

BRIDGEHAVEN SUN

SPRING  
EDITION  
2019



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Erica R

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Doris C

*Cover Art: Photo by Anthony W and Text by Robin Bensinger*

***“We don’t need Wings***

***to***

***touch the***

***Sky.”***

-Doris C.

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

By Doris C

I walked through the halls looking at all the many clocks and paintings and all of them were so unique, each one hand crafted by members of Bridgehaven.

Let’s give them a hand.

I am so proud of them, being so artistic, all on sale. According to Janet Patterson, Development Coordinator, There were 100 clocks on exhibit, and 200 pieces of art.

Board Members brought in the food and served it.

There was a brand new framer this year that framed 15 pieces of art.

We also had a live band called The Bridgetime Players who play the event every year. They played classic rock for the whole 3 hours. They did a great job; everyone seemed to enjoy them.

I ran into Lon M., one of the artists and asked him what he thought about the show.

“It’s an honor to be able to display my art in  
Art as a Part of Healing

because it can show our visitors how creative our members are even though we have a mental disorder.”

Ramona and Daisy expressed a similar sentiment.

It leaked out that next year’s theme is “Planters” which would benefit the Bridgehaven members by teaching them how to make mosaics.

# My Experience in my Job

By Audrey L.

After being fired from my previous job five years ago and having been at that job for 11 years with three companies in the same place, I haven't worked for three years afterwards. Two years ago, I got with Linda O., filled out an application online for a job and sent my resume. I was called by a person who became my project manager for an interview. I came for that interview. I was called and was hired three days later. I started this job on March 2, 2017. The first night, I did bathrooms. The second night and ever since then, I have been vacuuming offices. I love my job. I come to my job early every Monday through Friday. I work four hours each night and I make enough money to keep me from losing my Social Security check. Morale is great. I worked for my previous supervisor who was nice to me. She left the job and I work for my current supervisor who is nice to me and I deal with some cool co-workers. I have been in this job for two years and I plan to stay at this job as long as my health allows me.

## Lively Folk Band

By Robin B.

Clarinetist jumping around  
Accordion player stands his ground  
Violinist chirps like a bird  
Bassoonist is hardly heard  
The band of fools plays their tune  
With silliness it fills the room

Harmonica player does her part  
Flautist doesn't even start  
Drummer keeps the beat so well  
Singer sings but doesn't yell

The band of fools  
Is really wise  
Their tune takes off  
It even flies  
Up in the air like  
A hot air balloon  
They certainly know how  
To play a tune.



Art by Lon M

## **Breaking Down Possible Budget Cuts**

By Marianne W

April 26, 2019

Mayor Greg Fischer Plan

Pools which are closing are:

Sun Valley

Algonquin

Norton

Fairdale

Two libraries are closing:

Middletown and Fern Creek

One fire station and one EMS

Ambulance service

10 Golf Courses are closing:

Cherokee

Charlie Vettiner

Sun Valley

Bobby Nichols

Iroquois

Crescent Hill

No police recruit classes

Closing the Living Room at

Centerstone. Metro Council

has to vote on July 1<sup>st</sup>

Somebody donated the money for the Belle of Louisville in time for Derby Festival, says the mayor of Louisville.

I do not want to close the pools in Louisville.

The mayor of Louisville is asking people to give money.

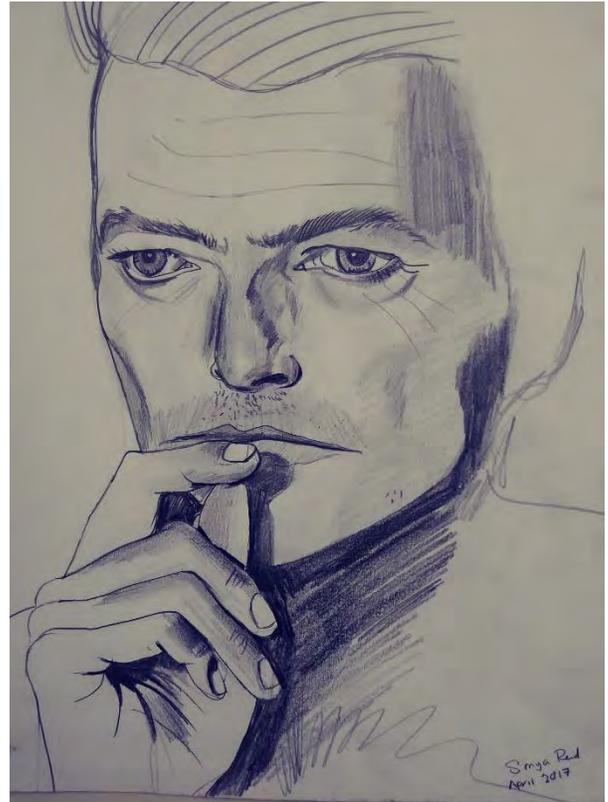
The mayor will give out more cuts April 25, 2019

P.S. the mayor is asking people for their ideas.

## For Tank

By Erica R

My heart is hurt  
My soul is broken  
Since you've been gone  
Few words have been spoken  
People talk  
But I've quit listening  
More than anything it's you I'm missing  
The good days  
And the bad  
Now they're gone I'm truly sad  
What you did is not your reflection  
You were hurt and broken that was your reaction  
I'm not mad it's just my reaction  
I wish I could've saved you  
But that wasn't God's plan  
Why? He had a greater one  
That I couldn't understand  
I love and miss you everyday  
I really wish you would've chose to stay  
I don't get it as a stare at your pic  
Why didn't I say something?  
Why didn't I act quick?  
It was me and you against the world  
I saw you falling  
But I also couldn't hold on no more  
I felt my heart shatter  
I knew the moment you did it  
I didn't even have to guess it  
I also saw the people you reached out to  
Either turning their backs or never grabbing onto you  
I gave you my hand  
And with the other held on tight  
If you were going I wasn't going to fight  
You slipped without my knowledge  
Leaving me with regrets  
Teaching me people will hold onto you to see what they can get  
I miss you so much  
I don't know how long I'll last  
When I close my eyes at night I can hear that blast  
Please wait for me I'll be there soon  
I love you from here past the stars in the sky and even the moon  
I love you



Art by Sonya R

## Kindness

By Anita A

Kindness is gentle  
Like a newborn lamb  
Cavorting & playing in  
The field near its dame

Kindness is giving  
Doing good deeds  
Each & every day  
For others in need

Kindness is peace  
Like a calm summer day  
With friends & family  
All coming your way

Kindness is compassion  
Something always in fashion  
Reaching out to others  
Helping them fulfill their notions

Kindness is gentle  
Like a newborn lamb  
Cavorting & playing in  
The field near its dame

## Forgive

By Anita A

Forgive, forgiveness, forgiven  
I want to forgive  
I practice forgiveness  
I am forgiven

Forgiveness is a difficult thing  
It means examining stings  
Way down deep that hurt  
It can't be done in a way that's pert

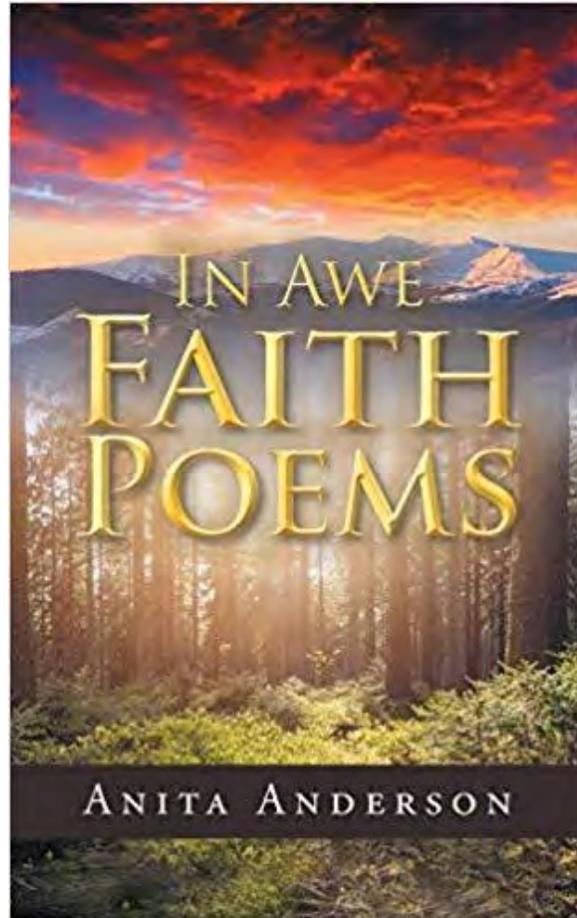
Forgiveness is giving yourself  
A healthy way off the shelf  
It's taking all that pain  
And refreshing your soul again

Forgiveness is a breath of fresh air  
Having gotten rid of all your care  
It's a feeling that's great  
And never too late

Forgive, forgiveness, forgiven  
I want to forgive  
I practice forgiveness  
I am forgiven

CHOOSE  
kindness

# Anita's New Poetry Book is HERE!



Available on Amazon

*I bet she will sign your copy if you ask!*

I interviewed Anita on her new book *In Awe*, it is a book of faith poems.

She said that she had a lot of faith poetry and wanted to share some of it with others. She self-published the book through Bloomington Author House.

*In Awe* is a book about God and nature, often with a sense of the ridiculous. You can find some more of her poems in this and other newsletters.

You can pick up your own copy of it at Amazon for \$10.99

By Doris C

## **Interview with Robin Bensinger**

By Glen S.

I interviewed Peer Support Specialist Robin Bensinger as part of an exercise in Creative Journaling group. Here are my questions and her answers:

### **What is your favorite color?**

Teal, like one would find on a prom dress.

### **What got you into writing in the first place?**

My fourth grade teacher told me that I would one day be a famous poet after reading one of my poems.

### **What were your high school colors?**

They were crimson and white.

### **Do you have some close relatives?**

I have plenty of relatives.

### **What got you into becoming a peer support specialist?**

I taught school for seven years and then the bureaucracy became too much for me. I decided to try something else, but interesting jobs were scarce. When I got out of the hospital in 2008, I was interviewed by the leaders of a consumer-run mental health organization called KYCAN (Ky Consumer Advocate Network). They hired me and I worked there part time for two years as Diversity Coordinator. Some people who worked there were Peer Specialists. It seemed like a great thing to do, and in demand. In 2010, KYCAN closed and I took the course and became an APSS (Adult Peer Support Specialist). The position I wanted didn't come through, so I decided to study social work at U of L. After graduating from the Kent School, I took a job as an Intake/Outreach Peer Support Specialist at Bridgehaven. I believe in Peer Support and want to give back to others struggling with mental illness.

## **Interview with Glen S.**

By Robin Bensinger

I had the good fortune to interview member Glen S. so I could find out a little bit about him and share it with you. Sitting in the big art room together, Glen shared with me that his favorite hobby is writing, on various topics—mainly in prose. He also enjoys taking pictures. And he really likes dogs. He said, “My grandmother has one. He’s a little gangster. He loves to burrow under the covers.” His favorite color is Scotty Blue. His favorite restaurant is Applebee’s. He likes to order “a stripped down [version] of a cowboy burger.” He thinks his T.V. is the best view for Thunder, the Derby and the Lilies for the Fillies. He wonders, “Why does horse racing have to depend on betting to survive?” After some laughter, he said he has kept some type of log since 1985. “Similar to a diary?” I asked. “Yes,” replied Glen. He shared that his log book was a gift from his Great Aunt Silvia.

## Spring

By Arlan W

I know it's Spring when the leaves change colors and the wind blows slow and cool. The river rolls smooth and calm, and people are nice and relaxed. The sun shines bright in the sky and the sky is orange and blue, green and purple all around the sky and trees.

Spring Spring I love Spring.

## Spring Sun

By J.T.

I feel happier during the Spring because of the sun. It's warmer and brighter out. I like the way the birds sing to me when I wake up. The smell of fresh flowers bloom. Even the possibilities in the Spring are good for the soul. Perfect time to do some par-core or some sports activity.



## Interview with Ramona Johnson

By Doris C

I had the most wonderful time at Bridgehaven Friday. I got to spend time with our president, Ramona. She is the most amazing woman and she cares so much about the members at Bridgehaven and gives 100% of herself to them. Ramona's passions are mental health and what she can do to help aid in the wellness of those people. She wants us all to have a chance to learn how to deal with our disorders and live in this world.

Ramona has worked for Bridgehaven for 21 years. She started out as a clinical director and she has worked her way up the ladder and is now the CEO and President of Bridgehaven. I am so proud. She works hard because she knows that the clients are people too and that Bridgehaven is a place that can change lives.

The thing that makes her sad is when people come to Bridgehaven and do not take advantage of what it has to offer. Then she thinks that maybe they belong somewhere else.

Ramona loves the staff that she works with and knows that they have the members welfare at heart and that is important.

She loves doing Bridge Builders and Art as a Part of Healing, and for the public to see that mental health clients are artistic and talented people too. Plus it brings money into Bridgehaven.

I asked her who she answers to and she said that there is a Board of Directors, 21 of them. They all volunteer and every 2 years a new Chairman is elected. That is who she answers to.

We are really lucky to have Ramona on our side and I thank her so much for taking care of us all. My hat is off to her.





## Kale Slaw Spring Salad

**TOTAL TIME:** Prep/Total Time: 25 min.

**YIELD:** 10 servings.

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### Ingredients

5 cups chopped fresh kale

3 cups torn romaine

1 package (14 ounces) coleslaw mix

1 medium fennel bulb, thinly sliced

1 cup chopped fresh broccoli

1/2 cup shredded red cabbage

1 cup crumbled feta cheese

1/4 cup sesame seeds, toasted

1/3 cup extra virgin olive oil

3 tablespoons sesame oil

2 tablespoons honey

2 tablespoons cider vinegar

2 tablespoons lemon juice

1/3 cup pureed strawberries

Sliced fresh strawberries

### Directions

**1.** Combine kale and romaine. Add coleslaw mix, fennel, broccoli and red cabbage; sprinkle with feta cheese and sesame seeds. Toss to combine.

**2.** Stir together olive oil and sesame oil. Whisk in honey, vinegar and lemon juice. Add pureed strawberries. Whisk until combined. Dress salad just before serving; top with sliced strawberries.

## Spring Jokes

When do monkeys fall from the sky? During Ape-ril showers!

Can February March? No, but April May!

What season is it when you are on a trampoline? Spring-time!

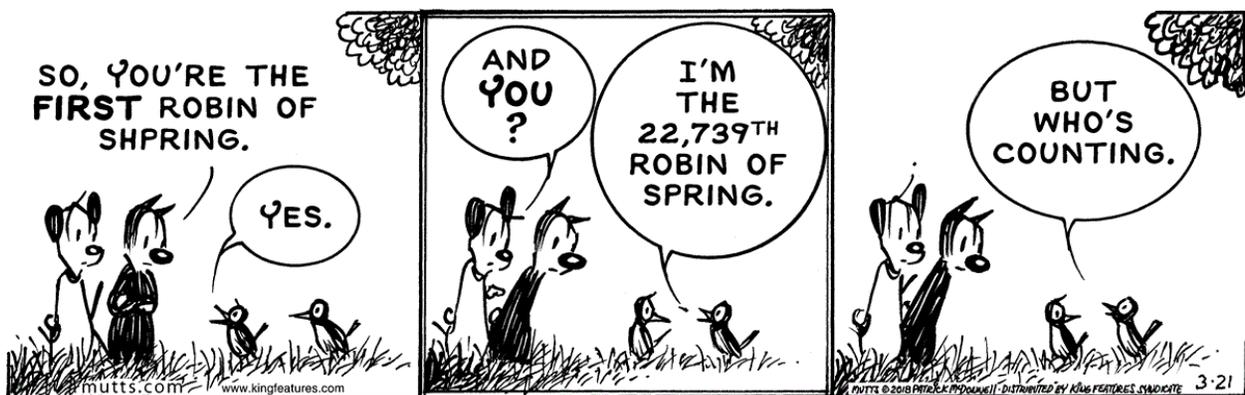
What flowers grow on faces? Tulips (Two-lips)!

What did the tree say to Spring? What a re-leaf.

Why are oak trees so forgiving? Every Spring they "turn over a new leaf".

When is the letter "A" like a flower? When a bee (B) comes after it.

## Spring Cartoon



### Think Spring

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

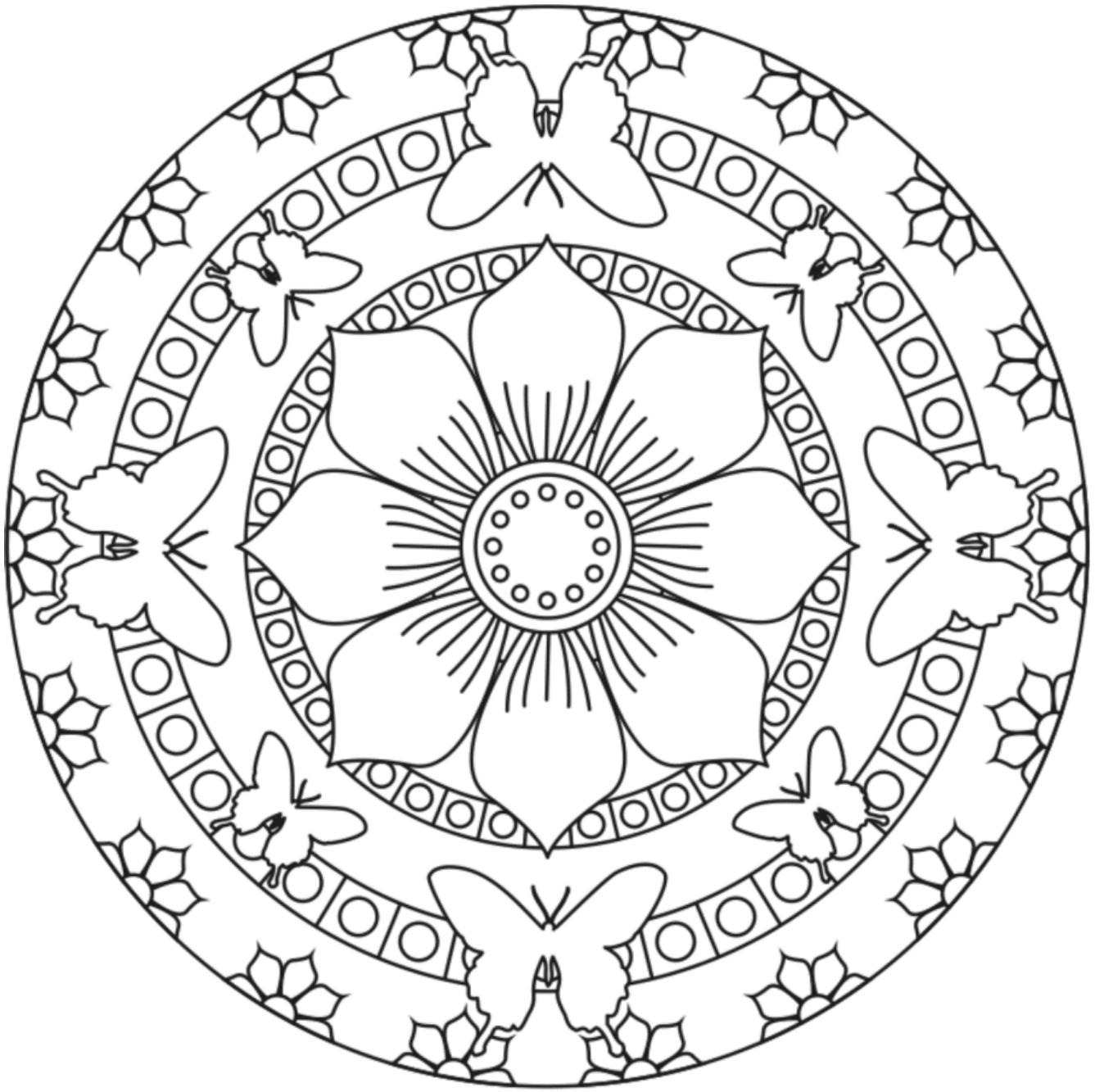
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WARMTH  
BUZZING  
FRAGRANCE  
CATERPILLARS  
HIKES  
MEADOW  
SEEDLING  
RAINBOW

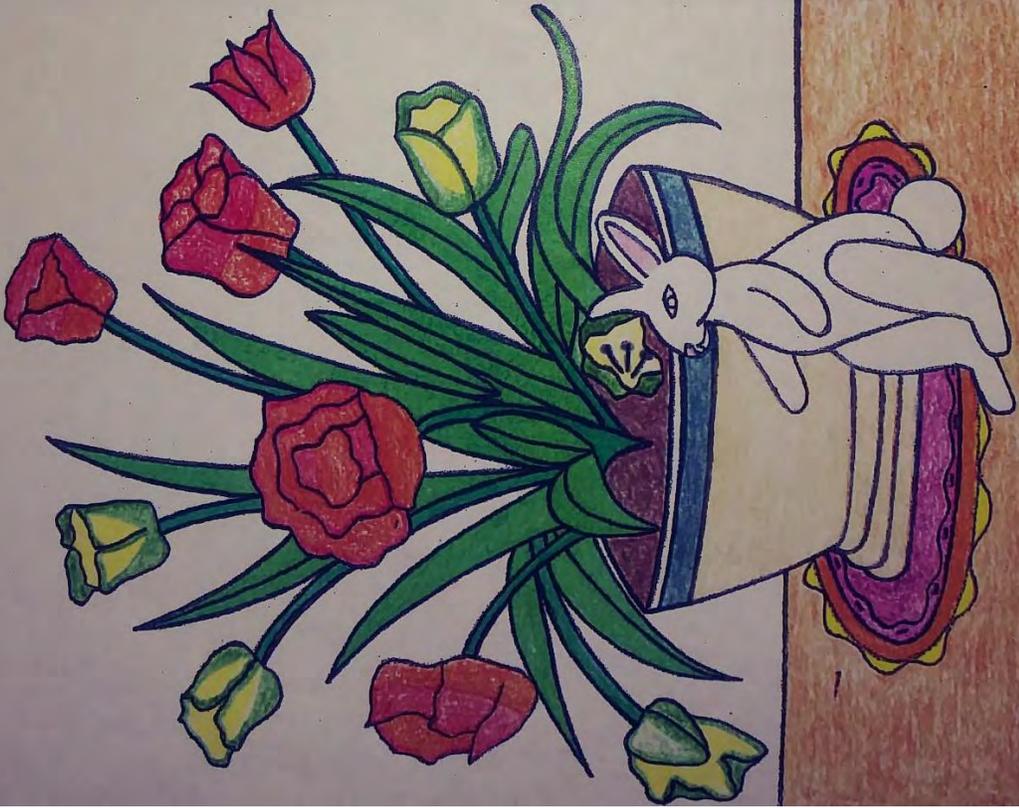
BLOSSOMS  
GREENERY  
FLOWER BUDS  
BUTTERFLIES  
BARBECUE  
POLLEN  
SUNSHINE  
GRASS

TULIP  
GENTLE BREEZES  
SPRING MIGRATION  
SHOWERS  
REJUVENATE  
ROBIN  
SPROUT  
HATCHLING





# EASTER



Easter the special  
time of the year  
giving, hoping, and blessing  
with many blessing  
it's in the spirit  
of all of us  
it's a true meaning  
of Easter Day  
whom Rose again  
from the dead  
to give us  
Wonderful life.  
"Have Wonderful Easter"