

The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

DECEMBER 2025



 **Saint Luke's**
BISHOP SPENCER PLACE



Food MATTERS

Herbs & Spices

What would the holiday season be without herbs and spices that give foods flavors and aromas?

December is when we savor the spices that give gingerbread its name and provide pumpkin pie's taste, the pepper that provides German Pfeffernusse cookies' name and kick, the peppermint of candy canes, and sage in dressing.

Last month, Jen Kane's Superfoods presentation focused on health benefits of herbs and spices:

antioxidant power (turmeric, cinnamon, oregano, cloves), **anti-inflammatory effects** (turmeric, ginger, garlic), **heart health** (garlic, cinnamon, basil), **blood sugar control** (cinnamon, fenugreek), **digestive support** (ginger, peppermint, fennel, cumin), **immune boost** (garlic, oregano, thyme, rosemary), **cognitive and mood support** (sage, rosemary, saffron), **weight management** (capsaicin/chile, ginger, cinnamon), **flavor with fewer calories**, reducing the need for salt, sugar, fat.

A word of caution about herbal supplements: The FDA considers them foods. They aren't subject to the same testing and manufacturing standards as prescription or over-the-counter medicines. Educate yourself by talking with your pharmacist and reading up on the manufacturer.

The Holiday Season: Community & Connection



The holiday season is a time of joy, reflection, and connection—a season that reminds us of the beauty of giving and the warmth of sharing our own traditions. Here at BSP, this time of year is more than just a holiday; it's an opportunity to celebrate the diversity of traditions within our community.

As December approaches, our halls come alive with festive decorations and the familiar melodies of carols. Residents and staff work hand-in-hand to create an atmosphere filled with cheer and comfort. From the glow of the decorations in the common area to the scent of holiday treats wafting from the kitchen, every detail reflects the spirit of the season.

Our community traditions make this time truly special. Whether it's sharing stories over a cup of cocoa or enjoying laughter during holiday games, these moments remind us that the holidays are about connection. Whether you celebrate Christmas, Kwanzaa, Hanukkah, or another holiday, they are all about kindness, generosity, and the joy of being present with one another.

I look forward to experiencing the BSP traditions for the first time and learning about the diversity of traditions celebrated by our residents and teammates.

As we look forward to this year's celebrations, let us embrace the season with open hearts and celebrate the diversity that connects us. I encourage each of you to join in the festivities, share your favorite traditions, and create new memories with friends and neighbors. The holidays remind us that even in the simplest moments we find the greatest gifts of all: love, friendship, and peace.

Thank you for making this community a place where the holiday spirit truly shines. Wishing you a joyful holiday season filled with warmth and happiness.

Sydney



Superfoods: Jen Kane Tuesday, Dec. 2 | 3 p.m. Art Gallery

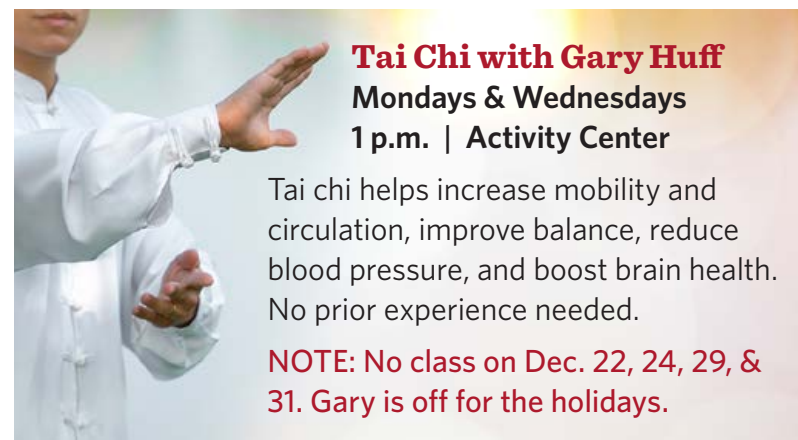
Come learn from Jen and have some samples.



End-of-Life Conversations Series Tuesday, Dec. 16 | 1:30 p.m. | Chapel



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



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

Tai chi helps increase mobility and circulation, improve balance, reduce blood pressure, and boost brain health. No prior experience needed.

NOTE: No class on Dec. 22, 24, 29, & 31. Gary is off for the holidays.



Cheer the Chiefs

Cheer on our Kansas City Chiefs with fellow residents.

Texans @ Chiefs

Sunday, Dec. 7 | 7:20 p.m. | Pub

Chargers @ Chiefs

Sunday, Dec. 14 | 12 p.m. | Pub

Chiefs @ Titans

Sunday, Dec. 21 | 12 p.m. | Pub

Broncos @ Chiefs

Thursday, Dec. 25 | 7:15 p.m. | Pub

Garden TIME

Decembers

Edwin Romond

Snow would wiggle
beneath our streetlights
when each December
seemed a miracle. I loved
snapping the kitchen shade
to find Albert Street icing
white. I loved hurrying
my homework to walk
with my brothers and our dog
across the NJ Turnpike overpass
where miles of brake lights
and jingling tire chains
made us wish for Christmas.
Our collie would grow
a slush beard as our words
turned to steam, then faded
as fast as the foot and paw prints
we'd leave back to our house
that looked like a gift
wrapped in white around
our porch light burning gold
into the streams of falling snow.

Christmas Thursday, Dec. 25

BSP offices will
be closed.



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

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Karl Menninger—WR</div>	<div>2</div> <div>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</div>	<div>3</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—309 2 p.m. Chef Chat—Abbey 2 p.m. Movie Committee—P 3 p.m. Great Courses—Ch 9996</div>	<div>4</div> <div>10:30 a.m. Strength & Balance—AC 4 p.m. Vocalist Michelle Miller & Pianist Jeremy Watson—MLR</div>	<div>5</div> <div>9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Mark Lowrey & Eboni Fondren—MLR</div>	<div>6</div> <div>1-3 p.m. Open Bridge—P 7:15 p.m. Movie: The Natural—JLR</div>
<div> Pearl Harbor Remembrance Day 7</div> <div>10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR 3 p.m. St. Paul's Octet: Evensong in the Chapel 7:20 p.m. Texans @ Chiefs (NBC, Peacock)—P</div>	<div>8</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Elior Cohen of Federal Reserve—WR</div>	<div>9</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>10</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—309 2 p.m. Marketing Event 3 p.m. Great Courses—Ch 9996</div>	<div>11</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>12</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. OPUS 76 Quartet—MLR</div>	<div>13</div> <div>1-3 p.m. Open Bridge—P 4 p.m. Book Club—GR 7:15 p.m. Movie: 84 Charing Cross Road—JLR</div>
<div> Hanukkah Begins at Sundown 14</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 12 p.m. Chargers @ Chiefs (CBS)—P</div>	<div>15</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1 p.m. Garden Comm—WR 2 p.m. Speaker: Paul Laird—WR 4:30 p.m. Heartland Ringers—MLR</div>	<div>16</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 11:30 a.m. St. Paul's Caroling—MLR 1:30 p.m. Ch. Janette: End of Life Conversations—CH 3 p.m. Dance Lessons—AC</div>	<div>17</div> <div>10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—309 2 p.m. Chef Chat—P 3 p.m. Great Courses: 12 Women Shaped America—Ch 9996</div>	<div>18</div> <div>10 a.m. Pembroke Singers—MLR 10:30 a.m. Strength & Balance—AC 1 p.m. KCB Movement Class—AC 3 p.m. Speaker: Jonathan Platter—WR</div>	<div>19</div> <div>9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Made in France Band—MLR</div>	<div>20</div> <div>1-3 p.m. Open Bridge—P 7:15 p.m. Movie: Sideways—JLR</div>
<div> Winter Solstice 21</div> <div>10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR 12 p.m. Chiefs @ Titans (CBS)—P</div>	<div>Hanukkah Ends at Sundown 22</div> <div>10 a.m. Stretch & Strengthen—AC 2 p.m. Speaker: Paul Laird—WR 3 p.m. Dickens Carolers—MLR</div>	<div>23</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3:30 p.m. Art Reception: Allison Bowman—ART 4:30 p.m. Men's Club—P</div>	<div>Christmas Eve 24</div> <div>10 a.m. Stretch & Strengthen—AC 1:30 p.m. BP Checks—309 2 p.m. Christmas Eve Service—CH 3 p.m. Great Courses: 12 Women Shaped America—Ch 9996</div>	<div>CHRISTMAS DAY 25</div> <div>Admin Offices Closed 7:15 p.m. Broncos @ Chiefs</div>	<div>Kwanzaa Begins 26</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 4 p.m. Happy Hour: Andrew Ouelette—MLR</div>	<div>27</div> <div>1-3 p.m. Open Bridge—P 7:15 p.m. Movie: The Devil Wears Prada—JLR</div>
<div>28</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>29</div> <div>10 a.m. Stretch & Strengthen—AC 2 p.m. Robert Butler Classic Movie—WR</div>	<div>30</div> <div>10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip</div>	<div>New Year's Eve 31</div> <div>10 a.m. Stretch & Strengthen—AC 1:30 p.m. BP Checks—309 3:30 p.m. New Year's Eve Party—MLR, CDR</div>			

Group activities subject to community status

**Art Experience with
Nina Irwin**

Thursday, Dec. 11 | 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**

Wednesdays | 1:30 p.m.
Apt. 309



Art & Entertainment



**NEW DAY & TIME
Dance Lessons with Kayla Sloan**
Tuesday, Dec. 16 | 3 p.m. | Activity Center

Kayla Sloan with Kindred Dance offers a variety of dance classes. Whether you're a beginner or have more experience, you can join in without needing a partner.



We've had several sessions and have witnessed her great patience, talent, and humor. We hope more of you can come. We want to continue this class into the new year. Beginners welcome!

Artist Reception: Allison Bowman
Tuesday, Dec. 23 | 3:30 p.m. | Art Gallery



Allison Bowman is a visual artist and arts advocate who, in her words, creates to connect humans to nature. She has been commissioned to paint public and private murals and has also been a listed artist on the Kansas Creative Arts and Industries Commission's Kansas Mural & Public Art Roster since 2023.



Movie with Robert Butler: The Red Shoes (1948)
Monday, Dec. 29 | 2 p.m. | Westport Room

A young ballet dancer (Norma Shearer) is torn between the man she loves and her pursuit to become a prima ballerina. The film features a ballet, *The Ballet of the Red Shoes*, based on the Hans Christian Andersen fairy tale.

*Saturday Night
Movies*

7:15 p.m. | Jefferson Living Room



Dec. 6—*The Natural* (1984)
A middle-aged unknown (Robert Redford) comes seemingly out of nowhere to become a legendary baseball player with almost supernatural talent. Also stars Robert Duvall, Glenn Close, Kim Basinger, Barbara Hershey, Richard Farnsworth, and Wilford Brimley. Directed by Barry Levinson.

Dec. 13—*84 Charing Cross Road* (1987)

When a humorous script-reader (Anne Bancroft) in New York City sees an ad for a bookstore in London that does mail order, she begins a very special correspondence and friendship with the bookseller (Anthony Hopkins). Based on a true story. Also stars Judi Dench, Mercedes Ruehl, and Ian McNeice.



Dec. 20—*Sideways* (2004)
Two men (Paul Giamatti and Thomas Haden Church) reaching middle age with not much to show but disappointment embark on a week-long road trip through California's wine country, just as one is about to take a trip down the aisle. Also stars Virginia Madsen and Sandra Oh.

Dec. 27—*The Devil Wears Prada* (2006)

A smart, sensible new college graduate (Anne Hathaway) travels to New York and begins working as an assistant to one of the city's biggest and most demanding high fashion magazine editors (Meryl Streep). Also stars Emily Blunt, Stanley Tucci, and Simon Baker. Based on the novel of the same name by Lauren Weisberger.



Thank you, BSP Movie Committee!



**NEW COURSE
12 Women Who Shaped
America**

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

The stories and images featured in this new series give us unprecedented insights into the lives and careers of the women who shaped America well into the 20th century. Get an invaluable glimpse into the critical intersection of photography, politics, and the fight for gender and racial equality, which will give you a broader understanding of influential women in early history.

Allison K. Lange is an Associate Professor of History at Wentworth Institute of Technology. She holds a Ph.D. in History from Brandeis University and is a historian who explores the stories that images tell about the intersection of gender and power in US history. Her book *Picturing Political Power: Images in the Women's Suffrage Movement* focuses on the ways that women's voting rights activists and their opponents used images to define gender and power. She has written for *The Atlantic*, *The Washington Post*, *Imprint*, and more.

December Speakers

Karl Menninger

Monday, Dec. 1 | 3 p.m. | Westport Room



Karl Menninger presents The Menninger Clinic. The Menninger Foundation was a well-known

psychiatric facility in Topeka from 1925 to 2002. Karl will discuss the family that founded it, why it attracted patients and clinicians from around the world, and why it moved to Houston in 2002.

Karl Menninger grew up in Topeka and graduated from the University of Chicago and Washburn Law School. He spent his legal career mostly in state and federal government.

RESCHEDULED

Elior Cohen

Monday, Dec. 8 | 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.

Paul Laird: Christmas Music

Mondays, Dec. 15 & 22 | 2 p.m.

Westport Room



Paul Laird is back, presenting the history of Christmas music. The phrase "Christmas music" describes a large repertoire of both religious and secular tunes we hear in multiple settings between November and early January, to the delight of some people and irritation of others. We will spend two classes accounting for this diversity by listening to snippets of pieces and then considering their backstories, answering two questions: Why is this considered Christmas music? What do we know about its creation?

Jonathan Platter

Thursday, Dec. 18 | 3 p.m. | Westport Room



Jonathan—Chaplain Janette's husband—was here in September discussing Bonhoeffer and the Crisis of Theology in Nazi Germany. This month he will make quite the departure with a presentation on the Creeds: "Saying and Praying Christian Belief—Reflections on the Creeds."

Many Christians recite a creed as part of their regular worship, whether in daily prayer or in Sunday gatherings. But what is a creed and how did the Christian creeds develop? This year marks the 1700th anniversary of the central creed of Christianity: the Nicene Creed. In this talk, we'll explore the origin, meaning, and use of the creed.

Jonathan is associate professor of theology at MidAmerica Nazarene University. He received a Ph.D. 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.



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, Dec. 9 | 4:30 p.m. | Pub

Men's Club

Tuesday, Dec. 23 | 4:30 p.m. | Pub

Poetry Circle

Thursday, Dec. 11
4 p.m. | Westport Room

Come give our poetry and casual conversation group a try. We were glad to see new faces at our recent meetings! Bring a short poem to read or simply come to listen and enjoy.



KCB Movement Class

Thursday, Dec. 18 | 1 p.m. | Activity Center



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

The Ballet has generously offered us discounts to performances with our partnership.

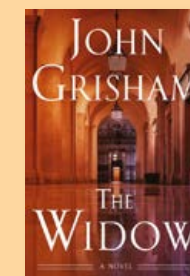
Bestselling BOOKS

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

Fiction

THE WIDOW

John Grisham



THE SECRET OF SECRETS

Dan Brown

ALCHEMISED

SenLinYu

GONE BEFORE GOODBYE

Harlan Coben & Reese Witherspoon



THE CHRISTMAS STRANGER

Richard Paul Evans

Nonfiction

HEART LIFE MUSIC

Kenny Chesney



LOOK

Michelle Obama

NOBODY'S GIRL

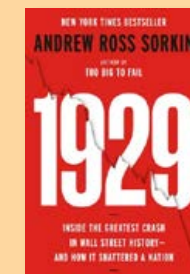
Virginia Giuffre

OUTLIVE

Peter Attia

1929

Andrew Ross Sorkin





Music

Michelle Miller & Jeremy Watson

Thursday, Dec. 4 | 4 p.m.
Madison Living Room



Vocalist—and resident Bernadette Miller's daughter—Michelle Miller and pianist Jeremy Watson bring holiday music to BSP.

Mark Lowrey & Eboni Fondren

Friday, Dec. 5 | 3 p.m. | Madison Living Room

We're delighted to welcome BSP favorites, Eboni Fondren and Mark Lowrey. Eboni is one of Kansas City's premier jazz vocalists. Pianist Mark has played with Sheryl Crow, Darius Rucker, Bobby Watson, and Grammy winner Hector del Curto.

St. Paul's Octet Choir: Evensong

Sunday, Dec. 7

Enjoy carols and Evensong with this choir from St. Paul's Episcopal Church:

2-2:30 p.m. Caroling in York Place
3 p.m. Evensong in the Chapel

Opus 76

Friday, Dec. 12 | 3 p.m. | Madison Living Room



We are fortunate to have this incredible quartet back: Keith Stanfield on violin, Zsolt

Eder on violin, Ashley Stanfield on viola, and Daniel Ketter on violincello.

Heartland Bell Ringers

Monday, Dec. 15 | 4:30 p.m.
Madison Living Room



The Ringers, under the tutelage of Marilyn Lake, will play songs for the holiday season.

Pembroke Hill Singers

Thursday, Dec. 18 | 10 a.m.
Madison Living Room

Enjoy a holiday concert from Pembroke students.

Made in France Band

Friday, Dec. 19 | 4 p.m. | Madison Living Room

Enjoy holiday songs with this group of native French speakers and great musician friends, playing piano, violin, vocals, and guitar.

Dickens Carolers

Monday, Dec. 22 | 3 p.m.
Madison Living Room

We get to enjoy one of our annual traditions—the Dickens Carolers, singing for us in appropriate costume.



Happy Hour: Andrew Ouellette

Friday, Dec. 26 | 4 p.m. | Madison Living Room

Have a beverage on us and enjoy the music of Andrew Ouellette, pianist at the KC Ballet.

Spiritual Wellness CORNER

What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.—T.S. Eliot

December is one such end that is also a beginning. It is the end of the calendar year, the end of the season of autumn, and often the end of various goals and challenges we created in our New Year's resolutions back in January.

As is the case with many endings, December often comes with a hearty dose of reflection. People send holiday letters recalling the details of their year, noticing common themes and things for which they are grateful. Groups gather around tables to express thanks for the gifts they've experienced and whisper hopes for the year to come. Whether communally or individually, December is a time we look back. Sometimes we look back with joy and gratitude, and many times these reflections are marked by sadness, too.

December is also a beginning. Many people around the world mark the winter solstice, or the first day of winter, on December 21. It's the darkest night of the year; here in Kansas City the sun will set at 5:00 p.m. and not rise until 7:33 a.m. From there, the light returns, begins anew, gradually increasing minute by minute until we arrive again at the summer solstice next year.

Matching nature's rhythms in December, Buddhists celebrate themes of enlightenment, The Jewish tradition observes the Festival of Lights with Hanukkah, Pagans celebrate the rebirth of the sun with the solstice, and Christians celebrate the birth of Jesus, attended to by shepherds who followed a bright star.

Whatever holidays you observe this month, I pray that the end of your calendar year is marked with light and abundance, and that it feels, too, like a beginning. May we lovingly say goodbye to the joys and sorrows of 2025 and anticipate with hope whatever 2026 may bring. And may we be bearers of light to the world around us which is so desperately in need of good news.

Grace and peace to you as we end another year together. I thank my God every time I remember you. In all my prayers for you I always pray with joy and hope.

With love,
Chaplain Janette

Favorite Art

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

There are so many art pieces, music, and dance that I love but the one that surprises me is George Ault's January Full Moon at the Nelson. I also love the one by Peter Hurd of a ranch worker. I don't know the name of the painting, but his face is mesmerizing.
—Ann Weaver

Michelangelo's David is by far the most beautiful artwork I have ever seen.

Book: *The Early Harry Potter* volumes

Film: *Casablanca*

Performing Art: *Ibsen, A Doll's House*

Architecture: *The Duomo in Florence*

—Berit Lindboe

Opera: *Flying Dutchman* by Wagner

Music: *Carmina Burana* by Carl Orff

Architecture: *The Pantheon in Rome*, circa 27 BC

Art: *Chagall's American Windows*, Art Institute of Chicago

Book: *Cat's Cradle* by Kurt Vonnegut

—Una Creditor

Remembrance Service

Wednesday, Dec. 10

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.



