bring joy and serenity to our human experiences, with vibrant colors, beautiful songs, and graceful flight. There's always something endlessly fascinating to learn about birds. Come join us as we explore how to recognize the

birds in our yards and city. We will explore facts about different bird families and online support guides you can use in identifying and learning more about the birds around you.

Michelle Piranio is newly retired from the healthcare and higher education industries, having served in strategic planning, marketing, market research, internal audit, and compliance. Michelle has been birding since 1979 and in 2008 combined birding with her love of photography. She now has more time to spend outdoors pursuing bird photography, meandering through beautiful landscapes, and finding peace among nature.

Jacque Blessington Tuesday, July 29 | 3 p.m. | Westport Room



We are fortunate to host Jacque Blessington, director of Lakeside Nature Center. The award-winning facility serves as one of

Missouri's largest wildlife rehabilitation facilities, housing approximately 60 animals, including bald eagles and other birds of prey, mammals, reptiles, amphibians and fish. The center is located within Kansas City's historic Swope Park and is owned and managed by KC Parks and Recreation. Additional support is provided by Friends of Lakeside Nature Center which provides volunteers and funding.

Thank you, Barb Buehrer!



Donna Houtteman

Art History: Later Europe and the Americas (1750-1980) Mondays, July 7, 14, 21, & 28 | 3 p.m. | Westport Room



Donna Houtteman will continue her 8-week program for us concerning Later Europe and Americas, highlighting Rococo, Enlightenment, Neoclassicism, and Romanticism. With her contagious enthusiasm,

Donna developed ART BLOCKS and has taken her classes on the road to empower new audiences and is returning to BSP. Donna's twenty-three years of 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.

Superfoods with Jen Kane Thursday, July 31 | 2 p.m. | Bistro

Jen Kane, our dietitician 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, July 8 | 4:30 p.m. | Pub

Men's Club

Tuesday, July 22 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Poetry Circle Thursday, July 10 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.

Chair Volleyball Tuesday, July 22 | 1:30-2 p.m. Westport Room

We need a minimum of eight players, but the more who participate, the better. Wear comfy clothes, plus get ready for laughs.











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

Fiction **ATMOSPHERE Taylor Jenkins Reid**

THE FIRST GENTLEMAN James Patterson & Bill Clinton

NEVER FLINCH Stephen King

GREAT BIG BEAUTIFUL LIFE Emily Henry

NIGHTSHADE Michael Conelly

Nonfiction **HOW COUNTRIES GO BROKE** Ray Dalio

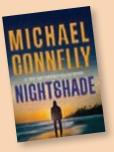
THIS DOG WILL **CHANGE YOUR LIFE** Elias Weiss Friedman

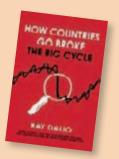
A DIFFERENT KIND **OF POWER** Jacinda Ardern

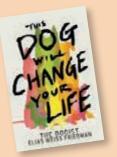
THE ANXIOUS GENERATION Jonathan Haidt

MARK TWAIN Ron Chernow









Great Decisions Meeting Tuesday, July 1 | 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 worldlywise 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 OR code for the 2025 discussion topics.

Music

Humberto Sierralta

Thursday, July 3 | 3 p.m. | Madison Living Room

Come hear patriotic tunes from one of our favorite performers.

La Sonora KC Friday, July 11 | 4 p.m. | Madison Living Room



La Sonora KC is back! This time John Currey is bringing singer Fedra Cooper Barrera. Fedra is a singer and actress from Veracruz, Mexico. She has performed on tour as a backup singer for pop superstar Luis Miguel and has recorded a solo disc with producer Pablo Ortiz. Fedra performs tango,

fado, rancheras, boleros, and more. Please come welcome her to BSP with La Sonora KC.

Bram Wijnands & Peter Schlamb

Friday, July 18 | 3 p.m. **Madison Living Room**

We're thrilled that veteran jazz pianist Bram and vibraphonist and pianist Peter will be joining us again.



Happy Hour: Rich Hill and Charles Perkins Friday, June 27 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy the lively music of pianist-vocalist Rich Hill and Charles Perkins on woodwinds. Rich has a personal sound steeped in the rich jazz, blues, and gospel traditions of his Kansas City hometown. Charles has been an anchor of Kansas City jazz for decades. He came up through the Charlie Parker Foundation and learned from icons like Ahmad Alaadeen.



piritual Wellness CORNER

Hello friends. Last month I attended a national conference hosted by the Association of Professional Chaplains. The first plenary session, led by chaplaincy educator Dr. Danielle Buhuro, was on how we respond audaciously in times of emotional, political, and social violence, suggesting four ideas for how we take CARE of ourselves and one another.

C—Celebration

Even in times of distress, there is still life and something to bless and celebrate. What are little celebrations we share to honor the sacred in one another? Celebration is medicine for the soul.

A—Ancestral Wisdom

Our society is often driven by individual success, but African American wisdom reminds us we are never alone; we carry the wisdom of our ancestors with us. What wisdom rises up when you think of your family? What family story moves you?

R—Rituals and Resources

Consider rituals you already have that ground you. Reading, calling a friend, drinking coffee, praying. How do you nurture what is alive within you? We all have resources within ourselves help us remember, "I am still here." What rituals might help you remember you are here and you are enough?

E—Emotional Grounding Techniques

Sometimes we need help to find the ground beneath our feet. Try the 5-4-3-2-1 activity: Take three deep breaths, then name five things you see, four things you can touch, three things you hear, two things you smell, and one thing you can taste.

You may be well-practiced with some of these and others are new to you. I wonder if there are any of these you might try this month. Celebrations, ancestral wisdom, rituals, and emotional grounding techniques are ways we can extend care to ourselves and each other when times are tough. If you want to hear more or would like some support introducing them to your own rhythms of life, I'd love to hear from you and offer help.

I am more mindful than ever how fortunate I am to be here at BSP. I love and appreciate you all!

With love and care, Chaplain Janette



Gratitude Assignment

- What experiences have brought me to where I am today?
- How can I contribute more to my friends and community?

Thonk you

In what ways my life is even better now than ever before?

Book Club Saturday, July 5 4 p.m. | Game Room

Contact Clark with questions.

Catholic Mass

Catholic Mass will be held on Friday, July 11. Father Carlito will be on vacation Friday, July 25.

Remembrance Service Wednesday, July 16 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.









RECENT EVENTS & PHOTOS







