

A close-up photograph of several tall, green stems with small, light purple flowers. The flowers are arranged in dense, vertical clusters along the stems. The background is a soft, out-of-focus green, suggesting foliage.

The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

AUGUST 2026



Saint Luke's
Bishop Spencer Place



Food MATTERS

Water Is Critical

Recent research reveals our planet is warming faster than initially predicted, bringing scorching summers like the current one. At such times, hydration is more important than ever, especially for older individuals.

When we don't drink enough fluids to replace what the body loses through the day, we become dehydrated. Even mild dehydration can make us think less clearly and feel less energetic. Up to 40% of adults older than 65 experience chronic dehydration, which can lead to fatigue, confusion and serious health problems such as life-threatening infections, according to UCLA Health.

How much water do we need daily? Some say eight glasses, others suggest 1 ounce of water for every 2 pounds of body weight. It depends on body type, activity level, and environment. Sodas with their high sugar content are not a healthy option.

Here are ways to boost water intake:

- Eat water-rich foods such as watermelon, cucumbers, strawberries, soups.
- Keep water within reach: Keep a water bottle nearby whenever possible; stop at BSP hydration stations for a drink.
- Make water more exciting by freezing fruit, herbs or coconut water into ice cubes, then add the cubes to your water.
- Sip through a straw. Many people drink more fluids when they use a straw.

A Year of Gratitude and Growth at Bishop Spencer Place



As I reflect on my first year as President of Bishop Spencer Place, I am filled with gratitude for the opportunity to serve this extraordinary community. From my very first day, I was welcomed by residents, families, volunteers, and team members who care deeply about making Bishop Spencer Place a special place.

Over the past year, I have had the privilege of meeting many of you, hearing your stories, and learning what makes this community so unique. One of the things that has impressed me most is the strong sense of connection and engagement among our residents. Whether through Resident Council meetings, community events, or conversations in the hallways, your feedback and involvement continue to help shape our future.

Together, we have worked to strengthen our services and operations while remaining focused on what matters most—providing a safe, welcoming, and vibrant environment for everyone who lives here. I am especially proud of the dedication of our team members, whose commitment to kindness, respect, and excellence is recognized every day by residents and visitors alike.

Recently, a visitor with extensive experience evaluating communities, described Bishop Spencer Place as “the best” they had ever seen, citing the respect and dignity shown to every resident. That praise truly belongs to our incredible staff and community.

As we look ahead, I remain committed to listening, communicating openly, and working alongside you to make Bishop Spencer Place even stronger. Thank you for your trust, your partnership, and the warm welcome you have extended to me during my first year. It has been an honor to serve you, and I look forward to many more years together.

Sydney



Tai Chi with Gary Huff
Mondays & Wednesdays
1 p.m. | Activity Center

Consider our Tai Chi Classes with Gary Huff, who teaches Tai Chi throughout the area. No prior experience is needed. You're welcome to observe class, too.

Tai Chi helps increase mobility and circulation, improve balance, reduce blood pressure, and boost brain health.

Chair Volleyball

Thursday, Aug. 6 | 3:30 p.m.
Westport Room

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



Book Club

Saturday, Aug. 8
4 p.m. | Game Room

Contact Clark if you have any questions.



End-of-Life Conversations

Tuesday, Aug. 25 | 1:30 p.m. | Chapel



Chaplain Janette facilitates this monthly gathering, a casual, ongoing conversation group where we discuss dying, death, and grief.



August Day

Jane Hirschfield

*You work with what you
are given—*

*today I am blessed, today
I am given luck.*

*It takes the shape of a dozen
ripening fruit trees,
a curtain of pole beans, a thicket
of berries.*

*It takes the shape of a dozen
empty hours.*

*In them is neither love nor love's muster
of losses,*

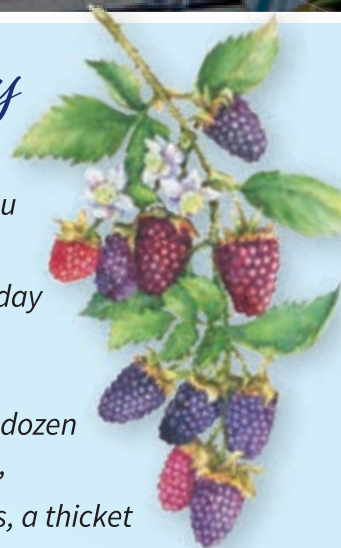
*in them there is no chance for harm
or for good.*

*Does even my humanness matter?
A bear would be equally happy, this
August day,*

*fat on the simple sweetness plucked
between thorns.*

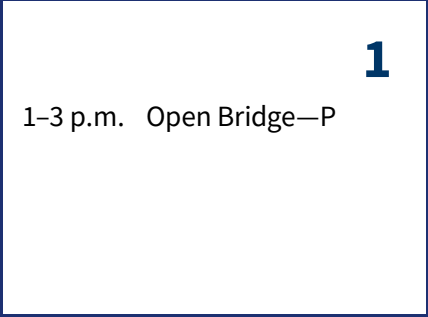
*There are some who may think,
“How pitiful, how lonely.”
Others must murmur, “How lazy.”*

*I agree with them all: pitiful, lonely, lazy.
Lost to the earth and to heaven,
thoroughly drunk on its whiskeys,
I wander my kingdom.*



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

August 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	3 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Dr. Andrew Granade—WR	4 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	5 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Rick Steves: Paris & London—Ch 9996	6 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—P 3:30 p.m. Chair Volleyball—WR	7 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Tim Whitmer Trio—MLR	1 1–3 p.m. Open Bridge—P
9 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	10 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Dr. Andrew Granade—WR	11 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Resident Council—WR 4:30 p.m. Women's Gathering—P	12 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. Rick Steves: Italy & Istanbul—Ch 9996	13 10:30 a.m. Strength & Balance—AC 1:30 p.m. Nina Irwin Art Experience—AC 4 p.m. Poetry Circle—WR	14 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. Paul Anderson & John Schaefer—MLR	15 1–3 p.m. Open Bridge—P
16 10 a.m. Morning Prayer—CH 11 a.m. Brunch—CDR	17 10 a.m. Stretch & Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—P 3 p.m. Speaker: Dr. Andrew Granade—WR	18 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Dance Lessons—AC 4 p.m. Art Reception: Melanie Nölker—ART	19 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Rick Steves: Andalusia—Ch 9996	20 10:30 a.m. Strength & Balance—AC 2 p.m. Robert Butler Classic Movie: Amélie—WR	21 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Betse Ellis Trio—MLR	22 1–3 p.m. Open Bridge—P
23 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	24 10 a.m. Stretch/Strength—AC 1 p.m. Tai Chi—AC 3:30 p.m. Humberto Sierralta—MLR	25 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	26 10 a.m. Stretch & Strengthen—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Rick Steves: Art of the Middle Ages—Ch 9996	27 10:30 a.m. Strength & Balance—AC 3 p.m. Speaker: John Witherspoon—WR	28 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 4 p.m. Happy Hour: Pianist Matt Villinger—MLR	29 1–3 p.m. Open Bridge—P
30 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR	31 10 a.m. Stretch/Strength—AC 1 p.m. Tai Chi—AC 3 p.m. Saint Luke's Health—WR					

Group activities subject to community status

**Art Experience with
Nina Irwin**
Thursday, Aug. 13 | 1:30 p.m.
Activity Center



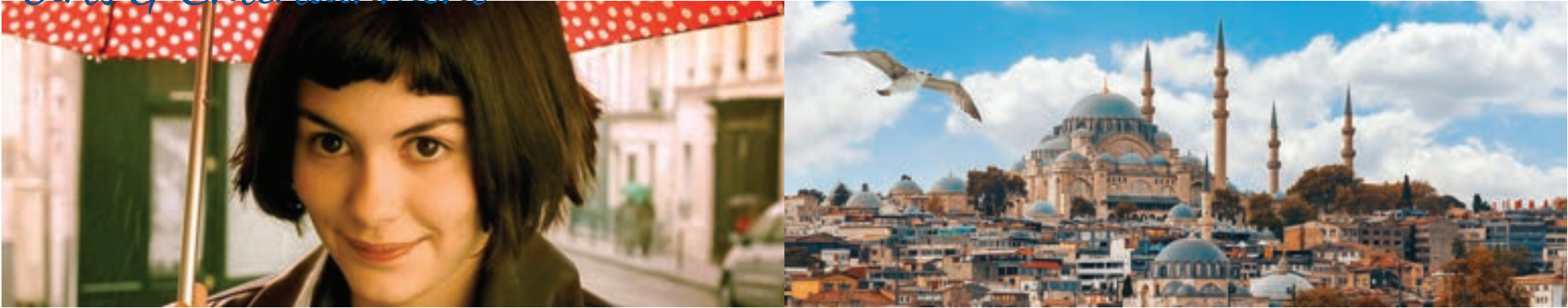
Nina Irwin's favorite painting subject is the natural world. Translating into semi-abstract landscapes, these works suggest the subjects of spirituality and the search for truth and beauty. Learn more about Nina at NinaIrwin.com.
Reserve your spot by calling Helen at 816-595-5015.



Blood Pressure Checks
Wednesdays | 12 p.m.
Game Room



Arts & Entertainment



Movie with Robert Butler: Amélie (2001)
Thursday, Aug. 20 | 2 p.m. | Westport Room

Amélie, a French-language romantic comedy, is a whimsical depiction of contemporary Parisian life, set in Montmartre. It tells the story of Amélie Poulain, played by Audrey Tautou, a shy and quirky waitress who decides to change the lives of those around her for the better while dealing with her own isolation.

Dance Lessons with Kayla Sloan
Tuesday, Aug. 18 | 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 all her sessions, we have witnessed Kayla's patience, talent, and humor. We'd love to see more of you—it's so much fun.



**Artist Reception
with Melanie Nolker**
Tuesday, Aug. 18 | 4 p.m. | Art Gallery

Our artist this month, Melanie Nolker, describes her work "as expressionistic in my use of color and impressionistic in style. The colors are exaggerated and although you know what you are looking at, my renditions are not literal. I am inspired by nature, by travel, and by the energy of the many artists that I paint with. I currently paint in oils with a palette knife. In my art, I hope to share the joy of color and the joy I feel when I create art."



Rick Steves Travel Documentaries
Wednesdays, Aug. 5, 12, 19, 26 | 3 p.m. | Channel 9996

This month we will air videos of Rick Steves, America's most respected authority on European travel. Steves is a public television host, a best-selling guidebook author, and an outspoken activist who encourages Americans to broaden their perspectives through travel. He is the founder and owner of Rick Steves' Europe, a travel business with a small-group tour program that brings more than 30,000 people to Europe annually.

Aug. 5—Paris and London
Explore cool jazz, tasty cuisine, the Louvre, Versailles, and the Eiffel Tower in the City of Light. Then take a trip through London, celebrating the traditions that make it a cultural powerhouse.

Aug. 12—Italy and Istanbul
In Italy sample la dolce vita in Venice and Florence, then soak up the Italian Riviera and the hill towns of Tuscany and Umbria, embrace Rome, Naples, and the Amalfi Coast, and finish with beautiful Sicily. In Istanbul, visit the Grand Bazaar, Spice Market, Hagia Sophia, Blue Mosque, and Topkapi Palace, cruise the Bosphorus and visit a traditional Turkish bath.

Aug. 19—Andalucía
This look at southern Spain highlights the region's culture, cuisine, history, and natural wonders, including the cities of Sevilla, Córdoba, and Granada; flamenco, sherry, and horses; dramatic white-washed hill towns; the Costa del Sol; and Gibraltar.

Aug. 26—Art of the Middle Ages
After Rome fell, Europe spent a thousand years in the Middle Ages. Art flourished in monasteries and Christian Byzantium, Moorish Spain, and pagan Vikings. The High Middle Ages brought majestic castles, radiant Gothic cathedrals, and exquisite art that dazzled the faithful and the secular alike.

**Great Decisions
Meeting**
Tuesday, Aug. 4 | 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 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.



August Speakers

Dr. Andrew Granade
Mondays, Aug. 3, 10, 17 | 3 p.m.
Westport Room



Dr. Granade is a musicologist and educator at the UMKC Conservatory, where he serves as Associate Dean and Professor of Musicology. He completed his Ph.D. in musicology at the University of Illinois Urbana-Champaign in 2005, and also holds a master of music from UIUC as well as bachelor degrees in piano performance and history from Ouachita Baptist University in Arkadelphia, Arkansas.

In 2010, Andrew was recognized with both the Chancellor’s Early Career Award for Excellence in Teaching and the Muriel McBrien Kauffman Excellence in Teaching Award. Andrew’s research focuses on the American Experimental Tradition, particularly the composer and instrument builder Harry Partch. He also has an active interest in music history pedagogy, as well as film music, particularly that of science fiction film and television. .

Andrew is known for his engaging approach to complex ideas and his commitment to connecting scholarship with real-world listening experiences—inviting audiences to hear music not just as art, but as a lens on human creativity and culture.

Andrew will present three talks in his “Hearing Classical Music Today” series:

- August 3 | Music and Technology
- August 10 | Music and Globalism
- August 17 | Music and Collaboration

John Witherspoon
Thursday, Aug. 27 | 3 p.m. | Westport Room



Join us for a very special history presentation with living historian and BSP resident John Witherspoon as he portrays U.S. Navy Captain Percival Drayton. He will give us a first-person account of how the Civil War impacted and divided the Drayton family. John has presented this program in his previous home of Hilton Head, SC.

Captain Percival Drayton was a career United States Navy officer. During the American Civil War, he commanded naval forces against Confederate forts defended by his brother, Thomas F. Drayton, in the Battle of Port Royal. He helmed the USS Hartford during the Battle of Mobile Bay under Rear Admiral David Farragut. It was to Drayton that Farragut issued his famous command, “Damn the torpedoes! Full steam ahead!”



Captain Percival Drayton

BJC Saint Luke’s: Planning for Tomorrow—Understanding Your Care Options
Monday, Aug. 31 | 3 p.m. | Westport Room

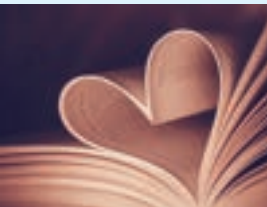
As needs change over time, it is helpful to understand the care and support options available to you within the BJC Saint Luke’s system. This presentation will provide an overview of senior living levels of care, home health services, and hospice care, helping you make informed decisions and plan confidently for the future.



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 added another deluxe Scrabble board to accommodate more players.

Poetry Circle
Thursday, Aug. 13
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, Aug. 11
Men’s Club
Tuesday, Aug. 25

NOTE: The KCB Movement Class is on pause this month.
Our instructor will return in September 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
YESTERYEAR
Caro Claire Burke



THE CALAMITY CLUB
Kathryn Stockett

WHISTLER
Ann Patchett

THE SHAMPOO EFFECT
Jenny Jackson



DUNGEON CRAWLER CARL
Matt Dinniman

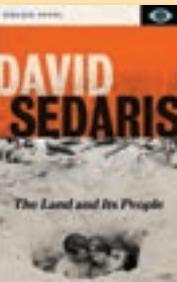
Nonfiction
CANCEL ME IF YOU CAN
Dave Portnoy



REGIME CHANGE
Maggie Haberman and Jonathan Swan

STRANGERS
Belle Burden

THE LAND AND ITS PEOPLE
David Sedaris



CARELESS PEOPLE
Sarah Wynn-Williams

Music

Tim Whitmer Trio

Friday, Aug. 7 | 3 p.m. | Madison Living Room



Our good friend Tim Whitmer is back with his trio. Tim performs regularly at top jazz venues in Kansas City and has treated audiences from all over the world to a taste of Kansas City swing jazz. When Whitmer

and his group played New York jazz clubs, the *Village Voice* called them “the best swing band to come out of Kansas City since Jay McShann.” Here at BSP, we already knew that!

Paul Davidson & John Schaefer

Friday, Aug. 14 | 3 p.m. | Madison Living Room



We’re delighted to welcome vocalist Paul Davidson of Kantorei KC, accompanied by John Schaefer on piano. Paul is a voting member of the Recording Academy and soloist on the Grammy-winning albums *Grechaninov: Passion*

Week and *Rachmaninoff: All-Night Vigil*. He has performed as a professional musician in South Korea, England, Canada, the District of Columbia, and fourteen U.S. states. He performs with the professional ensembles Kansas City Chorale and Cecilia Ensemble of Augusta, Georgia, in addition to working for three churches and a community choir.



BSP resident John Schaefer recently retired after 40 years as director of music and organist of Grace and Holy Trinity Cathedral and 27 years as organist of Park University.

Betse Ellis Trio

Friday, Aug. 21 | 3 p.m. | Madison Living Room



Help us welcome Betse Ellis and friends back to BSP. Betse plays powerful and beautiful old-time fiddle tunes, sings traditional Ozark songs, and shares her own songs. Her energetic performances are

filled with contagious enthusiasm.

Humberto Sierralta

Monday, Aug. 24 | 3:30 p.m.

Madison Living Room



World-renowned pianist Humberto Sierralta is back. Born in Peru, Humberto has performed all over the world in

major theaters as well as on television. His live weekly performances on the Mexican television network Channel of the Stars drew millions of international viewers.

Happy Hour: Pianist Matt Villinger

Friday, Aug. 28 | 4 p.m.

Madison Living Room



Have a beverage on us and enjoy the music of Matt Villinger. Matt was born and raised in St. Louis and is now one of the most in-demand pianists in Kansas City. He leads his

own bands, including All Night Trio, and plays in Peter Schlamb’s Electric Tinks.

Spiritual Wellness CORNER

Bishop Roger Gustafson has been a part of Sunday worship at BSP for almost two years. What started as a functional need—consecrating communion until I’m ordained a priest—has grown into much more. As my ordination nears, it’s nearly time to say farewell to our friend Roger. He is the author of this month’s column, saying farewell to all of you.

A Jewish folktale about Wisdom goes like this:

One day, Wisdom went forth from God to walk upon the earth. But wherever Wisdom went, no one would listen. Some people said, “You are ugly; leave us alone.” Some became angry and turned away. Others were afraid; they ran and hid. Finally, in dejection and disappointment, Wisdom floated back up to heaven.

And God asked, “What’s wrong?”

“No one pays attention!” Wisdom answered. “When I come near, they turn away; when I speak, they will not listen.”

God nodded an understanding nod. And then God said, “Go forth once more, only this time, clothe yourself in stories.”

It has been such a privilege to come to know many of you, the living stories of Bishop Spencer Place! Since October 2024 I’ve helped lead worship every other week in the beautiful Chapel of the Epiphany. It’s been a joy to welcome you as you’ve shown up there, whether it’s under your own steam, maybe aided by walker, wheelchair, or cane; or whether you’ve been helped in by one of the faithful staff members here.

You are a delight! It’s been an honor to listen as you’ve shared your journeys, including the occasional surprising detours and side trips. What I experienced was just a sample of the precious gift that your exceptionally devoted Chaplain Janette receives all the time: close contact with you and the beautiful fact of your life. As our magnificently gifted organist Lynne Tidwell once told me, “We are among angels here.” Indeed.

Mainly, I’ve seen God’s ancient Wisdom revealed among you as love. When the Christian faith began to spread, 2,000 years ago, an observation that others reportedly made about us was, “See how these Christians love one another.” That’s precisely what I’ve experienced during my time at BSP – the love that people here have for one another, the love that first comes from God. To be welcomed into this loving community has been one of the blessings of my life. As I leave, my heart is full. Thank you, all. May God keep you in God’s loving care.

Remembrance Service

Wednesday, Aug. 12

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.



