

The **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

FEBRUARY 2026



Saint Luke's
BISHOP SPENCER PLACE

Food MATTERS

Winter Wellness

There is much to love about winter—celebrations, family time, beautiful snowfall. But the season also can challenge our physical and mental health. What can we do to stay healthy?

Drink water. A glass of water with and between meals keeps you hydrated; smoothies, soup, cucumber, and zucchini also are good.

Eat fruits and veggies. According to the Harvard School of Public Health, eating a variety of fruits and vegetables daily boosts our immune systems.

Get your dairy. Drink milk if your body can handle it. If not, try almond or oat milk. Yogurt (not flavored or sweetened) and cottage cheese are good sources of protein.

Avoid: sugar (try monkfruit or stevia instead), salt (try Mrs. Dash, lemon, or hot sauce), alcohol (try NA beer, wine, or cocktails), processed foods, soda.

Move after meals. Go for a walk inside or outside. Choose an indoor exercise if the temperature is below zero or the windchill is extreme.

Dress warmly. Wear well-insulated socks and a hat that fully covers your ears. Dress in several layers of loose clothing.

Sleep enough. Stick to a regular sleep schedule. Avoid or limit caffeine, alcohol, and large meals before bed.

Wash your hands often. Mask to protect yourself and others.

Get vaccinated for flu and COVID-19.

Celebrating People Through the Lens of Love



February invites us to pause and reflect on love—not just the romantic kind, but everyday expressions of care, compassion, and connection that make Bishop Spencer Place feel like home. As we celebrate Valentine's Day, we are also highlighting our 2026 operational imperative of **people**, because *people are truly at the heart of everything we do*.

Our commitment to a thriving, inclusive community begins with nurturing genuine relationships among residents, team members, families, and friends. We continue strengthening communication and connection through open conversations, shared celebrations, and meaningful moments of togetherness. Whether it's a friendly smile in the hallway, a thoughtful suggestion shared through our feedback channels, or the warmth of community events that bring us all together, these daily acts of love shape the culture we cherish.

We also focus on supporting and uplifting the staff who care for our residents. Through recognition, professional development, and flexible approaches that honor work-life balance, we ensure our team members feel valued—because when our caregivers feel loved, they can give their very best love back to our residents.

As we move through 2026, our goal is simple: to foster a community where everyone feels seen, appreciated, and connected. In every interaction, big or small, love shows up—and at Bishop Spencer Place, love is our most important operational strategy.

Sydney



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.

Artist Reception for Paige O'Connor

Monday, Feb. 16 | 4 p.m. | Art Gallery



Paige O'Connor aspires to comfort and inspire others through art. Bold images, vibrant colors, intricate textures, and tranquil moments found in everyday life rejoice on her canvas. The use of handmade specialty papers in her work provides added depth and dimension to each piece. "There is no better time than now to smile, laugh out loud, and enjoy," she says.



Born and raised in California, Paige is a graduate of the University of California at Berkeley. She moved to the midwest in 1989, married, and feels extremely fortunate that all of her children and grandchildren have chosen to remain in the local area.

End-of-Life Conversations

Tuesday, Feb. 17 | 1:30 p.m.
Chapel

Chaplain Janette facilitates our monthly discussion on dying, death, and grief.



Superfoods: Jen Kane

Tuesday, Feb. 24 | 3 p.m.
Art Gallery

Come learn from Jen and have some samples.



Saturday Movies

At this time, we don't have volunteers to run the movies in Jefferson. We'll resume the activity if any residents come forward! Call Barb B. if you're interested.



Garden TIME

Winter

Walter de la Mare

And the robin flew
Into the air, the air,
The white mist through;
And small and rare
The night-frost fell
Into the calm and misty dell.
And the dusk gathered low,
And the silver moon and stars
On the frozen snow
Drew taper bars,
Kindled winking fires
In the hooded briars.
And the sprawling Bear
Growled deep in the sky;
And Orion's hair
Streamed sparkling by:
But the North sighed low,
"Snow, snow, more snow!"



Walter de la Mare (1873-1956) was an English poet, short story writer, novelist, and children's writer.

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

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	Groundhog Day 2 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Speaker: Paul Laird on Sondheim—WR	3 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR 3 p.m. Great Decisions—WR	4 10 a.m. Stretch & Strengthen—AC 11 a.m. Podiatrist—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—309 3 p.m. Great Courses: World's Great Churches—Ch 9996	5 10:30 a.m. Strength & Balance—AC 1 p.m. Nina Irwin Art Experience—AC 2:30 p.m. Dining Committee—P	 National Wear Red Day 6 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Larry Figg & Anne-Marie Brown—MLR	7 1-3 p.m. Open Bridge—P
Super Bowl Sunday 8 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	9 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Resident Bill Buckner—WR	10 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	11 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. Chef Chat—P 3 p.m. Great Courses—Ch 9996	12 10:30 a.m. Strength & Balance—AC 4 p.m. Poetry Circle—WR	13 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. Betse Ellis & Friends—MLR	 Valentine's Day 14 1-3 p.m. Open Bridge—P 4 p.m. Book Club—GR
15 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR 1:30 p.m. Charles Gusewelle's This Place Called Home—WR	Presidents' Day 16 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Comm—CDR 4 p.m. Paige O'Connor Artist Reception—ART	Shrove Tuesday Mardi Gras 17 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	Ash Wednesday 18 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks—309 3 p.m. Ash Wednesday Service—CH 3 p.m. Great Courses—Ch 9996	19 10:30 a.m. Strength & Balance—AC 1 p.m. KCB Movement Class—AC 3 p.m. Speaker: Tom Bastian, ACLU—WR	20 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Mark Lowrey & Havilah Bruders—MLR	21 1-3 p.m. Open Bridge—P
22 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	23 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Sieglinde Othmer—WR	24 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Jen Kane: Superfoods—ART 4:30 p.m. Men's Club—P	25 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: World's Great Churches—Ch 9996	26 10:30 a.m. Strength & Balance—AC 2 p.m. Robert Butler Classic Movie: The African Queen—WR	27 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. Happy Hour: Charles Williams—MLR	28 1-3 p.m. Open Bridge—P



Art Experience with Nina Irwin

Thursday, Feb. 5 | 1 p.m.
Activity Center



Nina is back at a new time just for this month. 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



Charles Gusewelle: *Away from It All*

Sunday, Feb. 15 | 1:30 p.m. | Westport Room



Join us for a screening of this documentary by the late Charles Gusewelle, national award-winning writer, Kansas City Star columnist, and husband of resident Katie Gusewelle.

Dance Lessons with Kayla Sloan

Tuesday, Feb. 17 | 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.

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.



Movie with Robert Butler: *The African Queen* (1951)

Thursday, Feb. 26 | 2 p.m. | Westport Room

You can't see this movie too many times. In WWI East Africa, a strait-laced English missionary (Katharine Hepburn) convinces a gin-swilling Canadian riverboat captain (Humphrey Bogart) to undertake a trip up a treacherous river and construct a torpedo to attack a German gunship.

Directed by John Huston, the film received 4 Academy Awards nominations, winning one—Best Actor for Humphrey Bogart, his only Oscar win out of three nominations.

Special Days in February

Groundhog Day

Monday, Feb. 2

Groundhog Day originated as a German tradition. In Germany, if a badger emerged from its den and cast a shadow on Candlemas, celebrated Feb. 2, it signaled four more weeks of winter. The Pennsylvania Dutch brought the tradition to the U.S., where groundhogs were substituted for badgers, and its shadow foretold six weeks of winter, rather than four.



Groundhogs, also called woodchucks, are rodents in the marmot, or ground squirrel, family. Groundhogs have the nickname "whistlepig" because when alarmed, they use a high-pitched whistle to warn their colony.

Go Red for Women

National Wear Red Day

Friday, Feb. 6

February is American Heart Month, and the first Friday in the month is National Wear Red Day. On this day, people across the country wear red to raise and spread awareness and hope for eradicating heart disease and stroke in millions of women across the nation. So, put on your reddest red—whether it is lipstick, a pair of pants, a sweater, or your favorite hat.



Super Bowl LX

Sunday, Feb. 8 | 5:30 p.m. | NBC/Peacock

Super Bowl 60 will be played at Levi's Stadium in Santa Clara. Our Kansas City Chiefs have played in five of the last six Super Bowls, winning three of those, but will sadly not be playing this year.

Valentine's Day

Saturday, Feb. 14

The exchange of Valentine's Day cards with declarations of love goes back to the 1500s. People made their own handmade cards, often decorating them with ribbons and lace. In the late 1700s, romantic cards became commercialized, and they usually depicted the image of the god of love, Cupid, and hearts, images that still prevail today as symbols of Valentine's Day.



The Great Courses: The World's Greatest Churches

Wednesdays, Feb. 4, 11, 18, & 25
3-4 p.m. | Channel 9996

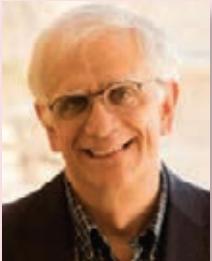
Since the Christianization of Europe in the 4th century, cathedrals have served as centers of ecclesiastical authority, marvels of architectural genius and innovation, places to instruct communities about cherished Christian values and lessons, and sites of political, cultural, intellectual, and economic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

This 24-lecture series, taught by noted medieval historian and award-winning Professor William R. Cook of SUNY Geneseo, offers a global architectural and theological tour of significant Christian buildings, from Europe's grand cathedrals like Hagia Sophia and Chartres to unique sites in Africa, Asia, and the Americas. Professor Cook brings these lavishly illustrated lectures to life with 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.

February Speakers

Paul Laird: Sondheim

Monday, Feb. 2 | 2 p.m. | Westport Room



Our friend Paul Laird is back with his final program on the music of Stephen Sondheim (1930-2021), one of the most distinctive talents in the history of the Broadway musical. This class considers

his songs from such shows as *A Funny Thing Happened on the Way to the Forum*, *Company*, *A Little Night Music*, *Sweeney Todd*, *Sunday in the Park with George*, and *Into the Woods*.

Paul has previously presented fascinating talks at BSP on Leonard Bernstein and the history of Christmas music.

Bill Buckner

Monday, Feb. 9 | 3 p.m. | Westport Room



Resident Bill Buckner has given presentations over the years on subjects including the Philippines, Iceland, Canada, France, and fishing.

This time his presentation is "My Dad Updates Mom on the Battle of Okinawa" with accompanying slides. Bill has been a resident of Bishop Spencer Place for 19 years. He celebrated his 99th birthday last year.



Tom Bastian

Thursday, Feb. 19 | 3 p.m. | Westport Room



Tom Bastian joined the ACLU of Missouri in March 2022, and serves as the Director of Communications in Kansas City. Tom served the United States Army, achieving the rank of sergeant in under three years.

He later earned a B.S. in public relations at the University of Central Missouri.

The ACLU of Missouri, founded in 1920, defends civil liberties and the principles of equality and justice in Missouri through its litigation, legislative, communications, and community engagement programs. They base their work on the U.S. and Missouri Constitutions, which, along with state and federal laws, protects certain fundamental rights of individuals against the power of the government and will of the majority.

Sieglinde Othmer

Monday, Feb. 23 | 3 p.m. | Westport Room



If you're concerned about a milestone birthday—your own or that of a loved one—or you worry about getting older, this presentation is for you.

Dr. Sieglinde Othmer, a refugee, immigrant, academic, administrator, researcher, and gardener, earned her doctorate in social sciences at the University of Hamburg. In her book *Joyous Longevity*, she shares wisdom she acquired in 80 years of living.

Sieglinde was a board member of the United Nations Greater Kansas City chapter. She resides in Parkville, on a lake where Canada geese fly over, where blue herons fish, and where great horned owls keep night watch. Her purpose is to help people feel good about their age.



Beginning Bridge + Games

Fridays | 10 a.m. - Noon | Pub

Enjoy treats and coffee as you play Bridge with Christie Thomas Collier or games with residents. We've introduced a special Dominoes game and added another deluxe Scrabble board to accommodate more players.

Poetry Circle

Thursday, Feb. 12
4 p.m. | Westport Room

Bring a short poem to read or come to listen and enjoy!



Ash Wednesday Service

Wednesday, Feb. 18
3 p.m. | Chapel

Lent marks a season of spiritual preparation for Easter and begins with a service of Holy Communion and imposition of ashes. All are welcome to attend.



KCB Movement Class

Thursday, Feb. 19 | 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.

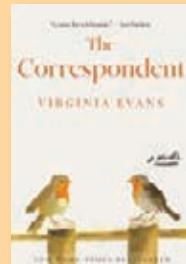
Bestselling BOOKS

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

Fiction

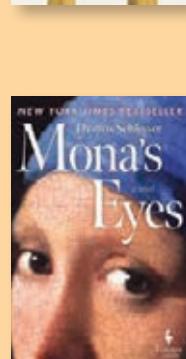
THE WIDOW

John Grisham



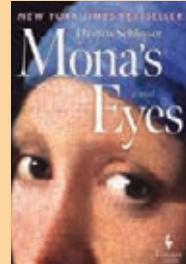
THE SECRET OF SECRETS

Dan Brown



THE CORRESPONDENT

Virginia Evans



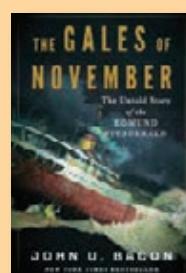
MONA'S EYES

Thomas Schlesser



ALCHEMISED

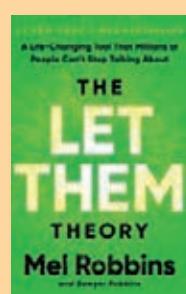
SenLinYu



Nonfiction

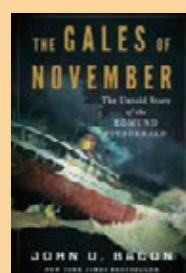
LOOK

Michelle Obama



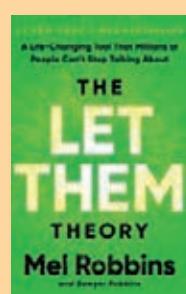
1929

Andrew Ross Sorkin



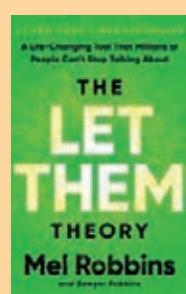
THE GALES OF NOVEMBER: THE UNTOLD STORY OF THE EDMUND FITZGERALD

John U. Bacon



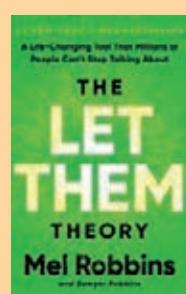
107 DAYS

Kamala Harris



THE LET THEM THEORY

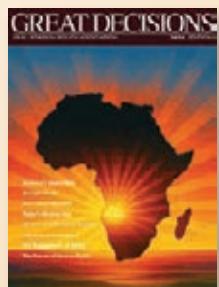
Mel Robbins





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

Great Decisions meetings are starting again!



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.

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 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](http://tinyurl.com/2tpamz2s) or scan the QR code for more information about the program.



Music

Larry Figg & Anne-Marie Brown
Friday, Feb. 6 | 3 p.m. | Madison Living Room

Cellist Larry Figg and violinist Anne-Marie Brown are both performers with the Kansas City Symphony. They perform at BSP often as the husband and wife Summit Duo.

Betse Ellis & Friends
Friday, Feb. 13 | 3 p.m. | Madison Living Room

Join Betse—the daughter of our beloved friend, the late Bobbie Ellis—and Friends for a toe-tapping good time. We're lucky to have Betse visit us at least once each year!

Mark Lowrey & Havilah Bruders
Friday, Feb. 20 | 3 p.m. | Madison Living Room

We're delighted to welcome two BSP favorites. The inimitable duo of Mark Lowrey on piano and Havilah's vocals will make for a jazzy afternoon.

Happy Hour with Charles Williams
Friday, Feb. 27 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy the music of pianist Charles Williams. Charles is a native of Kansas City, Kansas. He has performed for us several times, recently with the Doug Talley Quartet. He plays regularly at Eddie V's on the Plaza and is the pianist for the Kansas City Jazz Orchestra.

Spiritual Wellness CORNER

Greetings, friends. You may be aware that the Episcopal Church uses what's called *The Book of Common Prayer* to shape its life and worship. The first prayer book was published in 1549 and was authored by Thomas Cranmer, Archbishop of Canterbury. It was the first book to provide prayers and worship services in English rather than Latin, making those resources accessible to the public (and not only clergy) for the first time.

Contained within are prayers, devotional and teaching resources, and liturgies for use in worship. Episcopalian are bound not by their shared doctrinal alignment but by habits of prayer found in the BCP. It is our primary symbol of unity. Saying those patterned prayers bind us to those who are praying today and those who prayed them hundreds of years ago.

My favorite section of prayers is *Compline*, prayers meant to be said before going to sleep at night. This is one I refer to often:

O God, your unfailing providence sustains the world we live in and the life we live: Watch over those, both night and day, who work while others sleep, and grant that we may never forget that our common life depends upon each other's toil; through Jesus Christ our Lord. Amen.

"Grant that we may never forget that our common life depends on each other's toil" stops me in my tracks each time I read it. I'm reminded that when I'm in a state of rest, it's only so because someone else is keeping the plates spinning. Whether public service professionals, overnight healthcare workers, my spouse, colleagues, or neighbors, my common life is reliant on their toil in some way. Equally, this prayer reshapes how I see the value of my own toil even on hard days; perhaps it enables someone else to live their common life well.

God's love is a sustaining force, and it's that love at work within us that enables us to sustain our own toil—not for our own gain, but for the sake of mutual flourishing. May we give thanks for those who work on our behalf and rightly see our own efforts as a gift that keeps the lights on for someone else.

With love and care, Chaplain Janette

P.S. Please reach out if you'd like to learn more about the prayer book! I'd love to share.

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

Music: semi-classical
Book: Six Days of the Condor
Film: Moonstruck
Artwork: Michelangelo's David
Architecture: city of Venice, Italy
—Larry Bilotta

Music: The Mission
Book: any historical romance
Film: Pretty Woman, The Mission
Artwork: Michelangelo's St. Peter in Chains
—Lisa Tostevin

So many choices. In 1998, for my husband's 50th birthday, we flew to New York City for two days to see Rigoletto by Verdi at the Metropolitan Opera. The setting, music (including the famous quartet), and performers were spectacular. I was also stunned by the emotional impact of the tragic story. I will never forget it.
—Johnny Pickett

Remembrance Service
Wednesday, Jan. 21
11 a.m. | Chapel

This is a time to remember those who have passed at BSP and any other losses close to our hearts. We light candles and share stories.

Most of all, it is a time for us to come together to support one another. We hope you make time to attend. Residents and staff are welcome.



