



### Tips for Healthy Holidays

The simple, realistic tips below will help you enjoy the season while keeping your energy, digestion, and wellness on track.

**Set an intention, not a restriction.** Instead of saying, "I won't eat sweets," try "I'll enjoy the holidays and still feel good in my body." Focus on balance, not perfection.

**Keep a routine.** Stick with regular meal times and balanced meals that include protein, veggies, and fiber. Skipping meals can lead to overeating later.

Have a plan for parties. Eat a light, protein-rich snack before you go. Survey the buffet before filling your plate, and pick your favorite foods instead of sampling everything.

**Stay hydrated.** Sparkling water, herbal tea, or fruit-infused water can make hydration more fun.

Move a little every day. Take a short walk after big meals or do light stretching. Movement helps digestion and mood.

Focus on enjoyment, not guilt. Savor favorite treats slowly and let go of guilt.

One indulgent meal won't undo your progress; balance matters more than perfection. Enjoy the holidays, stay mindful, and give your body the nourishment and rest it deserves.

### **Embracing the Positive Value of Change**



As the season of Thanksgiving arrives, it gives us a special opportunity to pause and reflect on all that we are grateful for within our community. In our daily routines, it can be easy to overlook the blessings that surround us, but this time of year

reminds us to slow down, look around, and truly appreciate the people and moments that make life here so meaningful.

At Bishop Spencer Place, we have so much to be thankful for. The warmth, kindness, and spirit of our residents create a sense of family that makes this community unlike any other. Each smile in the hallway, each shared story at mealtime, and each small act of care helps weave together the fabric of a place where people truly belong.

I am also deeply thankful for our dedicated staff, who give their time, talent, and compassion each day to ensure that our residents feel safe, cared for, and valued. Their hard work sometimes happens quietly, behind the scenes or in small, consistent acts of service, but it should never go unnoticed. They embody the heart of this community and make it a joy to come to work every day.

This year, I am especially thankful for the new adventure and being part of this amazing community. Last month I wrote about change, and the hard work that has come with it has reminded me of how special this place is. I have been very impressed with how the staff have responded to our new initiatives. They have risen to the challenge, and ensured our residents are well cared for. Their dedication inspires me. For this and so much more, I am thankful.

As we enter this season of gratitude, I hope we all take time to reflect on the blessings in our own lives. Whether it's a friend down the hall, a caring teammate, or the comfort of familiar surroundings, there is so much good around us to celebrate. Together, we make this community not just

a place to live, but a place to truly call home.

Sydney

### **End-of-Life Conversations Series**Tuesday, Nov. 18 | 1:30 p.m. | Chapel



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

This month's topic is discussing our own wishes after death. Come share your own and hear others' choices for funerals, body care, and other memorial preferences.





### **Cheer the Chiefs**

Cheer on our Kansas City Chiefs with fellow residents.

Chiefs @ Bills

Sunday, Nov. 2 | 3:25 p.m. | Pub

Chiefs @ Broncos

Sunday, Nov. 16 | 3:25 p.m. | Pub

Colts @ Chiefs

Sunday, Nov. 23 | 12 p.m. | Pub

Chiefs @ Bills

Thursday, Nov. 27 | 3:30 p.m. | Pub

NOTE: Nov. 9 is a bye week.

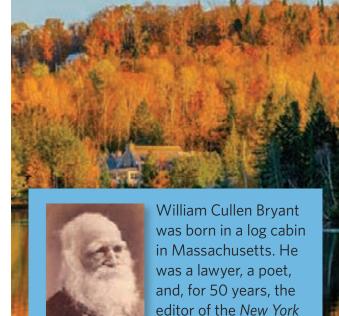


### November

William Cullen Bryant (1794-1878)

Yet one smile more, departing, distant sun!
One mellow smile through the soft vapory air,
Ere, o'er the frozen earth, the loud winds run,
Or snows are sifted o'er the meadows bare.
One smile on the brown hills and naked trees,
And the dark rocks whose summer wreaths
are cast,

And the blue gentian flower, that, in the breeze, Nods lonely, of her beauteous race the last.
Yet a few sunny days, in which the bee
Shall murmur by the hedge that skirts the way,
The cricket chirp upon the russet lea,
And man delight to linger in thy ray.
Yet one rich smile, and we will try to bear
The piercing winter frost, and winds, and
darkened air.



Evening Post.



AC Activity Center (above Bistro)ART Art GalleryBG Bishop's GardenCDR Canterbury Dining Room

CH ChapelGR Game RoomJLR Jefferson Living Room

MLR Madison Living Room

MF2 Madison Second FloorPubWR Westport RoomCh 9996 In-house Channel 9996

# November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: La La Land— JLR
DST Ends 2	3	Election Day 4	5	6	7	8
10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR  11:15 a.m. Bishop Amy Dafler Meaux Reception—MLR 3:25 p.m. Chiefs @ Bills (CBS)—P	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Karl Menninger—WR	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. Jen Kane: Superfoods—ART	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC  1:30 p.m. BP Checks—GR 2 p.m. Chef Chat—Abbey 2 p.m. Movie Committee—P 3 p.m. Great Courses—Ch 9996	10:30 a.m. Strength & Balance—AC  2:30 p.m. Dining Committee—P  3:30 p.m. Speaker: Shelly Cline—WR	9 a.m. Morning Fitness—Ch 9996  10 a.m. Bridge & Games—P  1 p.m. Grocery Trip  3 p.m. Clayton DeLong & Havilah Bruders—MLR	11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: <i>The Way We Were</i> —JLR
9	10	Veterans Day 11	12	13	14	15
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 1:30 p.m. Gusewelle DVD:  Away from It All—WR	<ul> <li>10 a.m. Stretch &amp; Strengthen—AC</li> <li>1 p.m. Tai Chi—AC</li> <li>3 p.m. Speaker: Karl Menninger—WR</li> </ul>	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 3 p.m. Veterans Day: Millie Edwards & Tom Roberts—MLR 4:30 p.m. Women's Gathering—P	10 a.m. Stretch & Strengthen—AC  11 a.m. Resident Remembrance—CH  1 p.m. Tai Chi—AC  1:30 p.m. BP Checks—GR  3 p.m. Great Courses: Lost Art—Ch 9996	10:30 a.m. Strength & Balance—AC  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 3 p.m. Tim Whitmer Trio—MLR	11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Catch Me If You Can—JLR
16	17	18	19	20	21	22
10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR 3:25 p.m. Chiefs @ Broncos (CBS)—P	_	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. Ballroom Dance Lessons—WR	<ul> <li>10 a.m. Stretch &amp; Strengthen—AC</li> <li>1 p.m. Tai Chi—AC</li> <li>1:30 p.m. BP Checks—GR</li> <li>2 p.m. Chef Chat—P</li> <li>3 p.m. Great Courses—Ch 9996</li> </ul>	10:30 a.m. Strength & Balance—AC  1p.m. KCB Movement Class—AC  3 p.m. Speaker: Elior Cohen —WR		11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: <i>The In-Laws</i> — JLR
23	24	25	26	27	28	29
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 12 p.m. Colts @ Chiefs (CBS)—P  10 a.m. H. Eucharist—CH 30 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1 p.m. Garden Comm—P 3 p.m. Speaker: Karl Menninger—WR	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. Robert Butler Classic Movie—WR 4:30 p.m. Men's Club—P	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC  1:30 p.m. BP Checks—GR 3 p.m. Great Courses: Lost Art—Ch 9996	HAPPY THANKSGIVING! Offices Closed 3:30 p.m. Cowboys @ Chiefs (NBC)—P	10 a.m. Bridge & Games—P 10:30 a.m. Catholic Mass—CH 1 p.m. Grocery Trip 3 p.m. Early Happy Hour: Peter Schlamb & Bram Wijnands—MLR	11 a.m. Rosary—CH 1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Stagecoach— JLR

### **Art Experience with** Nina Irwin Thursday, Nov. 13 | 1:30 p.m. **Activity Center**



Nina is back with another creative project for us. Nina Irwin's favorite painting subject is the natural world. Translating into semiabstract landscapes, these works suggest the subjects of spirituality and the search for truth and beauty.



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

**Blood Pressure** Checks





### Charles Gusewelle: Away from It All Sunday, Nov. 9 | 1:30 p.m. | Westport Room

BSP resident, Katie Gusewelle and her daughter, Jennie, are screening the late Charles Gusewelle's documentary for us.

#### **NEW DAY & TIME**

Dance Lessons with Kayla Sloan Tuesday, Nov. 18 | 3 p.m. | Westport Room

To accommodate more residents, we've moved the day and time for our dance lessons to 3 p.m. on the third Tuesday of the month. Whether you're a beginner or have more experience, you can join in without needing a partner. We've had three sessions and



have witnessed Kayla's patience, talent, and humor. We'd love to see more residents—we turn the Westport Room into a dance hall! Again, beginners welcome, any time.

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

### Classic Movie with Robert Butler: Annie Hall Thursday, Nov. 25 | 1:30 p.m. | Westport Room



Robert presents Diane Keaton's Oscar-winning performance in *Annie Hall*. In this 1977 romantic comedy, a divorced comedian (Woody Allen) reflects on his relationship with ex-lover Annie Hall, an aspiring nightclub singer, which ended like his marriages. The film won Academy Awards

for Best Actress (Keaton), Best Picture, Best Directory (Allen), and Best Original Screenplay (Allen and Marshall Brickman).

# Saturday Night ; Movies 7:15 p.m. | Jefferson Living Room

### Nov. 1—La La Land (2016)

A struggling jazz pianist (Ryan Gosling) falls for an aspiring actress (Emma Stone), but when they achieve success in their respective

fields, they find themselves torn between their love for each other and their careers.

### Nov. 8—The Way We Were (1973)

An outspoken activist (Barbra Streisand) and a carefree writer (Robert Redford) fall in love during college in the 1930s, later marry and struggle to reconcile passion with opposing values. Directed by Sydney Pollack.



### Nov. 15—Catch Me If You Can (2002) A 17-year-old skilled forger (Leonardo DiCaprio) has passed as a doctor,

lawyer, and pilot when an FBI agent (Tom Hanks) becomes obsessed with

tracking him down. Directed by Steven Spielberg. Based on the true story of Frank Abagnale, Jr.

### Nov. 22—The In-Laws (1979)

On the eve of their children's marriage, soon-to-be fathers-in-law (Peter Falk and Alan Arkin) embark on a series of misadventures involving the CIA, the Treasury Department, and Central American dictators.





### Nov. **29**—*Stagecoach* (1939)

In this classic western, an eclectic group of passengers ride a stagecoach through Apache territory under threat of attack by

Geronimo. Stars John Wayne, Claire Trevor, Andy Devine, and John Carradine. Directed by John Ford.

Thank you, BSP Movie Committee!



### **Lost Art: The Stories** of Missing Masterpieces Wednesdays | 3-4 p.m. Nov. 5, 12, 19, & 26 Channel 9996

Art historian Noah Charnev presents 12 lectures accompanied by stunning graphics. You'll hear the stories behind the theft and/or destruction of some of the world's most famous pieces of art. From the 21stcentury Taliban's iconoclastic destruction of the 500-year-old Buddha Statues at Bamiyan to the earthquake that felled the Colossus of Rhodes in 226 BCE. no one knows how many great works of art have been destroyed or lost throughout history. Few have resurfaced.

Noah Charney specializes in the study of art crime. He is the best-selling author of more than 25 books and the founder of the Association for Research into Crimes against Art. He received his PhD in Art History, Criticism, and Conservation from the University of Ljubljana. He has taught at Yale University, Brown University, and the American University of Rome and has presented lectures and courses at the Smithsonian Institution and the National Gallery in London.

# November Speakers

# **Dr. Shelly Cline**Thursday, Nov. 6 | 3:30 p.m. | Westport Room



Dr. Shelly Cline is the director of education and historian for the Midwest Center for Holocaust Education (MCHE), founded in 1993 by Holocaust survivors Jack Mandelbaum and Isak Federman.

Her talk is titled "Manipulating the People." Perhaps the biggest misconception about Nazi Germany is that the Nazi party came to power in a landslide victory with an overwhelming wave of public support. This talk will look at the conditions of Germany in the 1920s and 1930s that made the Nazism possible and the propaganda used by the Nazis to gain and sustain the support of the people.

# Elior Cohen Thursday, Nov. 20 | 3 p.m. | Westport Room



Elior Cohen is a senior economist at the Economic Research Department of the Federal Reserve Bank of Kansas City. His research interests lie at the intersection of labor and public economics and include homelessness,

housing, immigration, and innovation. Elior joined the bank in 2021 after completing his Ph.D. in Economics at UCLA.

The Federal Reserve Bank of Kansas City is one of 12 regional Reserve Banks in the Federal Reserve System. They have about 1,500 employees in four offices: Kansas City, Denver, Oklahoma City, and Omaha. Their mission is to promote a stable, healthy economy through formulated monetary policy, protecting the nation's banking system, and ensuring the safety of the payments system.

### **Karl Menninger** Mondays, Nov. 3, 10, 17, & 24 | 3 p.m. Westport Room



"Bond. James Bond. Seventy+ years of weapons, women, and (foiled) world domination." We are so pleased the Karl will bring his most popular presentation to BSP!

From the first novel (Casino

Royale) in 1953 to the 25th authorized film (No Time to Die) in 2021, many have been drawn to the exotic locales, the Bond women, the latest devices from Q Branch, and the supervillains. We'll look at the changes to Bond over the years, his cultural impact, and his continuing appeal. Even if you know the make of Bond's first sidearm

and the recipe for a Vesper martini, you may learn a few things about this superspy.



Karl Menninger grew up in Topeka and graduated from the University of Chicago and Washburn Law School. His legal career was mostly in state and federal government. Since retiring in 2018, he has enjoyed a quasi-academic life. He teaches courses on disability law at the UMKC Law School and courses on various subjects for Osher and SPARK.

# **Superfoods with Jen Kane**Tuesday, Nov. 4 | 3 p.m. | Art Gallery Jen Kane, our dietitian with CCL,

hosts another Superfood presentation. Come learn from Jen and have some samples.



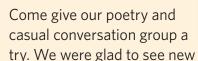
# **Beginning Bridge + Games**Fridays | 10 a.m. - Noon | Pub

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 treats and coffee.



Women's Gathering
Tuesday, Nov. 11 | 4:30 p.m. | Pub
Men's Club
Tuesday, Nov. 25 | 4:30 p.m. | Pub
Come for some treats and lively

# Poetry Circle Thursday, Nov. 13 4 p.m. | Westport Room



faces at our recent meetings! Bring a short poem to read or simply come to listen and enjoy.

discussion before dinner.

# KCB Movement Class Thursday, Nov. 20 | 1 p.m. | Activity Center



This class challenges balance and coordination and will make you smile, guaranteed.



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

# Fiction ALCHEMISED

SenLinYu

## THE SECRETS OF SECRETS

Dan Brown

### THE IMPOSSIBLE FORTUNE

Richard Osman

### **DENIED ACCESS**

Vince Flynn

### THE ACADEMY

Elin Hilderbrand

### Nonfiction 107 DAYS

Kamala Harris

### POEMS & PRAYERS

Matthew McConaughey

### **TRULY**

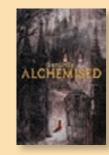
Lionel Richie

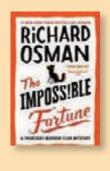
### **BORN LUCKY**

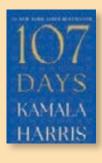
Leland Vittert

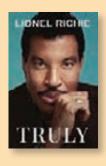
### **AWAKE**

Jen Hatmaker









8

# Favorite Cart What is your favorite music, artwork, book, film, performance art, or architecture?

I love Les Miserables in any form—book, play, concert. I love the contrast of the criminal being good and the law man being bad. I love the escape through the sewers. It's a classic story of redemption. And I can sing right along with all of the music!
—Jenifer Lucas

Music: Moonlight Sonata or

Maple Leaf Rag

Sculpture: Statue of Liberty Film: Sound of Music

Artist: Winslow Homer

**Architecture:** "Ice Cubes," the Bloch Building at the Nelson-Atkins

—Phill Levi

One of my favorite art pieces is the mural at the Truman Library painted by Thomas Hart Benton. This is because my family saw Thomas Hart Benton on a scaffold painting this mural in late October or early November in 1960.

—Barb Buehrer

# Remembrance Service Wednesday, Nov. 12 11 a.m. | Chapel

This is a time to remember those at BSP who've passed 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.



### Clayton DeLong & Havilah Bruders

Friday, Nov. 7 | 3 p.m. | Madison Living Room

Clayton and Havilah are back! Enjoy music from guitarist Clayton DeLong and vocalist Havilah Bruders.



Veterans Day Program with Millie Edwards & Tom Roberts

Monday, Nov. 11 | 3 p.m. Madison Living Room

Join Millie and Tom as we honor our veterans and the sacrifices they made for us.

### Tim Whitmer Trio

Friday, Nov. 14 | 3 p.m. | Madison Living Room

We're thrilled to have Tim Whitmer and friends back to entertain us. It's always a good day when Tim comes, and this time it's his birthday!

### KC Lyric's Opera to Go!

Friday, Nov. 21 | 3 p.m. | Madison Living Room

Opera to Go! is the Lyric's outreach program. They're generously performing BSP's annual concert, thanks to Laura Blankenship. They will bring singers, a pianist, and a host for an hour of arias, trios, and musical theater.

## Early Happy Hour: Peter Schlamb & Bram Wijnands

Friday, Nov. 28 | 3 p.m. | Madison Living Room



Have a post-Thanksgiving beverage on us and enjoy early Happy Hour with vibraphonist Peter Schlamb and pianist Bram Wijnands.



# Spiritual Wellness CORNER

A few years ago, I was diagnosed with anxiety. Of course, with this clinical awareness came my own realization of an invisible thread that has been woven through my story for some time, with signs of an anxious mind dating back many years before anyone helped me discover it had a name.

I take medication for it now, and while I still feel anxious much of the time, I can confidently say the medication has taken the edge off. This has made a good, positive difference for my mental health, and I'm grateful the option exists.

I've also learned the power of gratitude. I don't just mean gratitude for a favor, a nice meal, or a sunny day. I mean soulful awareness of the good things in my day and in my life that transcend a present difficulty. Paying attention to these things helps keep my anxiety where it belongs.

Some things I'm grateful for today, as I write this:

- A colleague who playfully skipped with me toward an office with cake to share
- A resident who stopped by my office to generously share their feelings about recent changes in their life
- An extra 10 minutes to lie peacefully in my bed in the dark this morning, waking slowly and gently before my day began

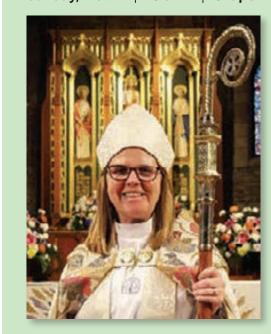
Like medication, gratitude doesn't fix anything. It doesn't repair the sewer pipe in my basement, cure my mother's illness, resolve my children's issues at school, or balance the numbers at the bank. But gratitude tunes my attention to the good around and within me amid those other difficulties.

I encourage you this month to find unique ways to feel and even express your appreciation for the present moment. In November, many of us turn toward holiday preparations, beginning with Thanksgiving themes of familial gatherings, abundant feasts, gratitude, and generosity. May our gratitude not begin or end with this holiday, but continue well past it.

Don't just take my word for it; science backs it up. Gratitude rewires our brains and releases feel-good hormones! More than that, practicing gratitude deepens our connections to our inner knowing and to those around us. That is surely worth the effort.

With love and care, Chaplain Janette

### Visitation of Bishop Amy Dafler Meaux Sunday, Nov. 2 | 10 a.m. | Chapel



Join us 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 the following reception at 11:15 a.m. in the Madison Living Room.

All are welcome to attend either or both events.

Bishop Amy was born and raised all over the south, namely the Carolinas and Louisiana. After graduating from Louisiana Scholars' College, she returned to her home church in Louisiana to pursue ordination to the priesthood. During this time, she met her husband, Jared. Together, they traveled to Austin where Bishop Amy attended seminary. Twenty-six years later, they have three children and have lived in Dallas, Eastern Kentucky, Little Rock, and now Kansas City.







# The SCENE

**RECENT EVENTS & PHOTOS** 









