



# *The* **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

JANUARY 2026

 **Saint Luke's**  
BISHOP SPENCER PLACE



# Food MATTERS

## Eat Better in 2026

If you want a simpler way to think about healthy eating, meet Michael Pollan, author of *Food Rules: An Eater's Manual*, which lays out 84 common sense rules, including:

- Eat food. Not too much. Mostly plants.
- Don't eat anything your great-grandmother wouldn't recognize as food.
- Avoid food products that contain more than five ingredients.
- Avoid food containing ingredients a third-grader cannot pronounce.
- Avoid food products that make health claims.
- Shop the peripheries of the supermarket; stay out of the middle.
- Buy snacks at a farmer's market.
- If it came from a plant, eat it; if it was made in a plant, don't.
- Treat meat as a flavoring.
- Don't overlook the oily little fishes (mackerel, sardines, anchovies).
- Eat some food that has been fermented (yogurt, sauerkraut, sourdough bread).
- Stop eating before you are full.
- Eat when you're hungry, not when you're bored.
- Eat slowly.
- Eat "breakfast like a king, lunch like a prince, dinner like a pauper."

## Gearing up for the New Year at BSP



As we welcome 2026, we celebrate more than just a new calendar year—we embrace the opportunity for renewal, growth, and opportunity. The new year is a time to reset as we look forward to creating even more meaningful experiences in the months ahead.

Reflecting on my five months here in

2025, I am grateful for the vibrant community spirit that gave me a warm welcome and for the dedicated teammates who have stepped up to the improvements I have challenged them with. I am proud of where we are and excited about where we are going.

Looking ahead, I am excited to share our focus areas for 2026. There will be more details and requests for feedback, from both residents and teammates, later in 2026. For now, here are the broad categories of our focus areas:

- People
- Clinical Excellence
- Stewardship
- Growth

These priorities reflect our commitment to making Bishop Spencer Place not just a place to live, but a place to thrive. Together, we will make 2026 a year of connection, growth, and happiness.

Thank you for being an essential part of our community. We look forward to sharing this journey with you and creating wonderful memories along the way. Here's to a bright and joyful New Year.

Sydney



## New Year's Day

Thursday | Jan. 1, 2026

BSP offices closed. Happy new year!

## Superfoods: Jen Kane

Thursday, Jan. 22 | 3 p.m.  
Art Gallery

Come learn from Jen and have some samples.

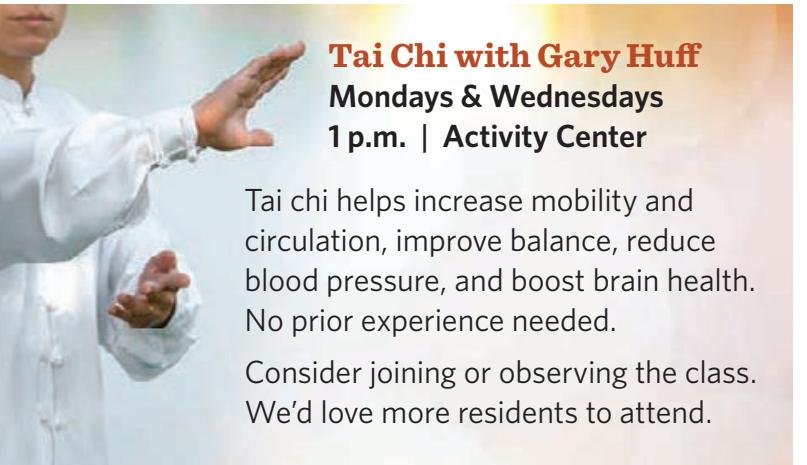


## End-of-Life Conversations Series

Tuesday, Jan. 20 | 1:30 p.m. | Chapel



Chaplain Janette facilitates monthly gatherings of our casual, ongoing conversation group, where we 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.

Consider joining or observing the class. We'd love more residents to attend.

## Tuesday Trivia

Tuesday, Jan. 6 | 4 p.m.  
Pub



Let's meet in the Pub for a rousing round of trivia. Get ready to test your knowledge on diverse subjects in a lively, friendly, competitive atmosphere.



# Garden TIME

## January Morn

Nelda Hartmann

Bare branches of each tree  
on this chilly January morn  
look so cold so forlorn.  
Gray skies dip ever so low  
left from yesterday's dusting of snow.  
Yet in the heart of each tree  
waiting for each who wait to see  
new life as warm sun and breeze  
will blow,  
like magic, unlock springs sap  
to flow,  
buds, new leaves, then blooms  
will grow.



**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

# January 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**4**
 10 a.m. Holy Eucharist—CH  
 11 a.m. Brunch—CDR  
**Chiefs @ Raiders—TBD**
**5**
 10 a.m. Stretch & Strengthen—AC  
 1 p.m. Tai Chi—AC  
**3 p.m. Pianist Humberto Sierralta—MLR**
**6**
 10:30 a.m. Strength & Balance—AC  
 11:15 a.m. Grocery Trip  
**12 p.m. Bridge Luncheon—CDR**  
**4 p.m. Tuesday Trivia—P**
**7**
 10 a.m. Stretch & Strengthen—AC  
 1 p.m. Tai Chi—AC  
 1:30 p.m. BP Checks—309  
**2 p.m. Movie Committee—P**  
**3 p.m. Great Courses—Ch 9996**  
**4 p.m. Will Landon—CH**
**1**
**HAPPY NEW YEAR!**  
**OFFICES CLOSED**
**2**
 9 a.m. Morning Fitness—Ch 9996  
**10 a.m. Bridge & Games—P**  
 1 p.m. Grocery Trip  
**3 p.m. Doug Talley Quartet—MLR**
**3**
 1-3 p.m. Open Bridge—P  
**7:15 p.m. Movie: Goldfinger—JLR**
**4**
 1-3 p.m. Open Bridge—P  
**4 p.m. Book Club—GR**  
**7:15 p.m. Movie: Mrs. Palfrey at the Claremont—JLR**
**11**
 10 a.m. Holy Eucharist—CH  
 11 a.m. Brunch—CDR
**12**
 10 a.m. Stretch & Strengthen—AC  
 1 p.m. Tai Chi—AC  
**2 p.m. Robert Butler Classic Movie: All About Eve—WR**
**13**
 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**
**14**
 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**
**15**
 10:30 a.m. Strength & Balance—AC  
**1 p.m. KCB Movement Class—AC**  
**3 p.m. Speaker: Annie Krieg, Rainy Day Books—WR**
**16**
 9 a.m. Morning Fitness—Ch 9996  
**10 a.m. Bridge & Games—P**  
 1 p.m. Grocery Trip  
**3 p.m. Michael Pagán & Vanessa Thomas—MLR**
**17**
 1-3 p.m. Open Bridge—P  
**7:15 p.m. Movie: Gigi—JLR**
**18**
**Martin Luther King Jr. Day**

 10 a.m. Holy Eucharist—CH  
 11 a.m. Brunch—CDR
**19**
 10 a.m. Stretch & Strengthen—AC  
 1 p.m. Tai Chi—AC  
**1 p.m. Garden Comm—WR**  
**2 p.m. Speaker: Paul Laird on Sondheim—WR**
**20**
 10:30 a.m. Strength & Balance—AC  
 11:15 a.m. Grocery Trip  
**1:30 p.m. Ch. Janette's EOL Conversation—CH**  
**3 p.m. Dance Lessons—AC**
**21**
 10 a.m. Stretch & Strengthen—AC  
**11 a.m. Resident Remembrance—CH**  
 1 p.m. Tai Chi—AC  
**1:30 p.m. The Notables—MLR**  
 1:30 p.m. BP Checks—309  
**3 p.m. Great Courses—Ch 9996**
**22**
 10:30 a.m. Strength & Balance—AC  
**3 p.m. Jen Kane: Superfoods—ART**
**23**
 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. Clayton DeLong & Adam Galblum—MLR**
**24**
**9 a.m. Bus: Grace & Holy Trinity**  
 1-3 p.m. Open Bridge—P  
**7:15 p.m. Movie: High Anxiety—JLR**
**25**
 10 a.m. Holy Eucharist—CH  
 11 a.m. Brunch—CDR
**26**
 10 a.m. Stretch & Strengthen—AC  
 1 p.m. Tai Chi—AC  
**2 p.m. Speaker: Paul Laird on Sondheim—WR**
**27**
 10:30 a.m. Strength & Balance—AC  
 11:15 a.m. Grocery Trip  
**4:30 p.m. Men's Club—P**
**28**
 10 a.m. Stretch & Strengthen—AC  
**11 a.m. Marketing Event**  
 1 p.m. Tai Chi—AC  
 1:30 p.m. BP Checks—309  
**2 p.m. Chef Chat—Abbey**  
**3 p.m. Great Courses—Ch 9996**
**29**
 10:30 a.m. Strength & Balance—AC  
**3 p.m. SLHS Speaker: Kyle Coddington-Brumbaugh—WR**
**30**
 9 a.m. Morning Fitness—Ch 9996  
**10 a.m. Bridge & Games—P**  
 1 p.m. Grocery Trip  
**4 p.m. Happy Hour: Pianist Joe Cartwright—MLR**
**31**
 1-3 p.m. Open Bridge—P  
**7:15 p.m. Movie: The Pink Panther Strikes Again—JLR**

## Art Experience with Nina Irwin

Thursday, Jan. 8 | 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



### Movie with Robert Butler: *All About Eve* (1950)

Monday, Jan. 12 | 2 p.m. | Westport Room

A seemingly timid ingénue (Anne Baxter) insinuates herself into the lives of a Broadway star (Bette Davis) and her circle of friends. Only a theatre critic (George Sanders) sees through her plan to steal the star's parts and fiancé (Gary Merrill).

Written and directed by Joseph L. Mankiewicz, the film also stars Celeste Holm, Thelma Ritter, and Marilyn Monroe in one of her earliest roles. It received 14 Academy Awards nominations, becoming the only film in Oscar history to receive four female acting nominations (Davis and Baxter as Best Actress, Holm and Ritter as Best Supporting Actress), and won six awards, including Best Picture, Best Director, and Best Adapted Screenplay.

### Dance Lessons with Kayla Sloan

Tuesday, Jan. 20 | 3 p.m. | Activity Center

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 several sessions and have witnessed her great patience, talent, and humor. About 10 to 12 residents attend class, and we'd love more of you to come.



Dancing offers many health benefits, improving cardio health, strength, balance, and flexibility. It activates multiple regions of the brain: motor, spatial, memory, and emotional, making it a neuroprotective activity.

## Saturday Night Movies

7:15 p.m. | Jefferson Living Room



### Jan. 3—*Goldfinger* (1964)

In the third Bond film, James Bond (Sean Connery) investigates a gold magnate (Gert Fröbe) and uncovers a plot to contaminate the Fort Knox gold reserve. Also stars Honor Blackman.



### Jan. 10—*Mrs. Palfrey at the Claremont* (2005)

Abandoned by her family in a London retirement hotel, an elderly widow (Joan Plowright) strikes up a friendship with a penniless young writer (Rupert Friend).



### Jan. 17—*Gigi* (1958)

In 1900, weary of the conventions of Parisian society, a rich playboy (Louis Jourdan) and a young courtesan-in-training (Leslie Caron) enjoy a friendship that may not stay platonic. The musical is based on the novel by Colette, directed by Vincent Minelli, and also stars Maurice Chevalier, Hermoine Gingold, and Eva Gabor.



### Jan. 24—*High Anxiety* (1977)

When the new administrator (Mel Brooks) of the Psychoneurotic Institute for the Very, VERY Nervous is framed for murder, he must confront his own intense fear of heights to clear his name. Also stars Madeline Kahn, Cloris Leachman, and Harvey Korman.



### Jan. 31—*The Pink Panther Strikes Again* (1976)

Former Chief Inspector Dreyfus (Herbert Lom) escapes from a mental hospital, intent on killing Inspector Clouseau (Peter Sellers). Written and directed by Blake Edwards with music by Henry Mancini.

*Thank you, BSP Movie Committee!*



## The Great Courses

Wednesdays | 3-4 p.m.  
Channel 9996

## 12 Women Who Shaped America

Jan. 7 & 14

This series gives insights into the lives and careers of the women who shaped America.

## NEW COURSE The World's Greatest Churches

Jan. 21 & 28

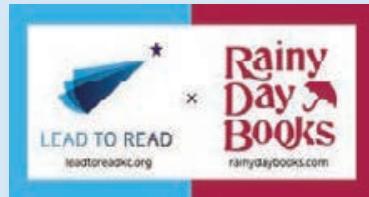
Since the Christianization of Europe in the 4th century, cathedrals have served as centers of ecclesiastical authority, marvels of architectural genius and innovation, places to instruct communities about cherished Christian values and lessons, and sites of political, cultural, intellectual, and economic importance.

Taught by noted medieval historian and award-winning Professor William R. Cook of SUNY Geneseo, he brings these lavishly illustrated lectures making use of high-definition 3-D modeling and imagery to not just show the world's great Gothic cathedrals, but to take us around and inside them, revealing new perspectives you can't enjoy anywhere else.

# January Speakers

## Annie Krieg

Thursday, Jan. 15 | 3 p.m. | Westport Room



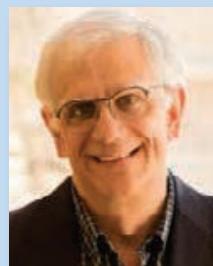
Annie Krieg, the new general manager of Rainy Day Books, will talk about the store we all love, its 50-year history, and where it's headed. In tandem, we will do the book drive we spoke of when Linda Hughes from Lead to Read spoke to us. (We've added some resident volunteers to the Lead to Read program since Linda was here.)

Lead to Read and Rainy Day both share a love of reading and want to ensure kids in Kansas City have the access and support they need to develop that same love.

Annie emphasizes working together to reach more students: "Lead to Read has a tremendous impact on students throughout the city, and book fairs further our mutual efforts in getting the right books into the hands of all students, no matter their financial background."

## Paul Laird: Sondheim

Mondays, Jan. 19 & 26 | 2 p.m. | Westport Room



Our friend Paul Laird is back with two programs on the music of Stephen Sondheim.

Stephen Sondheim (1930-2021) was one of the most distinctive creative talents in the history of the Broadway

musical. For most of his projects he served as both composer and lyricist, pursuing a highly individualistic style in creating songs and musical scenes for his shows, each of which is a unique entity.

## Kyle Coddington-Brumbaugh

Thursday, Jan. 29 | 3 p.m. | Westport Room



Health and Safety for Saint Luke's South Hospital. Emergency Management and Environmental Health and Safety focuses on preventing, preparing for, responding to, and recovering from emergencies while ensuring a safe, compliant environment for patients, staff, and facilities through hazard control, safety training, and risk management, often integrating with public health initiatives for comprehensive disaster readiness.

A former military officer with two deployments overseas, Kyle has more than 10 years of experience in the security field. He holds degrees from Metropolitan Community College—Maple Woods, the University of Central Missouri, and Eastern Kentucky University, and a doctoral degree from Liberty University.

Kyle Coddington-Brumbaugh is the program manager of Emergency Management and Environmental



## 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! Come enjoy games, treats, and coffee.

## Poetry Circle

Thursday, Jan. 8  
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.



## Women's Gathering

Tuesday, Jan. 13 | 4:30 p.m. | Pub

## Men's Club

Tuesday, Jan. 27 | 4:30 p.m. | Pub



## KCB Movement Class

Thursday, Jan. 15 | 1 p.m. | Activity Center



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

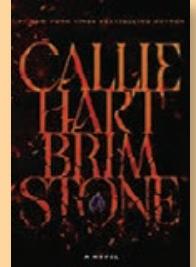
The Ballet has generously offered us discounts to performances with our partnership.

# Bestselling BOOKS

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

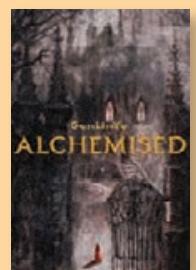
### Fiction

**BRIMSTONE**  
Callie Hart



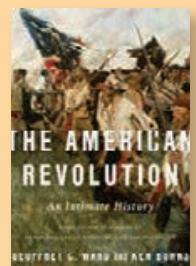
**THE WIDOW**  
John Grisham

**ALCHEMISED**  
SenLinYu



**THE SECRET OF SECRETS**  
Dan Brown

**GONE BEFORE GOODBYE**  
Harlan Coben & Reese Witherspoon

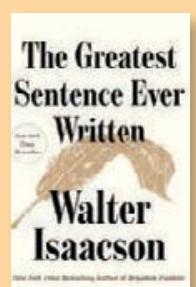


### Nonfiction

**1929**  
Andrew Ross Sorkin

**LOOK**  
Michelle Obama

**NOBODY'S GIRL**  
Virginia Giuffre



**THE AMERICAN REVOLUTION**  
Geoffrey C. Ward & Ken Burns

**THE GREATEST SENTENCE EVER WRITTEN**  
Walter Isaacson

# Music

## Doug Talley Quartet

Friday, Jan. 2 | 3 p.m. | Madison Living Room



We love hearing them—Doug Talley on sax, TJ Martley on piano, Tim Brewer on bass, and Keith Kavanaugh on drums.

## Humberto Sierralta

Monday, Jan. 6 | 3 p.m. | Madison Living Room



One of our favorites, Humberto Sierralta, is back to entertain us with another lively piano performance.

## Will Landon

Wednesday, Jan. 7 | 4 p.m. | Chapel



Come hear trumpeter and teacher Dr. Will Landon from UMKC. He will give us a look into auditioning for a symphony.

## Risebig Duo

Friday, Jan. 9 | 3 p.m. | Madison Living Room



Meribeth Risebig



Claudia Risebig

Meribeth Risebig, a principal oboist with multiple symphonies, and Claudia Risebig, a dedicated

Suzuki piano instructor and bassoonist, bring exceptional skill and artistry with their duet.

## Michael Pagán & Vanessa Thomas

Friday, Jan. 16 | 3 p.m. | Madison Living Room



Enjoy the music of our friends, pianist Michael

Pagán, who appears regularly in KC jazz venues, and vocalist Vanessa Thomas, known for her span of five octaves.

## The Notables

Wednesday, Jan. 21 | 1:30 p.m.

Madison Living Room



The Junior League of Kansas City's renowned singing group is back for a lively performance.

## Clayton DeLong & Adam Galblum

Friday, Jan. 23 | 3 p.m. | Madison Living Room



Come hear BSP favorite Clayton DeLong on guitar with Adam Galblum on violin.

## Happy Hour: Joe Cartwright

Friday, Jan. 30 | 4 p.m. | Madison Living Room



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

# Spiritual Wellness CORNER

Throughout my time at Bishop Spencer Place, you all have generously shared your stories and lives with me. I want to return that generosity by sharing something of my own life.

My husband and I joined the Episcopal Church three years ago, after leaving the tradition in which we both were raised. I was ordained as a pastor in that church for eight years and relinquished those credentials, which was a big change full of grief and uncertainty. I soon began the process of discernment and training for ordination in the Episcopal Church, and I'm happy to share that I'm now joyfully anticipating my ordination as an Episcopal Deacon on January 24. (In the Episcopal tradition, people discerning to become priests must first be ordained as a deacon. As a candidate for ordination to the priesthood, this means I will have, God willing and the people consent, a second ordination later in 2026.)

These years of transition have felt like they would last forever. However, it is also true that this period of my life, and my time here with you all, has nourished me in ways I could not have anticipated. Contrary to my fears, I have felt encouraged as my imagination for ministry has been strengthened and expanded. I am so glad for the good counsel and support I received that enabled me to rest in the process rather than rush it.

So much of our lives are spent in these in-between places, but if we wait for milestones to occur before living in a way that feels purposeful, we miss out on time to be the version of ourselves we would like to be. The way we inhabit the waiting is itself a formational task. We can be people of hope within our transitional moments, trusting that there is good even here, especially here.

I thank you for the warmth you all have shared as I've pursued this milestone. I couldn't have dreamed for a better community within which to discern my next right steps, and I'm excited to continue being your chaplain. Not much will change in how you experience me every day, except now I will be in a collar!

Thank you for sharing your lives with me. The trust you place in me is a gift.

In joyful anticipation, Chaplain Janette

## Favorite Art

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

Caravaggio's John the Baptist. I first saw this as a teenager and return to it whenever I'm at the Nelson-Atkins.

—Carol Chatten

Music: Little Anthony & The Imperials

Book: Gone with the Wind

Film: Ferris Bueller's Day Off

Performing Art: Jersey Boys

Artwork: Mona Lisa

—Phil Burg

My favorite piece of music is the finale of Beethoven's Ninth Symphony, "Ode to Joy." The music is well-known as the anthem for the Olympic games. The lyrics speak of brotherhood, which is fitting for such international events. But I have always loved it for its stirring and joyous qualities.

—Jan Nuernberger

## Remembrance Service

Wednesday, Jan. 21

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.



