



# *The* **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

OCTOBER 2025

 **Saint Luke's**  
BISHOP SPENCER PLACE



# Food MATTERS

## A Bittersweet Legacy

Sugar is our body's primary fuel. It provides rapid energy, especially for muscles, the nervous system, and the brain, which runs almost exclusively on glucose. Sugar's sweetness enhances flavor. It acts as a preservative in jams, jellies, and baked goods. It stimulates dopamine release, improving mood.

Humans have long enjoyed **natural sugars** in fruits and vegetables (fructose), which are digested slowly and contain fiber, vitamins, and antioxidants. In recent years, food processors have added significant amounts of sugar to enhance flavor and extend shelf life. These **added sugars** are absorbed quickly and provide no beneficial nutrients, only empty calories.

Bottom line: Natural sugars in whole foods are part of a healthy diet; added sugars are strongly linked to obesity, diabetes, heart disease, stroke, and inflammation. In the U.S., sources of added sugar include sodas, cereals, cookies, and processed foods. Some hidden sources: flavored yogurt, protein bars, salad dressings, and instant oatmeal. The American Heart Association recommends limiting added sugars to 6% of daily calories. For women, that's about 100 calories daily (6 teaspoons). For men, it's no more than 150 calories (9 teaspoons).

## Embracing the Positive Value of Change



When I first joined this organization, I was struck by the incredible dedication of the people who serve our residents every day. We are in a profession that demands not just compassion, but constant evolution—because at the heart of health care is a simple truth: We can always do better. And here at Saint Luke's (and BJC) one of our core values is excellence—we are the best at getting better.

Atul Gawande, a surgeon, public health researcher, author of one of my favorite books—*Being Mortal*—and someone I deeply admire, once wrote:

*Better is possible. It does not take genius. It takes diligence. It takes moral clarity. It takes ingenuity. And above all, it takes a willingness to try.*

That spirit—the willingness to try—is the cornerstone of how I see our path forward.

I believe we are poised for positive, meaningful change. But to get there, we need to take a clear-eyed look at how we lead, how we support each other, and how we care for those who depend on us. Leadership is not about titles. It's about influence, integrity, and accountability. It's about building systems that serve people better, every day.

To truly live up to our value of excellence, there have been some recent changes in leadership roles—some initiated, others part of a natural evolution as we began asking different questions and raising expectations. While change of any kind can feel unsettling, each shift was guided by a clear intention: to ensure we have the right people in place to support a culture of excellence, accountability, and shared purpose. These decisions, whether ours or others', were made or accepted with care and respect, and always with an eye toward building a stronger future for our organization and those we serve.

This isn't about judgment; it's about alignment. Aligning our leadership with our vision for excellence in care. Aligning our actions with our values. Aligning our teams with the future we want to create.

Change can feel uncomfortable—but in health care, stagnation is far more dangerous. We owe it to our residents, our staff, and ourselves to push toward better. That means making room for

## End-of-Life Conversations Series

Tuesday, Oct. 21 | 2 p.m. | Chapel



Our casual, ongoing conversation group continues to discuss dying, death, and grief.

Consider this month's conversation an "open mic" gathering: What or whom do you want to talk about? Come to share or hear from your neighbors as we continue to reflect on these important matters.

## Name That Resident!

The September answer was Ed Russell.

We need more "Who am I?" questions to add to the monthly Ambassador. Call or email Helen for a form.



**Tai Chi with Gary Huff**  
**Mondays & Wednesdays**  
**1 p.m. | Activity Center**

No prior experience needed.

new energy, new perspectives, and a leadership model that reflects the best of what we aspire to be.

This next chapter is not just about change—it's about growth. About becoming the kind of organization where the culture itself lifts people up. Where improvement isn't a goal—it's a habit.

And that starts with us. All of us.

Let's build something better—together.

Sydney



## October

Paul Laurence Dunbar (1872-1906)

*October is the treasurer of the year,  
And all the months pay bounty to her store;  
The fields and orchards still their tribute bear,  
And fill her brimming coffers more and more  
But she, with youthful lavishness,  
Spends all her wealth in gaudy dress,  
And decks herself in garments bold  
Of scarlet, purple, red, and gold.*

*She heedeth not how swift the hours fly,  
But smiles and sings her happy life along;  
She only sees above a shining sky;  
She only hears the breezes' voice in song.  
Her garments trail the woodlands through,  
And gather pearls of early dew  
That sparkle, till the roguish Sun  
Creeps up and steals them every one.*

*But what cares she that jewels should be lost,  
When all of Nature's bounteous wealth is hers?  
Though princely fortunes may have been  
their cost,  
Not one regret her calm demeanor stirs.  
Whole-hearted, happy, careless, free,  
She lives her life out joyously,  
Nor cares when Frost stalks o'er her way  
And turns her auburn locks to gray.*



Paul Laurence Dunbar wrote four short story collections, five novels, a play, and the first Broadway musical ever written and performed by African Americans.

He wrote many of his poems in dialect.

<b>AC</b>	Activity Center (above Bistro)	<b>CH</b>	Chapel	<b>MF2</b>	Madison Second Floor
<b>ART</b>	Art Gallery	<b>GR</b>	Game Room	<b>P</b>	Pub
<b>BG</b>	Bishop's Garden	<b>JLR</b>	Jefferson Living Room	<b>WR</b>	Westport Room
<b>CDR</b>	Canterbury Dining Room	<b>MLR</b>	Madison Living Room	<b>Ch 9996</b>	In-house Channel 9996

# October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
			1	2	3	4
			10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—Apt. 204 2 p.m. Movie Committee—WR 3 p.m. Ping-Pong—WR 3 p.m. Great Courses—Ch 9996	10:30 a.m. Strength & Balance—AC 11:30 a.m. Blessing of Animals 1 p.m. IL & AL Photos—MLR 2:30 p.m. Dining Committee—P 3 p.m. Speaker: Dr. Angela Barber—WR	9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Goldenberg Duo—MLR	10 a.m. Mexican Dominoes—CDR 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 4 p.m. Book Club—GR 7:15 p.m. Movie: Mississippi Burning (Rated R)—JLR
5	 6	7	8	9	10	11
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 7:15 p.m. Chiefs at Jaguars—ABC/ESPN	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—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—Apt. 204 2 p.m. Chat with the Chef—P 3 p.m. Great Courses—Ch 9996	10:30 a.m. Strength & Balance—AC 11 a.m. Block Party—Madison Parking Lot 1:30 p.m. Nina Irwin Art Experience—AC 4 p.m. Poetry Circle—WR	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 2 p.m. J. Kane: Superfoods—ART 4 p.m. La Sonora KC—MLR	10 a.m. Mexican Dominoes— 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: A Man for All Seasons—JLR
 12	Columbus Day Indigenous Peoples' Day 13	14	15	16	17	18
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 7:20 p.m. Lions at Chiefs—NBC	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 1 p.m. Resident Council—WR 4:30 p.m. Women's Gathering—P	10 a.m. Stretch & Strengthen—AC 11 a.m. IL Dance Lessons—WR 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—Apt. 204 3 p.m. Ping-Pong—WR 3 p.m. Great Courses—Ch 9996	10:30 a.m. Strength & Balance—AC 1 p.m. KCB Movement Class—AC 3:30 p.m. IL Wine Tasting—WR	9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 12-2 p.m. IL Flu Shots—P 1 p.m. Grocery Trip 3 p.m. Kansas City Symphony Quartet—MLR	10 a.m. Mexican Dominoes— 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Georgy Girl—JLR
 19	20	21	22	23	24	25
10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR 12 p.m. Raiders at Chiefs—CBS	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	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. Ch. Janette: End of Life Conversations—CH 3 p.m. Chair Volleyball—WR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—Apt. 204 2 p.m. Chat with the Chef—P 3 p.m. Great Courses: Castles of Europe—Ch 9996	10:30 a.m. Strength & Balance—AC 11 a.m. Marketing Event—CDR 4 p.m. Art Reception: Carol Zastopil—ART	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. Kent Rausch & Tom's Town Band—MLR	10 a.m. Mexican Dominoes— 11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Cabaret—JLR
26	 27	28	29	30	Halloween 31	
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Donna Houtteman—WR 7:15 p.m. Commanders at Chiefs—ABC/ESPN	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Speaker: Linda Hughes of Lead to Read—WR 4:30 p.m. Men's Club—P	10 a.m. Stretch & Strengthen—AC 10:30 a.m. St. Paul Trick-or-Treat—MLR 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—Apt. 204 3 p.m. Ping-Pong—WR 3 p.m. Great Courses—Ch 9996	10:30 a.m. Strength & Balance—AC 2:30 p.m. Robert Butler Classic Movie: The Haunting—WR	9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Halloween Party—MLR	

*Group activities subject to community status*

**Art Experience with  
Nina Irwin**  
Thursday, Oct. 9 | 1:30 p.m.  
Activity Center



Nina is back with another creative project for us. Reserve your spot by calling Helen at 816-595-5015.



**Photo Update**  
Tuesday, Oct. 2  
1 p.m.  
Madison Living  
Room

Bring your beautiful smiles and get your picture taken for the Independent Living and Assisted Living resident photo directories.

**Independent Living  
Flu Shots**  
Monday, Oct. 17  
12-2 p.m. | Pub  
Call Sharon Pace to sign up.

**Blood Pressure  
Checks**  
Wednesdays | 1:30 p.m.  
Apt. 204



*Art & Entertainment*

**Dance Lessons with Kayla**  
Wednesday, Oct. 15 | 11 a.m. | Westport Room



Kayla Sloan with Kindred Dance offers a variety of dance classes suitable for all levels of experience. Whether you're a beginner or have more experience, you can join in without needing a partner. We've had two sessions and have witnessed her great patience, talent, and humor. About 10 residents came to class in September, we'd love to see many more—we turn the Westport Room into a dance hall!

Kayla also offers private lessons, perhaps even some pop-up 20-minute lessons if that suits your schedule better.

**Classic Movie with Robert Butler: *The Haunting***  
Thursday, Oct. 30 | 2 p.m. | Westport Room

Robert is looking forward to screening this pre-Halloween classic: Hill House's inhabitants always meet strange, tragic ends. Now a team is trying to prove whether or not the house is haunted.



**BSP Block Party**  
Thursday, Oct. 9 | 11 a.m.  
Madison Parking Lot

Join residents and staff for food, music, entertainment, and games. We hope to see a huge crowd!

*Halloween Party*

Friday, Oct. 31 | 2 p.m. | Madison Living Room

It's the happening of the year, and we'd love for all of you to show up in any kind of costume to make this day full of laughs and fun. We'll have lots of sweet treats, spooky music, a staff pumpkin decorating contest, and a costume contest.



*Saturday Night  
Movies*

7:15 p.m. | Jefferson Living Room



**Oct. 4—*Mississippi Burning* (Rated R) (1988)**

Two FBI agents investigating the murder of civil rights workers seek to breach the conspiracy of silence in a small Southern town. Based on the

true story of the 1964 murders of civil rights workers James Chaney, Andrew Goodman, and Michael Schwerner during Freedom Summer, the film stars Gene Hackman, Willem Dafoe, and Frances McDormand.

**Oct. 11—*A Man for All Seasons* (1966)**

The story of Sir Thomas More (Paul Scofield), who stood up to King Henry VIII (Robert Shaw) when the King rejected the Roman Catholic Church to obtain a divorce and remarry.



**Oct. 18—*Georgy Girl* (1966)**



A young woman (Lynn Redgrave) dodges the amorous attentions of her father's middle-aged employer while envying the glamorous life of her swinging London roommate (Charlotte Rampling). Also stars James Mason and Alan Bates.

**Oct. 25—*Cabaret* (1972)**

An American singer (Liza Minnelli) at the Kit Kat Klub, a cabaret nightclub in Weimar Republic-era Berlin, romances a newly arrived British writer (Michael York) while the Nazi Party rises to power around them. Directed and choreographed by Bob Fosse, the musical also stars Joel Grey. The film won eight Academy Awards, including best director (Fosse), best actress (Minnelli), best supporting actor (Grey), and best score.



Thank you, BSP Movie Committee!



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

Wednesdays | 3-4 p.m.  
Oct. 1, 8, 15, 22, & 29  
Channel 9996

Victoria L. McAlister, of Towson University, guides you through outstanding and historically significant castles of the Middle Ages and the Renaissance.

**Superfoods  
with Jen Kane**

Friday, Oct. 10 | 2 p.m.  
Art Gallery

Come learn from Jen, dietician with CCL, and taste some samples.



**Trick-or-Treaters**

Wednesday, Oct. 29  
10:30 a.m.  
Madison Living Room

Bring your candy to share with our witches and goblins from St. Paul's Episcopal Day School.



# September Speakers

## Dr. Angela Barber

Thursday, Oct. 2 | 3 p.m. | Westport Room



Angela Barber is the director of neuroscience labs at Saint Luke's Marion Bloch Neuroscience Institute with 25 years of experience building teams. A BSP resident uncovered her hobby—beekeeping. She will show us the connection between bees and teamwork.

Just as in work and family environments, bees are highly complex and highly organized and exemplify the need for clear roles, communication and collaboration, reliance on each other, resilience, and adaptability.

## Mary Rimann & Tom Karczewski

Thursday, Oct. 16 | 3:30 p.m. | Westport Room



Mary and Tom are back for a special tasting of some of the wines best enjoyed at this time of year. Come savor and discuss the elements that make each wine the best in their class.

For three years in a row, *Food & Wine Magazine* included Rimann Liquors in their Top Wine Shops in America. We hope you can come!

## Linda Hughes

Tuesday, Oct. 28 | 3 p.m. | Westport Room



Lead to Read KC is a children's literacy nonprofit that mobilizes the community to solve the literacy crisis.

Linda Hughes will share information about literacy rates and Lead to Read's programming, including reading mentoring, tutoring, author partnerships, and book distribution.

## Donna Houtteman

Mondays, Oct. 6, 13, 20, & 27 | 3 p.m. Westport Room



Donna Houtteman continues her art program for us. With her contagious enthusiasm, Donna developed ART BLOCKS and has taken her classes on the road to empower new audiences. 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.

Read more about Donna at [artblockskc.com](http://artblockskc.com).

## Artist Reception: Carol Zastoupil

Thursday, Oct. 23 | 4 p.m. | Art Gallery



Our new artist is the talented and prolific painter, Carol Zastoupil. Carol's vision weaves captivating interplay between reality and imagination. Her paintings present vibrant, dreamlike

compositions inviting the viewer into a world of whimsy and invention.

Several of you know Carol and we are excited to exhibit her work!



## Beginning Bridge + Games

Fridays | 10 a.m. - Noon | Pub

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

## Mexican Dominoes

Saturdays | 10 a.m. | Canterbury Dining Room

Join us for this twist on the game of dominoes.



## Women's Gathering

Tuesday, Oct. 14 | 4:30 p.m. | Pub

## Men's Club

Tuesday, Oct. 28 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

## Poetry Circle

Thursday, Oct. 9  
4 p.m. | Westport Room

We're always happy to see new faces.



## KCB Movement Class

Thursday, Oct. 16 | 1 p.m. | Activity Center



Suzanne is back with new movements. Join us!

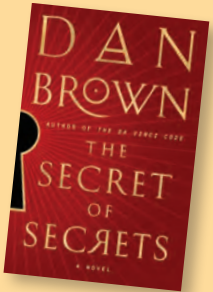
# Bestselling BOOKS

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

## Fiction

### THE SECRET OF SECRETS

Dan Brown



### KATABASIS

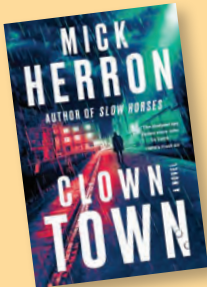
R.F. Kuang

### FRAMED IN DEATH

J.D. Robb

### CLOWN TOWN

Mick Herron



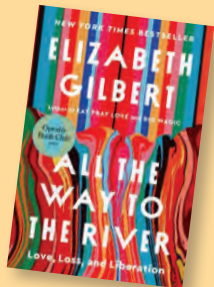
### LOVER FORBIDDEN

J.R. Ward

## Nonfiction

### ALL THE WAY TO THE RIVER

Elizabeth Gilbert



### THE BOOK OF SHEEN

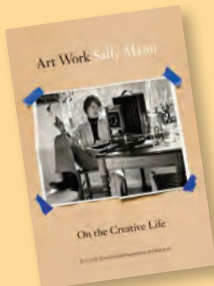
Charlie Sheen

### THE ANXIOUS GENERATION

Jonathan Haidt

### ART WORK: ON THE CREATIVE LIFE

Sally Mann



### A FINE LINE BETWEEN STUPID AND CLEVER

Rob Reiner

**Great Decisions Meeting**  
Tuesday, Oct. 7 | 3 p.m.  
Westport Room



Great Decisions, a discussion program on world affairs sponsored by the Foreign Policy Association, involves reading the *Great Decisions Briefing Book*, watching the video series, and meeting to explore critical global issues facing America today. We have so many well-traveled and worldly-wise residents here that we have both lively and informative conversations.

Resident John Blevins is kind enough to lead the class again in 2026. Meetings will start up in February or March. We will be ordering the workbooks for next year in mid-October.

**2026 Topics**

1. America and the World: Trump 2.0 Foreign Policy
2. Trump Tariffs and the Future of the World Economy
3. U.S. and China Relations
4. Ruptured Alliances and the Risk of Nuclear Proliferation
5. Ukraine and the Future of European Security
6. Multilateral Institutions in a Changing World Order
7. U.S. Engagement of Africa
8. The Future of Human Rights and International Law

**Contact John with questions.**

*Music*

**Goldenberg Duo**  
Friday, Oct. 3 | 3 p.m. | Madison Living Room



The brother/sister duo are back for their bi-annual performance, with Susie, first violinist with the Kansas City Symphony, and Bill, professor of piano at Northern Illinois University.

**La Sonora KC**  
Friday, Oct. 10 | 4 p.m. | Madison Living Room

La Sonora KC is back, performing a variety of Salsa, Brazilian, and jazz standards with an Afro-Latin flair.

**Kansas City Symphony Quartet**  
Friday, Oct. 17 | 3 p.m. | Madison Living Room



We are so fortunate to benefit from this symphony outreach program, with the quartet assembled by cellist Susie Yang. Please thank each of them for coming!

**Kent Rausch and Tom's Town Band**  
Friday, Oct. 24 | 3 p.m. | Madison Living Room

Kent Rausch and Tom's Town return, once again performing hot swing music of the Golden Era. Tom's Town was formed to honor the legacy of Kansas City jazz.

**SAVE THE DATE**  
**Bishop Amy Dafler Meaux Visitation**  
Sunday, Nov. 2 | 10 a.m. | Chapel

Save the date for Bishop Amy Dafler-Meaux's first Sunday visitation at BSP. Our chapel, The Chapel of the Epiphany, is on the bishop's 18-month rotation, during which she visits all congregations in the diocese. Bishop Amy will lead the chapel service at 10 a.m. and stay for a reception immediately following in the Madison Living Room.

All are welcome to attend either or both events.

*Spiritual Wellness*  
**CORNER**

Greetings, friends and neighbors. Last year we created Bishop Spencer Place's first *ofrenda* to observe the Mexican holiday Día de Muertos (Day of the Dead). The ritual of creating these altars to honor deceased loved ones dates back thousands of years in Latin America, providing a way to remember them and honor their legacy. Our *ofrenda* was in York, and I was delighted to see how many of you placed photos and mementos of your loved ones there. We will create two *ofrendas* this year, one in York and one near the chapel, for all to use and enjoy.

*Ofrendas* are colorful displays that give us a collective way to consider the spiritual bonds between us and those who have died. Items on the altars represent the four natural elements: bread (symbolizing earth), tissue paper banners (wind), a pitcher of water (water), and battery-operated candles (fire). You will also see sugar skulls, salt, and marigolds.

You all are invited to make your own contributions to our altars. Please bring small photos of your loved ones who have died and any other tokens which might symbolize them to you. These objects are included to remember their spirits and to make them feel welcome at this "thin place" where the veil between the physical and spiritual is believed to be a bit weaker, making the presence of our loved ones and the divine more tangible.

Why do we do this, even if few of us have observed it before? A few reasons come to mind. It fosters connection and allows people from many different walks of life to honor loved ones. Some believe we are really drawing near to the deceased, and others simply like a place to remember them in a shared space. Whether you decide to participate or not, I hope our *ofrenda* encourages dialogue as we celebrate the cultural heritage of our neighbors to the south and remember those we love who have died.

As ever, I'm here if you have any questions or suggestions for this or other observances throughout the year. The *ofrendas* will be ready for your contributions and enjoyment Oct. 26 through Nov. 3.

Peace to you,  
Chaplain Janette

**Blessing of the Pets**  
Thursday, Oct. 2 | 11:30 a.m.  
Bishop's Garden

Join Chaplain Janette and other residents to celebrate the Feast Day of Saint Francis of Assisi with pet blessings. For people of all faiths and none, this is a day to celebrate the love we all have for our pets. Janette will be in The Bishop's Garden (weather permitting, or in the Chapel if necessary) or can visit apartments that day, too. Please contact Janette if you would like her to come to your home.



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

Contact Clark with questions.



**Remembrance Service**  
Wednesday, Oct. 8  
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.

We've moved our Remembrance to the **second Wednesday** of each month rather than the third.



