



*The*  
**AMBASSADOR**

**SAINT LUKE'S BISHOP SPENCER PLACE**

**JUNE 2026**



**Saint Luke's**  
Bishop Spencer Place



# Food MATTERS

## The Mediterranean Way

Fish instead of fried chicken. Brown rice instead of a white flour roll. A handful of nuts instead of chips. Olive oil instead of butter. And plenty of vegetables and fruit.

Simple food swaps like these will put the heart-healthy, life-extending power of the Mediterranean diet on your plate, so says Johns Hopkins Medicine and a host of other highly regarded research institutions, doctors, and dietitians.

“Consuming a Mediterranean diet is the basis of healthy eating,” says BSP dietitian Jennifer Kane. She’s a big fan of SMASH fish (salmon, mackerel, anchovies, sardines, and herring) that add the essential omega-3 fatty acids most Americans are lacking.

The Mediterranean diet was inspired by the eating habits and traditional foods of Greece, Italy, and the Mediterranean coasts of France and Spain, as well as the Levant (Israel, Palestine, Jordan, Syria, and Lebanon). It has been refined based on multiple scientific studies.

This way of eating emphasizes plant-based foods, especially unprocessed cereals, legumes, vegetables, and fruits; moderate consumption of fish and dairy products (mostly cheese and yogurt); and small amounts of red meat, refined grains, and sugar. Alcohol is limited to wine in low amounts. Olive oil, a healthy fat full of antioxidants, reduces inflammation and LDL cholesterol.

## Welcome Our New Campus Leaders



After four months of reviewing BSP’s Operational Imperatives for 2026, it is timely (and brings me great joy) to introduce several new leaders who have recently joined our community. These individuals bring a strong mix of experience, compassion, and a genuine

commitment to serving residents and supporting our care teams. Most importantly, they share a passion for people and a belief that great care starts with teamwork and accountability.

Joining us as director of nursing is Amy Moppin, who brings more than 30 years of nursing experience and more than five years as director of nursing. Amy’s leadership is grounded in deep clinical knowledge and a personal commitment to creating supportive, high quality care environments.

We are also excited to welcome Rita Woods, registered nurse skilled nursing supervisor (assistant director of nursing). With decades of nursing experience, Rita brings strong clinical expertise, steady leadership, and a thoughtful approach to resident care and team support.

Completing our new leadership team is Bradlee Boatright, LNHA, who joins us as administrator. With a background in both IT leadership and healthcare administration, Brad brings a fresh perspective and a focus on accountability, service, and operational excellence.

These leaders were chosen with great care after a very intentional search. They are present, approachable, and eager to build relationships across our campus. You may already see them in the halls, stopping to say hello, or learning more about what matters most to our residents.

Please join us in warmly welcoming our new leaders—I am confident they will help guide Bishop Spencer Place as we work to tackle our 2026 Operational Imperatives and toward a bright and compassionate future.


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.

**End-of-Life Conversations**  
Tuesday, June 23 | 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**  
Tuesday, June 23 | 2 p.m.  
Art Gallery



Come learn from Jen, our CCL dietitian, and enjoy some samples.



**World Cup Matches**  
Fox 4 TV (Spectrum Channel 6)

<b>Argentina vs. Algeria</b> Tuesday, June 16 8 p.m.	<b>Ecuador vs. Curacao</b> Saturday, June 20 7 p.m.
<b>Tunisia vs. Netherlands</b> Thursday, June 25 6 p.m.	<b>Algeria vs. Austria</b> Saturday, June 27 9 p.m.




# Garden TIME

## June

by Edgar A. Guest

*June is here, the month of roses, month of brides and month of bees, Weaving garlands for our lassies, whispering love songs in the trees, Painting scenes of gorgeous splendor, canvases no man could brush, Changing scenes from early morning till the sunset's crimson flush.*


*June is here, the month of blossoms, month of roses white and red, Wet with dew and perfume-laden, nodding wheresoe'er we tread; Come the bees to gather honey, all the lazy afternoon; Flowers and lassies, men and meadows, love alike the month of June.*

*Month of love and month of sunshine, month of happiness and song, Month that cheers the sad wayfarer as he plods the road along; Spreading out a velvet carpet, green and yellow, for his feet, And affording for his rest hours many a cool and sweet retreat.*



British-born American poet Edgar A. Guest (1881-1959) became known as The People’s Poet because his poems were often inspirational, optimistic, and encouraging.

**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>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>3 p.m. Hodges &amp; Dowling Piano Duo—MLR</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>	10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC <b>3 p.m. Great Courses: Western Art—Ch 9996</b>	10:30 a.m. Strength & Balance—AC <b>2:30 p.m. Dining Committee—P</b> <b>4 p.m. New Resident Happy Hour—MLR</b>	9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> 1 p.m. Grocery Trip <b>3:30 p.m. Medical Arts Symphony Trio—MLR</b>	1–3 p.m. Open Bridge—P
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>3 p.m. Speaker: Ethan Starr—WR</b>	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>1 p.m. Resident Council—WR</b> <b>3 p.m. Speaker: Kevin Hubbard, Adv. Care Planning—WR</b> <b>4:30 p.m. Women's Gathering—P</b>	10 a.m. Stretch & Strengthen—AC <b>11 a.m. Resident Remembrance—CH</b> 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC <b>3 p.m. Great Courses: Western Art—Ch 9996</b>	10:30 a.m. Strength & Balance—AC <b>1:30 p.m. Nina Irwin Art Experience—AC</b> <b>4 p.m. Poetry Circle—WR</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. Maria Crosby &amp; John Klinghammer—MLR</b>	1–3 p.m. Open Bridge—P <b>4 p.m. Book Club—GR</b>
<b>Flag Day 14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>Juneteenth 19</b>	<b>20</b>
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>1 p.m. Garden Committee—P</b> <b>3 p.m. Speaker: Donna Houtteman—WR</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. Speaker: Bill Tammeus—WR</b> <b>8 p.m. Argentina vs. Algeria—FOX4</b>	10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC <b>2 p.m. Chef Chat—P</b> <b>3 p.m. Great Courses: Western Art—Ch 9996</b>	10:30 a.m. Strength & Balance—AC <b>1 p.m. KCB Movement Class—AC</b> <b>3 p.m. Resident Speaker: David Earls—WR</b>	9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> 1 p.m. Grocery Trip <b>1:30–2 p.m. Ophelia Hill: Juneteenth Explained—WR</b> <b>3 p.m. Joe Cartwright Trio—MLR</b>	1–3 p.m. Open Bridge—P <b>7 p.m. World Cup: Ecuador vs. Curacao—FOX4</b>
<b>Father's Day Summer Solstice 21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>3 p.m. Speaker: Donna Houtteman—WR</b>	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>1:30 p.m. Ch. Janette: EOL Conversations—CH</b> <b>2 p.m. Jen Kane: Foods—ART</b> <b>4:30 p.m. Men's Club—P</b>	10 a.m. Stretch & Strengthen—AC 11 a.m. Podiatrist—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC <b>3 p.m. Great Courses: Western Art—Ch 9996</b>	10:30 a.m. Strength & Balance—AC <b>2 p.m. Robert Butler Classic Movie: Man on Wire—WR</b> <b>6 p.m. World Cup: Tunisia vs. Netherlands—FOX4</b>	9 a.m. Morning Fitness—Ch 9996 <b>10 a.m. Bridge &amp; Games—P</b> 1 p.m. Grocery Trip <b>4 p.m. Happy Hour: Clayton DeLong &amp; Emily Dix—MLR</b>	1–3 p.m. Open Bridge—P <b>9 p.m. World Cup: Algeria vs. Austria—FOX4</b>
<b>28</b>	<b>29</b>	<b>30</b>				
10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC <b>3 p.m. Speaker: Donna Houtteman—WR</b>	10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip <b>4 p.m. Artist Reception: Jake Marshall—ART</b>				

Group activities subject to community status

## Art Experience with Nina Irwin

Thursday, June 11 | 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](http://ninairwin.com). Reserve your spot by calling Helen at 816-595-5015.



## Blood Pressure Checks

Wednesdays | 1:30 p.m.  
Game Room



## Arts & History



### Dance Lessons with Kayla Sloan

Tuesday, June 16 | 1 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: Man on Wire (2008)

Thursday, June 25 | 2 p.m. | Westport Room

This documentary chronicles Philippe Petit's daring, but illegal, 1974 high-wire walk between the Twin Towers of the World Trade Center.

The film, based on Petit's 2002 book, *To Reach the Clouds* (released in paperback as *Man on Wire*), won the Academy Award for Best Documentary. The title of the film is taken from the police report that led to Petit's arrest and later release.



Philippe Petit in 2009

### Ophelia Hill: Juneteenth Explained

Friday, June 19 | 1:30-2 p.m. | Westport Room



Ophelia Hill, Environmental Lead at Bishop Spencer Place, will share her perspective on the meaning of Juneteenth, from the profound history and legacy of June 19 to her personal reflections.

Juneteenth National Independence Day became a federal holiday in 2021.

### Donna Houtteman: Indigenous American Art

Mondays, June 15, 22, & 29 | 3 p.m. | Westport Room



Join us for a popular Art Blocks course with art historian Donna Houtteman. Discover the beauty, spirituality, and sophistication behind the art of Indigenous Americans. Highlights include treasures from the Aztec, Inca, Eastern Woodlands, and Northwest territories.



ABOVE: Transformation Mask, Kwakiutl population, British Columbia, Canada 19th century.



RIGHT: Shoulder bag/Bandolier bag, probably Oklahoma Delaware (attributed), circa 1850.

### Artist Reception for Jake Marshall

Tuesday, June 30 | 4 p.m. | Art Gallery



Jake Marshall retired in 2014 after a career in graphic design, advertising, and illustration, including serving as art director for Halls stores in Kansas City. He works in watercolor and is a member of the Kansas Watercolor Society. His subjects

include flowers, clouds, old barns, birch and pine trees, dogs, and birds. He also has a quirky sense of humor, evidenced by his watercolors of dirty baseballs and birds in photo booths.



Jake's paintings have been displayed in national exhibitions and local galleries.



### The Great Courses: Understanding Western Art

Wednesdays, June 3, 10, 17, & 24  
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.

# June Speakers

## Ethan Starr

Monday, June 8 | 3 p.m. | Westport Room



When Nelle Peters struck out on her own in Kansas City in 1909, she had, as she later described it, “very small savings and a large amount of nerve.” Few could have predicted she would become

one of the city’s most prolific architects, but today, you’re hard-pressed to take a 10-minute drive through town without finding one of her buildings.

Ethan Starr is executive director of Historic Kansas City, an organization dedicated to protecting KC’s historic buildings and neighborhoods. Peters’s work has become



Nelle Peters

central to the organization’s mission, as her buildings represent some of the city’s most significant and endangered architecture.

## Kevin Hubbard

Tuesday, June 9 | 3 p.m. | Westport Room



Advance care planning helps ensure patients receive the care they want and can ease the burden on loved ones who may otherwise face unexpected medical decisions. Yet many patients

still do not have these important documents in place.

Join Kevin Hubbard, palliative care physician at Saint Luke’s, for a discussion on advance care planning and how to communicate with loved ones and health care teams regarding health care wishes. This talk will cover the types of advance care plans, how to communicate goals of care, resources, and more.

## Bill Tammeus

Tuesday, June 16 | 3 p.m. | Westport Room

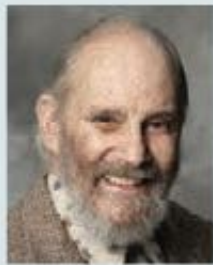


The World Cup games are in swing in Kansas City, and author Bill Tammeus has some thoughts about not just the faith community’s role in the large presence here, but everyone’s in Kansas City.

Bill has spoken at BSP several times and we are fortunate he will be back with us. Bill is the former Faith section columnist for *The Kansas City Star*. He came to *The Star* in 1970 as a reporter, spent nearly 27 years on the paper’s editorial page, and then moved his column in March 2004 to the weekly Faith section. He currently writes the “Faith Matters” blog on the *Star*’s website, a column for *The Presbyterian Outlook*, a column for *Flatland* (KCPT-TV’s digital magazine) and book reviews for *The National Catholic Reporter*.

## BSP Resident David Earls

Thursday, June 18 | 3 p.m. | Westport Room



David will talk about a number of the interesting characters of the Kansas/Missouri border in the years leading up to the Civil War, including William and Travis Moore, Charles “Doc”

Jennison, Daniel Anthony, Upton Hays, William Quantrill, and Cole Younger. He’ll touch on the Kansas-Nebraska Act of 1854 and how Kansas finally became a state in 1861. Much of this will be centered around the town of Little Blue in Missouri.

A BSP resident for six months, David holds a lifelong interest in history. The research into these Border Wars characters was conducted over several years.



## 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, June 11  
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 | June 9

Men’s Club | June 23

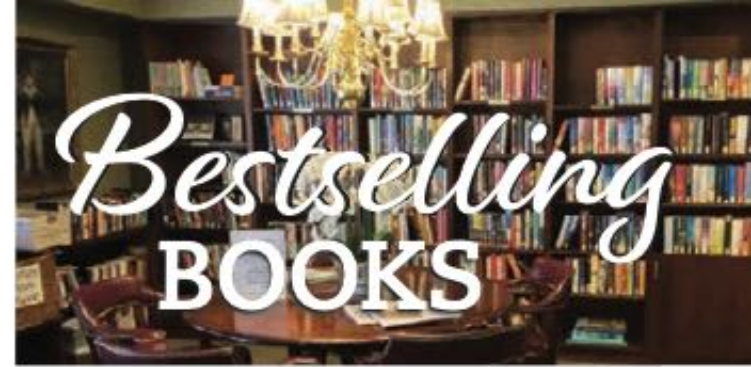
## KCB Movement Class

Thursday, June 18 | 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

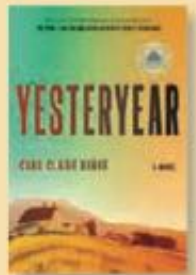
### OUR PERFECT STORM

Carley Fortune



### YESTERYEAR

Caro Claire Burke



### THE CALAMITY CLUB

Kathryn Stockett

### 29 BEAUTIES

James Patterson

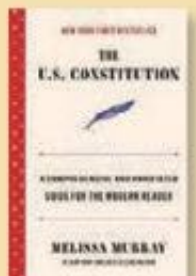
### THE CORRESPONDENT

Virginia Evans

## Nonfiction

### STRANGERS

Belle Burder



### THE U.S.

### CONSTITUTION

Melissa Murray

### FAMESICK

Lena Dunham

### TRUE CRIME

Patricia Cornwell



### DOGS, BOYS,

### AND OTHER THINGS

### I’VE CRIED ABOUT

Isabel Klee



**Great Decisions Meeting**  
**Tuesday, June 2 | 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.

It's never too late to join. Please call or email John Blevins 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.

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

**New Resident Happy Hour**  
**Thursday, June 4 | 4 p.m.**  
**Madison Living Room**

Join us to welcome our new residents at Bishop Spencer Place.

*Music*

**Frederick Hodges & Richard Dowling**  
**Monday, June 1 | 3 p.m. | Madison Living Room**

We're delighted to welcome back Frederick Hodges and Richard Dowling. Their duo piano performances have become popular highlights of ragtime and jazz music festivals across the United States.

**Medical Arts Symphony Trio**  
**Friday, June 5 | 3 p.m. | Madison Living Room**

This Symphony began in 1959 when Eleanor Sharp and a few colleagues at the KU Medical Center decided to share their avocation of symphonic music with their professions in health care. Today, the orchestra includes physicians, nurses, pharmacists, dentists, health care students, as well as other musicians from the Kansas City area.

With thanks to BSP resident Mary Redmon—a member—our guests will be Alex East, assistant principal cello with the KC Symphony, Celeste Johnson, professor of oboe at UMKC Conservatory, and Evan Halloin, acting principal double bass with the KC Symphony.

**Maria Crosby & John Klinghammer**  
**Friday, June 12 | 3 p.m. | Madison Living Room**

Thanks to the Kansas City Symphony Outreach program, cellist Maria Crosby and clarinetist John Klinghammer will be here to perform for us.

**Joe Cartwright Trio**  
**Friday, June 19 | 3 p.m. | Madison Living Room**

Incredible pianist and BSP favorite brings his trio to entertain us with some lively jazz.

**Happy Hour: Clayton DeLong & Emily Dix**  
**Friday, June 26 | 4 p.m. | Madison Living Room**

Have a beverage on us and enjoy the music of guitarist Clayton DeLong and vocalist Emily Dix.



*Spiritual Wellness*  
**CORNER**

Passing the peace has been a practice of Christian worship since the fifth century. In many churches, during the service the congregation participates in the following exchange:

*Leader: Peace be with you.*  
*All: And also with you.*

The practice of sharing peace comes from the Sermon on the Mount, when Jesus instructs his followers to reconcile with one another before they present their gifts at the altar. It is a means of reconciliation and renewed relationships. When we say, "Peace be with you," we are saying, "I am sorry, and I forgive you." In the Christian church, this exchange is spiritual preparation for receiving and participating in communion.

I remember a day years ago when I put my forehead to my son's and said, "Peace be with you. I'm sorry, and I forgive you." He said the same, and we exchanged a holy kiss. I became freshly aware that making peace isn't passive, quiet, or avoidant. It is active, requires admitting that I'm wrong and still learning, and often disrupts my own comfort for the sake of making it right with another. True peace requires active attention.

Unfortunately for those of us who like to check completed things from our to-do lists, sharing peace is not a one-and-done thing. The work of peacekeeping is ongoing. Every day provides fresh opportunities to make right the relationships that matter most to us—with ourselves, one another, our communities, or God. We won't always get it right, but we can be in the habit of always trying to make it right.

At their best, the liturgies of our faith or other sources of meaning give us a place to practice our values that, ideally, continue to form us over time. I invite you to reflect on the patterns of your own sources of meaning: How might they inform your practices day to day? Where might you find opportunities to be in the habit of making right the relationships that mean the most to you?

I'm always here if you need a conversation partner for questions like these. Thank you for sharing your lives with me.

Peace be with you,  
 Chaplain Janette

*Favorite Art*

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

*Film:* Casablanca, Dr. Zhivago  
*Book:* Pilgrim at Tinker Creek, Grapes of Wrath  
*Architecture:* Saint Louis Arch  
 —Barb Buehrer

*Music:* Soul Music of the 60s and 70s  
*Art:* Dutch Paintings of the 1600s  
*Book:* Robert Caro's four volumes on the life of Lyndon Johnson  
 —Tanya Palmer

*Art:* Artwork created by Mother Nature and observed by all who take time to go outside and enjoy the sights, sounds, and fragrances.  
 —Clay Marcusen

**Book Club**  
**Saturday, June 13**  
**4 p.m. | Game Room**

Contact Clark if you have any questions.



**Remembrance Service**  
**Wednesday, June 10**  
**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

