

Bridgehaven Sun



Fall 2017 Edition

TABLE OF CONTENTS

Cover Photo by Brenda R.....	1
Bridgehaven's Family Picnic by Michelle Davis.....	3
Bridgehaven's Garden.....	4
Eclipse by Glen S.....	4
Ponderings in Prose by various members.....	5
Poetic Pieces by Anita A.....	6
Do Small Things with Great Love by Anita A.....	7
Recovery poems.....	8,9
President Trump, Poor Citizens by Paul Wrege.....	10
Bridgehaven's Best by Paul Wrege.....	11
Dear 16 Year Old Self by Audrey L.....	12
Chipotle-Spiced Pumpkin Soup submitted by Michelle Davis.....	13
Autumn Word Search Puzzle submitted by Matt C.....	14
Halloween Seek n Find submitted by Matt C.....	15
Fall Jokes submitted by Michelle Davis.....	16
Dog Facts submitted by Sawyer O.....	17
Fall Mandala submitted by Michelle Davis.....	18

Bridgehaven's Family Picnic

By Michelle Davis

The family picnic this year was one for the ages, as it was filled with a setting that stood the test of time. Everybody got down western style as the theme brought us back to the days of the Wild West. Friends, fun, and BBQ. There was even a hat contest. And lots of good interaction between members, their families and Bridgehaven staff. Dancing and singing, smiling and laughing. A true hoedown that proved to us all that anything can be fun if you allow it to be.



Bridgehaven's Garden



Bridgehaven has a wonderful garden and a gardening group that makes it all possible. It is led by our nurse Ruby, Bethany from the UK Cooperative Extension, and Peer Specialist Robin Bensinger. Bethany is the expert who teaches our members and staff all about the different vegetables, when to plant them, how far apart they need to be planted, and many other important bits of information to make sure they grow successfully. Lately the gardening group has been harvesting lots of cucumbers, peppers, radishes and green tomatoes, some of which chef Jennifer J. has graciously fried so members and staff could have a delicious snack. The group meets on Fridays at 11am; talk to Ruby if you'd like to join!

Eclipse, Wed Aug 23, 2017

By Glen S

I watched most of the coverage I saw on ABC. They showed places that experienced 100% totality. The bright white corona was simply beautiful. The sky went very dark. People went wild and crazy like it was kind of a spiritual experience. At times you could see solar flares. In some places the temperature went down 100!



Ponderings in Prose

Bashford Manor Mall

By Antoinette G

The store halls used to breathe colorful people within the mall. I was one of them. I would briskly walk through the aisles hoping to find the best deals, thinking of a meal to relax and pass the time. Looking around and walking around, it was a great place to be found. Love was in the air in the former Bashford Manor Mall.

My Love for Walnut Street Baptist Church

By Lori S.

I was asked to come to Church. I went to Sunday Church and Wednesday Church. I also like to go to the Kids Building to go skating, it was a lot of fun. They also serve food in the dining hall on Wednesday. It is six dollars per person. Then they have Bible Study.

A Very Special Bride

By Lisa M.

My daughter, Becca, had a life changing event this summer when she got married on July 1st. Becca is visually impaired. During her wedding ceremony, Becca wanted the groom not to see her until she could see him. So Zach wore eye blinders until Becca was halfway down the aisle and he came into her view. Then he took them off. Becca and Zach are now living in Midwest City, Oklahoma. Her husband is in the air force so I know Becca will live a good life. The two are very much in love. I got to be a part of Becca and Zach's wedding and I am now a proud mother-in-law.

Our Basketball Team

By Marianne W

We have never had a basketball team with so many penalties against us. And the NCAA wants to take our championship banner from us at U of L. I think that is very, very harsh. They need to be more caring about U of L basketball instead of being so unkind. I don't want to see the banner come down. They won the banner. They should have fired coach Rick Patino and this would not be happening to U of L. The NCAA said U of L would have to vacate; the national title is on the line to be taken down. We love U of L basketball and hate that this is happening. I think U of L should not have been involved in this.



Poetic Pieces

When I Think of Me

By Anita A.

When I think of me
What do I see?
I see a dragon flying free.

When I think of me
What do I see?
A pig fighting the sea.

When I think of me
What do I see?
An artist trying to be.



Fall

By Anita A.

Colorful leaves
Floating around
With their tangy smell
Covering the ground

It's harvest time
With corn so yellow
Pumpkins orange
And scarecrows mellow

Happy Halloween
To you too
With ghosts & ghouls
Set to scare you

The sacredness of
All Souls Day
To celebrate our
Forebears faithful way

Colorful leaves
Floating around
With their tangy smell
Covering the ground



Do Small Things With Great Love

By Anita A.

It's the itty bitty things in life
That mean so much to me
Like planting a garden
With teeny tiny seeds

Washing someone's dishes
With gentle loving care
Showing the same attention
When combing/brushing hair

Taking some soup to
Someone who's ill
Helping to give a sick
Animal pills

Sending some flowers
To someone alone
Singing to someone
With tone

It's the itty bitty things in life
That mean so much to me
Like planting a garden
With teeny tiny seeds



Recovery

By Robin Bensinger

When I believe
I can achieve
Recovery
I begin to recover
I become empowered
Like a super
flower
My life is no longer dark
And sour
I socialize
And realize
There's more to life
Than evil lies
I learn
To turn
to God
And my fears
Melt away...
I grow
I join the flow,
I believe
In Love
And I achieve
Recovery.
I heal
From pain
Survive the rain
Embrace the joy
Recovery
Is real.
Believe it
Achieve it
Grow in love
Grow in peace
Grow from the inside out.
Recovery
Is not only possible
Recovery is already
Inside of you
Waiting for you
To find it
And set it free.

Recovery

By Paul Wrege

Recovery can live deep inside
It can help you feel better
Even chase away those tear living inside.
Recovery can bring out feelings and emotions
That's been holding your mind back
It can also keep your intentions on the right track
But this is where you have to fight within
To keep those problems from coming back again.
You can always find others to talk to
And share your burdens with
But listen close and never resist.
For there is always someone who knows more
Than yourself
This would be the beginning of
A special kind of help.
And if you reach the dead line of your tears
There is always God he never disappears.
So take your burdens and problem
And roll them into one
Knowing there is always a better world
To be begun.



President Trump Poor Citizens

By Paul Wrege

Save my America, save it can't you see?
Don't let Trump take it away from you and me.
His ways of doing things are completely unfair
He's wanting the poor to go hungry
He just don't care.

The old and elderly needs all the help they can get
But he's trying to put a bond on their budget
And leave their pockets in a hell of a fix.
He never cares about a health bill you see
He's just prejudiced to the first degree.
He also wants to end Section 8

This keeps a roof over the poor people's head
It's like he never cares if they suffer
Or roll over dead

Some say he's crazy
Others say he needs to be in a home
I don't really care just leave my America alone.
There may be a bomb coming our way
He keeps North Korea mad
Each night and day.

There are so many more needing things
He's trying to undo
If it was Christmas I'd say he was kin to
Old man Scrooge.

Bridgehaven's Best

By Paul Wrege

Lost in a world of disgust and confusion
While being lost deep within
I had no help or love from a devoted friend.
I had mental damage to suffer through
Each night and day.
So much in need of help to change everything.
I never was for sure on what to say
Since I was lost inside with tears and pain.
Then one day I discovered Bridgehaven
Which carried mental support.
I was hoping workers and members there
Could teach me the reason my mind
Always fell short.
The I found medicine wasn't going
To be enough
I would need help from others
That supplied so very much.
This is when I discovered groups were there
To guide my way
From the punishment that carried me on
Through each night and day.
I knew I wanted to succeed in so many things
That was holding back
I wanted to understand my problems
Which brought on a lot of slack.
From this point I saw there was a better life
On the other side
Since Bridgehaven led my mind to
A brighter reasoning why.

Dear 16-Year-Old Self

By Audrey L.

Don't be so hard on yourself. You are doing the best you can with what you have. You haven't been taught anything. You didn't have any friends. You just moved to Louisville from New York. You had to deal with your mom's alcoholism. You started living in your aunt's apartment. You didn't get any support either place. When you got older, you will make a lot of mistakes. However, you will learn from your mistakes in your fifties. You will make mistakes that people have made when they were much younger. You were emotionally behind other people your age. It's not your fault. You didn't lead a teenage life. You led a life of survival. You weren't taught life skills. You never knew what to do with money except to spend it. You never knew how to cook except scrambled eggs. You never knew how to relate to people, make friends or keep friends. You didn't fit in with blacks or whites. The black kids made fun of you and the white kids didn't want to be around you because you were black. You met someone who eventually didn't want to be around you because you were needy. You were isolated and alone. You were forced to wear a wig when you were staying with your aunt and it was humiliating. You do not have to wear a wig again.

I understand being 16 wasn't fun, but you did the best you could.

You didn't have a boyfriend and you didn't get pregnant which was the only good thing about being 16.

At 16, you knew you had emotional problems, but you didn't know that three years later you would be diagnosed with a mental illness and have to take medication for the rest of your life. I understood you didn't belong anywhere and felt isolated and alone. Even though you went to church, quietly you had no faith. You didn't have much of a family and no hope. However, you have survived, so give yourself credit for that. And finally, you never dreamed you would live to be your age with your own personal faith, a faith community, and a behavioral health center, some friends, and a job you love, finally, you have hope.

Love, Me
Audrey L.

Marianne's Musings

By Marianne W

Trump is wrong for taking people off Medicaid. How are we going to live? I think that Hillary should have been in the White House, not Donald Trump. Where are people going to go if they lose their Medicaid? They cannot go to see their doctor and mental health care provider. People don't want their Medicaid taken away. There are a lot of people on Medicaid. I was one of them, but I do not have it now because they did not want my husband and me to have it. Now we have Medicare. This is a divided country.

Added later: I think that the health care bill is dead. Nobody wants to vote on the health care bill.

Chipotle-Spiced Pumpkin Soup

Active time: 40 Mins

Total time: 1 Hour 5 Mins

Serves 8 (serving size: about 3/4 cup)

Ingredients

2 tablespoons olive oil
2 cups chopped onion
3 garlic cloves, chopped
4 cups (1/2-in.) cubed peeled fresh pumpkin or butternut squash (about 1 lb. 2 oz.)
1 large Granny Smith apple, cut into 1/2-in. cubes
1 finely chopped seeded chipotle chile canned in adobo sauce
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
3 cups unsalted vegetable stock (such as Swanson)
1 ounce thinly sliced and slivered Spanish chorizo
1/4 cup water

How to Make It

First, heat oil in a large saucepan over medium heat; swirl to coat. Add onion; cook 5 minutes, stirring occasionally. Add garlic; cook 2 minutes. Add pumpkin, apples, chopped chile, and salt; cook 5 minutes, stirring often. Add stock; bring to a boil. Reduce heat to medium-low; simmer 25 minutes or until pumpkin and apples are tender.

Then, while soup cooks, place chorizo in a small skillet, and cook over medium-low heat until crisp.

Next, place half of pumpkin mixture in a blender, remove center piece of blender lid (to allow steam to escape). Secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters); blend until smooth. Place soup in a bowl. Repeat procedure with remaining pumpkin mixture. Pour in water, and reheat in pan if needed. Divide soup evenly among 8 bowls; sprinkle evenly with cooked chorizo.

Recipe submitted by Michelle D.

Name: _____ Date: _____ Class: _____



Autumn Word Search Puzzle



S Q U I R R E L S G A T H E R N U T S A
R E K R A D W O R G S T H G I N N H B U
S E L P P A G N I K C I P F A H E T A T
N M U T U A G L V Z Z V E B L A E U C U
N C Q E D A S N L R U M C M E R W O K M
F O N Z Z V C I B A N M D G M V O S T N
A I P O C U N R O C F C W Q V E L Y O A
W I N T E R A P P R O A C H E S L L S L
P U M P K I N S V P O W S I S T A F C F
T H A N K S G I V I N G R N I U H S H O
S B A Y Q K B Y M L L I A W C U O D O L
A T W O K S B A D I W T W N G A X R O I
L E A V E S C H A N G E C O L O R I L A
I N L H E Z F T Z L I D U M K U J B D G
S S E N L U F T I U R F W O L L E M K E

autumn
autumnal foliage
back to school
birds fly south
cornucopia
fall
Halloween
harvest

leaves change color
mellow fruitfulness
nights grow darker
picking apples
pumpkins
squirrels gather nuts
Thanksgiving
winter approaches



HALLOWEEN

G F J M U F S G T O C S S P V
S G H E C M N S M J K K L K Z
R H T Y O V O P V F U D E R R
N O O E S Y T I U L N W M N U
D S G B T B E H L Y W F A E D
L T N A U A L C B P A E R V I
O S L L M R E Y A U R N A A S
C I E L E S K W T E L O C R G
H B A S S I S S O K O T U O U
L D V K Q D D K S A C S Z W I
V Q E G D U F S K M K D S R S
X T S L Q D R A Y E V A R G E
L Y L O H W S M F Q L E Q F O
F A N G S Y P E E R C H Y I R
F M U S I C B O O N H C T I W

BARS GRAVEYARD
BAT HEADSTONE
BOO LEAVES
CAMEL MAKEUP
CHIPS MASKS
COLD MUSIC
COSTUMES RAVEN
CREEPY SKELETONS
DISGUISE SKULL
EYEBALLS WARLOCK
FALL WITCH
FANGS
FUDGE
GHOSTS
GOTH



Fall Jokes

submitted by Michelle Davis

Q: What do you use to mend a jack-o-lantern?

A: A pumpkin patch.

The nurse walked into the busy doctor's office and said, "Doctor, the invisible man is here."

The doctor replied, "Sorry, I can't see him."

Q: Who won the skeleton beauty contest?

A: No body.

Q: Who helps the little pumpkins cross the road to school?

A: The Crossing Gourd.

Q: What do you get when you divide the circumference of your jack-o-lantern by its diameter?

A: Pumpkin Pi.

Q: I'm tall when I'm young, I'm short when I'm old, and every Halloween I stand up inside Jack O Lanterns. What am I?

A: A candle.

Q: If money really did grow on trees, what would be everyone's favorite season?

A: Fall.

Q: What do you get when you drop a pumpkin?

A: Squash.

A family of fall leaves were trying to change a light bulb. A squirrel walked by and asked why the bulb wasn't changed yet and the red leaf said, "Because we keep falling."

Q: What happened when the turkey got in a fight?

A: He got the stuffing knocked out of him.

Q: Who lives in the scary Hundred Acre Wood?

A: Winnie the Boo.

Q: What did one leaf say to another?

A: I'm falling for you.

Q: Why are all Superman costumes tight?

A: They're all size S.

Q: Why do birds fly south in the Fall?

A: Because it's too far to walk.



DOG Facts by Sawyer O.

- The relationship between humans and dogs as their pets date back 12,000 years
- Contrary to popular belief, dogs don't see in monochrome. Dogs have 2 cones in their eyes, which enables them to see colors on the scale of blue and yellow.
- If not spayed or neutered, a dog, her mate and their offspring could produce as many as 66,000 dogs within a span of 6 years.
- Dogs can understand up to 250 words and gestures.
- Laika, a mixed breed from Moscow, became the first dog to be sent into space in 1957.
- The Beatles song "A Day in the Life" has an extra high pitched whistle in the end. It was incorporated for Paul McCartney's Shetland sheepdog.
- Border Collies are considered the most intelligent breed while Afghan Hounds are considered the breed with the lowest innate intelligence.
- St. Bernards are named after the Great St. Bernard Hospice in the Swiss Alps and are used to rescue victims from the snowy Alps.
- A dog's smell is 10,000 to 100,000 times stronger than humans.
- Rin Tin Tin was the first Hollywood movie dog star.
- The Basenji is the only dog that doesn't bark.
- The Koster Site in Greene County, Illinois has fossil specimens dating back 8,500 years. A large DNA study suggests dogs evolved from wolves in Europe 19,000 to 32,000 years ago
- Cesky Terriers are the rarest breed with less than 100 puppies born in the US each year.
- Dogs can recognize the smell of a range of organic compounds which often enable them to diagnose signs of disease. In 2011, research in "gut" showed a lab correctly identifying 91% of breath samples and 97% of stool samples suffering from colon cancer.
- Greyhounds can reach speeds of 43.5 mph.
- Ask me about the collapsing lamp posts in Croatia in 2003!
- A dog can locate the source of a sound in six hundredths of a second by using its ears as radar.
- Small Pekingese dogs were used as the Chinese emperors' last line of defense. the dogs were hidden in the emperors sleeves.

TO BE CONTINUED.....

For more fun dog facts, check with Sawyer or read the next issue of the Bridgehaven Sun!

