

The background of the entire page is a close-up, shallow depth-of-field photograph of autumn leaves. The leaves are in various shades of yellow, orange, and brown, with some green still visible. They are scattered across the frame, creating a warm and textured backdrop.

The AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

OCTOBER 2026



Saint Luke's
Bishop Spencer Place



Food MATTERS

Eat Better, Sleep Better

When sleep doesn't come easily, people turn to familiar solutions. Maybe we sip a cup of chamomile tea or eat peanut butter on toast or focus gratefully on life's blessings. Ian Katznelson, MD, a neurologist and sleep medicine physician at Northwestern Medicine, has compiled a list of foods that promote relaxation and sleep, as well as a list of foods to avoid at night.

Nutrients in these foods promote muscle relaxation and sleep. Foods for sleepiness: bananas, spinach, sweet potatoes, turkey, chicken, fish, eggs, cheese, edamame, tofu, quinoa, Montmorency cherries, milk, pistachios.

Foods to avoid at night: (High-fat) burgers, pizza, chips, fast food; (Spicy) curry, hot peppers, wasabi, horseradish, hot sauce; (Sugary) pastries, candy, sweetened cereals; (Acidic) tomatoes, citrus fruits, onions; (Caffeine) coffee, tea, chocolate, energy drinks, soda.

As for alcohol, Dr. Katznelson notes it can make you sleepy in the short term, but can also cause disrupted sleep. Eating a balanced diet, one with all the food groups, can prime your body for bed. Complex carbohydrates keep blood sugar levels stable and sleep restful while protein helps release tryptophan, which promotes serotonin. A little fat, like peanut butter, can slow the carbohydrate absorption to help you wake up rested.

2026 Employee Engagement Survey Highlights



At Bishop Spencer Place, our mission is rooted in creating a community where residents and teammates can thrive. One of the ways we measure how well we are supporting our team is through our annual Employee Engagement Survey. We are pleased to share that participation in the

2026 survey increased significantly from previous years, reflecting a growing commitment among teammates to share their perspectives and help shape our future.

A higher response rate is important because it gives us a more complete understanding of what our team members are experiencing and where we can continue to improve. When teammates feel heard, the entire community benefits.

This year's survey identified three key areas of focus: Accountability, Appreciation, and Communication.

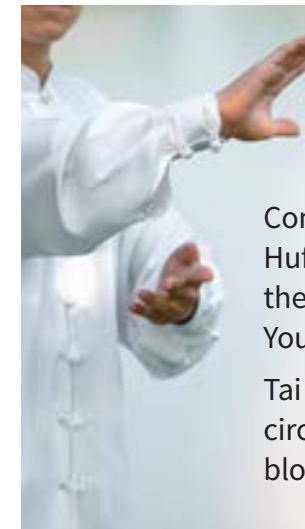
Accountability means creating a culture where team members take ownership of their responsibilities, support one another, and consistently follow through on commitments. Strong accountability helps ensure reliable service and a positive experience for residents.

Appreciation reminds us of the importance of recognizing the efforts of our teammates. Celebrating contributions, expressing gratitude, and acknowledging great work help build engagement and strengthen our community culture.

Communication continues to be essential to our success. We are committed to improving the sharing of information, encouraging open dialogue, and ensuring teammates have the tools and knowledge they need to serve residents effectively.

Most importantly, these survey results are leading to action. Department managers are actively developing and implementing action plans focused on these key areas. Progress is not only being tracked within individual departments, but it is also reviewed monthly by the leadership team to ensure accountability and continued momentum. This ongoing process helps us identify successes, address challenges, and make meaningful improvements over time. We are investing in a stronger workplace and, ultimately, an even better experience for everyone who calls Bishop Spencer Place home.

Sydney



Tai Chi with Gary Huff
Mondays and 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.

Name the Resident

- Favorite music: Classical & jazz
- Favorite book: Catcher in the Rye
- Favorite movie: Dr. Zhivago
- Favorite visual artwork: "The Persistence of Memory" - Salvador Dali
- Favorite Performing Art: Broadway plays

Check back next month for the answer!

Book Club

Saturday, Oct. 10
4 p.m. | Game Room

Contact Clark if you have any questions.

End-of-Life Conversations

Tuesday, Oct. 27 | 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

Pleasant Sounds

John Clare

The rustling of leaves under the feet in woods and under hedges;

The crumpling of cat-ice and snow down wood-rides, narrow lanes and every street causeway;

Rustling through a wood or rather rushing, while the wind halloos in the oak-toop like thunder;

The rustle of birds' wings startled from their nests or flying unseen into the bushes;

The whizzing of larger birds overhead in a wood, such as crows, puddocks, buzzards;

The trample of robins and woodlarks on the brown leaves, and the patter of squirrels on the green moss;

The fall of an acorn on the ground, the pattering of nuts on the hazel branches as they fall from ripeness;

The flirt of the groundlark's wing from the stubbles - how sweet such pictures on dewy mornings, when the dew flashes from its brown feathers.

Read about this fascinating poet at:
PoetryFoundation.org/Poets/John-Clare



**Artist Reception for
Cristine Sundquist**

Thursday, Oct. 15 | 4 p.m. | Art Gallery



“The simple beauty of landscapes keeps me painting day after day. The rolling hills and majestic skies provide daily inspiration to solve the artistic issues of color and light, but the land provides even more. My main goal

for a painting is to have the viewer feel the peace and see the beauty that is so easily missed in our hectic lives.



Based on feedback, I’d have to say I’m best known for the way I paint the light, as well as my sunsets and clouds. It’s a wonderful feeling when people come to me and say, “I can feel this painting. You captured the light perfectly,” or “This makes me remember my grandmother’s land.” Art connects us. It’s an honor to be able to contribute to that.”

You can see her work at www.CristineSundquist.com.

Arts & Entertainment

Dance Lessons with Kayla Sloan

Tuesday, Oct. 20 | 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.

**Movie with Robert Butler:
Invasions of the Body Snatchers (1978)**

Thursday, Oct. 29 | 2 p.m. | Westport Room

Invasion of the Body Snatchers is a 1978 American science-fiction psychological horror film directed by Philip Kaufman, starring Donald Sutherland, Brooke Adams, and Leonard Nimoy. It is the second film adaptation of Jack Finney’s 1954 novel *The Body Snatchers*, following the 1956 film.

The plot involves a San Francisco health inspector (Sutherland) and his colleague (Adams) who over the course of a few days discover that humans are being replaced by alien duplicates; each is a perfect biological clone of the person replaced, but devoid of empathy and humanity.



Art Experience with Nina Irwin

Thursday, Oct. 8 | 1 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.**



Blessing of the Pets

Thursday, Oct. 1 | 1 p.m. | Bishop’s Garden

In honor of St. Francis who loved animals, all are welcome to bring your pets to the Bishop’s Garden for a blessing. If your pet prefers to stay home, Chaplain Janette will visit apartments too.



Call or email if you would like Janette to come to your home: 816-595-5017
janette.platter@bjc.org

Great Courses

The World of Italian Art

Wednesdays, Oct. 7, 14 | 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.



**The Great Tours
Australia and New Zealand**

Wednesdays, Oct. 21, 28 | 3 p.m. | Channel 9996

A just-released class for you to sit back and enjoy! From the sun-drenched shores of Bondi Beach to the snowcapped peaks of the Southern Alps, Australia and New Zealand are some of the most visually stunning places on earth. Former English colonies that have forged unique modern identities, Australia and New Zealand boast striking land formations, weird and wonderful animals and plants, nuanced and complex histories, and ancient indigenous cultures. You’ll tour the landscapes with their hallmark beauty, from tropical rainforests and barrier reefs to vast red deserts and mysterious bushland.

Our professor, Matthew Laing, is a political scientist and historian. He received his PhD in Politics and History from the Australian National University. He previously taught at Monash University in Melbourne and Utrecht University in the Netherlands and regularly lectured with the Association of Australian Decorative and Fine Arts Societies, now known as ArtsNational. His books include *Politics, Political Leadership, and Political Ideologies*.

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

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:30 a.m. Strength & Balance—AC 1 p.m. Blessing of the Pets—BG 2:30 p.m. Dining Committee—P	2 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Made In France Band—MLR	3 1–3 p.m. Open Bridge—P
4 10 a.m. Holy Eucharist—CH 10 a.m. Brunch—CDR 3:25 p.m. Chiefs/Raiders—CBS 6:30 p.m. Sunday Movie: “Seabiscuit”—JLR	5 10 a.m. Stretch Class—AC 1 p.m. Tai Chi—AC 2 p.m. Speaker: Dr. Paul Laird—WR	6 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 12 p.m. Bridge Luncheon—CDR Speaker: Tyler Knott—WR	7 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	8 10:30 a.m. Strength & Balance—AC 1:00 p.m. Nina Irwin Art Experience—AC 4 p.m. Poetry Circle—WR	9 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. Susie & Bill Goldenberg—MLR	10 1–3 p.m. Open Bridge—P 4 p.m. Saturday Book Club—GR
11 10 a.m. Holy Eucharist—CH 10 a.m. Brunch—CDR 6:30 p.m. Sunday Movie: “What About Bob”—JLR	12 10 a.m. Stretch Class—AC 1 p.m. Tai Chi—AC 2 p.m. Speaker: Dr. Paul Laird—WR	13 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	14 10 a.m. Stretch—AC Resident Remembrance—CH 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses: World of Italian Art—Ch 9996	15 10:30 a.m. Strength & Balance—AC 1 p.m. KCB Movement—AC 4 p.m. Art Reception for Cristine Sundquist—ART	16 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Mark Lowrey & Eboni Fondren—MLR	17 10 a.m. Modigliani String Quartet—MLR 1–3 p.m. Open Bridge—P
18 10 a.m. Holy Eucharist—CH 10 a.m. Brunch—CDR 3:25 p.m. Chiefs/Chargers—CBS 6:30 p.m. Sunday Movie: “Rain Man”—JLR	19 10 a.m. Stretch Class—AC 1 p.m. Tai Chi—AC 2 p.m. Garden Committee—P 2 p.m. Speaker: Dr. Paul Laird—WR	20 10:30 a.m. Strength & Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Dance Class—AC 3 p.m. Speaker: Mary Don Beachy—WR	21 10 a.m. Stretch—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses—Ch 9996 4 p.m. New Resident Happy Hour—WR	22 10:30 a.m. Strength & Balance—AC 3 p.m. Speaker: Gary Jenkins, Gangland Wire—WR	23 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 (Week early) Happy Hour: Rich Hill & Charles Perkins—MLR	24 1–3 p.m. Open Bridge—P
25 10 a.m. Holy Eucharist—CH 10 a.m. Brunch—CDR 7:20 p.m. Chiefs/Seahawks—NBC	26 10 a.m. Stretch Class—AC 1 p.m. Tai Chi—AC 3 p.m. Speaker: Saint Luke’s Foundation—WR	27 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	28 9:45 a.m. (est.) St Paul’s Trick or Treaters—MLR 10 a.m. Stretch—AC 12 p.m. BP Checks—GR 1 p.m. Tai Chi—AC 3 p.m. Great Courses—Ch 9996	29 10:30 a.m. Strength & Balance—AC 2 p.m. Classic Movie with Robert Butler—WR Invasion of the Body Snatchers	30 9 a.m. Morning Fitness—Ch 9996 10 a.m. Bridge & Games—P 1 p.m. Grocery Trip 3 p.m. Halloween Party—MLR	31 1–3 p.m. Open Bridge—P

Group activities subject to community status

October Speakers

Dr. Paul Laird
Mondays, Oct. 5, 12, 19 | 2 p.m. | Westport Room



Join us for classes featuring Three Famous Pieces of Classical Music: Their Historical Context and What to Listen For presented by Dr. Paul R. Laird, Professor Emeritus of Musicology, KU School of Music. These three classes will consider the following works: J. S. Bach's

Brandenburg Concerto No. 5, Beethoven's Symphony No. 5, and Mussorgsky's Pictures at an Exhibition. We will briefly consider the life and work of each composer, where the piece fits into the history of music, and what one should listen for when enjoying the piece. The third class on Mussorgsky will also include consideration of Ravel's famous orchestration of the work.

Avoiding Scams with Tyler Knott
Tuesday, Oct. 6 | 3:30 p.m. | Westport Room



Tyler Knott is Chairman and CEO of Bank 21, a family-owned Missouri community bank with roots dating to 1903. A fourth-generation banker and attorney, he brings experience in commercial lending, banking law, and community-bank leadership. He is focused

on preserving relationship banking while positioning Bank 21 to serve its customers and communities for the next generation. And, as many of you know, Tyler is the son of residents Dee and Bob Knott.

Mary Don Beachy
Tuesday, Oct. 20 | 3 p.m. | Westport Room



Do not miss this! Mary Don Beachy, a proud Kansas Citian and MU grad, has a master's degree in education. She taught Elementary students for 34 Years in the SMSD. Step Up to the Plate, Kansas City!: A Feast of Local Legends and Legacies is a collaborative effort

of many people like Mary Don, who love Kansas City and love to share the city's finer points, as well as their favorite recipes. Each also shares their secret ingredient for success in life. Book proceeds have been donated to Children's Mercy Hospital.

Gary Jenkins
Thursday, Oct. 22 | 3 p.m. | Westport Room



Gary Jenkins, former Intelligence Unit detective with the Kansas City Police Department, has produced four documentary films, created the Kansas City Mob Tour app, authored three books, and currently produces and hosts his own true-crime podcast, titled

Gangland Wire Crime Stories. In this popular true-crime podcast Gary Jenkins tells many stories about the Kansas City mafia, interviews experts on mafia families in many other cities, and has found many former mafia members to tell their stories.

Saint Luke's Foundation
Monday, Oct. 26 | 3 p.m. | Westport Room

The Saint Luke's Foundation invites you to learn more about the Resident and Employee Engagement Fund, including its history, purpose, and impact on the BSP community. The presentation will also explore additional ways the Foundation supports BSP and the people who live and work here. Join us for an informative discussion and opportunity to ask questions.



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, Oct. 8
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, Oct. 13
Men's Club
Tuesday, Oct. 27

KCB Movement Class
Thursday, Oct. 15 | 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.



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

Fiction
THE KNAVE AND THE MOON
Rachel Gillig



THE CALAMITY CLUB
Kathryn Stockett

THE MOST DANGEROUS GAMES
MrBeast, James Patterson



YESTERYEAR
Caro Claire Burke

THE DISAPPEARERS: A NOVEL
Marlon James

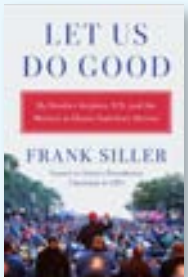
Nonfiction
THIS IS ME: A RECKONING
Hayden Panettiere



AMERICAN SCOUNDREL: ROY COHN'S DARK JOURNEY FROM JOE MCCARTHY TO DONALD TRUMP
Kai Bird, Susan Goldmark

REGIME CHANGE
Maggie Haberman and Jonathan Swan

GOING FURTHER: THE INCOMPARABLE CLARENCE THOMAS
Ted Cruz



LET US DO GOOD
Frank Siller

Music



Made in France Band

Friday, Oct. 2 | 3 p.m. | Madison Living Room

This wonderful band is comprised of great musician friends, playing piano, violin, vocals, and guitar, led by French-speaking Patrick Quillec, Prairie Village restaurateur.



Susie and Bill Goldenberg

Friday, Oct. 9 | 3 p.m. | Madison Living Room

The brother/sister duo are back for their biannual performance, with Susie, first violinist with the Kansas City Symphony, and Bill, professor of piano at Northern Illinois University.



Mark Lowrey and Eboni Fondren

Friday, Oct. 16 | 3 p.m. | Madison Living Room

Join us for an afternoon of jazz from two BSP favorites— pianist Mark Lowrey and the incredible vocalist Eboni Fondren.



Modigliani String Quartet

Saturday, Oct. 17 | 10 a.m. | Madison Living Room

The Artistic Directors of Friends of Chamber Music Kansas City are gifting us an extraordinary concert! Their guest artists are in town from France, Modigliani String Quartet, and they will perform at BSP.

Happy Hour: Rich Hill and Charles Perkins

Friday, Oct. 23 | 3:45 p.m. | Madison Living Room

Have a beverage on us as we welcome back Rich Hill on piano and Charles Perkins on woodwinds.

Trick or Treat!

Wednesday, Oct. 28

9:45 a.m. (ETA) | MLR

Bring your candy to share with our witches and goblins from St. Paul's Episcopal Day School.



Halloween Party

Friday, Oct. 30 | 3 p.m.

Madison Living Room

It's the annual BSP happening, and we'd love for all of you to show up in costume to make this day full of laughs and fun. We'll have treats, spooky music, a staff pumpkin decorating contest, and a costume contest with staff and residents.



Spiritual Wellness CORNER

Greetings, friends and neighbors,

It's October, which means it's the time of year many traditions honor loved ones who have died. The Christian tradition celebrates *All Saints* and *All Souls Days* to honor our faithful departed; *Samhain*, from the Celtic pagan tradition marks a time of year when the line between the physical and spiritual world thins as we move toward the darker portion of the year; *Pitru Paksha*, is a lunar period dedicated to honoring ancestors by Hindus; and *Dia de Muertos* is a Latin American observance for families to welcome the spirits of their ancestors to their homes.

I find it fascinating that so many regions of the world and religious traditions have somehow all recognized something particular about this time of year that invites reflection on and connection with our deceased loved ones. There are a few ways we have incorporated these traditions here at BSP, and I hope you'll participate!

We'll have two ofrendas here—one near the Chapel and one in York. From the Latin tradition, these are colorful altars that invite us to consider the spiritual bonds between us and the deceased. Items on the altars represent the four natural elements, and all are invited to make your own contributions to these altars.

Please bring small photos of your loved ones who have died or any other symbolic objects. These are included to make them feel welcome at this "thin place" where the veil between the physical and spiritual is believed to be a bit weaker, making the presence of our loved ones and the divine more tangible.

We will also celebrate *All Saints Day* during our morning worship service on Nov. 2 in the chapel. There is a special liturgy used that honors those

who have died, and we read the *necrology*, a list of names that includes every resident who has died at Bishop Spencer Place since last October. You are also welcome to provide me with the names of any loved one, recent or long deceased, that you would like to be included in this service of remembrance. Please call, visit, email, or leave these with the concierge by Oct. 26.

The ofrendas will be ready for your contributions and enjoyment Oct. 26–Nov. 3. I hope you take some time to visit and enjoy seeing the love and stories represented by your neighbors' contributions.

Peace to you,
Mtr. Janette

Please plan to retrieve your photos and objects on Nov. 2-3 so the altars can be dismantled.

Remembrance Service

Wednesday, Oct. 14 | 11:30 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.



