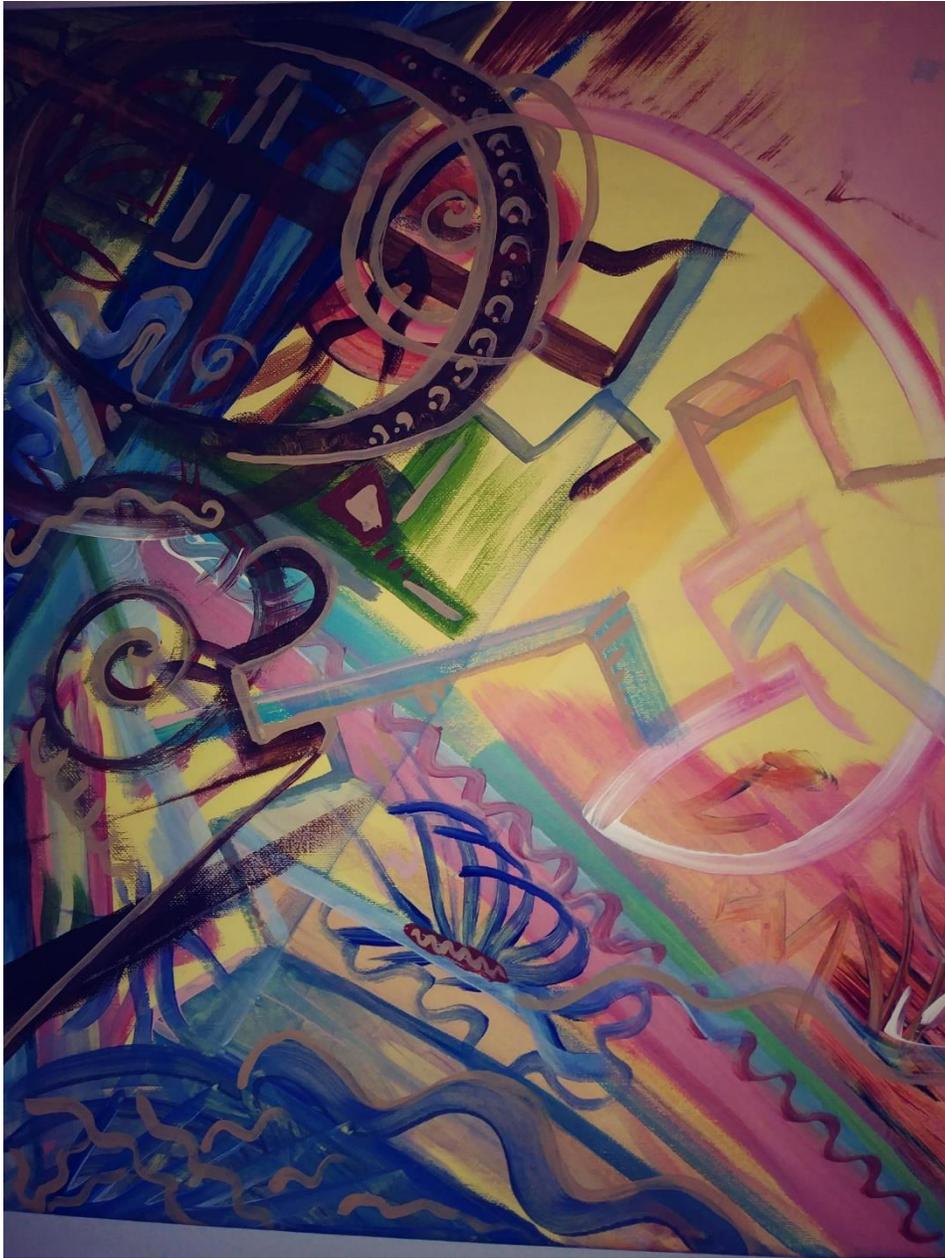


# Bridgehaven Sun



Cover photo by Sonya R.

## Winter 2019 Edition

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Lon M

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Lori S

Marianne W

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Art by Rustie E

# I Climb the Staircase to the Stars

By Timothy B

I climb the staircase to the stars;  
My gaze falls down below.  
I dance with Heaven's ocean tide  
And watch its sunset glow.

Between the heavens and the earth  
I glide through distant skies  
And when my feet touch earth again,  
My soul still leaps and flies.

I finally reach home again  
Upon the dust of earth  
And realize my fragility  
And yet am filled with mirth.

The world is my home, not forever,  
But for a little while.

So I will enjoy my sojourn here  
And spend my days here with a smile.



# A Fortress

By Robin Bensinger

I thought I built a fortress strong  
10,000 feet tall  
and 10,000 feet long  
That would keep out the fear  
and the pain and the tears  
For 10,000 days or months or years  
Well I'm feeling pain now  
And tears are streaming down my face  
I need some grace  
Sometimes this place is brutal  
And trying to avoid pain is futile  
But I believe The Creator wants US to  
make this world great  
To banish hate  
To improve our fate  
Our lives can get better and better and better  
If we do this together.



# Bridgehaven's Bridge Builder Breakfast

## By Michelle C

The Bridge Builder Breakfast was awesome for those who haven't had a chance to attend before. We had some amazing speakers Catman, Cody, and Martina. Cody's video brought many to tears. He showed all those who don't have a mental illness the mountains and deep valleys we go through. It's truly a struggle to be in recovery every day. As Catman and Cody said, some of the trauma stemmed from childhood and carried over to adulthood. Martina and Catman both spoke on how Bridgehaven has helped them to be able to work again. Cody's video was very moving, Catman's story was somewhat humorous, and Martina's story was a mix of the two. I feel that the sponsors, donors, and potential donors really enjoyed this fundraiser. It was very informative. It let people know that just because we have a mental illness, doesn't mean you can treat us like crap.

Sinquains:  
Bridgehaven  
Congratulations  
For a successful event  
Thank you sponsors and donors  
Love you

Bridgehaven  
Breakfast for champs  
Sponsors and donors alike  
Money is spent on education  
Please donate



# Holding Hands

By Antoinette G

The touching, the feeling of being  
relaxed swinging out hands back  
and forth as we walk alone holding  
hands

It seems like all is calm when  
we feel the palm of our hands  
folding together.

the Peaceful act of holding hands  
that makes us be one

It feels that we are engaged  
in this moment



# Time's Story

By Paul W

Slow movement was the hours that were  
drifting away

I then found the minutes trying to  
remain the same.

But the clock on the wall said it didn't  
want to be in the same place

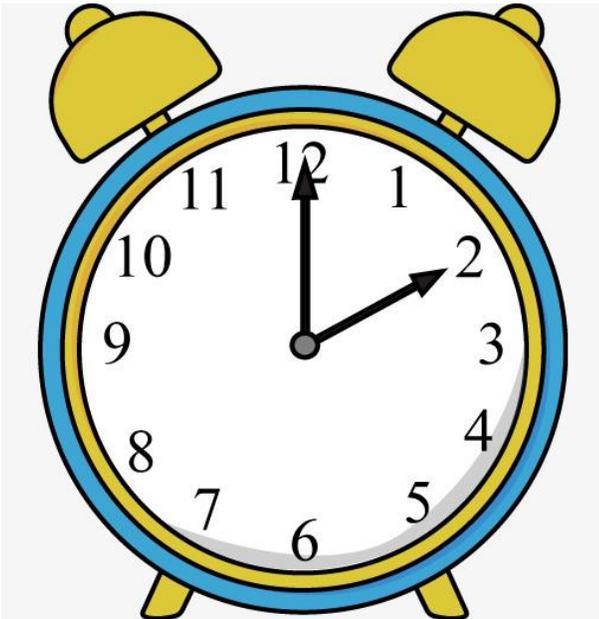
but only moving on to prove its own  
performing grace.

So they said let's get ourselves  
together as one

and enjoy all our own kind  
of everlasting fun

because like always,  
time moves straight ahead  
to see a much better tomorrow

where the minutes and hours together  
will conquer all kinds of sorrow.



# Your New Best Friend 2019

By Tommy D

HELLO EVERYONE AT BRIDGEHAVEN,  
MY NAME IS 2019, I'LL BE YOUR NEW  
BEST FRIEND FOR THE NEXT 365 DAYS.

For now and weeks to come I will help you  
be more motivated, more positive and upbeat.

I will help you lower your depression and  
anxiety and I will help you get over loneliness.

I will be there through the year to remind  
you to take you meds on time.

I will help you make better choices, such as  
eating, exercising and getting a better  
night's sleep, and coming to Bridgehaven more.  
If things go wrong don't ever put yourself down.

Let me help you up and motivate you to  
keep enduring each day, with hope, faith and  
love. I will also teach you to respect, and be kind to  
one another more--even if they get on your  
nerves. I know my name is 2019. I have no  
hands or mind or body, but I am a good, honest,  
caring yearly spirit that can bring joy, love,  
faith and hope to your life if you put trust  
in me. I know I can bring true lasting peace in  
your life. So it doesn't matter what you want this  
year. If it's a goal, challenge, promise or finding  
a mate, I can help you meet those goals.

Yes, there are many challenges through the year.

But let me help you and let me be your new  
best friend for the next 365 days.

A NEW BEGINNING AWAITS

AGAIN MY NAME IS 2019

PUT YOUR TRUST IN GOD



# Word Play

By Robin Bensinger

Persimmons

Pink

With green stems

Plucking

A guitar

Peace by

Piece

Paisley perfection

Sipping through straws

Whistling Dixie

Overlooking her flaws

Pandas and peanuts

Pickles and pears

I love them all

Except grizzly bears

Lemonade license

Lickety-split

Playing with words

Helps me stay fit

Pineapple pumpkin

Why try to make sense

Popsicle porcupine

Sitting on a fence

La pizarra

La guitarra

Playing la musica

Near-a and far-a

La puerta

Vallarta

In Mexico

I know it

Can rain there

But does it ever snow?

Sunshine and fritos

Dr. Pepper too

Realizations

For me and you

Funshine and frolicking

Going to the zoo

Racing and pacing

In front of you

Beware of the Giant

And the Mockingbird too

Don't listen to what I say

Just do what I do.

## **Starlight**

**By Lon M**

I look at the sky on a bright starry night. I see the starlight bright. I know these are God's mighty works. I take my telescope to see the universe. For it is outer space where I fly my spaceship to the moon. But soon I could see the sun, so good and clear, because there was no light; it shined so many times. I knew it would be astronomy that would lead me home to the alpha centauri galaxy. I know by using my astrological signs for my navigation soon be home. I am an astronaut with many a song to sing along my journey home.

## **Love is in the Air**

**By Peggy D**

Valentine's Day is getting close. I like to go to a dance and give out Valentine's cards to friends and family. Going out to dinner is fun too. Do you like to date? I do. A boyfriend should get his girlfriend a box of chocolates, maybe a card, and a stuffed animal. Whether or not you have a significant other, Valentine's Day can be full of love and hugs.

## **Hope**

**By Lori S**

I know that my Mom and Dad are with the higher power. I love my family at Bridgehaven. Even though my heart is shipwrecked because my dad died, I know my Bridgehaven family will be there for me now.

## **The News**

**By Marianne W**

*NATIONAL NEWS:* President Donald Trump has opened the Federal Government, for now. If the President does not get his border wall, he said he would shut down the government. The government will open again on February 8, 2019.

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*LOCAL SPORTS:* The Louisville men and women's basketball team won on Thursday January 24, 2019.

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*WEATHER:* This is the coldest winter. I am so tired of ice, snow, rain and cold weather. I am ready for spring.

# The Soul of an Elephant

## By Ann K

Look into my wise eyes.  
You will find love that encompasses all ages

I move with the rhythm of the land  
Vast jungles – open grasslands  
Follow me and my newborn from lush greenery  
Into the dry meadows beneath scorching summer sun

My baby raises his small trunk  
To echo my loud bellowing  
He stumbles  
I move my trunk under his body to steady him  
as he pulls himself up

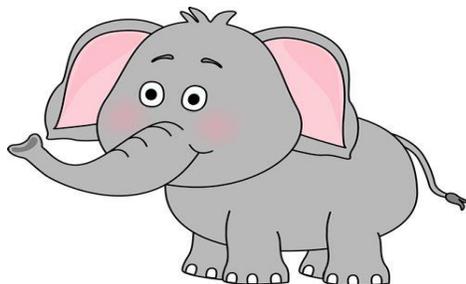
The herd plods along  
Searching for water  
We are as majestic as we are huge

When we find a pool  
We boom our voices  
Joining the sounds of animal noises

We fill our trunks  
With water and splash our faces  
The baby rolls in the mud  
Following the actions of the elders

Look into my eyes  
They are filled with  
the understanding of perseverance, of sharing,  
of caring, of hope

Follow me into the wild  
where everything has its purpose  
and I will teach you the wisdom of generations



# Claustrophobia

By Anita A

Claustrophobia  
Fear of being closed in  
Small spaces,  
You just can't win

Claustrophobia  
I can't get out  
Just can't breathe  
So can't shout

Claustrophobia  
Walls closing in  
Space getting smaller  
My fears they do pin

Claustrophobia  
Too many people  
Too little room  
Can't see the steeple

Claustrophobia  
If only I can see  
Out the windows  
The view calms me

Claustrophobia  
Fear of being closed in  
Small spaces  
You just can't win



"Captain America"  
Art by  
Darius M

# Normal

By Anita A

Normal is an  
Individual thing  
It used to be normal  
For me everywhere to sing

Normal for me  
Is having a mental illness  
It's just something  
With which I've been blessed

For me to keep normal  
A regular routine I do  
When I don't  
I get into a stew

Part of my normal routine  
Is going to Bridgehaven  
For me to help me cope  
And from stress is a haven

Normal is an  
Individual thing  
It used to be normal  
For me everywhere to sing

the  
normal



Art by Danielle B.

# I Find Peace in the Sacred Wood

## By Timothy B

I find peace in the sacred wood  
Where flows a gentle stream  
Where sunshine dances on the ground  
As through the trees it gleams.

I find my solace in the forest  
By the mountainside.  
This is the place that I can go,  
My troubles to confide.

There is no judgment here, no hate,  
When walking down this path;  
Only sweet tranquility  
That is but sure to last.

So in this sanctuary,  
I will now pledge my troth  
And bind myself to God and nature,  
Daring to do both.

The forest is God's shrine  
And I the pilgrim here,  
And when I come this way again  
I'll feel God's presence near.

(Inspired by a hike in the Smoky Mountains)



# Eternity's Lovers

By Paul W

Open was the night where two hearts  
were meant to be

tempting was the time with kisses  
flowing so free.

All of this was happening beneath  
the stars above

where they were gathering  
every bit of their love

Not to be a decision  
or a thing that had to be

only knowing their love was headed  
to face eternity

They found the night was making  
a palace of its own

with those kisses making performing  
magic to be known

Knowing soon the morning would  
come again

but this wouldn't stop the  
passionate love that had no end

They knew they were ready to face life  
with the joining of time

as she pulled him close saying,  
your heart is definitely all mine.

Well, he looked at her with a great smile,  
Saying, yes, it's true

when eternity does come  
it was your love that gave my heart  
something wonderful to do

# Branch to the World

By Robin Bensinger

My arms are branches  
Reaching out to the world  
I'm a different type  
Of tree hugger  
I'm a tree who hugs  
the Universe  
I'm an oak  
I'm a maple  
I'm a cedar  
I'm a pine  
I'm a weeping willow  
I'm a cherry tree  
I'm a dogwood  
I'm divine  
I grow for good  
I grow for love  
I grow for peace  
I grow for God  
I grow from stress  
I grow from calm  
I grow from cold  
I grow from warm  
My roots spread far  
My roots spread wide  
I grow for you  
From the inside.



# Coyote

By Ann K

I was quiet. I was speechless  
I had nothing to say.  
I wasn't like those  
always wanting to play.

I had no expression.  
I was dull. I was tamed.  
It wasn't anyone's fault.  
I wasn't to blame.

Then I saw the medicine woman  
To see if she could heal me.  
I wanted to be free.  
I was shrouded in misery.

She showed me pictures of animals  
And told me to pick one.  
I concentrated really hard.  
I felt like my mind weighed a ton.

Suddenly a lightness came over me.  
I picked the coyote to help set me free.

It was expressive and rhythmic.  
It traveled so fast.  
The moon was its guide.  
It moved through shadows sublime.

I found my voice  
Imitating its lead.  
I spoke what I felt,  
With passion and need.

I spoke about a way of life  
Important to me.  
I spoke about goals  
I spoke with surety.

My emotions were not encased anymore  
I was no longer confused.  
I was no longer forlorn.

The coyote's spirit breathed life into me.  
It gave me hope, it helped me believe



# Trash Man

By Ann K

I pick up garbage Monday through Friday  
It makes me sore  
But it's not a bore  
I often find precious treasures galore

I spy Mrs Smith's locket  
It's tarnished with lime  
Sometimes I find money  
Oh look! A bright shiny dime

But it's a dime more than I had  
Somethings I find are really bad  
Like the grandfather clock without a face  
Or the fitbit watch that won't keep pace

I like my job  
I don't get weary  
Except of course when  
The days are dreary



## Slow-Cooker Vegetable Soup



Prep  
35 m

Ready In  
4 h 35 m

*Recipe By:* Hilary Meyer

“Make a big batch of low-calorie veggie-packed soup with ease in this load-and-go crock pot recipe. After simmering away in the slow cooker, portion it into individual serving containers and store in the fridge or freezer for fast, healthy lunches or an easy, satisfying snack. This weight-loss vegetable soup fills you up without a lot of calories, plus it’s an easy way to eat more vegetables.”

### Ingredients

- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 ounces fresh green beans, cut into ½-inch pieces
- 4 cups chopped kale
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 cloves garlic, minced
- 2 (15 ounce) cans no-salt-added cannellini or other white beans, rinsed
- 4 cups low-sodium chicken broth or low-sodium vegetable broth
- 2 teaspoons salt
- ½ teaspoon ground pepper
- 2 teaspoons red-wine vinegar
- 8 teaspoons prepared pesto

### Directions

- 1 Combine onion, carrots, celery, green beans, kale, zucchini, tomatoes, garlic, white beans, broth, salt and pepper in a 6-quart or larger slow cooker. Cook on High for 4 hours or Low for 6 hours.
- 2 Stir in vinegar and top each serving of soup with 1 teaspoon pesto.

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Equipment: 6-quart or larger slow cooker

To make ahead: Prepare through Step 1 and refrigerate for up to 5 days or freeze for up to 6 months; finish Step 2 just before serving.

# Winter Word Search

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

WINTER

SNOW

SLED

ICICLE

BLIZZARD

HOT CHOCOLATE

COLD

FROSTY

FROZEN

SLED

JANUARY

ICE

HIBERNATE

COAT

HAT

GLOVES





