

The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

AUGUST 2025



 **Saint Luke's**
BISHOP SPENCER PLACE



Food MATTERS

Food & Inflammation

Inflammation is both a friend and foe. Acute inflammation is our body's normal response to injuries and invaders, promoting healing. Fever and swelling are signs the body's defenses are working. Acute inflammation usually is short-lived and pain is mild. Strep throat and flu are examples.

Chronic inflammation occurs when our bodies send out inflammatory cells even through there is no danger. It plays a role in such diseases as rheumatoid arthritis, cancer, heart disease, diabetes, asthma, and Alzheimers.

Some of the most powerful tools to combat inflammation come not from the pharmacy, but from the grocery store: anti-inflammatory foods and beverages.

Jen Kane, manager of nutrition care at BSP, recommends an anti-inflammatory diet: omega-3 fatty acids (e.g., fish, flax seeds, walnuts), fruits and vegetables (berries, leafy greens, tomatoes), spices and herbs (turmeric, ginger, garlic), and healthy fats (avocados, nuts, and olive oil). Hydration helps flush out toxins.

On the flip side, limit foods that cause inflammation, such as refined carbohydrates, fried foods, soda and other sugary beverages, and red and processed meats.

Farewell to Bishop Spencer Place



From the first day I stepped foot on this campus, I knew that Bishop Spencer Place was a special place. I had no idea why I felt that way in only a few minutes, nor did I know what important relationships I would form over the next two years, nor how much of work and change we would accomplish together, but I knew.

Realizing that this would be my last column for *The Ambassador*, I had to take time to really reflect on the past two years. It has been a privilege to come to work each day, as I have been warmly welcomed by an outstanding community. Referring to my role as "work" hardly captures the positive experience I have had here. After two remarkable years serving as CEO/President of Bishop Spencer Place, I find myself reflecting with a heart full of pride and gratitude. This chapter, though ending, has been defined by profound change, collective achievement, and the forging of countless meaningful relationships.

Together, we have accomplished a tremendous amount—navigating challenges, championing new initiatives, and building a resilient foundation for the future. I am deeply proud of our team, whose tireless commitment and unwavering spirit have inspired me every single day. The progress we have made stands as a testament to your dedication, passion, and willingness to embrace change for the betterment of all who call Bishop Spencer Place home. I would list my biggest accomplishment the expansion of the relationship between our residents and our leadership, a relationship in which we all have worked together, leaning into each resident's and team member's experiences and skill sets, resulting in great decisions, transparency, and trust.

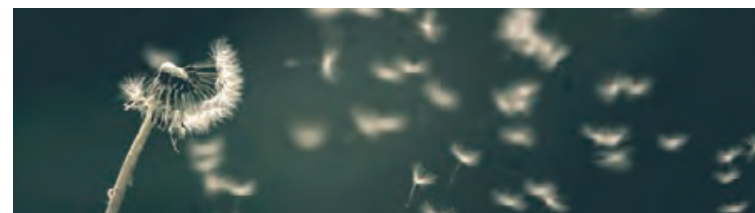
I am humbled by the friendships I have formed within this community. Each connection—every smile, handshake, and shared moment—has reminded me that our paths cross for a reason. These bonds will remain with me, cherished and enduring, long after I have moved on to new endeavors.

What we have built together is not simply a foundation for change, but a legacy of compassion, strength, and hope. I have complete confidence that the spirit of this special community will continue to flourish, shaping Bishop Spencer Place into an even more vibrant and welcoming place in the years to come.

With heartfelt gratitude, I offer my very best wishes to Bishop Spencer Place, its remarkable residents, and every dedicated

End-of-Life Conversations Series

Tuesday, Aug. 19 | 1:30 p.m. | Chapel



In May, during the end-of-life planning series, many residents expressed an interest in a casual, ongoing conversation group where we could continue to discuss dying, death, and grief. Chaplain Janette will facilitate the first monthly gathering. All are invited. This month's prompt will be, "What is the first significant death you can remember experiencing?"



Tai Chi with Gary Huff

Mondays & Wednesdays | 1 p.m.
Activity Center

Gary's exercises and special movements help increase mobility and circulation, reduce blood pressure, boost brain health, and improve balance, helping reduce the chance of falls. No prior experience is needed. You're welcome to observe the class, too. **NOTE: No class on Aug. 25 and 27.**

employee. May your journey ahead be filled with continued compassion, friendships, and that strong desire of the residents to make a difference in our community every day. Thank you for entrusting me with the privilege of serving this extraordinary community.

Though my role here concludes, I am certain our paths will cross again. Until then, know that I will always carry Bishop Spencer Place with me—in my memories and in my heart.

Thank you for allowing me to work in your homes each day. I have truly been blessed by being a part of this special community.

Louis Collier



Garden TIME

A Summer's Garden

Robert Frost (1874–1963)

*I made a garden just to keep about me
The birds and things I love, all summer long.
I doubt not they'd live well enough without me;
How would I live without them—their
sweet song?*

*I made a garden and had my own flowers—
All that I cared to pick and more too, there.
Most of them died and fell in scented showers
Upon the beds and colored the warm air.*

*Mine was not such a garden as I'd thought of—
A deep wild garden that no hand has trimmed
In many years—a tangle that is wrought of
Old fashioned flowers 'neath old trees,
barren limbed*

*But so my flowers brought the insects winging,
The butterflies, the neighbors' murmuring bees,
And birds one must not cage or they
cease singing,
I asked no more, well satisfied with these.*

*My garden my fair garden! I saw wither
Flower, leaf, and branch, and from the
maple bough
Leaves race across the bare beds none
knows whither.
The lives I entertained where are they now?*



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

August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>3</div> <div>10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR</div>	<div>4</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Donna Houtteman—WR</div>	<div>5</div> <div>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</div>	<div>6</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses: Castles of Europe—Ch 9996</div>	<div>7</div> <div>10:30 a.m. Strength & Balance—AC 1:30 p.m. Robert Butler Classic Movie: An American in Paris—WR 2:30 p.m. Dining Committee—P</div>	<div>1</div> <div>9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Michael Pagán & Vanessa Thomas—MLR</div>	<div>2</div> <div>11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 4 p.m. Book Club—GR 7:15 p.m. Movie: West Side Story—JLR</div>
<div>10</div> <div>10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR</div>	<div>11</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Donna Houtteman—WR</div>	<div>12</div> <div>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</div>	<div>13</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses: Castles of Europe—Ch 9996</div>	<div>14</div> <div>10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 4 p.m. Poetry Circle—WR</div>	<div>8</div> <div>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. Beau Bledsoe & Ezgi Karakus—MLR</div>	<div>9</div> <div>11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: The Elephant Man—JLR</div>
<div>17</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>18</div> <div>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</div>	<div>19</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. End of Life Conversations: Chaplain Janette—CH 3 p.m. Chair Volleyball—WR</div>	<div>20</div> <div>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: Castles of Europe—Ch 9996</div>	<div>21</div> <div>10:30 a.m. Strength & Balance—AC 3 p.m. Speaker: Linda Martin—WR</div>	<div>15</div> <div>9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Fountain City String Quartet—MLR</div>	<div>16</div> <div>11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Five Easy Pieces (R)—JLR</div>
<div>24</div> <div>10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR</div>	<div>25</div> <div>10 a.m. Stretch & Strengthen—AC 2 p.m. Resident Council Candidate Forum—WR 3:30 p.m. New Resident Happy Hour—Bistro</div>	<div>26</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Superfood: Jen Kane—CDR 4:30 p.m. Men's Club—P</div>	<div>27</div> <div>10 a.m. Stretch & Strengthen—AC 1:30 p.m. BP Checks—MF2 3 p.m. Great Courses: Castles of Europe—Ch 9996</div>	<div>28</div> <div>10:30 a.m. Strength & Balance—AC 4 p.m. Elise Gagliardi Art Reception—ART</div>	<div>22</div> <div>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. Tim Whitmer Trio—MLR</div>	<div>23</div> <div>11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Woman in Gold—JLR</div>
<div>31</div> <div>10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR</div>					<div>29</div> <div>9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 4 p.m. Happy Hour: Joe Cartwright—MLR</div>	<div>30</div> <div>11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: The Full Monty (R)—JLR</div>

Group activities subject to community status

**Art Experience with
Nina Irwin**
Thursday, Aug. 14 | 1:30 p.m.
Activity Center



Nina is back 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.



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

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



Art & Entertainment



Classic Movie with Robert Butler: *An American in Paris*
Thursday, Aug. 7 | 1:30 p.m. | Westport Room

In this 1951 musical comedy, a struggling American painter (Gene Kelly) in Paris, is discovered by an influential heiress (Nina Foch) with an interest in more than his art. The artist in turn falls for a young French girl (Leslie Caron) already engaged to a cabaret singer (Oscar Levant). Directed by Vincent Minelli, the film won seven Academy Awards, including Best Picture.

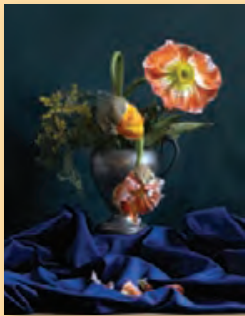
Artist Reception: Elise Gagliardi
Thursday, Aug. 28 | 4 p.m. | Art Gallery



Elise Gagliardi is a photographer and visual artist based in Kansas City, pursuing her MFA through the Art Institute of Chicago. She received her BFA from the University of Colorado at Boulder.

Elise's work has been published in art publications, such as *Camera Works*. She has exhibited her work nationally in group and solo shows and has worked as a gallerist and community advocate since 2018. She ran the long-standing artist-run space, Beco Gallery in the Crossroads. Elise worked with Sherry Leedy Contemporary Art and is now the current director of In Other News Gallery, located in the West Bottoms.

We will display her striking still life art, and you can see more styles of work on her website.



*Saturday Night
Movies*

7:15 p.m. | Jefferson Living Room



Aug. 2—*West Side Story* (1961)
This adaptation of the Broadway musical, inspired by *Romeo and Juliet*, stars Natalie Wood, Richard Beymer, and Rita Moreno. It was directed by Jerome Robbins with music by Leonard Bernstein and lyrics by Stephen Sondheim.

Aug. 9—*The Elephant Man* (1980)
A Victorian surgeon rescues a heavily disfigured man who is mistreated while scraping a living as a side-show freak. Stars Anthony Hopkins and John Hurt, directed by David Lynch.



Aug. 16—*Five Easy Pieces* (R) (1970)
An upper class dropout (Jack Nicholson) works on oil rigs, lives with a diner waitress (Karen Black), and spends his life in a succession of bars and motels.

Aug. 23—*Woman in Gold* (2015)
In this biographical drama starring Helen Mirren and Ryan Reynolds, a Jewish refugee takes on the Austrian government to recover artwork stolen from her family by the Nazis.



Aug. 30—*The Full Monty* (R) (1997)
When six unemployed steel workers in Sheffield, England form a male striptease act to earn money. Stars Robert Carlyle, Mark Addy, and Hugo Speer and nominated for an Academy Award for Best Picture.

Thank you, BSP Movie Committee!



**The Great Courses:
The Great Castles
of Europe**
Wednesdays | 3-4 p.m.
Aug. 6, 13, 20, & 27
Channel 9996

Continuing our five-star programs from The Great Courses, we will start a new series this month.

Castles were part of the very fabric of medieval society, and profoundly influenced the political, economic, demographic, and social evolution of Europe. Professor Victoria L. McAlister, of Towson University, guides you through the Middle Ages and into the Renaissance, highlighting outstanding and historically significant castles of these extraordinary times.

Professor McAlister received her PhD in history from Trinity College Dublin. She is the author of *The Irish Tower House*, general editor of *Eolas: The Journal of the American Society of Irish Medieval Studies*, and writes a regular column for *Medieval Warfare* magazine. She has received several teaching awards.

Episodes include "Castles for Defense and Château Gaillard," "Castles for Residence and Enjoyment," and "Spanish Castillos, Alcázares, and Alcazabas."

August Speakers

Linda Martin

Thursday, Aug. 21 | 3 p.m. | Westport Room



Linda Martin has extensive experience in teaching classroom music and private voice lessons, directing choirs of all ages and presenting music and worship workshops for Association of Lutheran

Church Musicians, Choristers Guild and Evangelical Lutheran Church's Bethany House of Studies. She has been a featured soprano soloist, has performed as a piano accompanist, and has coached performing music majors. Linda created and established Kansas City Ballet's Community Education and Outreach Programs. She is passionate about sharing her joy in music with others.

Linda will present "Sights, Sounds, and Stories: Can you see it? Can you hear it?" Her talk will explore connections in basic elements and principles of music and visual art and help you discover how those elements are used in creative expression.



Superfood Extravaganza with Jen Kane

Tuesday, Aug. 26
2 p.m.

Canterbury Dining Room

Jen Kane, dietician with CCL, will offer another Superfood session, "Let's Talk About Tomatoes."

RSVP to Helen R. at **815-595-5015** if you plan to attend so Jen can plan accordingly.

Donna Houtteman

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

Mondays, Aug. 4, 11, & 18 | 3 p.m.
Westport Room



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

history classes designed to enrich the lives of adult students through exploration, discovery and lively conversations. Donna has taken her classes on the road to empower new audiences.



Claude Monet (French, 1840-1926). *Boulevard des Capucines*, 1873-1874. Oil on canvas, 31 5/8 x 23 3/4 inches. Nelson-Atkins Museum of Art.

Donna's 23 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. The Aug. 18 presentation will be Donna's last class here—for now.

Read more about Donna at artblockskc.com.



Beginning Bridge + Games

Fridays | 10 a.m. - Noon | Pub

Play bridge with Christie Thomas Collier, Scrabble, or dominoes and enjoy treats and coffee.



Women's Gathering

Tuesday, Aug. 12 | 4:30 p.m. | Pub

Men's Club

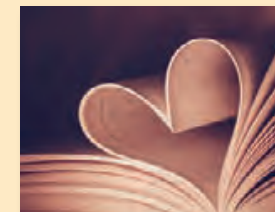
Tuesday, Aug. 26 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Poetry Circle

Thursday, Aug. 14
4 p.m. | Westport Room

Come give our poetry and casual conversation group a try. We're always happy to see new faces.



Chair Volleyball

Tuesday, Aug. 19 | 3 p.m.
Westport Room

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



KCB Movement Class...

... will return in September with Suzanne. Michele enjoyed her three classes with you!

Bestselling BOOKS

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

Fiction

ATMOSPHERE

Taylor Jenkins Reid

BURY OUR BONES IN THE MIDNIGHT SOIL

V.E. Schwab

NEVER FLINCH

Stephen King

THE ROBIN ON THE OAK THRONE

K.A. Linde

THE FIRST GENTLEMAN

James Patterson & Bill Clinton

Nonfiction

BEYOND THE BADGE

Johnny Joey Jones

NOT MY TYPE

E. Jean Carroll

THE ANXIOUS GENERATION

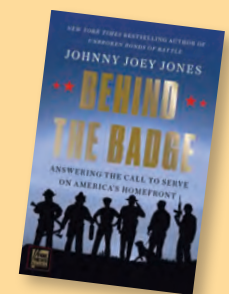
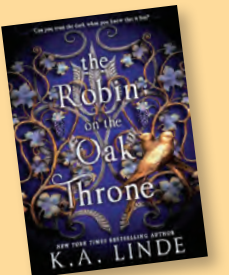
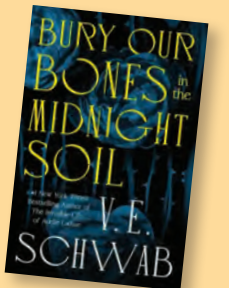
Jonathan Haidt

WE MIGHT JUST MAKE IT AFTER ALL

Elyce Arons

MARK TWAIN

Ron Chernow



Great Decisions Meeting
Tuesday, Aug. 5 | 3 p.m.
Westport Room



Great Decisions is America's largest discussion program on world affairs. The program involves reading the *Great Decisions Briefing Book*, watching the video series, and meeting in a discussion group.

It's never too late to join. Please call or email John Blevins with any questions.



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

Name That Resident!

- I was born in El Dorado, Kansas, and grew up in Malta Bend, Missouri.
- I have two daughters (both RNs) and four grandchildren.
- I am a retired RN with a focus on gerontology.
- I purchased 60 acres of land in Linn County, Kansas, that we proudly converted into prairie land!
- Writing poetry is a hobby, much of it concerning nature.

(Last month: Bill Waterman!)

Music

Michael Pagán & Vanessa Thomas
Friday, Aug. 1 | 3 p.m. | Madison Living Room

Michael is a BSP favorite. Vanessa is a powerhouse vocalist known for her span of five octaves. She has a unique musical versatility and command in jazz, blues, gospel, classical, and music theater.

Beau Bledsoe & Ezgi Karakus
Friday, Aug. 8 | 3 p.m. | Madison Living Room



When Beau Bledsoe returned from a two-month stint in Portugal, he started started Ensemble Ibérica, playing music from Spain, Portugal, colonial Latin America, and the Middle East. Highly accomplished musician Ezgi

Karakus, from Turkey, is the ensemble's cellist. She completed her Doctor of Musical Arts in Cello Performance at the UMKC Conservatory of Music and Dance.

Fountain City String Quartet
Friday, Aug. 15 | 3 p.m. | Madison Living Room

Fountain City String Quartet is one of the most sought-after Kansas City ensembles. The group performs classical music, as well as original arrangements of popular contemporary songs.

Tim Whitmer Trio
Friday, Aug. 22 | 3 p.m. | Madison Living Room

Tim is back along with Jim Mair on saxophone and Chase McRoy on bass.

Happy Hour: Joe Cartwright
Friday, Aug. 29 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy the lively music of our dear friend, pianist Joe Cartwright.



Spiritual Wellness
CORNER

Greetings, friends. My 8-year-old son is freshly aware of catchy commercial jingles. There are many days I hear him singing, "Save big money at Menard's. . ." (I imagine you read those words to the catchy tune, too.)

Another one we hear is "Like a good neighbor, State Farm is there!" He is especially excited when he sees State Farm signs or buildings in the community, urging us to remember that State Farm is a good neighbor. Now, it is not my job to crush my child's optimism and hope in humanity. I do want him to believe in the premise of good neighbors. It is my job, however, to teach him to be discerning. One day when he reminded me of State Farm's promise, I said "Did you know that every commercial is trying to sell something? What do you think State Farm is selling?" Understandably, he wasn't sure. I told him that State Farm is offering neighborly care to those *who pay for it*.

I suspect many of you are familiar with the biblical story of the Good Samaritan. In this story, a person asks Jesus how he might live forever, and Jesus encourages him to remember the law: Love the Lord your God, and love your neighbor as yourself. The man asks Jesus, "Who is my neighbor?" Jesus tells the story about a man who was left for dead being helped not by members of his own community but by someone who was at odds with him culturally. Jesus points out that this man was his neighbor because he showed him mercy.

Unlike State Farm, the neighborly care offered by the Good Samaritan is freely given. It is not transactional or contingent. It was costly, perhaps, to align himself with someone he was meant to avoid, but he extended merciful care anyway. You all are neighbors by virtue of your physical location. I wonder, too, who we might consider our neighbors despite our differences in identity, belief, or residence. How might we individually and collectively show mercy to them?

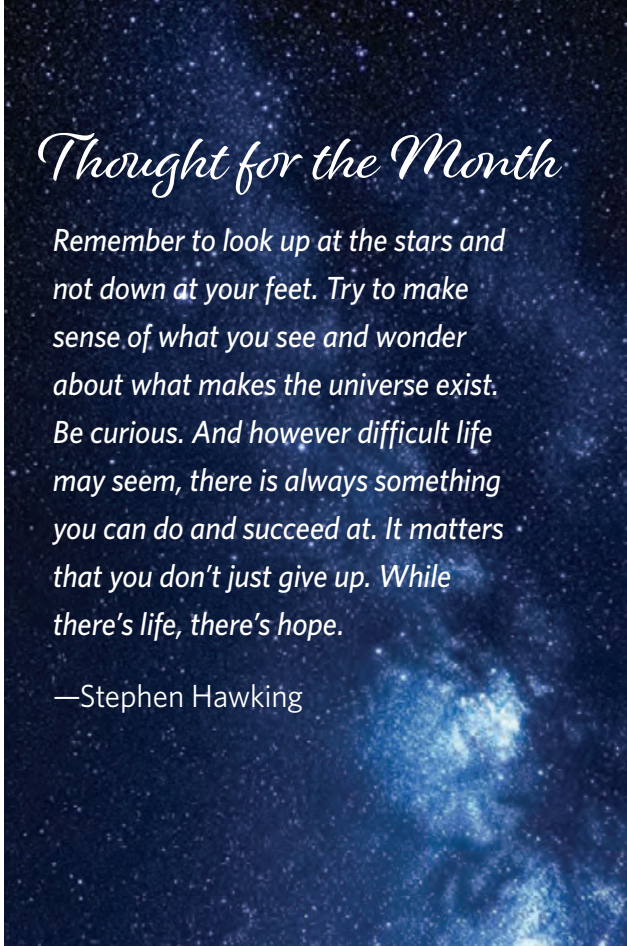
May each of us find ways to be neighborly, not because it is part of an exchange, or out of moral obligation, but because we believe in the power of compassion and mercy to make a world of difference for those in need.

With love and care,
Chaplain Janette

Thought for the Month

Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up. While there's life, there's hope.

—Stephen Hawking



Book Club
Saturday, Aug. 2
4 p.m. | Game Room

Contact Clark with questions.



Remembrance Service
Wednesday, Aug. 20
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.



