



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

SEPTEMBER 2025

 **Saint Luke's**
BISHOP SPENCER PLACE



Food MATTERS

Food for Thought

Can certain foods improve memory and prevent or lessen the effects of Alzheimer's and other brain diseases? Research says they can.

Dr. Rudolph Tanzi of the McCance Center for Brain Health at Mass General Brigham, notes that chronic brain fog can be caused by diet and other factors. "Once you get away from processed junk foods and eat a healthy diet that's high in fiber and antioxidants, you will soon feel more alert, aware, and focused," he says.

Tanzi recommends these foods to slow or prevent cognitive decline: eggs, fatty fish (*cod, salmon*), fruits (*blueberries, avocados, strawberries*), nuts (*walnuts, almonds*), soy (*edamame, tofu*), vegetables (*spinach, broccoli, arugula, peppers*), whole grains (*whole wheat bread and pasta, brown rice, oatmeal*). Also good: coffee, tea, dark chocolate, olive oil, and seeds (*pumpkin, sunflower, flax, chia*).

Christine Kistler of the University of Pittsburgh's division of geriatric medicine says things that are good for health also prevent dementia, including: regular exercise, vaccinations, a good night's sleep, avoiding air pollution, protecting ears from loud noises, maintaining social connections, reducing alcohol intake, stopping smoking, and doing crossword puzzles.

A Few Words from the President



I am concluding my first week at BSP as I write this. I have felt overwhelmingly welcomed from the moment I stepped foot on campus, as far back as May for my interview. I could tell this was a special place with even more special people. I am excited and honored to be joining this community.

Many people checked on me throughout the week. I gave them all the same response: "I am good, it is like trying to drink through a firehose, which is to be expected." I appreciate the grace and patience afforded to me as I get up to speed. I assure you I will do everything possible to get up to speed quickly.

This month I wanted to share a little bit about me personally. I am originally from Indiana and attended Earlham College, where I obtained a bachelor's degree in biochemistry. Upon graduating, I was awarded a post-baccalaureate fellowship in aging services, which took me to Ohio, where I earned my master's degree in healthcare administration from the University of Cincinnati. I had the privilege to serve in senior living for 10 years with an amazing organization, Ohio Living.

Making the move with me is my partner, Alex, and our two dogs: Darcy (8-year-old Irish terrier) and Crew (3-year-old Airedale terrier). We are still house hunting, but have narrowed our search to the Brookside area. We are excited to be here in KC as it brings us closer to family for the first time in about 15 years (an added bonus). Outside of work I enjoy traveling, golfing, biking, gardening, and really anything that gets me outside. We love to explore, so please share your best KC recommendations with me!

I look forward to getting to know each and every resident and teammate. If my door is open please stop in and say hello!

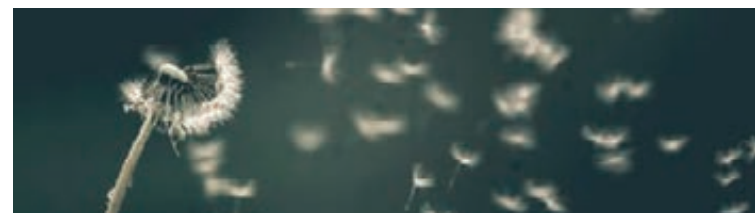
Thank you for providing such a warm welcome to me on my first week here!

Sydney McBride



End-of-Life Conversations Series

Tuesday, Sept. 23 | 2 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.

For this month's conversation, consider a funny story you have about death. So often we focus on the sadness of grief, but there are funny moments too, ones that bring levity into a challenging situation. What's something that happened during a time of dying or grief that broke the tension and made you laugh? Or what's something that makes you laugh as you reflect on it now?



Tai Chi with Gary Huff

Mondays & Wednesdays | 1 p.m.
Activity Center

No prior experience is needed. You're welcome to observe the class, too.

Name That Resident!

- I was born in Ventura, California, and became a Missourian in 1954 after four years in the USAF.
- I have two greatkids, five grandkids, and 10 great-grandkids.
- I love the music of the 30s and 40s, and my favorite movie is "Sound of Music."
- My hobbies are anything with a ball and a racket.
- My best jobs were teaching, coaching, and flight instruction. My worst was spot-welding during a night shift.

(Last month: Clay Marcusen!)

Garden TIME

September

Helen Hunt Jackson (1830-1885)

*The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down.*

*The gentian's bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun.*

*The sedges flaunt their harvest,
In every meadow nook;
And asters by the brook-side
Make asters in the brook.*

*From dewy lanes at morning
The grapes' sweet odors rise;
At noon the roads all flutter
With yellow butterflies.*

*By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.*

*But none of all this beauty
Which floods the earth and air
Is unto me the secret
Which makes September fair.*

*'Tis a thing which I remember;
To name it thrills me yet:
One day of one September
I never can forget.*



Helen Hunt Jackson was an American poet and writer who became an activist on behalf of improved treatment of Native Americans.

AC Activity Center (above Bistro)

ART Art Gallery

BG Bishop's Garden

CDR Canterbury Dining Room

CH Chapel

GR Game Room

JLR Jefferson Living Room

MLR Madison Living Room

MF2 Madison Second Floor

P Pub

WR Westport Room

Ch 9996 In-house Channel 9996

September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>LABOR DAY</div> <div>Offices & Bistro Closed</div>	<div>2</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>12 p.m. Bridge Luncheon—CDR</div> <div>3 p.m. Great Decisions Meeting—WR</div>	<div>3</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>1:30 p.m. BP Checks—MF2</div> <div>2 p.m. Movie Committee—WR</div> <div>3 p.m. Great Courses: Castles of Europe—Ch 9996</div>	<div>4</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2:30 p.m. Dining Committee—P</div> <div>4 p.m. Speaker: Jonathan Platter—WR</div>	 <div>5</div> <div>9 a.m. Morning Fitness—Ch 9996</div> <div>10 a.m. Bridge & Games—P</div> <div>1 p.m. Grocery Trip</div> <div>3 p.m. Betse & Derrieres—MLR</div> <div>7 p.m. Chargers at Chiefs (in Brazil)—YouTube</div>	<div>6</div> <div>11 a.m. Rosary—CH</div> <div>1-3 p.m. Open Bridge—P</div> <div>4 p.m. Book Club—GR</div> <div>7:15 p.m. Movie: Little Shop of Horrors—JLR</div>
<div>Grandparents Day 7</div> <div>10 a.m. Morning Prayer—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>8</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Speaker: Paul Laird—WR</div>	<div>9</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Resident Council—WR</div> <div>4:30 p.m. Women's Gathering—P</div>	<div>10</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11 a.m. Resident Remembrance—CH</div> <div>1 p.m. Tai Chi—AC</div> <div>1:30 p.m. BP Checks—MF2</div> <div>3 p.m. Great Courses: Castles of Europe—Ch 9996</div>	<div>11</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1:30 p.m. Nina Irwin Art Experience—AC</div> <div>4 p.m. Poetry Circle—WR</div>	<div>12</div> <div>9 a.m. Morning Fitness—Ch 9996</div> <div>10 a.m. Bridge & Games—P</div> <div>10:30 a.m. Catholic Mass—CH</div> <div>1 p.m. Grocery Trip</div> <div>3 p.m. Mark Lowrey & Eboni Fondren—MLR</div>	<div>13</div> <div>11 a.m. Rosary—CH</div> <div>1-3 p.m. Open Bridge—P</div> <div>7:15 p.m. Movie: A Shot in the Dark—JLR</div>
 <div>14</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div> <div>3:25 p.m. Eagles at Chiefs—Fox</div>	<div>15</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Speaker: Paul Laird—WR</div>	<div>16</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>3 p.m. Speakers: Vahe Gregorian & Blair Kerkhoff, KC Star—WR</div>	<div>17</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>11 a.m. IL Dance Lessons—WR</div> <div>11 a.m. Podiatrist—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>1:30 p.m. BP Checks—MF2</div> <div>3 p.m. Great Courses—Ch 9996</div>	<div>18</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>1 p.m. KCB Movement Class—AC</div> <div>2:30 p.m. Robert Butler Classic Movie: Little Women—WR</div>	<div>19</div> <div>9 a.m. Morning Fitness—Ch 9996</div> <div>10 a.m. Bridge & Games—P</div> <div>1 p.m. Grocery Trip</div> <div>3 p.m. Larry Figg & Anne-Marie Brown—MLR</div>	<div>20</div> <div>11 a.m. Rosary—CH</div> <div>1-3 p.m. Open Bridge—P</div> <div>7:15 p.m. Movie: Cape Fear (Robert Mitchum)—JLR</div>
 <div>21</div> <div>10 a.m. Morning Prayer—CH</div> <div>11 a.m. Brunch—CDR</div> <div>7:20 p.m. Chiefs at Giants—NBC</div>	<div>First Day of Autumn 22</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>1 p.m. Garden Comm—WR</div> <div>2 p.m. Speaker: Paul Laird—WR</div>	<div>23</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>2 p.m. Ch. Janette: End of Life Conversations—CH</div> <div>4:30 p.m. Men's Club—P</div>	<div>24</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>1:30 p.m. BP Checks—MF2</div> <div>3 p.m. Great Courses: Castles of Europe—Ch 9996</div>	<div>25</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>2 p.m. Superfood: Jen Kane—ART</div> <div>4 p.m. IL Trivia Night—P</div>	<div>26</div> <div>9 a.m. Morning Fitness—Ch 9996</div> <div>10 a.m. Bridge & Games—P</div> <div>10:30 a.m. Catholic Mass—CH</div> <div>1 p.m. Grocery Trip</div> <div>4 p.m. Happy Hour: Andrew Ouellette—MLR</div>	<div>27</div> <div>11 a.m. Rosary—CH</div> <div>1-3 p.m. Open Bridge—P</div> <div>7:15 p.m. Movie: Cat Ballou—JLR</div>
 <div>28</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div> <div>3:25 p.m. Ravens at Chiefs—CBS</div>	<div>29</div> <div>10 a.m. Stretch & Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Speaker: Paul Laird—WR</div>	<div>30</div> <div>10:30 a.m. Strength & Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>2 p.m. Memory Care Ribbon Cutting</div>				

Group activities subject to community status

**Art Experience with
Nina Irwin**
Thursday, Sept. 11 | 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.



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



Art & Entertainment



Dr. Paul Laird: Rodgers and Hammerstein
Mondays, Sept. 8, 15, 22, 29 | 2 p.m. | Westport Room

Paul Laird returns each Monday with more musicals of Rodgers and Hammerstein. Following his presentation of *Oklahoma!* this summer, Paul will cover:

- Sept. 8: *Carousel* (1945), *Allegro* (1947)
Sept. 15: *South Pacific* (1949), *The King and I* (1951)
Sept. 22: *Me and Juliet* (1953), *Pipe Dream* (1955), *Cinderella* (1957)
Sept. 29: *Flower Drum Song* (1958), *The Sound of Music* (1959)

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

Classic Movie with Robert Butler:
Little Women (2019)

Thursday, Sept. 18 | 2:30 p.m. | Westport Room



In 19th-century Massachusetts, with their father away serving in the Civil War, the women of the March family—loving matriarch, Marmee, and her four daughters Meg, Jo, Beth, and Amy—are left to fend for themselves. Faced with genteel poverty, fledgling author Jo struggles to make a name for herself in male-dominated New York City.

Directed by Greta Gerwig and starring Saoirse Ronan, Laura Dern, Meryl Streep, and Emma Watson, the film received six Academy Award nominations, winning for Best Costume Design.

*Saturday Night
Movies*

7:15 p.m. | Jefferson Living Room



Sept. 6—*Little Shop of Horrors* (1986)
In this comedy horror musical, a nerdy florist finds his chance for success and romance with the help of a giant man-eating plant who demands to be fed. Directed by Frank Oz and starring Rick Moranis, Ellen Greene, Vincent Gardenia, and Steve Martin, the film is an adaptation of the off-Broadway 1982 musical, which is an adaptation of the 1960 film *The Little Shop of Horrors*.

Sept. 13—*A Shot in the Dark* (1964)

Bumbling Inspector Jacques Clouseau falls in love with murder suspect Maria Gambrelli and tries to clear her name. Starring Peter Sellers, Elke Sommer, and George Sanders, directed by Blake Edwards with music by Henry Mancini, this is the second film in the Pink Panther series.



Sept. 20—*Cape Fear* (1962)



A violent psychopath and ex-con (Robert Mitchum) stalks the lawyer (Gregory Peck) who put him in jail and his family, bent on revenge. Also starring Polly Bergen, Martin Balsam, and Telly Savalas, the film was adapted from the 1957 novel

The Executioners by John D. MacDonald.

Sept. 27—*Cat Ballou* (1965)

In this comedy western, a young schoolteacher (Jane Fonda) hires a drunken gunfighter (Lee Marvin) to protect her father from a hired gunslinger (also Lee Marvin), but when her father is killed, she transforms into an unlikely outlaw, leading a ragtag gang. Lee Marvin won the Academy Award for Best Actor for his dual role.



Thank you, BSP Movie Committee!



**The Great Courses:
The Great Castles
of Europe**

Wednesdays | 3-4 p.m.
Sept. 3, 10, 17, & 24
Channel 9996

We are continuing our five-star programs from The Great Courses 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."

September Speakers

Jonathan Platter
Thursday, Sept. 4 | 4 p.m. | Westport Room



One of our special speakers this month happens to be Chaplain Janette's husband. Jonathan Platter is associate professor of theology at MidAmerica Nazarene University. He received a PHD in Christian Theology from the University of Cambridge in 2021 and has published works on topics ranging from the Holy Trinity and the interpretation of scripture to eschatology.

His challenging topic for us is "Bonhoeffer and the Crisis of Theology in Nazi Germany."



Dietrich Bonhoeffer

Dietrich Bonhoeffer is well-known for his resistance to the Nazi takeover of the church in Germany. Less well known, however, is how Christian concepts were used to aid Hitler's rise to power and the way Bonhoeffer's resistance developed over time. In this talk, we will explore how Christianity was used to enable Hitler's fascism and the way Bonhoeffer struggled both with the church's complicity and with his own understanding of Christianity.

Superfoods with Jen Kane
Thursday, Sept. 25 | 2 p.m.
Art Gallery

Jen Kane, our dietician with CCL, will host another Superfood session. Come learn from Jen and taste some samples.



Vahe Gregorian & Blair Kerkhoff
with the *Kansas City Star*
Tuesday, Sept. 16 | 3 p.m. | Westport Room

We're delighted to host this talk from two of the city's and the country's finest sports journalists.



Blair Kerkhoff, MO Sports Hall of Fame inductee, has been a reporter, beat writer, and columnist for the *Kansas City Star* since 1989, and overall, has been a sportswriter for more than four decades.

Over the past decade, Kerkhoff has covered the Chiefs and Royals in addition to college sports. He authored five books, has been elected to the United States Basketball Writers Hall of Fame, and won the Bert McGrane Award from the Football Writers Association of America. Additionally, he has soldiered through a 2021 leukemia diagnosis with the strength of his family, mainly his wife of 39 years, Karen.



Vahe Gregorian is a prominent sports journalist who has been with the *Kansas City Star* since 2013 after spending 25 years at the *St. Louis Post-Dispatch*. He has covered a wide range of sports, including 10 Olympics, three World Series, and a Super Bowl, earning recognition as a five-time winner of the National Sports Media Association's Missouri Sportswriter of the Year.

Gregorian is known for his insightful commentary on local teams, including the Royals and Chiefs. He holds a degree in English from the University of Pennsylvania and a master's degree from Mizzou.



Beginning Bridge + Games
Fridays | 10 a.m. - Noon | Pub

Play bridge with Christie Thomas Collier or team up for Scrabble or dominoes and enjoy treats and coffee.



Women's Gathering
Tuesday, Sept. 9 | 4:30 p.m. | Pub
Men's Club
Tuesday, Sept. 23 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

Poetry Circle
Thursday, Sept. 11
4 p.m. | Westport Room

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



KCB Movement Class
Thursday, Sept. 18 | 1 p.m. | Activity Center



The KCB Movement Workshop resumes on the third Thursdays of the month with our instructor, Suzanne. She'll be back with new routines to keep us moving.

Bestselling BOOKS

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

Fiction
THE FALLEN & THE KISS OF DUSK
Clarissa Broadbent



SCARRED
Emily McIntire

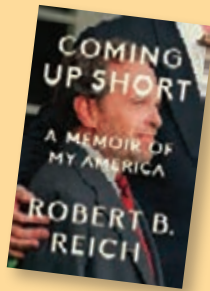


ATMOSPHERE
Taylor Jenkins Reid

NOT QUITE DEAD YET
Holly Jackson

ONYX STORM
Rebecca Yarros

Nonfiction
COMING UP SHORT
Robert B. Reich

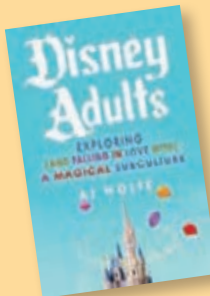


DISNEY ADULTS
A.J. Wolfe

THE ANXIOUS GENERATION
Jonathan Haidt

THE IDAHO FOUR
James Patterson & Vicky Ward

THE DEVIL REACHED TOWARD THE SKY
Garrett M. Graff



Great Decisions Meeting
Tuesday, Sept. 2 | 3 p.m.
Westport Room



Great Decisions is America's largest discussion program on world affairs. Sponsored by the Foreign Policy Association, it has been in operation for more than 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. Contact John Blevins with any questions. 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.

Subsequent meetings are on the first Tuesday of each month.

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



Music

Betse & the Derrieres
Friday, Sept. 5 | 3 p.m. | Madison Living Room



They are finally back. Betse Ellis and her back-up crew, The Derrieres—brothers Leo and Roger Eilts—will blow the roof off the MLR. Many of you remember Betse as the late resident Bobbie Ellis' daughter.

Mark Lowrey & Eboni Fondren
Friday, Sept. 15 | 3 p.m. | Madison Living Room

Vocalist Eboni Fondren is a force in the Kansas City and international jazz scene. Pianist Mark Lowrey has entertained in his hometown and beyond for 20+ years. We are thrilled when they come back to perform for us.

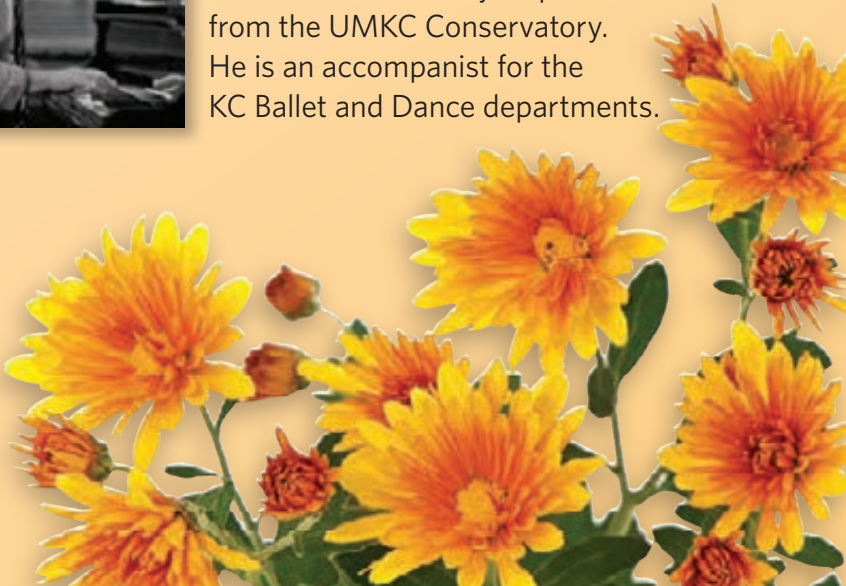
Lawrence Figg & Anne-Marie Brown.
Friday, Sept. 19 | 3 p.m. | Madison Living Room

Welcome Kansas City Symphony artists and husband and wife duo Anne-Marie Brown on viola and Lawrence Figg on cello. They will also perform some of the songs they played for Ed Matheny's birthday bash.

Happy Hour: Andrew Ouellette
Friday, Sept. 26 | 4 p.m. | Madison Living Room



Have a glass on us and enjoy the music of Andrew Ouellette. This is our first time to host Andrew. He is a pianist, composer, and educator and holds a bachelor of music in jazz performance from the UMKC Conservatory. He is an accompanist for the KC Ballet and Dance departments.



Spiritual Wellness
CORNER

Greetings, friends. September, for me, is one of those in-between months. The calendar tells us that fall is here with the autumn equinox on September 22, but the temperatures outside and the late summer wash of color from flowers still in bloom makes us feel we are still in summer. Some cooler mornings begin to creep in, but it's still common to have days that merit short sleeves and sun hats. Summer is almost over, but not quite. Equally, autumn is here, but not quite.

This in-between time makes me think of the many other times we find ourselves in between. In between joy and sorrow, pain and healing, rest and work, strength and weakness, hope and despair, uncertainty and resolve. As much as we like to think life is spent on the edges of this spectrum, often we find ourselves in the tension, somewhere between two opposites. An otherwise joyful day is marked by the memory of a friend's illness. A day with hope for our own progress takes a turn when we read a worrying national headline. A moment of clarity for what's next is followed by a new issue that requires thought.

I find that God meets me in those moments. When I am tempted to push myself to the edges, God draws near in the middle and says, "I am here in this place too." As it turns out, the presence of the divine is more often found in mystery than in certainty.

I pray that you feel comfort knowing that life is made up mostly of ordinary days in the middle. All of us, in some way or another, are in this space from day to day. Like the month of September, we experience both cool mornings and blazing afternoons, bright flowers and decreasing light. Notice the presence of the divine in those days, by whatever name. How might the middle spaces of our lives remind us we are not alone?

As ever, I'm here for you should you ever want to talk about the middle places in your life or any other thing on your mind. Thanks for inviting me time and again to hear your stories and bear witness to your beautiful, ordinary, in between days.

You are loved,
Chaplain Janette

Gratitude Assignment

During this time of upheaval in the world, consider:

- Limiting time with the news
- Enjoying art, music, or writing
- Prioritizing physical health
- Seeking out new relationships and strengthening old ones
- Nourishing yourself with healthy foods and plenty of water



Book Club
Saturday, Sept. 6
4 p.m. | Game Room

Contact Clark with questions.



Remembrance Service
Wednesday, Sept. 10
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.

Starting this month, our Remembrance will be on the **second Wednesday** of the month instead of the third.



