

The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

APRIL 2026



Saint Luke's™
Bishop Spencer Place



Food MATTERS

Perils of Factory Food

Journalist Michael Pollan's book *Food Rules* includes simple rules for healthy eating, including what to avoid: food you couldn't make at home; food you need a factory to make.

Grocery aisles are packed with such unhealthy items. They are called ultraprocessed foods (UPFs) and constitute over 50% of the diets of U.S. adults and 60% of children's, according to the Johns Hopkins School of Public Health. The term comes from a 4-level classification system ranking foods from minimally processed (e.g. fruit, vegetables, milk) to UPFs (e.g. sodas, packaged snacks, sliced bread, cereals, hot dogs).

UPFs have ingredients like chemical-based preservatives, emulsifiers like hydrogenated oils, sweeteners like high fructose corn syrup, and artificial colors and flavors. The processes and ingredients used to create UPFs make them addictively palatable. They also can be deadly. A study conducted in 2024 analyzed 10 million people and found that diets high in UPFs are linked to obesity, diabetes, cardiovascular events, cancers, gastrointestinal disorders, anxiety, and depression.

To end on a happier note, here are more Pollan rules: Eat mostly plants, especially leaves. Eat animals that have eaten well. Eat like an omnivore. Eat sweet foods as you find them in nature. Don't eat breakfast cereals that change the color of the milk.

Stewardship: Caring for What Matters Most



As spring arrives and we celebrate renewal, growth, and hope, it's a perfect time to talk about **stewardship**—one of Bishop Spencer Place's 2026 Operational Imperatives. Stewardship simply means **taking good care of what has been entrusted to us**, so it continues to serve everyone well—

today and into the future.

At Bishop Spencer Place, stewardship shows up in many thoughtful ways. It means maintaining strong occupancy across our community so we can continue offering high-quality services and programs for residents at every level of care. It also means working closely with hospitals and health care partners to ensure timely admissions, smooth transitions, and well-prepared rooms—so new neighbors feel welcomed and cared for from day one.

Stewardship is also about being **wise and respectful with resources**. By improving workflows and reducing unnecessary steps, our team can spend more time doing what matters most—supporting residents, building relationships, and enhancing daily life—without compromising quality or safety. These efforts help ensure financial strength, allowing us to reinvest in our people, our campus, and our community.

Much like spring planting leads to future harvest, stewardship today helps Bishop Spencer Place remain strong, vibrant, and responsive for years to come. Thank you for being part of this community and for trusting us with your care—we are honored to serve you in every season.

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 is needed. Consider joining or observing the class.

Zoo Outing

Wednesday, April 16 | 1 p.m.



Meet at the BSP bus for a trip to the Kansas City Zoo. As of today the bus is full, but check for cancellations.

Neuro Support Group

Thursday, April 23 | 11 a.m. | Chapel

Chaplain Janette is starting a new support group for residents. Anyone living with neurological conditions like Parkinson's, multiple sclerosis, post-stroke symptoms, etc., is welcome to attend. Join fellow residents to talk about your experiences and find support.



End-of-Life Conversations Series

Tuesday, April 28 | 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

Wednesday, April 29 | 3 p.m.

Art Gallery

Come learn from Jen and have some samples.



Garden TIME

Soil Service Demo

Friday, April 24 | 1 p.m. | Carports

The Garden Committee is organizing a workshop!

Soil Service will host a workshop about transplanting houseplants and giving advice on what to plant on your balconies or in your apartments, depending on the facing direction and amount of light. They will bring a limited number of containers and potting soil for your houseplants that might need transplanting.

The workshop will take place on the north side at the carports, rain or shine. So bring your plants and ask any questions.



Earth Day

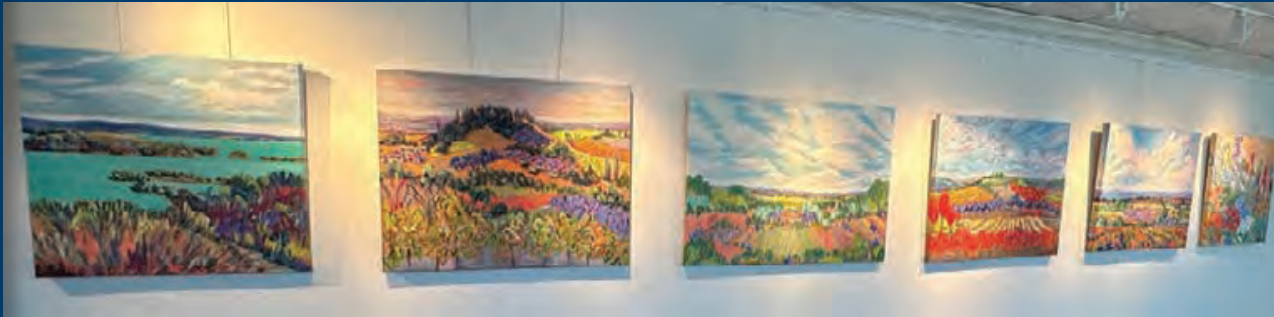
April 22

The idea for Earth Day was born in 1969, when U.S. Senator Gaylord Nelson saw the effects of a massive oil spill in Santa Barbara, California. He organized a nationwide environmental teach-in on April 22, 1970, on thousands of colleges and universities across the United States. An estimated 20 million Americans participated.

That first Earth Day led to the creation of the Environmental Protection Agency and the passage of the Occupational Safety and Health Act, the Clean Air Act, and the Clean Water Act.

- 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

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



<p>Easter 5 10 a.m. Easter Eucharist— 11 a.m. Brunch—CDR</p>	<p>6 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Dr. Aimee Marcereau DeGalan—WR</p>	<p>7 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</p>	<p>April Fools' Day Passover Begins 1 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 2 p.m. Chef Chat—P 3 p.m. Great Courses: World's Great Churches—Ch 9996</p>	<p>Maundy Thursday 2 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—P 3 p.m. Maundy Thursday Eucharist—CH</p>	<p>Good Friday 3 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 12 p.m. Good Friday Service—CH 1 p.m. Grocery Trip 3 p.m. Fountain City String Quartet—MLR</p>	<p>4 1-3 p.m. Open Bridge—P</p>
<p>12 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</p>	<p>13 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Speaker: Paul Laird—WR</p>	<p>14 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 2:30 p.m. Chef Chat—P 4:30 p.m. Women's Gathering—P</p>	<p>Tax Day 15 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 2 p.m. Cybersecurity Seminar—WR</p>	<p>Passover Ends 9 10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 4 p.m. Poetry Circle—WR</p>	<p>10 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. Goldenberg Duo—MLR</p>	<p>11 1-3 p.m. Open Bridge—P 4 p.m. Book Club—GR</p>
<p>19 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR</p>	<p>20 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Paul Laird—WR</p>	<p>21 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Dance Lessons—AC 4 p.m. Artist Reception: Dave Alston—ART</p>	<p>Earth Day 22 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Rick Steves: A Symphonic Journey—Ch 9996</p>	<p>16 10:30 a.m. Strength & Balance—AC 1 p.m. Resident Photos—MLR 1 p.m. Zoo Outing—BSP Bus</p>	<p>17 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</p>	<p>18 1-3 p.m. Open Bridge—P</p>
<p>26 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</p>	<p>27 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Robert Butler Classic Movie: Butch Cassidy & the Sundance Kid—WR</p>	<p>28 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. Ch. Janette: EOL—CH 3 p.m. Speaker: Dr. Timothy Fendler—WR 4:30 p.m. Men's Club—P</p>	<p>29 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 2 p.m. Chef Chat—P 3 p.m. Jen Kane: Superfoods—ART</p>	<p>23 10:30 a.m. Strength & Balance—AC 11 a.m. Neuro Support Group—CH 3 p.m. Speaker: Sidonie Garrett—WR</p>	<p>24 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 1 p.m. Soil Service Demo 4 p.m. Happy Hour: Marimba Sol de Chiapas—MLR</p>	<p>25 1-3 p.m. Open Bridge—P</p>
<p>26 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</p>	<p>27 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Robert Butler Classic Movie: Butch Cassidy & the Sundance Kid—WR</p>	<p>28 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. Ch. Janette: EOL—CH 3 p.m. Speaker: Dr. Timothy Fendler—WR 4:30 p.m. Men's Club—P</p>	<p>29 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 2 p.m. Chef Chat—P 3 p.m. Jen Kane: Superfoods—ART</p>	<p>30 10:30 a.m. Strength & Balance—AC 1 p.m. KCB Movement Class—AC 3 p.m. Marketing Event—WR</p>		

Group activities subject to community status

Art Experience with Nina Irwin

Thursday, April 9 | 1:30 p.m.
Activity Center



Nina Irwin's favorite painting subject is the natural world. Translating into semi-abstract landscapes, these works suggest the subjects of spirituality

and the search for truth and beauty. Learn more about Nina at ninairwin.com. Reserve your spot by calling Helen at 816-595-5015.



Blood Pressure Checks

Wednesdays | Noon
Game Room



Art & Entertainment



Dance Lessons with Kayla Sloan

Tuesday, April 21 | 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 8–10 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: *Butch Cassidy and the Sundance Kid* (1969)

Monday, April 27 | 2 p.m. | Westport Room

In 1890s Wyoming, Butch Cassidy (Paul Newman) and The Sundance Kid (Robert Redford) lead the Hole-in-the-Wall Gang. But the West is becoming civilized, and when Butch and Sundance rob a train once too often, they find themselves on the run with a posse hard on their heels. The pair, along with Sundance's girlfriend Etta Place, (Katherine Ross), flee to Bolivia. The film was written by William Goldman and directed by George Roy Hill.

Butch Cassidy and the Sundance Kid received lukewarm reviews when it was initially released, but the film went on to win four Academy Awards, including Best Original Screenplay, Best Cinematography, Best Original Score, and Best Original Song for "Raindrops Keep Falling on My Head," written by Burt Bacharach and Hal David. In 2003, the film was selected for preservation by the Library of Congress as being "culturally, historically, or aesthetically significant." The American Film Institute lists it in its 100 Greatest American Films of All Time.

Artist Reception with Dave Alston

Tuesday, April 21 | 4 p.m. | Art Gallery



Growing up in Baltimore, Dave Alston was always drawing, even selling his sketches of supercars to grade school classmates for a quarter. Upon graduating from high school, he received art scholarship opportunities to three different colleges. But despite his mom's encouragement to follow his passion into higher education, he turned down those offers to join the U.S. Army. He wanted to financially support his mother, who worked several jobs to raise him and his brothers as a single mom.

After setting aside his passion for decades to focus on providing for his family, Alston found a renewed sense of purpose in painting and sharing it with others. Dave worked full-time as a truck driver for Roberts Dairy, and now spends his free time in his studio and displays—and sells—his work all across Kansas City.



The Great Courses: The World's Greatest Churches

Wednesdays, April 1 & 8
3–4 p.m. | Channel 9996

* FINAL EPISODES *

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.

We are happy you have enjoyed this 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.



Cybersecurity Seminar

Tuesday, April 15 | Westport Room
2 p.m. Workshop | 3 p.m. Office Hour

KC Shepherd's Center will present a cybersecurity basic workshop. You are invited to stay after the workshop for an "office hour" for individualized technology-related questions and support. Light refreshments will be available.

The workshop will introduce computer and internet users to basic safety when they visit websites, create passwords, and receive email and other communication from potential fraudsters. A primary objective of the workshop is to increase confidence in participants' ability to engage online while staying safe from scams and fraud.

Register for the workshop and/or "office hour" by contacting Helen at 816-595-5015 or havenhill@saint-lukes.org. If we exceed space, we will try to have them again.

April Speakers

Dr. Aimee Marcereau DeGalan
Monday, April 6 | 3 p.m. | Westport Room



We're honored to host Dr. Aimee Marcereau DeGalan, senior curator of European Arts at the Nelson-Atkins Museum of Art. She will speak about Czech artist Alphonse Mucha (1860–1939), who

defined Art Nouveau with his sinuous lines, radiant color, and elegant figures that transformed posters, advertisements, and everyday design. The museum's exhibition of Mucha's revolutionary work, *Timeless Mucha: The Magic of Line*, opens April 18.



Alphonse Mucha. *La Trappistine*, 1897. Color lithograph, 81 x 30 3/8 inches.



Paul Laird
Mondays | Westport Room
April 13—2 p.m.
April 20—3 p.m.

Paul is back! This time with two consecutive weeks of *Hamilton*. The

show opened on Broadway in 2015 and is one of the most important shows of the generation. We'll consider creator Lin-Manuel Miranda's surprising conception of the show, his ground-breaking presence of rap in its score, his use of other musical styles, the show's political implications, and its use and commentary on American history in the founding years of the Republic.



Sidonie Garrett
Thursday, April 23 | 3 p.m. | Westport Room



We welcome back Sidonie Garrett, Executive Artistic Director of the Heart of America Shakespeare Festival, to share insights about the 34th season featuring the production of *Macbeth*, for which she will be the director. She will show scenic and costume designs, along with casting and other elements of the production.

Dr. Timothy Fendler
Tuesday, April 28 | 3 p.m. | Westport Room



Dr. Timothy Fendler of Saint Luke's Cardiovascular Consultants completed his undergraduate studies at Saint Louis University. He worked for several years as a teacher, then attended medical school, graduating from the University of Kansas School of Medicine. Dr. Fendler will discuss the signs of heart failure and how lifestyle changes can help keep your heart strong and steady.

Rick Steves: A Symphonic Journey

Wednesday, April 22 | 3 p.m.



Channel 9996

Join Rick Steves and the Cincinnati Pops Orchestra on a spectacular musical journey through Europe. This special blends powerful Romantic-era anthems from composers like Strauss, Grieg, and Verdi with breathtaking visuals and Rick's cultural insights. Experience Europe's history, the passion for freedom, and the spirit of unity across borders.



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, April 9
4 p.m. | Westport Room

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



Pre-dinner Meetups

Tuesdays | 4:30 p.m. | Pub

Come for some treats and lively discussion.



Women's Gathering | April 14
Men's Club | April 28

KCB Movement Class

Thursday, April 30 | 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.



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

Fiction

THE CORRESPONDENT

Virginia Evans

FELICIA'S FAVORITES

Danielle Steel

MY HUSBAND'S WIFE

Alice Feeney

BETWEEN TWO FIRES

Christopher Buehlman

DIRE BOUND

Sable Sorensen

Nonfiction

YOU WITH THE SAD EYES

Christina Applegate

STRIPPED DOWN: UNFILTERED AND UNAPOLOGETIC

Bunnie Xo

NOBODY'S GIRL

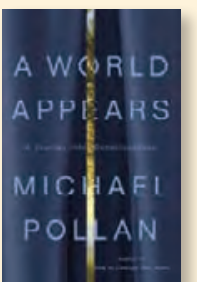
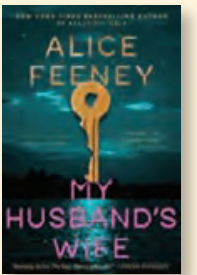
Virginia Roberts Guiffre

STREETWISE: GETTING TO AND THROUGH GOLDMAN SACHS

Lloyd Blankfein

A WORLD APPEARS: A JOURNEY INTO CONSCIOUSNESS

Michael Pollan





Great Decisions Meeting
Tuesday, April 7 | 3 p.m.
Westport Room

Great Decisions is America's largest discussion program on world affairs. Sponsored by the Foreign Policy Association—an organization dedicated to developing awareness and understanding of global issues—



Great Decisions 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 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 address 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

Fountain City String Quartet
Friday, April 3 | 3 p.m. | Madison Living Room

Fountain City String Quartet is one of the most sought-after Kansas City ensembles. The group performs classical music, as well as original arrangements of popular contemporary songs.

The Goldenberg Duo
Friday, April 10 | 3 p.m. | Madison Living Room

The brother/sister duo are back for their bi-annual performance, with Susie, first violinist with the Kansas City Symphony, and Bill, professor of piano at Northern Illinois University.

Michael Pagán & Vanessa Thomas
Friday, April 17 | 3 p.m. | Madison Living Room

Michael is a BSP favorite. Vanessa is a powerhouse vocalist known for her span of five octaves. She has a unique musical versatility and command in jazz, blues, gospel, classical, and music theater.

Happy Hour: Marimba Sol de Chiapas
Friday, April 24 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy the music of Marimba Sol de Chiapas, a group committed to the authentic performance of marimba from Mesoamerica.

Holy Week Services in the Chapel

All are invited to observe Holy Week in the chapel.

Maundy Thursday—April 2 | 3 p.m.

Holy Eucharist and hand washing

Good Friday—April 3 | Noon

Solemn prayer and reflection

Easter—April 5 | 10 a.m.

Holy Eucharist

In addition to service times, the chapel is always open for personal times of peace, prayer, and reflection regardless of faith tradition.

Spiritual Wellness
CORNER

Recently, my family and I discovered our DVD player no longer worked. We thought it was the DVD itself, but then every DVD we tried skipped. I was unwilling to buy a new one and resolved to find another at a thrift store. Then I saw an advertisement for a local Repair Café, an event where people offer their skills for free to repair clothing, electronics, furniture, and more.

We loaded up in the car to go to a library on the Kansas side where it was held. There were maybe 15 other people in the room seeking repairs, with diverse genders, ages, races, and languages represented. After about ten minutes, I was called to sit at a desk littered with accoutrements for tinkering with computers, phones, and apparently, DVD players.

I told the lanky teenager in front of me about our player. He took it apart so he could access the laser to clean it. As I waited, tears welled in my eyes at the beauty of this event. Volunteers pattered away, mending things like coats and toasters. They helped patrons save cash on replacements, but more than that, their service was a gift of love for people that likely needed to put their extra dollars toward food and rent instead of a coat replacement.

After about an hour, we went home and gave our DVD player another go. I'm delighted to say my teenager repairer fixed it up like new.

I now want to be on the other side of the repair table. I'm not an experienced sewist by any measure, but I have a nice machine and can manage a straight stitch. I suspect that is more than enough to make a difference. I wonder what stories I'll hear and who I'll meet.

Making a difference for someone else does not require endless time or money. It is as simple as taking the time to honor the dignity of the person in front of us. There is good in going green, to be sure. But for me, the real beauty of this Repair Café was in the human connection found and the gift of time, which says, "You are good and worthy of good things. How can I help?"

May we always seek ways to take good care of one another,
 Chaplain Janette

To learn more about Kansas City's Repair Cafés and other events, visit reusefull.org.

Favorite Art

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

I love Les Misérables in any form—book, movie, play. It's a classic story of redemption. A man who turns out to be the good guy after escaping through the Paris sewers, with the law officer ending up as the bad guy is inspiring. I can't hear the music too many times.
 —Jenifer Lucas

Music: Anything by Mozart and most by Bob Dylan

Book: *The Sun Also Rises* (Hemingway)

Artwork: *The Starry Night* (Van Gogh)

Film: Casablanca

Performing Art: Waiting for Godot;

Les Misérables is a close second

Architecture: Anything Art Deco; e.g., The Chrysler Building in NYC

—Robert Inderman

Book Club

Saturday, April 11
4 p.m. | Game Room

Contact Clark if you have any questions.



Remembrance Service

Wednesday, April 8
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

