

Bridgehaven Sun



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The Day the Horse Came to Bridgehaven

By Peggy D.

It felt good when the horse came to Bridgehaven. It was cute. It was a joy being here and having it here. It was dark brown with black spots. It had Christmas stuff on it, and it was just so little and cute. I hope they can bring it back!



Strider, the Miniature Horse

Easy Strider (aka Strider Claus) is a registered therapy animal. He is a Miniature Horse, not a pony. There is a difference.

The Miniature Horse is a favorite animal to certify, as it's typically a novelty among your typical dog and cat therapy animals. Characteristics for certification include no bite history, sweet temperament, willingness to be the center of attention for long periods, comfort with people of all ages, low "flight" response, and the ability to be trained to "hold it" while working indoors.

Strider is one of several Tiny Heroes Therapy Horses owned by Tracy Sprowles of Chestnut Grove Miniature Horses. These are also professional show minis, as they are called, and have won a number of awards in the ring at state competition!

Therapy horses are not given treats by Tracy until their "work" is done, not only to keep them healthy but to keep them from begging for more. Strider gets treated when he's back in his Tiny Heroes trailer on his way to the next therapy mission.

Contact Tara upstairs if you'd like to know more about therapy Miniature Horses.



Changing of the Clock

By Paul Wrege

We faced the time in the seasons
and held on tight
to see the days disappear
by the coming of daylight.
Watching each week grow into months,
by the gaining seconds turning out
to a whole bunch.
Knowing there will be the changing
of the clock
and a New Year at our face
whether we have the courage to
like it or not.
Still yet we have to remain strong
because this love we share in our hearts
keeps the days and months
moving right along.
And with this love we found
in our hearts
We can be ready for a new year to start
Then we can agree a new year is a better
place for our hearts
accepting the seasons when they all start.
With family and friends by our side
to help tell the old year farewell
and goodbye.
Then when this new year has come to be
We can look into your heart
To find there is plenty of love still
reaching for you and me.
Knowing that yesterday was back then
where this new year can still keep
our hearts together
with God letting our love in

Achieving Inner Peace

By Anonymous

Inner peace for me cannot take place in yesterday nor tomorrow, but only in the eternal now. Go to your “safe place” in your mind’s eye. With a heavy sigh. Peace draws nigh. Quiet the noise in my head. Quiet the accusations of others. Quiet the self-deprecating voices. The tapes that lie to me, saying, “Why is this mistake still a burden to us all? This child has no worth...Just an inconvenience”...

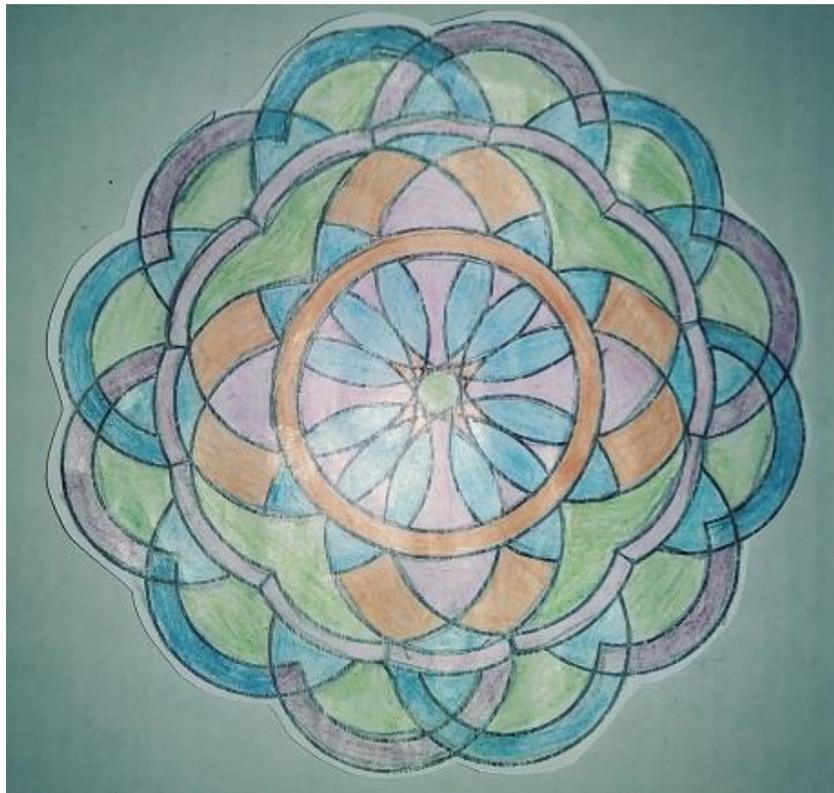
Worth judged by social mores of our individual families. Maslow’s Hierarchy of Needs...What keeps you from being at peace? Self doubt, noise... Others’ emotional pain... Sirens, vehicle crashes. Let the breath come to you. Relax. You don’t have to force it. Be in the Now. Stay connected, let the hurry float on by. If anxiety comes, the most important moment is the next one. Let compassion return. Letting go...choosing LIFE!

I desire to be safe.

I AM SAFE!

I AM A CHILD OF THE UNIVERSE, I have a Right to be Here.

Let go of the desire to control or fix.



Mandala colored by Kimmy D.

From Despair to Peace

By Creative Journaling Group

“What makes me feel better? A warm smile, music, and the truth. And participating for understanding. God is an amazing healer.”

By Johnisa S

“What brings me from despair to peace is to read a book to distract myself. Instead of being gloomy I will eat a lobster. I will regulate my breathing. When I am melancholic I will watch t.v. It helps me more to watch Jeopardy than to think about my issues.”

By Alex R.

Cries of loneliness.
The light of the day lifts me
While the ground holds me.

The darkness of mind
I dive into my mantra
Outward I sense peace.

Feelings of being stuck
Feelings of movement push me
Forward I grow again.

-Emily N.

“It’s hard but I keep going on. When I am down I come back up with music and meditation. Sometimes I am up, sometimes I am down. When I read out loud I understand better. The peace comes when I understand. When I hear music I get something like chills rolling through my body. Praying brings my spirits up. There’s a thin line between love and hate. Sometimes I feel love, sometimes I don’t. God is my glory, so he’s my peace. God is my glory, so he’s my healer. God is my glory, so he’s my grace.”

-Kimmy L.



Illustration by Ellen D.

Words of Wisdom: Motivation and Self-Care

By Ben J.

Set short and long term goals. Talk with a friend or someone you know who cares about you! Don't try to change everything at once. Start small and reward yourself for every success. Don't beat yourself up for not reaching your goal today. Talk to someone (reach out) and try again the next day. Write down reminders; post stuff on the refrigerator. Ask for help. Visualize what you want the outcome to be from the idea you have in mind. Plan for the future. Remember what you did yesterday and live for today. Ask others for help. Talk with family. Make time for yourself so you can believe in you. Don't be hard on yourself. Learn from your past experience. If you don't feel like doing something that will help you, then do it anyway, and if you need help ask a friend, neighbor, family member or worker.

Organization at home helps with mental health recovery--because if you are organized you know where things are. Organization helps build structure in your life.

Talk with your doctors about your concerns. Keep a journal of how you feel inside and out. If you have concerns that you forget about try calling and talking to a nurse or email your doctor. Exercise, drink water, eat at least three meals a day. Do basic hygiene, such as taking a shower and brushing your teeth. Be happy with who you are. Be kind to yourself; reward yourself for doing well. Get enough sleep.

Try getting on a schedule--do things routinely. Meditate. Find things you like to do, like sports, music or a hobby. Take time to gather your thoughts. Take naps! Meet new people. Be social, get out in the community, and help others. In time you will gain confidence and peace. And always remember to listen to your body.

Self-Care Group Poem

Let's get active together!
Get outside when there's nice weather!
Go to the Y when it's cold outside!
Or go ice-skating and glide, glide, glide!
Let's look up some recipes
And cook something good!
Like broccoli casserole
or chicken and vegetable soup!
After we eat, let's brush our teeth!
And we'll take some time
To pamper our feet,
And tuck ourselves in
For some nice restful sleep!

My Very Own Healing Retreat

By Robin Bensinger



My retreat would take place in the Chinese countryside near the Great Wall of China. The weather would be cool and misty, but occasionally the sun would peek out from between the clouds and light up a lotus flower. I would have access to Wifi and have my cell phone available, but not on me constantly. I would like for there to be stepping stones through ethereal gardens. A gentleman in white robes would play a flute. A crystal clear pond would be great for dipping in my toes, and the fish wouldn't bite. I would sleep on a bamboo bed with a feather mattress in a cozy little hut. There would be other traveler/meditators with their own cozy little huts within easy access. We would gather among the flowers and sit in a circle, discussing the beauty of nature, flora and fauna, healing herbs, share massages, and share peaceful uplifting thoughts. We would listen to the flute music and dance if we felt like it.

Smells of jasmine and lilies waft through the air. The sky is alternately cloudy and sunny. The air feels moist and cool, but not too moist or too cool.

I will eat edible flowers, drink green tea and eat glass noodles with vegetables. Everyone will take turns preparing the meals. On our first day we will get oriented and pick mushrooms for a snack. We will write poetry together and sing and dance. It will be the most peaceful, wonderful retreat.

Cold Mice

By Kimmy L.

Mice on the ice.
Mice slide on the ice.
Mice in the window.
Ice on the window.
Ice on the street.
Ice on the car.
Ice on mice on my head.



Confusion

By Ellen D

Confusion looks like a board game
It sounds like improv jazz
It tastes bland
It feels elusive, like water
Confusion smells like change.

Hungry

By Emily N

I see the food that's not there.
I listen for the kitchen
Off in the distance.
I taste the anticipation of lunch.
I smell the air that will surround me
When I arrive.

Writing as Healing

By Melvina M

Writing will keep you going when you're feeling hurt and tense. Once you start writing, those lodged up feelings will be set free. The mind can write and wander all over the place and back, which will keep you focused on what you are writing, or wanting to write. Sometimes you will wonder what it was that was troubling you. It gives you a different outlook, on writing.





Restricted Car

By Paul Wrege

I am an old car my owners treat me like
a piece of junk
my driver puts a nickel on my dashboard
hoping I'll start up.
When I do get started there's a gaze of
terrible smoke
with everyone with a Good Book
praying they don't wind up as a ghost.
I know I am not perfect
but no one understands what all
I have to go through
when they throw garbage inside me
this makes me smell bad too.
Then when summer arrives and it is very hot
they roll down my windows
and expect a whole lot.
Then when they take me to get some gas
I am hoping to get the best
but this only leaves me in a lot of regrets.
Still I am hoping for a fill up
to make me proud
they gather their change together
and bitch out loud.
Well this makes me sit and sputter
and shake from side to side
they got me some gas
now they don't care or wonder why.
Knowing I do need oil so I can cool down
still I try to keep running even though
my engine lights are flashing
all making an impossible sound.
Then comes more garbage
to keep me stinking and smelling bad
yes all of this makes me look like
a piece of junk instead.
And if I have a flat tire they kick on me

then yell out loud
saying, "I figured this junk would get me
at least one more mile!"
Well all of this makes me embarrassed
and looking real bad
knowing my spare was flat
and they didn't buy me a new one
to take care of the one I had.
Now it's getting dark and very late
with my headlights broken
and needing to be replaced.
Sure they need my gleam
and bright lights as well
to keep me from a wreck and twisted
as all hell.
I realize the middle of the night wouldn't be
a good place for me
because I shake all over
and bad tires, can't you agree?
But the whole world knows
I am a piece of junk
as they throw more trash on me to fill
my fulfilled trunk.
Then they call for a wrecker to take me home
never thinking about my tail pipes
or how they're hanging low.
So with a bounce or two my tail pipes
are dragging the ground
banging and clanging
making a terrible and irritating sound.
Then with a smile on their face
they're ready to wash me top to bottom
and front to rear
still these ugly stains don't disappear.
But they still look so happy and ever so pleased
wanting to clean my insides
till the smell makes their eyes disagree.
Well I realize it smells like someone
died there
but with someone's good luck
he discovers one large unopened beer.
This brings more joy resting inside
when he gets three glasses and wants to divide
Well it's getting dark once again
back inside the garage I go
where they should have kept me
instead of driving me away from home.

Weathering the Storm

By Brenda R

As a child, when a big storm blew through, I would often wonder, what happened to all the wildlife? Now as an adult volunteer at Raptor Rehabilitation of Kentucky my questions are a bit more complicated. Through my experiences as a volunteer at RROKI, I have gained insight into how our earth's natural disasters disrupt the instinctive behaviors of wildlife; and more specifically wild birds. These disruptions include changes in migration, establishing territories, finding food sources, the list goes on.



The monster hurricanes that caused historical damage this year are still fresh in our minds. Events like these remind us all that we have a lot to lose. We rely on technology to warn us when disaster is near. Birds do not need technology, they have instincts that work wonderfully for them. Birds are more tuned into the environment than we are.

This year is a record year for hurricanes. We saw Harvey that dumped rain on Texas, Irma that was twice as wide as the state of Florida. Irma knocked out power to 12 million people and evacuated 7 million, and then came Maria, a category 4 that devastated Puerto Rico. Maria knocked out power on the entire island.

Birds are fine-tuned to changes in barometric pressure. Their reactions are much quicker than ours. We walk around scared and confused. We don't know what to do first. Birds have several options. Some try to "outrun" the storm. They ride the outer bands of the storm to get out of the area. Sea birds catch the outer band then ride into the eye of the hurricane to wait out the storm. The problem is if the storm lasts too long they could die from exhaustion or starve to death. It gets a little complicated for migratory birds.

An example is a Broad Winged Hawk trying to get south during a hurricane. If a storm forces him off course, he can have problems finding food since the food source might have already been depleted. To get back on track he might have to expend more energy than he has, hunger having made him weak. Even if the bird manages to continue his migration, he might not make it as far as he needs to. This displacement of birds results in tropical birds being seen as far as 700 miles north of their southern habitat. Birders up north go out into their own backyard to see these beautiful birds. You could call it a bird paradise without taking a trip south. The birds eventually do go back to their own habitat but sadly some do not survive.

Owls and other cavity nesters ride out a storm in a large old tree. If the tree falls they have a difficult time but they would have more energy to navigate and find food.

One out of four birds of prey will live past their first birthday. It is very tough for all birds. They are expected to find a mate, establish their own territory and find food. Natural disasters compound their difficulties.

So call me a "bird brain" or a "bird nerd" and I will smile and say thank you, because birds are more tuned to nature and they adapt to change. I don't believe in reincarnation but if it's real, please God make me a barred owl!

What motivates you?

By Bridgehaven staff members

“I am motivated by achievement and by being able to help myself and others be our best version of ourselves. Motivated by wanting to alleviate pain and suffering. As pie in the sky as it sounds, wanting to leave the world a better place that it was when I entered this life. I am motivated by striving to follow the teachings of Christ, while embracing the beliefs of others.

I am also motivated by chocolate and an opportunity to hike in the woods.”

-Ramona Johnson, APRN, CS
President and CEO of Bridgehaven

“Being around people that also have lived experience like myself motivates me to be the best that I can be. I feel understood. I am safe to be myself - no mask.”

-Molly C, Center for Peer Excellence

“Nature, watching the sun rise, clearing my head by biking or running.”

-Charlene M, Nurse Practitioner

“What motivates me is the Hope for a better tomorrow.”

-Brandon B, Peer Team Leader

“What motivates me? My friends motivate me. And so does my family.”

-Ben J, Peer Specialist Member Liaison



Humpty Dumpty, motivational speaker.

Winter Recipe

Sweet Potato & Black Bean Chili for Two

Recipe By: EatingWell Test Kitchen

“This satisfying vegetarian chili for two is studded with black beans and sweet potatoes. Serve with some warmed corn tortillas and tossed salad with orange segments and avocado.”

Ingredients

- - 2 teaspoons extra-virgin olive oil
 - 1 small onion, finely diced
 - 1 small sweet potato, peeled and diced
 - 2 cloves garlic, minced
 - 1 tablespoon chili powder
 - 2 teaspoons ground cumin
 - ¼ teaspoon ground chipotle chile, (see Note)
- - ⅛ teaspoon salt, or to taste
 - 1½ cups water
 - 1 15-ounce can black beans, rinsed
 - 1 cup canned diced tomatoes
 - 2 teaspoons lime juice
 - 2 tablespoons chopped fresh cilantro

Directions

- 1Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes. Remove from the heat and stir in cilantro.



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- Make Ahead Tip: Cover and refrigerate for 2 days. Stir in cilantro just before serving.
 - Note: Chipotle peppers are dried, smoked jalapeno peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.

Snowman Word Search

COAL SNOW
 CARROT STICKS
 SCARF TOP HAT

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



Chicken Scratch NY



"Corn cob pipe, button nose, two eyes made out of coal... Number three. That's him all right."

