



The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

JULY 2026

BJC
Health™

Saint Luke's™
Bishop Spencer Place



Food MATTERS

Boosting Bone Health

Bones give our bodies a bounty of benefits: They provide structure, protect organs, anchor muscles, and store calcium. They also change constantly, making new bone and breaking down old bone. This process slows as we age, and as it does, the dangers of osteoporosis increase. The Mayo Clinic offers some tips on how to keep our bones healthy.

Eat plenty of calcium. Focus on dairy products, dark leafy greens, fresh salmon and canned salmon with bones, sardines, tuna, white canned beans, and soy products. Dried figs and prunes are surprising sources of calcium.

Get enough vitamin D. Adults aged 71 and over should aim for 800 IUs a day of this vitamin that helps the body absorb calcium. Good sources are oily fish, reinforced milk and orange juice, as well as sunshine.

Stay active. Weight-bearing exercises such as brisk walking, dancing, climbing stairs, and participating in BSP exercise classes will strengthen your bones.

Don't use tobacco or drink too much. If you choose to drink alcohol, do so in moderation, or try some of the non-alcoholic beers or wines served at BSP.

Ask about getting a bone density scan. DEXA scans can detect osteoporosis, and its precursor osteopenia, before you break a bone.

I'm Still Here: Enhancing Life Through Meaningful Connection



I am pleased to share an important update on a new program being rolled out in our Memory Care: Hearthstone's I'm Still Here® approach. This innovative, evidence-based program is designed to enrich the lives of individuals living with memory loss by focusing on

abilities, engagement, and meaningful connection rather than limitations.

At its heart, I'm Still Here® is built on the idea that every person continues to have strengths, preferences, and a desire for purpose. Through specialized training, our team is learning new communication techniques and approaches to personal care, dining, and daily routines that better support dignity, comfort, and participation.

We are excited to share that we have successfully completed the first three months of this twelve-month journey. During this time, our staff have participated in hands-on training focused on understanding dementia, improving communication, enhancing personal care and dining experiences, and introducing engaging activities that bring joy and connection to each day.

More recently, our team has begun learning advanced engagement strategies—creative programs, music, storytelling, and interactive experiences designed to meet residents where they are and encourage participation in ways that feel natural and enjoyable.

As we continue this journey, you may begin to notice small but meaningful changes in daily life—more personalized interactions, new activity options, and a continued focus on creating moments of purpose and connection.

We are proud to bring this nationally recognized approach to our community and look forward to sharing more as we continue working toward becoming a certified center of excellence—the first in the state of Missouri.

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.
NOTE: No class on Wednesday, July 1.

Thursday Trivia

Thursday, July 2 | 4 p.m. | Pub

Larry Stice, Trivia Master, is back! Come to the Pub for a good seat and a beverage on us. After last month's battle of the wits, Larry will bring a bit more difficult questions this time! Hope to see you there!



Election Items Webcast

Wednesday, July 22 | 6 p.m. | location TBD



The League of Women Voters and their Voter Education Team is putting on a live webcast from one of the Mid-Continent Libraries, and viewers will be able to submit questions. They are going to cover Amendments 1, 2, 4, and 5 for the August 6 election. It is at no charge and non-partisan. They will provide us with the webcast link. If you can't watch, they are bringing printed information over as well.

End-of-Life Conversations

Tuesday, July 28 | 1:30 p.m. | Chapel



Chaplain Janette facilitates monthly gatherings, where we discuss dying, death, and grief.



Sonnet 18

William Shakespeare

Shall I compare thee to a summer's day?

Thou art more lovely and more temperate:

Rough winds do shake the darling buds of May,

And summer's lease hath all too short a date;

Sometime too hot the eye of heaven shines,

And often is his gold complexion dimm'd;

And every fair from fair sometime declines,

By chance or nature's changing course untrimm'd;

But thy eternal summer shall not fade,

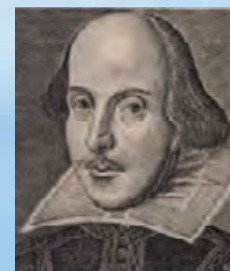
Nor lose possession of that fair thou ow'st;

Nor shall death brag thou wander'st in his shade,

When in eternal lines to time thou grow'st:

So long as men can breathe or eyes can see,

So long lives this, and this gives life to thee.



In addition to more than thirty plays, William Shakespeare (1564-1616) wrote more than one hundred sonnets, all in the form of three

quatrains and a couplet that is now recognized as Shakespearean.

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|--|----------------------------------|--------------------------------------|
| 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		
			1 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 3 p.m. Great Courses: Western Art—Ch 9996	2 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—P 4 p.m. Trivia with Larry Stice—P	3 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Millie Edwards Trio—MLR			
	5 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	6 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Donna Houtteman—WR	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	8 10 a.m. Stretch & Strengthen—AC 11 a.m. Resident Remembrance—CH 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses: Western Art—Ch 9996	9 10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 4 p.m. Poetry Circle—WR		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. Pianist Melody Stroth & Friends—MLR	11 1–3 p.m. Open Bridge—P 4 p.m. Book Club—GR
	12 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	13 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 4 p.m. Rimann Wine Tasting—WR	14 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 3 p.m. Speaker: Paul Laird, 1950s Musicals—WR 4:30 p.m. Women’s Gathering—P	15 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses: Western Art—Ch 9996	16 10:30 a.m. Strength & Balance—AC 3 p.m. Speaker: Steve Paul—WR		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	18 1–3 p.m. Open Bridge—P
	19 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	20 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Speaker: Paul Laird, 1950s Musicals—WR 3:30 p.m. Garden Committee—P	21 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 3 p.m. Dance Lessons—AC	22 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses—Ch 9996 6 p.m. August 6 Election Items Webcast—TBD	23 10:30 a.m. Strength & Balance—AC 2 p.m. Speaker: Dr. Jane Greer—WR 4 p.m. Phill Levi Birthday Party—WR		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 3 p.m. Kent Rausch Band— MLR	25 1–3 p.m. Open Bridge—P
	26 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	27 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Speaker: Paul Laird, 1950s Musicals—WR	28 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	29 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m.– 4:30 p.m. Great Courses: Western Art—Ch 9996	30 10:30 a.m. Strength & Balance—AC 2 p.m. Robert Butler Classic Movie: Snow White & the Seven Dwarfs—WR		31 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 4 p.m. Happy Hour: Andrew Ouellette—MLR	

Group activities subject to community status

**Art Experience with
Nina Irwin**

**Thursday, July 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 | 12 p.m.
Game Room**



Arts & History



**Dance Lessons with Kayla Sloan
Tuesday, July 21 | 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. It's so much fun! Join us even if you just watch.

**Movie with Robert Butler: Snow White and the Seven Dwarfs (1937)
Thursday, July 30 | 2 p.m. | Westport Room**

This month, we have a unique opportunity to see the first animated feature with Robert's commentary and insight.

Disney's *Snow White and the Seven Dwarfs* is a 1937 animated musical fantasy based on the 1812 German fairy tale "Snow White" by the Brothers Grimm.



Disney's take on the fairy tale has had a significant cultural impact, resulting in popular theme park attractions, a video game, a Broadway musical, and a 2025 live-action film remake. In 1989, the United States Library of Congress deemed the film "culturally, historically, or aesthetically significant" and selected it as one of the first 25 films for preservation in the National Film Registry. The American Film Institute ranked it among the 100 greatest American films, and also named the film as the greatest American animated film of all time in 2008.

Independence Day Trivia

- Although July 4, 1776, was the day the Congress adopted the Declaration of Independence—and the day the document is dated—John Adams staunchly believed July 2 was the correct date to celebrate American independence, since July 2, 1776, was the day the Second Continental Congress voted to approve independence from Britain. Adams reportedly turned down invitations to appear at July 4th events in protest.
- On July 4, 1778, George Washington, while still at war, celebrated Independence Day by treating his soldiers to a double ration of rum and a cannon salute.
- Thomas Jefferson was the first to hold a 4th of July celebration at the White House, on July 4, 1801.
- John Adams and Thomas Jefferson both died on July 4, 1826, the 50th anniversary of the adoption of the Declaration of Independence. James Monroe died five years later, on July 4, 1831.
- Calvin Coolidge was the only president born on the 4th of July—July 4th, 1872.
- Our tradition of setting off fireworks on the 4th of July began in Philadelphia on July 4, 1777, the first anniversary of Independence Day. The *Pennsylvania Evening Post* reported: "at night there was a grand exhibition of fireworks (which began and concluded with 13 rockets) on the Commons, and the city was beautifully illuminated." That same night, the Sons of Liberty set off fireworks over Boston Common.
- Because of its crack, the Liberty Bell is never rung, but each year on Independence Day, young descendants of Declaration signers tap the bell 13 times in honor of the original 13 colonies.



**The Great Courses:
Understanding
Western Art**

**Wednesdays
July 1, 8, 15, & 22 | 3–4 p.m.
July 29 | 3–4:30 p.m.
Channel 9996**

Western art has given us works of genius by 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.

July Speakers

Donna Houtteman: Indigenous Americas

Monday, July 6 | 3 p.m. | Westport Room



Join us for the final presentation in this course with 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.

The Kansas City Art Institute sought out Donna to develop an art history program to engage adult students to enter into the world of art. Her twenty-three years of experience as a docent at The Nelson-Atkins Museum of Art was a perfect fit for approaching art history from an everyman's perspective. Donna developed Art Blocks, taking her classes on the road to empower new audiences.

Paul Laird: Musicals of the 50s

Tuesday, July 14 | 3 p.m.

Mondays, July 20 & 27 | 2 p.m.

Westport Room



Paul Laird returns with another great look into Broadway. Paul is a professor emeritus at the KU School of Music, where he has won the W. T. Kemper Fellowship for Teaching Excellence and the Chancellor's Club Career Teaching Award.

The decade of the 1950s was a fascinating time for the Broadway musical with some of its most famous creators working simultaneously, the continuing emergence of the musical play, and the premieres of some of the genre's most iconic titles. This series of three lectures will look at several significant shows from the decade and place them in the period's context.

Steve Paul

Thursday, July 16 | 3 p.m. | Westport Room



Steve Paul has been a writer and editor based in Kansas City for more than four decades. His long newspaper career ran a gamut from local news and politics to long-form features on culture, crime and food, to extended stints as book review editor, architecture writer, and editorial page editor. He retired in 2016 to focus on books, other writing projects, photography and is the author of *Hemingway at Eighteen* and a biography of Evan S. Connell. His talk will be "Disruption, Discovery, and Cultural Despair as AI Collides with Art."

Dr. Jane Greer

Thursday, July 23 | 2 p.m. | Westport Room



Jane's presentation, "On Pins & Needles: Working Women and Rhetorical Accrual at the Donnelly Garment Company," examines the repetitive rhetorical labor of women workers at the

Donnelly Garment Company as they resisted the unionization efforts of the ILGWU. In 1937, when tensions with the ILGWU were at their height, over 700 DGC employees penned short letters that asserted their desire to remain free of union interference. They established their knowledge of the local labor market, described how they used their wages to support their families, detailed the safe working conditions of the factory, and wrote with great affection about the DGC founder, Nell Donnelly Reed.

Professor Greer serves as UMKC's director of Undergraduate Research and Creative Scholarship. She is a Curators' Distinguished Teaching Professor in UMKC's Department of English.



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, July 9

4 p.m. | Westport Room

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

Poetry enhances flexible thinking that can benefit everyday decision making.



Pre-dinner Meetups

Tuesdays | 4:30 p.m. | Pub

Come for some treats and lively discussion.



Women's Gathering

Tuesday, July 14

Men's Club

Tuesday, July 28

NOTE: No KCB Movement Class this month

The workshop will return in August with new movements. We're looking forward to it!

This class challenges your balance and coordination, and it will make you smile, guaranteed. **And remember: The Ballet has generously offered us discounts to performances with our partnership.**

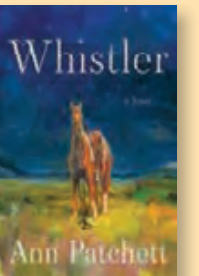
Bestselling BOOKS

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

Fiction

WHISTLER

Ann Patchett



YESTERYEAR

Caro Claire Burke

LAND

Maggie O'Farrell



THE CORRESPONDENT

Virginia Evans

ROAD TRIP

Mary Kay Andrews

Nonfiction

A VIEW FROM

THE EAST WING

Jill Biden



THE LAND

AND ITS PEOPLE

David Sedaris

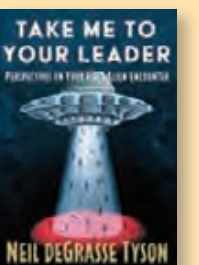
STRANGERS

Belle Burden

TAKE ME TO

YOUR LEADER

Neil deGrasse Tyson



THE FIX

Barbara McQuade



Great Decisions Meeting

Tuesday, July 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.

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.

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

Millie Edwards Trio

Friday, July 3 | 3 p.m. | Madison Living Room

Millie Edwards and friends are back. Millie is one of the most acclaimed local performers on the jazz circuit.

Melody Stroth & Friends

Friday, July 10 | 3 p.m. | Madison Living Room



Pianist and nationally certified teacher of music Melody Stroth received her Master of Music in piano performance from the UMKC Conservatory of Music, where she studied with Richard Cass and

served as accompanist for the opera workshop/musical theatre class. We're delighted to welcome Melody to BSP.

Michael Pagán & Vanessa Thomas

Friday, July 17 | 3 p.m. | Madison Living Room

Michael has been called a "dynamic artist and musical force in today's jazz world" by AllAboutJazz.com. 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.

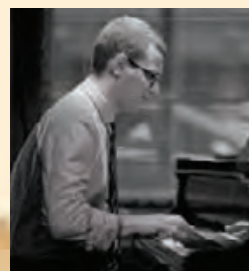
Kent Rausch Band

Friday, July 24 | 3 p.m. | Madison Living Room

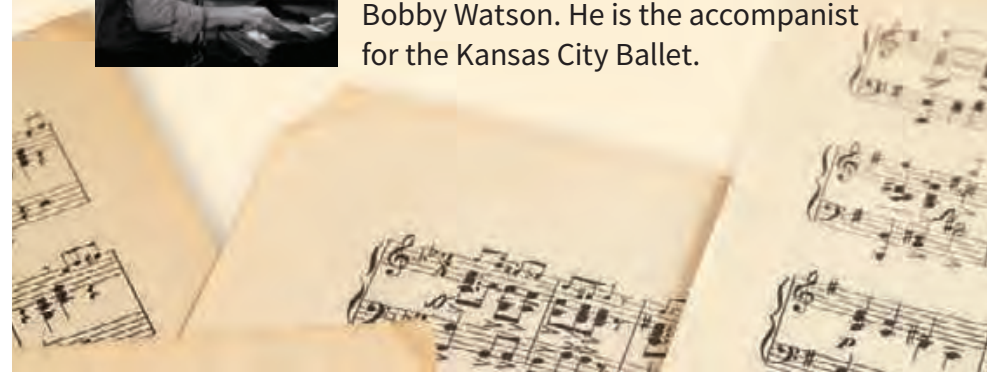
Kent Rausch and his band return, once again performing hot swing music of the Golden Era.

Happy Hour: Pianist Andrew Ouellette

Friday, July 31 | 4 p.m. | Madison Living Room



Have a beverage on us and enjoy the music of Andrew Ouellette. Andrew earned his bachelor's degree at the UMKC Conservatory of Music, studying under world-renowned saxophonist Bobby Watson. He is the accompanist for the Kansas City Ballet.



Spiritual Wellness CORNER

This summer marks my first time ever paying attention to the World Cup, the premier international soccer tournament that takes place every four years. The men's World Cup is happening now, and next year will bring the women's World Cup. It's widely considered the most watched sporting event on the planet. Making it even more interesting for many locals, Kansas City is one of the host cities for some of the 104 matches played over the course of the competition, which ends on July 19.

I've never cared much about sports, but a few years ago I started paying attention to our local women's soccer team, the Kansas City Current. I've been hooked ever since. I love learning about what's known as "the beautiful game." However, the most compelling part of this competition isn't the tactics on the field. It's the way people from all over the world come together for a little while in a spirit of goodwill, hospitality, and cheer.

The matches are being held in 16 host cities in North America, bringing people from dozens of other nations to the United States. Many of them are posting on social media all that they're loving about our culture: Waffle House's 24/7 service, free refills, bottomless chips and salsa, line dancing, massive supermarkets, and sincere hospitality from Americans in each city. They've also brought the best of their own national customs: Japanese fans clean up trash in the stadiums, Mexicans and Koreans dance in the streets together after a match, and the Iranian team left hand-written thank you notes to the city of Los Angeles before departing.

These beautiful exchanges remind us of the good that exists in the world despite very real divisions, difficulties, inequalities, suffering, and strife that affect many of the nations in this tournament. Author Suleika Jaouad said, "It's easy to succumb to cynicism. It's much harder—and braver—to practice hope. To keep looking for empathy, joy, creativity, and community that still exist when the world feels so upside down."

Celebrating the joy of this tournament isn't to turn away from the real problems of our day. It is an invitation to renew our commitment to curiosity for one another and to creating spaces where all may flourish and feel such joy.

With bottomless hope,
Chaplain Janette

Phill Levi's Birthday Party

Thursday, July 23
4 p.m.
Westport Room

Join us to honor Phill as we celebrate his birthday.



Book Club

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

Contact Clark if you have any questions.



Remembrance Service

Wednesday, July 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.

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





The SCENE

RECENT EVENTS & PHOTOS

