

The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

SEPTEMBER 2026



BJC
Health™

Saint Luke's
Bishop Spencer Place



Food MATTERS

Is Ice Cream Healthy?

More than a few eyebrows probably lifted when Dr. Zeke Emanuel's recent book hit the shelves: "Eat Your Ice Cream: Six Simple Rules for a Long and Healthy Life."

In an interview on NPR's "Morning Edition," Emanuel was asked what motivated him to write it. "Mostly anger at the wellness industrial complex," he said. "They're selling people expensive, unproven remedies like peptides, whole body scans and anti-aging elixirs."

In his book, oncologist and bioethicist Emanuel takes a straightforward approach to maintaining good health based on prevention, science, and common sense. About that title, he says people who regularly eat ice cream have a lower risk of metabolic disease, despite the sugar and fat. A quick look at the rules:

- **Eat your ice cream:** A balanced diet matters. Focus on healthy foods. Limit sodas and snacks. Enjoy a treat at the end of the day.
- **Don't take excessive risks:** Wear a seatbelt. Don't smoke. Get your vaccines, especially for shingles.
- **Stay mentally engaged:** Go to lectures. Volunteer. Join a book club. Stay curious.
- **Talk to people:** People actually like to interact. We're social beings.
- **Move it!** Do aerobic exercise and strength training. Walking after a meal offsets the harms of sitting.
- **Sleep like a baby:** Practice good sleep hygiene. Avoid naps, caffeine, and alcohol after 2 p.m.

An Exciting New Chapter for Dining at Bishop Spencer Place



Beginning Aug. 30, Bishop Spencer Place will bring our Culinary and Nutrition Services operation in-house. This is an important step in our ongoing commitment to enhancing the resident experience and creating a dining program that reflects the quality, hospitality, and personalized service our community deserves.

During my year here, many residents have shared feedback about their dining experiences. We have heard your concerns regarding menu variety, food quality and consistency, service timeliness, special dietary accommodations, and communication surrounding meal offerings. We appreciate your honesty and engagement, and your feedback has been instrumental in shaping our decision to make this transition.

By bringing Culinary and Nutrition Services under direct BSP leadership, we will have greater control over menu planning, staffing, training, quality standards, and resident feedback processes. This change will allow our team to be more responsive to your preferences and to make improvements more quickly. We are excited about opportunities to introduce enhanced menus, strengthen nutrition support, improve service consistency, and create a more personalized dining experience.

At the same time, we want to be transparent that meaningful change takes time. While this transition marks an important milestone, not every challenge will be resolved overnight. Building a high-performing culinary program is a journey, and we expect there will be adjustments along the way as new systems, processes, and team members come together.

We remain committed to listening, learning, and continuously improving. Thank you for your patience, support, and partnership as we begin this exciting new chapter. We look forward to creating a dining experience that our residents can enjoy and be proud of for years to come.

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.

Block Party

Tuesday, Sept. 15 | 11 a.m.-1 p.m.
Madison Parking Lot



Please join us for our annual Block Party, sponsored by the residents of BSP to give back to employees. All residents and employees are welcome to join the food, music, and fun—and get to know one another.

Book Club

Saturday, Sept. 12
4 p.m. | Game Room

Contact Clark if you have any questions.



End-of-Life Conversations

Tuesday, Sept. 22 | 1:30 p.m. | Chapel



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



Garden TIME

To the Light of September

W. S. Merwin

*When you are already here
you appear to be only
a name that tells of you
whether you are present or not*

*and for now it seems as though
you are still summer
still the high familiar
endless summer
yet with a glint
of bronze in the chill mornings
and the late yellow petals
of the mullein fluttering
on the stalks that lean
over their broken
shadows across the cracked ground*

*but they all know
that you have come
the seed heads of the sage
the whispering birds
with nowhere to hide you
to keep you for later*

*you
who fly with them*

*you who are neither
before nor after
you who arrive
with blue plums
that have fallen through the night*

perfect in the dew

Read about this fascinating poet at:
PoetryFoundation.org/Poets/W-S-Merwin

Art Historian
Donna Houtteman
Mondays, Sept. 7, 14, 21
3 p.m. | Westport Room



Donna returns with a new three-week program. Explore Polynesia, Easter Island, Hawaii (before colonialism), the adventures of Captain Cook, and more. Discover objects that were made with indigenous materials, imbued with power, and brought meaning to the lives of the islanders.



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.

Arts & Entertainment



Movie with Robert Butler:
***The Manchurian Candidate* (1962)**

Tuesday, Sept. 29 | 2 p.m. | Westport Room

The American Cold War thriller, *The Manchurian Candidate*, was released during the Cuban missile crisis, and the movie underscored the Cold War tension present in the United States during that time.

Near the end of the Korean War, a platoon of U.S. soldiers is captured by communists and brainwashed. Following the war, the platoon is returned home, and Sergeant Raymond Shaw (Laurence Harvey) is lauded as a hero by the rest of his platoon. However, the platoon commander, Captain Bennett Marco (Frank Sinatra), finds himself plagued by strange nightmares and, together with fellow soldier Allen Melvin (James Edwards), races to uncover a terrible plot. The movie stars Frank Sinatra, Laurence Harvey, Raymond Shaw, Janet Leigh, and Angela Lansbury.

Dance Lessons with Kayla Sloan
Tuesday, Sept. 15 | 2 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.



The Ballet Comes to BSP
Wednesday, Sept. 30 | 9 a.m. | Canterbury Dining Room



Join us for a fun and engaging 45-minute Informance that brings "information" and "performance" together! This interactive event with Kansas City Ballet Second Company kicks off with a demonstration of a ballet class, showing key techniques and exercises in action. You'll also learn the distinctions between classical and contemporary ballet styles as dancers perform partnering work, giving you a glimpse into the coordination and connection required for stunning duets. The event ends with a costumed performance. With narration throughout, it offers a behind-the-scenes look at the artistry and discipline of ballet.

Art Experience with Nina Irwin
Thursday, Sept. 10 | 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.**

Thursday Trivia
Thursday, Sept. 3 | 3:30 p.m. | Pub

Larry Stice, Trivia Master, is back! Come to the Pub a bit early for a good seat and a beverage on us.



Great Courses
Wednesdays,
Sept. 2, 9, 16, 23, 30
3 p.m. | Channel 9996

The story of Italian art is one of the greatest in history: a thread that begins in ancient Rome, weaves through the Middle Ages and the Renaissance, and continues to shape the way we understand beauty, faith, and the world today. From the Etruscans' vivid tomb frescoes to Michelangelo's masterpieces, to Caravaggio's dramatic use of light and shadow, how did a small peninsula become the cradle of so much creative genius?

Your guide, Jean-Pierre Isbouts, is an art historian, biblical scholar, and best-selling author. After earning his DLitt at Leiden University, he served as a member of the doctoral faculty at Fielding Graduate University and now holds the title of Faculty Emeritus. In 2014, he authenticated a canvas in Geneva as da Vinci's first version of the Mona Lisa, and in 2017, he discovered that Leonardo and his workshop produced a second version of his Last Supper fresco. He has published extensively on 19th-century art, Renaissance artists, and biblical archaeology.

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

September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
6 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 6:15 p.m. Sunday Movie: “Big Night”—JLR	7 Labor Day Offices Closed 3 p.m. Donna Houtteman —WR	8 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	9 10 a.m. Stretch—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses: World of Italian Art—Ch 9996	10 10:30 a.m. Strength & Balance—AC 2:30 p.m. Dining Committee—P 3:30 p.m. Trivia with Larry Stice—P	4 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Stan Kessler Trio—MLR	5 1–3 p.m. Open Bridge—P
13 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 6:15 p.m. Sunday Movie: “Painted Lady”—JLR	14 10 a.m. Stretch Class—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—P 3 p.m. Donna Houtteman —WR	15 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 11 a.m. Block Party—Madison Main Lot 2 p.m. Dance Lessons with Kayla—AC	16 10 a.m. Stretch—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses: World of Italian Art—Ch 9996	17 10:30 a.m. Strength & Balance—AC 1 p.m. KCB Movement—AC 3 p.m. Speaker: Vern Barnett—WR	18 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Peter Schlamb and Bram Wijnands—MLR	19 1–3 p.m. Open Bridge—P
20 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 6:15 p.m. Sunday Movie: “Seabiscuit”—JLR	21 10 a.m. Stretch Class—AC 1 p.m. Tai Chi—AC 3 p.m. Donna Houtteman —WR	22 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1:30 p.m. Janette’s EOL Conversation—CH 4:30 p.m. Men’s Club—P	23 10 a.m. Stretch—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses: World of Italian Art—Ch 9996	24 10:30 a.m. Strength & Balance—AC 3 p.m. Speaker Patrick Tuohey—WR	25 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. Happy Hour: Fountain City String Quartet—MLR	26 1–3 p.m. Open Bridge—P
27 10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR 6:15 p.m. Sunday Movie: “The Big Lewbowski”—JLR	28 10 a.m. Stretch Class—AC 1 p.m. Tai Chi—AC 2 p.m. Saint Luke’s Concierge Services with Sahida Bagam & Dr. Richard Lustig—WR	29 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 2 p.m. Robert Butler Classic Movie—WR	30 9 a.m. KC 2nd Co Ballet—CDR 11 a.m. Stretch—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses: World of Italian Art—Ch 9996			

Group activities subject to community status

Final Great Decisions Meeting

Tuesday, Sept. 1 | 3 p.m.
Westport Room



Great Decisions is America's largest discussion program on world affairs. It is sponsored by the Foreign Policy Association and has been in operation for nearly 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!

Please call or email John with any questions. He also has the website 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. **The new session with John starts in February 2027.**

September Speakers

Vern Barnet

Thursday, Sept. 17 | 3 p.m. | Westport Room



Religions seem to explore the sacred, what our life depends upon, the source of ultimate meaning. Do the Primal, Asian, and Monotheistic traditions of the world agree or offer distinct perspectives on how to live our lives? Vern hopes you bring plenty of questions to this hour.

Vern Barnet is a Unitarian Universalist pastor and was the weekly newspaper columnist on religious topics in The Kansas City Star from 1994-2012. He is the founder of the Kansas City Interfaith Council. We are so delighted Vern is coming again to BSP.

Patrick Tuohey

Thursday, Sept. 24 | 3 p.m. | Westport Room



Economic development is what everyone talks about: World Cup and streetcars and Power & Light and new stadiums. But for all that taxpayers have spent—are we really that better off? Patrick Tuohey talks about the hype and the reality of such spending in KC and elsewhere.

Patrick Tuohey is co-founder and policy director of the Better Cities Project which aims to deliver the best in public policy research from around the country to local leaders, communities, and voters. He works to foster understanding of the consequences—often unintended—of local policies regarding economic development, taxation, education, policing, and transportation. In 2021, Patrick served as a fellow of the Robert J. Dole Institute of Politics at the University of Kansas and is currently a senior fellow at the Show-Me Institute in Missouri.

Sahida Bagam and Richard Lustig, DO

Monday, Sept. 28 | 2 p.m. | Westport Room



As needs change over time, it is helpful to understand the care and support options available to you within Saint Luke's. "Planning for Tomorrow: Understanding Your Care Options" with Sahida Bagam and Dr. Richard Lustig, 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, Sept. 10
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, Sept. 8

Men's Club

Tuesday, Sept. 22

KCB Movement Class

Thursday, Sept. 17 | 1 p.m. | Activity Center

Returning this month, this class challenges balance and coordination and will make you smile, guaranteed. **Reminder: The Ballet has generously offered us discounts to performances with our partnership.**

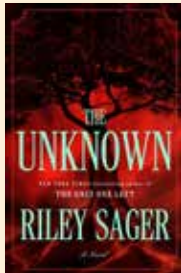


Bestselling BOOKS

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

Fiction

THE UNKNOWN: A NOVEL
Riley Sager



THE CALAMITY CLUB

Kathryn Stockett

YESTERYEAR

Caro Claire Burke

WHISTLER: A NOVEL

Ann Patchett

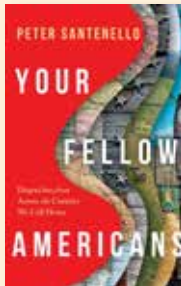


THE LION & THE DEATHLESS DARK

Carissa Broadbent

Nonfiction

REGIME CHANGE
Maggie Haberman and Jonathan Swan



YOUR FELLOW AMERICANS

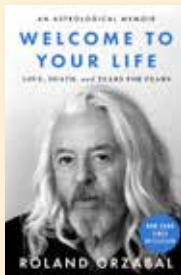
Peter Santenello

WELCOME TO YOUR LIFE

Roland Orzabal

STRANGERS

Belle Burden



BIOLOGICAL WAR

Annie Jacobsen

Music



Stan Kessler Trio

Friday, Sept. 4 | 3 p.m. | Madison Living Room

We are excited to welcome KC jazz legend Stan Kessler, along with the stellar Roger Wilder on piano and BSP newcomer, Sebastian Arias, on bass.



Marimba Sol de Chiapas

Friday, Sept. 11 | 3 p.m. | Madison Living Room

Enjoy the music of Marimba Sol de Chiapas, a group committed to the authentic performance of marimba from Mesoamerica. The group maintains an active schedule of performances, recordings, and multi-cultural workshops.



Peter Schlamb and Bram Wijnands

Friday, Sept. 18 | 3 p.m. | Madison Living Room

We are bringing back the jazz again in September with Peter Schlamb and Bram Wijnands. Peter, a talented vibraphonist and pianist, is a Missouri native and adjunct instructor at UMKC, and BSP resident David Schlamb's son. Bram is a veteran jazz pianist and former adjunct professor of music at UMKC.



Happy Hour: Fountain City String Quartet

Friday, Sept. 25 | 4 p.m. | Madison Living Room

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

Blood Pressure Checks

**Wednesdays | 12 p.m.
Game Room**



Spiritual Wellness CORNER

Dear friends,

I'm writing this at the end of August with deep affection and gratitude for you all. By the time you read this, I will have been ordained a priest, and I hope I never forget the outpouring of love I have felt from this entire community in my years of preparation for this sacred vocation. I so enjoy getting to know the sources of meaning in your lives, and I thank you for how you've recognized the significance of this milestone in mine.

Many people ask what I plan to do next, and I always joyfully tell them I plan to carry on being the chaplain here. Understandably, you may wonder how that will be any different than what I do now. Rest assured, I intend to continue extending care and hospitality as I have always endeavored to do, and now as a priest, I have three new expressions of ministry on the list of possibilities for how that care takes shape.

In the Episcopal Church, there are three specific tasks that priests are ordained to do: celebrate the sacraments, declare forgiveness (absolution), and pronounce God's blessing. These are all things I have creatively outsourced since I've been here, but I'm eager to offer them myself.

The most obvious time will be Sunday mornings when I lead worship in our beautiful chapel, something that involves all three. My first time celebrating communion here will be Sunday, Sept. 6, and I will do so every Sunday following. I'm also excited to offer apartment blessings, which is something people often seek when they move into a new home, on an annual basis, or when there have been major changes or stressful events. We'd go room by room to pray blessings for your home, addressing any concerns or needs you have in those prayers. Please let me know if you'd like to plan one for your home!

Really, I intend to live into the vows I take at ordination; I vow to do my best to pattern my life in accordance with the teachings of Christ so that I may be a wholesome example to my people. I rely on God's grace, and I am deeply moved by your belief in my ability to do so. It is a sacred privilege to be your chaplain, to now be your priest.

May the blessing of God be upon you and remain with you always,

Mother Janette

Remembrance Service

Wednesday, Sept. 9 | 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 will 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

