

Brenda R.

**2011 SPRING ISSUE OPPORTUNITY KNOCKS**

**Happening here page!** 🙌🙌🙌🙌🙌🙌🙌🙌🙌🙌🙌🙌

### **2011 Art as a Part of Healing**

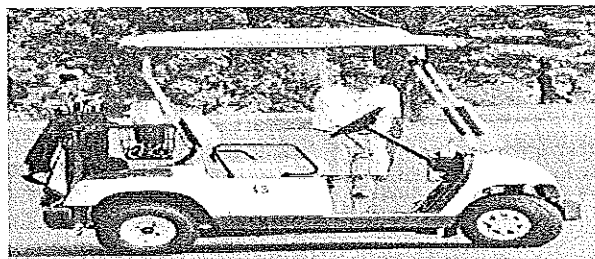


Photographers John Nation and Margaret Fenton were our artists-in-residence this year, and worked with our members in preparing for this year's show. This year's show was a huge success. In their artist's statements, many of the members stated that learning photography had taught them to look at the world differently. Thank you to everyone who came to support our artists.

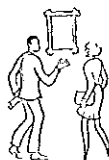
### **Bridgehaven Golf Challenge 2011**

**100 Holes of Golf in One Day supporting Bridgehaven Mental Health Services**

We are ready to get the proverbial golf ball rolling!!



It is SO EASY and FREE. Call Donna Schuster 585-9469



### **The Spring Art Shows in Café OH la la**

**April features Sonya R. water color and acrylic on paper.**

**May features Carrie F. acrylic on canvas.**

The Café strives to feature a Bridgehaven Artist each month. If you are interested in exhibiting your art please contact Jim W. or Sherry B.



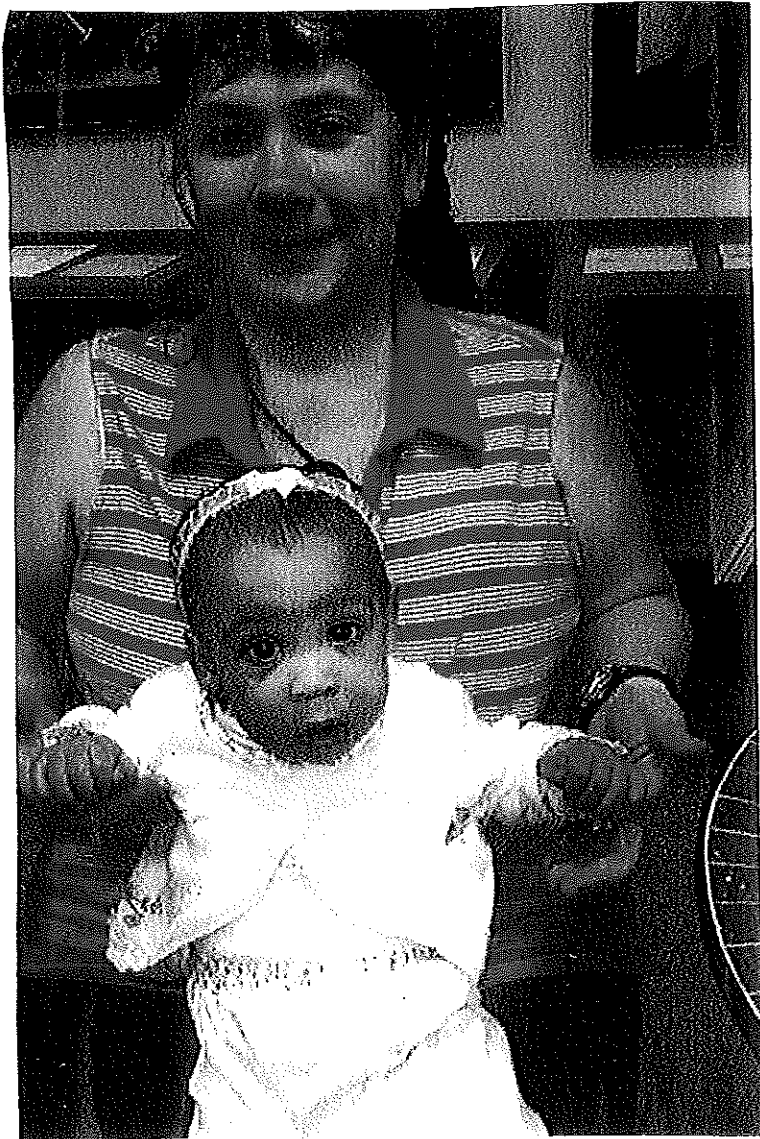
# FULL CIRCLE



The "Full Circle" page of Spring 2011 Issue Opportunity Knocks recognizes the achievements of various Members. In this Issue the focus is on Brandy Camacho, Café OH la la Manager and Mother of Raneé a beautiful 7 month old baby.

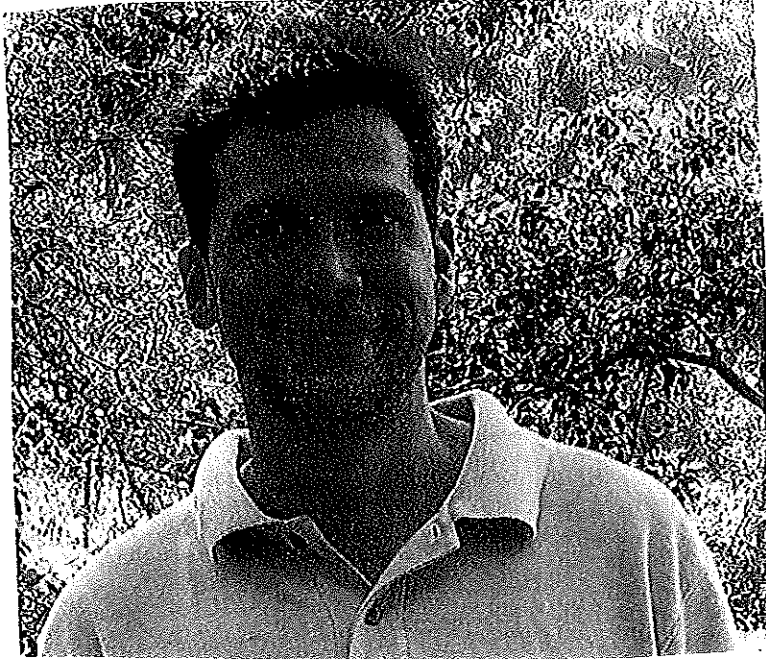
Interview by Carrie F.

Being a Mom is hard work, but I am very committed to my daughter. The café continues to play an important role in my dual diagnosis recovery. I believe in a work, rest, play and exercise a total balanced lifestyle. The café offers me work and exercise and I am devoted to it. My mental illness causes me to experience mood swings and I still have them but the peaceful surroundings of the café lifts and calms me even in my most irritable moods. At this time in my life, I feel I am coming full circle, being complete as a good mother, a member of Bridgehaven and continuing to manage the café. I am always glad I can get here it makes me feel good.



# FOCUS PAGE

The Focus Page will describe a group at Bridgehaven each Issue the 1<sup>st</sup> is Believe in Change.



Description: Believe in Change – by Chris Coppel

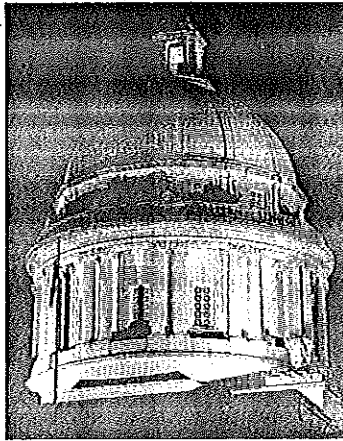
This group focuses on fundamentals of Cognitive Behavior Therapy such as how an individual's thoughts and beliefs affect the way they feel and the way they behave. Members learn to replace their unhealthy thoughts and beliefs with those that are healthy and adaptive. In addition, members learn new coping skills and behavior strategies that reinforce their new thoughts and beliefs.

Attending this group “helps me believe in myself. It helps me see the negative and positive side of things. How to make the choice in changing one thought and feeling for another thought and feeling.”

By Group member

Attending this group “helps express good ideas in your life. It relates how you think and feel to real world situations.”

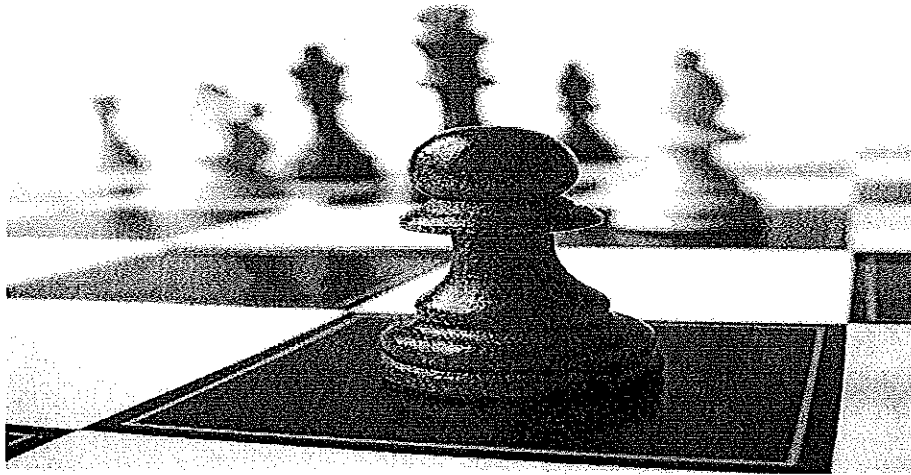
By Group member



## **My Perspective of the Frankfort Trip**

### **By Carrie F.**

The day started out kinda rainy so my mood was like okay, what else could happen worse. Monna and I sat together on the bus and chatted casually. Before I knew it we were in Frankfort. My heart started racing in an anxious/panic sort of way, because there were so many people there. So we (Monna and I) looked for our seats to meet our Representative and Senator, we walked to where she was designated to be and there already four people sitting there. So I suggested to Monna that she could join me at my table and she agreed, So as were sitting down, two other ladies sat down with us . I noticed the one lady had hearing aids in her ears, so instantly comforted by not feeling like alone, because I am hard-of-hearing, but I am able to communicate well in both worlds (hearing and deaf). So I started to introduce myself with my hands as well using my voice. The lady who had the hearing-impairment was surprised by me, I could tell by her smile and eyes. The other with her was tickled, she said I spoke very well, I said, "thank God, for all the speech therapy I received in public schools I had attended". The lady who was hearing-impaired opened up and said, I didn't have to sign because she was a good lip reader. I noded in agreement, because I too can lip-read. As we waited for our Representative and Senator to arrive and sit with us, we spoke all together. The rally started with several people talking about about the possible medicaid cuts in Kentucky and how they were going to vote in their district for "no cuts," because it could potentially hurt a lot of people, families, and the people with special needs. So the whole convention center exploded with cheers and applauded. I couldn't help but notice that "our people, our voices" would not be heard because the Senator and Representative never showed up to listen to our concerns, input on certain issues, and our rights as as people with a disability. I almost left feeling defeated, but I decided to exchange my contact information (email) with the other two ladies and they accepted and returned the gesture. The trip home was bittersweet because the mood of people on the were gambit of feelings. I am glad I went because now I have a different perspective of how these type of things really take place. When I arrived at home I wrote both my Senator and Representative a letter, that never got sent, because I felt they would not respond back. To this very day, I am disappointed, but not discouraged. I may a person with disabilities, but I will have my voice heard, by voting in the upcoming primaries.

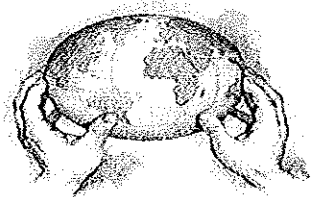


## *Chess club anyone?*

*Hello my name is Tom and I love to play chess. I have won two United States Chess Federation Tournaments. I have enjoyed playing chess since I was 7 years old. Chess is fun and very good for your mind. My doctor says it helps my anxiety too. I want to play chess with other members when I am Bridgehaven. I can help people learn the game as we play together. If you are interested in joining me for a game I'm available on Tuesday afternoons during the long program on Opportunity House. Let's play some games and have fun!*

*By Tom M.*

# **EARTH-DAY! April 22nd**



## **In the Beginning...**

In 1963, former Senator Gaylord Nelson began to worry about our planet. Senator Nelson knew that our world was getting more and more polluted causing many of the Earth's plants and animals to die and become extinct. He wondered why more people weren't trying to solve these problems. He talked to other lawmakers and to the President. They decided that the President would go around the country and tell people about these concerns. The President did, but still not enough people were inspired to work to solve the problem and help save the planet.

## **The Idea**

Then, in 1969, Senator Nelson had another idea. He decided to have a special day to teach everyone about the things that needed changing to help save our environment. He wrote letters to all of the colleges and put a special article in *Scholastic Magazine* to tell them about the special day he had planned. (Most young people attending schools and universities supported and helped the Senator with his goal.)

## **The Holiday**

On April 22, 1970, the first Earth Day was held. People all over the country made promises to help the environment. Everyone got involved and since then, Earth Day has spread all over the planet. People all over the world know that there are problems we need to work on and this is the special day to learn how we can help the planet and see what needs changing to save the plants and animals. This is an important example of how one person had an idea and kept working until everyone began working together to solve it. Love the earth on Earth Day!



## The Time to Reason

a time comes and goes like reason without nothing  
always tossing the burdens with the wind  
then if it comes, it fades like soft sunrise  
always a yearning in the hours that are being created  
a recreation of recreation  
something timbering to the north winds  
where creation and love manifests  
and time and travel  
where everything becomes respectfully true  
in the fashion of some intrigue anew  
which fastens itself to lamentations  
that are crawling from  
absolutely

Sonya R.

04-12-11