



*The*  
**AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

MARCH 2026

**BJC**  
Health™

**Saint Luke's™**  
Bishop Spencer Place



# Food MATTERS

## Healthy or Not?

March is National Nutrition Month, a perfect time to focus on making good food choices. To help us, the federal government releases guidelines every five years or so to guide food decisions for individuals, school lunch programs, SNAP (formerly food stamps) and the military. Since the 1940s, these have been accompanied by visuals.

A new food pyramid, released in January, has caused considerable public comment. It takes the pyramid shape introduced in the 1990s and flips it upside down, with red meat, cheese, and whole milk at the broad top, grains and fruits at the narrower bottom. BSP dietitian Jennifer Kane says the 2026 pyramid's primary advantage is its shift from a grain-centric framework toward one emphasizing protein, whole foods, and nutrient density, but admits explaining it is challenging because of nuances.

For example red meat, at the top of the pyramid, is linked to many cancers. Whole milk, also recommended, is not a good choice for people who have heart disease or who are obese. However, higher fat is beneficial for people who need to gain weight. Individuals grappling with such nuances might take a look at the 2011 guidelines to make healthier choices: [MyPlate.gov/resources/tools](https://www.myplate.gov/resources/tools).

## A Little Luck—and a Lot of Care



March often brings thoughts of four-leaf clovers, good fortune, and St. Patrick's Day celebrations. While luck is always welcome, at Bishop Spencer Place we know that excellent health and peace of mind don't come from chance. They come from intention, teamwork, and an unwavering commitment to quality care.

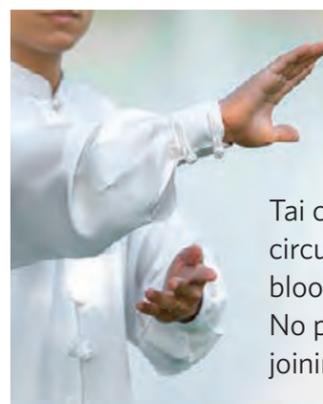
One of our key priorities for 2026 is **Clinical Excellence**, which simply means providing the safest, highest-quality, and most compassionate care possible—every day, for every resident. Our care teams focus on strong communication, timely response to needs, and personal attention so that each resident feels heard, respected, and supported.

You may notice members of our leadership and clinical teams checking in more frequently. These daily service rounds help us stay connected, answer questions quickly, and address concerns before they become problems. We are also strengthening care processes and safety practices, particularly in our skilled nursing areas, to ensure a smooth and comfortable experience.

Behind the scenes, our teams work closely with hospital and home health partners to support smooth transitions of care and reduce unnecessary hospital visits. This coordination helps keep you healthier, closer to home, and surrounded by familiar faces.

This March, as we celebrate renewal and good fortune, please know that your well-being is never left to luck. It is guided by purpose, professionalism, and a deep commitment to your health, comfort, and dignity—today and always.

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.

## New Resident Happy Hour



Wednesday, March 4 | 4 p.m.  
Madison Living Room

Join us in welcoming and getting to know your new neighbors.

## Parkinson's Support Group

Thursday, March 12 | 11 a.m. | Chapel

Chaplain Janette is facilitating a new support group for residents and their loved ones. Anyone living with Parkinson's disease or caring for a person with Parkinson's is welcome to attend. Join fellow residents to talk about your experiences and find support.



## End-of-Life Conversations Series

Tuesday, March 24 | 1:30 p.m. | Chapel



Chaplain Janette facilitates monthly gatherings of our casual, ongoing conversation group, where we discuss dying, death, and grief.

## Superfoods: Jen Kane

Monday, March 30 | 3 p.m.  
Art Gallery

Come learn from Jen about the benefits of dark chocolate.



# Garden TIME



## A Light Exists in Spring

Emily Dickinson (1830-1886)

*A light exists in spring  
Not present on the year  
At any other period.  
When March is scarcely here*

*A color stands abroad  
On solitary hills  
That science cannot overtake,  
But human nature feels.*

*It waits upon the lawn;  
It shows the furthest tree  
Upon the furthest slope we know;  
It almost speaks to me.*

*Then, as horizons step,  
Or noons report away,  
Without the formula of sound,  
It passes, and we stay:*

*A quality of loss  
Affecting our content,  
As trade had suddenly encroached  
Upon a sacrament.*



Only a few of Emily Dickinson's poems were published in her lifetime. After her death, her sister discovered and began to share the enormous body of work Dickinson left behind.

- 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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	<b>2</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>3 p.m. Speaker: Donna Houtteman—WR</b>	<b>3</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>12 p.m. Bridge Luncheon—CDR</b> <b>3 p.m. Great Decisions—WR</b>	<b>4</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 12 p.m. BP Checks—309 <b>2 p.m. Chef Chat—P</b> <b>3 p.m. Great Courses—Ch 9996</b> <b>4 p.m. New Res. Happy Hour—MLR</b>	<b>5</b> 10:30 a.m. Strength & Balance—AC <b>2:30 p.m. Dining Committee—P</b> <b>3:30 p.m. Chair Volleyball—WR</b>	<b>6</b> 9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> 1 p.m. Grocery Trip <b>3 p.m. Kent Brown's New Red Onion Jazz Babies—MLR</b>	<b>7</b> 1-3 p.m. Open Bridge—P
<b>8</b> <b>Daylight Saving Time Begins</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>9</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>3 p.m. Speaker: Donna Houtteman—WR</b>	<b>10</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>1 p.m. Resident Council—WR</b> <b>4:30 p.m. Women's Gathering—P</b>	<b>11</b> 10 a.m. Stretch & Strengthen—AC <b>11 a.m. Resident Remembrance—CH</b> 1 p.m. Tai Chi—AC 12 p.m. BP Checks—309 <b>3 p.m. Great Courses: World's Great Churches—Ch 9996</b>	<b>12</b> 10:30 a.m. Strength & Balance—AC <b>11 a.m. Parkinson's Support Group—CH</b> <b>1:30 p.m. Nina Irwin Art Experience—AC</b> <b>4 p.m. Poetry Circle—WR</b>	<b>13</b> 9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> <b>10:30 a.m. Catholic Mass—CH</b> 1 p.m. Grocery Trip <b>3 p.m. Mark Lowrey &amp; Eboni Fondren—MLR</b>	<b>14</b> 1-3 p.m. Open Bridge—P <b>4 p.m. Book Club—GR</b>
<b>15</b> 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	<b>16</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>2 p.m. Garden Committee—P</b> <b>3 p.m. Speaker: Donna Houtteman—WR</b>	<b>St. Patrick's Day</b>  <b>17</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>1 p.m. Dance Lessons—AC</b> <b>3 p.m. Driscoll School Irish Dancers—MLR</b>	<b>18</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 12 p.m. BP Checks—309 <b>2 p.m. Chef Chat—P</b> <b>3 p.m. Great Courses: World's Great Churches—Ch 9996</b>	<b>19</b> 10:30 a.m. Strength & Balance—AC <b>2 p.m. Robert Butler Classic Movie: The Black Stallion—WR</b>	<b>First Day of Spring</b> <b>20</b> 9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> 1 p.m. Grocery Trip <b>3 p.m. Peter Schlamb &amp; Bram Wijnands—MLR</b>	<b>21</b> 1-3 p.m. Open Bridge—P
<b>22</b> 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	<b>23</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>3 p.m. Speaker: Donna Houtteman—WR</b>	<b>24</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>1:30 p.m. Ch. Janette's EOL Conversation—CH</b> <b>4:30 p.m. Men's Club—P</b>	<b>25</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 12 p.m. BP Checks—309 <b>3 p.m. Great Courses: World's Great Churches—Ch 9996</b>	<b>26</b> 10:30 a.m. Strength & Balance—AC <b>1 p.m. KCB Movement Class—AC</b> <b>3 p.m. Speaker: James Martin—WR</b>	<b>27</b> 9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> <b>10:30 a.m. Catholic Mass—CH</b> 1 p.m. Grocery Trip <b>4 p.m. Happy Hour: Tim Whitmer Trio—MLR</b>	<b>28</b> 1-3 p.m. Open Bridge—P
<b>Palm Sunday</b> <b>29</b> 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	<b>30</b> 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>3 p.m. Jen Kane: Superfoods—ART</b>	<b>31</b> 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>3 p.m. Speaker: Pam Hausner—WR</b>				

Group activities subject to community status

## Art Experience with Nina Irwin

Thursday, March 12 | 1:30 p.m.  
Activity Center



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 | 12 p.m.  
Apt. 309



## Art & Entertainment



## Dance Lessons with Kayla Sloan

Tuesday, March 17 | 1 p.m. | Activity Center



Kayla Sloan with Kindred Dance offers a variety of dance classes suitable for all levels of experience. We are all beginners, and you can join in without needing a partner.

In all her sessions so far, we have witnessed her great patience, talent, and humor. About 10-12 residents come to class, and we'd love to see more of you. We have so many laughs—join us even if you just watch.

## Movie with Robert Butler: *The Black Stallion* (1979)

Thursday, March 19 | 2 p.m. | Westport Room

In this film, based on the classic children's novel, Alec (Kelly Reno) encounters a magnificent black Arabian horse while traveling aboard a steamship around the coast of North Africa with his father (Hoyt Axton). When a disaster destroys the ship, Alec frees the horse and escapes with it to a nearby island, where they form a close bond. When Alec is rescued, he insists the horse be rescued too, and both return to America. There, Alec and former jockey Henry (Mickey Rooney) work to train the horse, which Alec names The Black, for a race. The film also stars Teri Garr and Michael Higgins.

In 2002, *The Black Stallion* was selected for preservation by the Library of Congress as being "culturally, historically, or aesthetically significant." Robert says it's a visual and cinematic joy to watch.



## Daylight Saving Time

Begins Sunday, March 18

Benjamin Franklin was the first to propose a way to save daylight, suggesting people rise early to save the expense of candlelight:

*Every morning, as soon as the Sun rises, let all the bells in every church be set ringing: and if that is not sufficient, let cannon be fired in every street to wake the sluggards effectually. . . Oblige a man to rise at four in the morning, and it is probable that he will go willingly to bed at eight in the evening.*

During both world wars, the United States moved clocks ahead to conserve coal used for heating. At the end of World War II, different states continued using daylight saving time, beginning and ending at various times, leading to confusion in bus and train service.

To clear up the confusion, Congress passed the Uniform Time Act in 1966, establishing consistent use of daylight saving time. Clocks were to be set ahead one hour on the last Sunday in April and back one hour on the last Sunday in October. In 1986, Congress changed the start of daylight saving time to the first Sunday in April, and in 2007, set the current standard.

Today, most Americans spring forward on the second Sunday in March at 2 a.m. and fall back on the first Sunday in November (Nov. 1 this year). Only Hawaii and Arizona do not observe the change, opting for standard time year-round.

## Chair Volleyball

Thursday, March 5 | 3:30 p.m.  
Westport Room

We need a minimum of eight players, but the more who participate, the better. Wear comfy clothes and get ready for laughs.



## Book Club

Saturday, March 14 | 4 p.m.  
Game Room

Contact Clark if you have any questions.



## The Great Courses: The World's Greatest Churches

Wednesdays, March 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.

# March Speakers

## Donna Houtteman

Mondays, March 2, 9, 16, & 23 | 3 p.m. | Westport Room



Art Historian Donna Houtteman is back to explore the art of West and Central Asia. Discover how Islam and Buddhism provide inspiration for tombs, temples, caves, sculpture, paintings and textiles throughout the Middle East.

Donna has served as a docent at The Nelson-Atkins Museum of Art for twenty-three

years and as a docent at Kemper Museum of Contemporary Art since 2023. She developed ART BLOCKS to enrich the lives of adult students. Read more at [artblockskc.com](http://artblockskc.com).



## James Martin

Thursday, March 26 | 3 p.m. | Westport Room



Kansas City, Missouri, commissions new works of art related to the construction and renovation of public buildings, streets, bridges, sidewalks, trails, and flood control projects. The Municipal Art Commission approves all works commissioned by the One Percent for Art Program.

James Martin is Kansas City's public arts administrator. He earned a B.A. in art history at the University of Kansas. He served as interim director of the Kansas City Artists Coalition before pursuing a master's degree in art history at Case Western Reserve University.

James previously served as assistant curator of modern and contemporary art at The Nelson-Atkins Museum of Art. He has been the KC arts administrator since 2019. Thank you, Elisabeth Batchelor, for securing this visit.



## Pam Hausner

Tuesday, March 31 | 3 p.m. | Westport Room



In this engaging and accessible presentation, Pam Hausner will introduce the core teachings of Buddhism in a way that connects directly to human experience—especially the realities of aging, change, loss, and meaning. Rather than focusing on doctrine or conversion, this talk explores how Buddhism offers practical tools for meeting life's challenges with clarity, compassion, and peace. A brief guided awareness exercise and time for questions will be included.

Pam is the founder of *Insight Art Journal*, a contemplative creative practice that integrates mindfulness, compassion, and expressive art. She teaches workshops and speaks on the intersection of contemplative practice and everyday life.



## 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, March 12  
4 p.m. | Westport Room

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



## Women's Gathering

Tuesday, March 10 | 4:30 p.m. | Pub

## Men's Club

Tuesday, March 24 | 4:30 p.m. | Pub

Come for some treats and lively discussion before dinner.

## KCB Movement Class

Thursday, March 26 | 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 CORRESPONDENT

Virginia Evans

### STOLEN IN DEATH

J.D. Robb

### IT'S NOT HER

Mary Kubica

### ISLES OF THE EMBERDARK

Brandon Sanderson

### THE WIDOW

John Grisham

## Nonfiction

### NOBODY'S GIRL

Virginia Roberts Guiffre

### STRANGERS: AMEMOIR OF MARRIAGE

Belle Burden

### THE ANXIOUS GENERATION

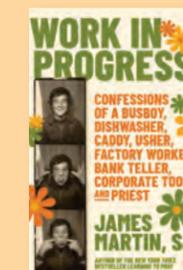
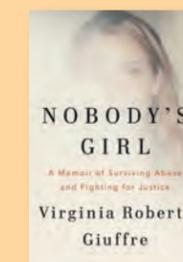
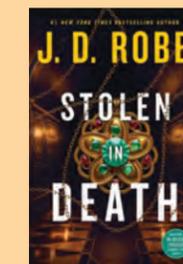
Jonathan Haidt

### 1929

Andrew Ross Sorkin

### WORK IN PROGRESS

James Martin

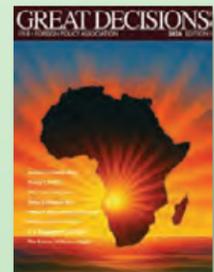




## Great Decisions Meeting

Tuesday, March 3 | 3 p.m.  
Westport Room

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. Resident John Blevins held our first meetings beginning in 2024 and is still our captain.

It's never too late to join. Please call or email John with any questions. He also has the website where you can purchase a book, or you can certainly borrow one from another resident. John has participated in this series for years and is an enthusiastic proponent of the program, as well as a tremendous leader.

There are so many well-traveled and worldly residents here that we always have both lively and informative conversations as we work our way through the topics.

Subsequent meetings are held on the first Tuesday of each month.

## Music

### Kent Rausch's New Red Onion Jazz Babies

Friday, March 6 | 3 p.m. | Madison Living Room



As if the first group wasn't talented enough, Kent Rausch returns with his other group, focusing on New Orleans jazz played by great Kansas City musicians.

### Mark Lowrey & Eboni Fondren

Friday, March 13 | 3 p.m. | Madison Living Room

Join us for an afternoon of jazz from two BSP favorites—pianist Mark Lowrey and vocalist Eboni Fondren.

### Driscoll School Irish Dancers

Tuesday, March 17 | 3 p.m. | Madison Living Room



We're happy the Driscoll Irish Dancers are part of our Saint Patrick's celebration again this year. The dancers have competed at regional and national championships,

but performance is their first love. They will arrive after performing in KC's St. Patrick's Day parade.

### Peter Schlamb & Bram Wijnands

Friday, March 20 | 3 p.m. | Madison Living Room

Vibraphonist and pianist Peter Schlamb is adjunct instructor of jazz vibes, rhythm section lab, and jazz improv at UMKC—and resident David Schlamb's son. Veteran jazz pianist Bram Wijnands is a former adjunct professor of music at UMKC.

### Happy Hour with the Tim Whitmer Trio

Friday, March 27 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy the music of pianist Tim Whitmer and his trio.



## Spiritual Wellness CORNER

One of my favorite places to spend a day is with the impressionists at Kansas City's own Nelson-Atkins Museum of Art. A few years ago, I spent a good 15 minutes looking at a single piece, Monet's *Water Lilies*. On this particular day, I felt curious to see the large painting up close. I stood on one side and surveyed the painting an inch at a time. I was surprised that I could see individual brush strokes and lines made by the bristles.



I imagined Monet in his garden, and I wondered how he could paint these seemingly haphazard strokes with the whole in mind. After several minutes of this close examination, I backed up slowly, and began to take it all in again. Each individual, messy stroke did indeed make a scene, and all the life contained in each clump of paint on canvas was evocative and transporting. I wondered how often Monet took a few steps backward to assess his progress.

This experience made me consider how often we measure our lives by the view we have of things very close up, an inch at time. There is life in each swish of paint on canvas, surely, but it sometimes looks like a mess of color and not a distinct image with purpose. I consider the Impressionists, whose style utilizes these small or maybe large brush strokes that are not always distinct. Compared to other styles, impressionist art sometimes looks messy. And yet, every small detail contributes to the larger image which is only fully recognized from a different perspective.

Throughout the seasons of our lives, different colors and patterns will be evident. We may have our favorites, but I invite you to remember the way light brings hope to every color and corner of the painting of your life. May you take solace knowing that the picture is often greater than you can see from a limited perspective. I hope you know that your life is a radiant whole despite the times you only see the messy strokes up close.

You are vibrant, good, and beautiful.

With love and care, Chaplain Janette

## Favorite Art

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

*Impossible to choose, but these are my initial reactions.*

**Architecture:** Kirche am Steinhof by Otto Wagner

**Painting:** Alexanderschlacht by Albrecht Altdorfer

**Music:** The Magic Flute by Mozart

**Book:** The Golden Road by William Dalrymple

**Film:** The 400 Blows by Francois Truffaut

—Elisabeth Batchelor

*If I have to choose!*

**Music:** Keith Jarrett's The Koln Concert

**Artwork:** Noguchi's stone sculpture at the Nelson-Atkins Museum of Art

**Book:** Peace is Every Step by Thich Nhat Hanh

**Film:** Lawrence of Arabia

**Performing Art:** live dramatic theater, KC Actor's Theater

**Architecture:** Guggenheim Bilbao Museum

—John Blevins

## Remembrance Service

Wednesday, March 11

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.

We hope you make time to attend. Residents and staff are welcome.





*The*  
**SCENE**  
RECENT EVENTS & PHOTOS

