

The
AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

MAY 2026



Saint Luke's
Bishop Spencer Place



Food MATTERS

Tips for Heart Health

Many of the key factors affecting heart health don't cause noticeable symptoms, but they can be measured, managed and improved over time. Here are a few tips from the Mayo Clinic on how to do so.

Know your numbers. Blood pressure, cholesterol, and blood sugar offer important insight into your heart health—even when you feel well. Checking them regularly helps you understand what's normal for you.

Movement adds up. You don't need long or intense workouts to support your heart. Regular movement throughout the day helps your heart pump more efficiently and supports circulation.

Food choices shape long-term health. Focus on fruits, vegetables, whole grains, and lean proteins. Limiting excess sodium, added sugars and highly processed foods can support heart health over time.

Sleep supports your heart. Regularly getting fewer than six hours of sleep may affect blood pressure and strain the cardiovascular system. Consistent, quality sleep helps your body recover.

Stress is part of the picture. Stress can influence heart rate and blood pressure in the short term, and ongoing stress may affect overall health. Managing stress through relaxation, activity, or connection can support overall well-being.

Small changes, lasting impact. Heart health is built over time. Even modest adjustments to daily habits support long-term health and reduce risk.

Growing Together at Bishop Spencer Place



May is a season of growth. Gardens bloom, trees gain new leaves, and we're reminded that growth doesn't stop—it simply takes new forms. At Bishop Spencer Place, this idea of growth is central to how we look ahead to 2026 and beyond.

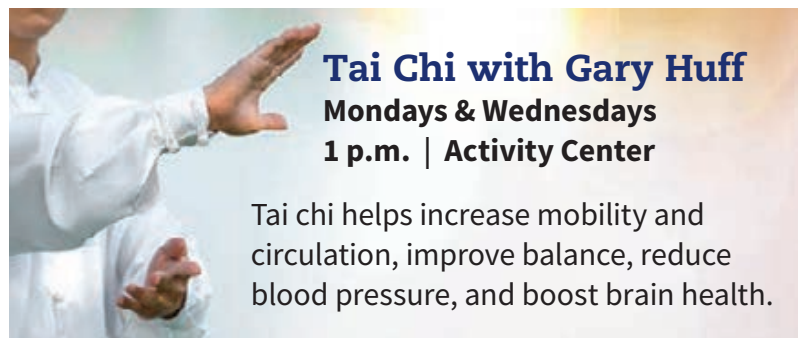
Our **Operational Imperative of Growth** is about preparing thoughtfully for the future while staying true to what matters most: exceptional care, meaningful connections, and a community that continues to thrive. Just as spring invites renewal, we are planning with intention—looking at ways to enhance resident experiences, modernize our campus, and expand services that support evolving needs as we age.

Growth also means staying connected across the broader care continuum. By strengthening partnerships and planning ahead, Bishop Spencer Place remains a trusted and essential part of the larger health system—ensuring smooth transitions of care and access to the right support at the right time. This forward-looking work helps us continue serving both current and future residents with excellence.

Importantly, growth is not just about buildings or services—it's about people. Resident feedback, new ideas, and shared experiences all help shape who we become as a community. Your voices influence how we innovate, adapt, and improve.

As we enjoy the beauty of May—longer days, fresh beginnings, and renewed energy—we celebrate the growth happening all around us, including right here at Bishop Spencer Place. Together, we're cultivating a future that is vibrant, responsive, and rooted in care.

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.

Thursday Trivia Thursday, May 7 | 4 p.m. Pub

Test your knowledge of diverse subjects in a lively, friendly, noncompetitive atmosphere.



Superfoods: Jen Kane Wednesday, May 20 | 2 p.m. Art Gallery

Come learn from Jen and have some samples.



End-of-Life Conversations Tuesday, May 26 | 1:30 p.m. | Chapel



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

Neuro Support Group Thursday, May 28 | 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.



Garden TIME

The Gardener

by Mark Gregory

*The gardener, with her spade and hoe,
Works in the sun and rain and snow;
She digs and plants and waters too,
And watches over what she grew.*

*She tends the flowers with loving care,
And prunes the branches here and there;
She weeds the beds and clips the hedges,
And neatens all around the edges.*

*She is a lover of the earth,
And all the wonders it gives birth;
She is a lover of the bloom,
And all the fragrant, sweet perfume.*

*The gardener is a patient lady
Planting in full sun and a spot that's
shady
When the day is done and she's through,
She looks with pride at what she grew.*

*So let us all be gardeners fair,
And tend to life with love and care,
And watch the seeds we plant come
through,
To bloom and flourish, strong and true.*

Annual Kentucky Derby Party Saturday, May 2 | 5 p.m. Westport Room

Celebrate Derby Day with munchies and mint juleps. Outrageous hats encouraged. The party starts at 5 p.m. Horses run at 5:57 p.m.



- 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
3	4	5	6	7	8	9
10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Saint Luke's Neuroscience—WR	Cinco de Mayo 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	National Nurses Day 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks— MF2 3 p.m. Cristian Fatu & Beau Bledsoe—MLR	7 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—P 4 p.m. Trivia—P	May Day 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. KCS Shannon Finney & Michael Gordon—MLR	Kentucky Derby Day 1-3 p.m. Open Bridge—P 5 p.m. Annual Kentucky Derby Race & Party—WR
10	11	12	13	14	15	16
Mother's Day 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Christopher Warren, WWI Museum—WR	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—AC 3 p.m. KCS Susie Yang & Meredith McCook—MLR 4:30 p.m. Women's Gathering—P	10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks— MF2 2 p.m. Chef Chat—P 3 p.m. Great Courses—Ch 9996	10:30 a.m. Strength & Balance—AC 2 p.m. Speaker: Paul Laird—WR 4 p.m. Poetry Circle—WR	9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Havilah Bruders & Clayton DeLong—MLR	Armed Forces Day 1-3 p.m. Open Bridge—P
17	18	19	20	21	22	23
10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—P 3 p.m. Speaker: Gil Nichols—WR	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Dance Lessons—AC	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks— MF2 2 p.m. Jen Kane: Superfoods—ART 3 p.m. Great Courses: Western Art—Ch 9996	10:30 a.m. Strength & Balance—AC 1 p.m. KCB Movement Class—AC 2 p.m. Nina Irwin Art Experience—AC	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. Doug Talley Quartet—MLR	1-3 p.m. Open Bridge—P
24	25	26	27	28	29	30
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	MEMORIAL DAY Offices Closed	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. Ch. Janette: EOL Conversations—CH 4:30 p.m. Men's Club—P	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 1:30 p.m. BP Checks— MF2 2 p.m. Chef Chat—P 3 p.m. Great Courses: Western Art—Ch 9996	10:30 a.m. Strength & Balance—AC 11 a.m. Neuro Support Group—CH 2 p.m. Robert Butler Classic Movie: Smiles of a Summer Night—WR	9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 4 p.m. Happy Hour: Rich Hill—MLR	1-3 p.m. Open Bridge—P
31						
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR						

Group activities subject to community status

Art Experience with Nina Irwin

Thursday, May 21 | 2 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 | 1:30 p.m.
Madison Second Floor



Art & Entertainment



Dr. Paul Laird: *Porgy and Bess* (1935)

Thursday, May 14 | 2 p.m. | Westport Room



Paul returns to discuss *Porgy and Bess*, the most consequential American opera ever written, by George and Ira Gershwin and DuBose and Dorothy Heyward. This lecture will cover the opera's conception, performance history, aspects of its music, and what it has had to say about race

in the United States over the last nine decades.

Dance Lessons with Kayla Sloan

Tuesday, May 19 | 3 p.m. | Activity Center

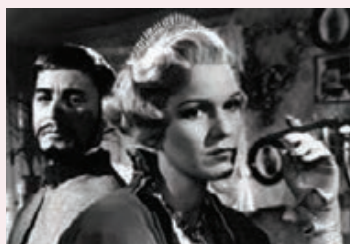
Kayla Sloan with Kindred Dance offers classes suitable for all levels of experience. We're all beginners, and you can join in without needing a partner.



In her sessions, 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. Join us even if you just watch.

Movie with Robert Butler: *Smiles of a Summer Night* (1955)

Thursday, May 28 | 2 p.m. | Westport Room



In Sweden at the turn of the 20th century, members of the upper class and their servants find themselves in a romantic tangle that they try to work out amidst jealousy and heartbreak. Ingmar Bergman's only romantic comedy (original

Swedish title: *Sommarnattens leende*) was the inspiration for the Sondheim/Wheeler musical *A Little Night Music*.

Mother's Day

Sunday, May 10

Anna Jarvis



Celebrations of motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as Mothering Sunday.

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their mother church—the main church in the vicinity of their home—for a special service.

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

The origins of Mother's Day in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start Mothers' Day Work Clubs to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized Mothers' Friendship Day, at which mothers gathered with former Union and Confederate soldiers to promote reconciliation and restore a sense of community.

After Ann Jarvis' death, her daughter, Anna Jarvis, honored her mother's legacy by establishing a national Mothers' Day on the second Sunday in May, the day her mother had died. President Woodrow Wilson issued a proclamation of the first national Mother's Day just before the start of World War I in 1914.

National Nurses Day

Wednesday, May 6

National Nurses Day honors the dedication, contributions, and vital role of nurses in healthcare. It marks the beginning of National Nurses Week (May 6-12), which concludes on Florence Nightingale's birthday.



The Great Courses: Understanding Western Art

Wednesdays, May 13, 20, & 27
3-4 p.m. | Channel 9996

Western art, from the ancient world to the present, has given us works of genius by the likes of Phidias, Michelangelo, Leonardo, Rembrandt, Vermeer, Monet, Van Gogh, and many more. In 25 engrossing lectures, you'll explore elements of the artist's world, such as the magic and brilliance of color, perspective and illusion, genres of art, symbols and symbolism, and modern and abstract art. You'll delve into the history of women in art, the force of artistic competition, and the influence of religion and philosophy.

The lectures are presented by Noah Charney, an art historian who specializes in the study of art crime. He is the best-selling author of more than 25 books and the founder of the Association for Research into Crimes against Art. He has taught at Yale, Brown, and the American University of Rome and has presented lectures and courses at the Smithsonian Institution and the National Gallery in London. He is an award-winning broadcaster and the host of several podcasts.

May Speakers

Saint Luke's Cognitive Neurology Presentation

Monday, May 4 | 3 p.m. | Westport Room



Did you know hearing difficulty, muffled sounds, ringing in your ears, and hearing loss is directly related to memory loss? You can slow down memory and thinking difficulties

by improving several brain healthy habits, and hearing is only one modifiable habit.

Come find out how small modifications can create a lifelong impact from our speaker with Saint Luke's Cognitive Neurology.

Dr. Christopher Warren

Monday, May 11 | 3 p.m. | Westport Room



Dr. Christopher A. Warren, J.D., Ph.D., Vice President of Curatorial Affairs, and Chief Curator at the National WWI Museum and Memorial, will explore the profound impact of the Great War on Kansas

City and the surrounding region and the area's growth in the 1920s.

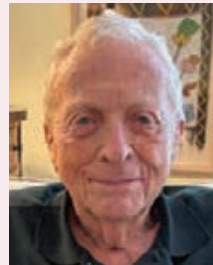
Dr. Warren will dive into the social, cultural, and political changes that shaped life after World War I. Discover how



residents navigated this new world and how those early years influenced the growth of Kansas City and the surrounding community. The presentation will include engaging visuals, including historic photographs, drawings, and artwork that bring the past to life.

Gil Nichols

Monday, May 18 | 3 p.m. | Westport Room



Gil Nichols, a lifelong student of North American Indian cultures, was adopted by an Ihanktonwan Dakota family. For more than forty years, he has participated in Lakota and Dakota ceremonies.

Gil earned a B.S. in education, an M.Ed. degree, and pursued post-graduate studies at multiple universities. He taught high school social sciences for thirty years, created a critical thinking curriculum, and later taught American Indian studies at William Jewell College and UMKC. He volunteered with Native American inmates at Kansas State Penitentiary and the Federal Penitentiary in Leavenworth, Kansas. An avid traveler and art collector, Nichols resides in Kansas City.

Gil is the author of *Echoes of the Earth: Indigenous Wisdom for Modern Challenges*. In this book, he bridges ancient Native American traditions with contemporary global crises, providing practical insights on sustainability, community, and spirituality to address modern divisiveness and ecological issues.



This presentation will take an in-depth look at the Native American cultures who lived in this hemisphere for more than 20,000 years before colonists reached our shores. While the many tribes did have differences, they shared similar values, world views and together made significant contributions to pharmacology, agriculture, democracy, and more.



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, May 14
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 | May 12

Men's Club | May 26

KCB Movement Class

Thursday, May 21 | 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.

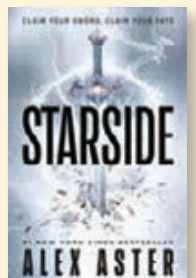
Bestselling BOOKS

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

Fiction

STARSIDE

Alex Aster



THE NIGHT WE MET

Abby Jimenez

THE CORRESPONDENT

Virginia Evans

THE KEEPER

Tana French



JUDGE STONE

James Patterson & Viola Davis

Nonfiction

PHASES

Brandy



STRANGERS

Belle Burden

STRIPPED DOWN: UNFILTERED AND UNAPOLOGETIC

Bunnie Xo

A WORLD APPEARS: A JOURNEY INTO CONSCIOUSNESS

Michael Pollan



THE INFINITY MACHINE

Sebastian Mallaby



Great Decisions Meeting

Tuesday, May 5 | 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

Shannon Finney & Michael Gordon

Friday, May 1 | 3 p.m. | Madison Living Room

Join us for a flute performance by the Kansas City Symphony's Shannon Finney and Michael Gordon.

Cristian Fatu & Beau Bledsoe

Wednesday, May 6 | 3 p.m. | Madison Living Room



Our friend Beau is bringing violinist Cristian Fatu to BSP for a rare appearance. This Romanian-born virtuoso serves on the faculty of the Orange County School for the Arts and Orange County Music and Dance. His versatility shines through whether he's

performing as a soloist or with the Pacific Symphony, the Los Angeles Ballet, or on film scores in Hollywood studios.

Made in France Band

Friday, May 8 | 3 p.m. | Madison Living Room

The band is comprised of native French speakers and great musician friends, playing piano, violin, vocals, and guitar.

Susie Yang & Meredith McCook

Tuesday, May 12 | 3 p.m. | Madison Living Room

Join us for a cello duet by the Kansas City Symphony's Susie Yang and Meredith McCook.

Clayton DeLong & Havilah Bruders

Friday, May 15 | 3 p.m. | Madison Living Room

Come hear BSP favorites Clayton DeLong on guitar and Havilah Bruders on vocals.

The Doug Talley Quartet

Friday, May 22 | 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.

Happy Hour: Rich Hill

Friday, May 29 | 4 p.m. | Madison Living Room

Have a glass on us and enjoy the music of pianist Rich Hill.



Someone recently told me the story of Saint Lawrence, and I haven't stopped thinking about his life and witness since I heard it. I share it with you now in hope that it inspires you as it has me.

St. Lawrence was a deacon in the church under the leadership of Pope Sixtus in third century Rome. The emperor at the time condemned to death anyone who was a professing Christian. He had Pope Sixtus killed first, and Lawrence was distressed not to be killed alongside his Pope. Sixtus told Lawrence something he found strangely comforting: Lawrence would also be killed in three days' time. The Pope's final instruction to Lawrence was to give away the church's treasury to the poor.

One of the emperor's prefects overheard this instruction and, as you might expect, told Lawrence to hand over the church's riches before they executed him. Lawrence agreed, asking for three days to gather it all. They consented and let him go.

Lawrence spent those three days giving away all the church's fine chalices, candelabras, reliquaries, and other fine treasures to the city's poor, widowed, impaired, and neglected. When he reported to the prefect at the appointed time, he brought those people, presented them, and said, "Here are the treasures of the church."

What a profound thing for him to do. Consider the freedom songs of enslaved people, the secret swing dancing parties in Hamburg under the Nazi regime, and the victory gardens planted during WWI and WWII. These are examples of courage and defiant joy in the face of injustice and difficulty. What might courageous joy look like at Bishop Spencer Place and in Kansas City?

Though our religious beliefs are diverse at BSP, I hope the story of St. Lawrence emboldens us all to care for those who are disenfranchised. There are many ways to do that, and no action is too small. I pray this community practices by word and witness a belief that the marginalized are true treasures among us and that we feel a sense of joy and purpose when we embrace them as our neighbors.

For the record... I have already seen these qualities in you. It's a privilege to join you in joy and courage as your chaplain.

With love and care,
Chaplain Janette

Favorite Art

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

Music (besides my son's): "Riders on the Storm"—The Doors; "Straight No Chaser"—Thelonious Monk
—David Schlamb

Music: Smooth Jazz

Artwork: David—Michelangelo

Painting: The Violinist—Thomas Hart Benton

Architecture: Falling Water—Frank Lloyd Wright
—Sheila Cone

Book: Moby Dick

Artwork: Native American

Film: The Grapes of Wrath

Performer: Willie Nelson

Architecture: Sagrada Familia in Barcelona
—unsigned

Book Club

Saturday, May 9

4 p.m. | Game Room

Contact Clark if you have any questions.



Remembrance Service

Wednesday, May 13

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

