

Bridgehaven Sun



Summer 2019

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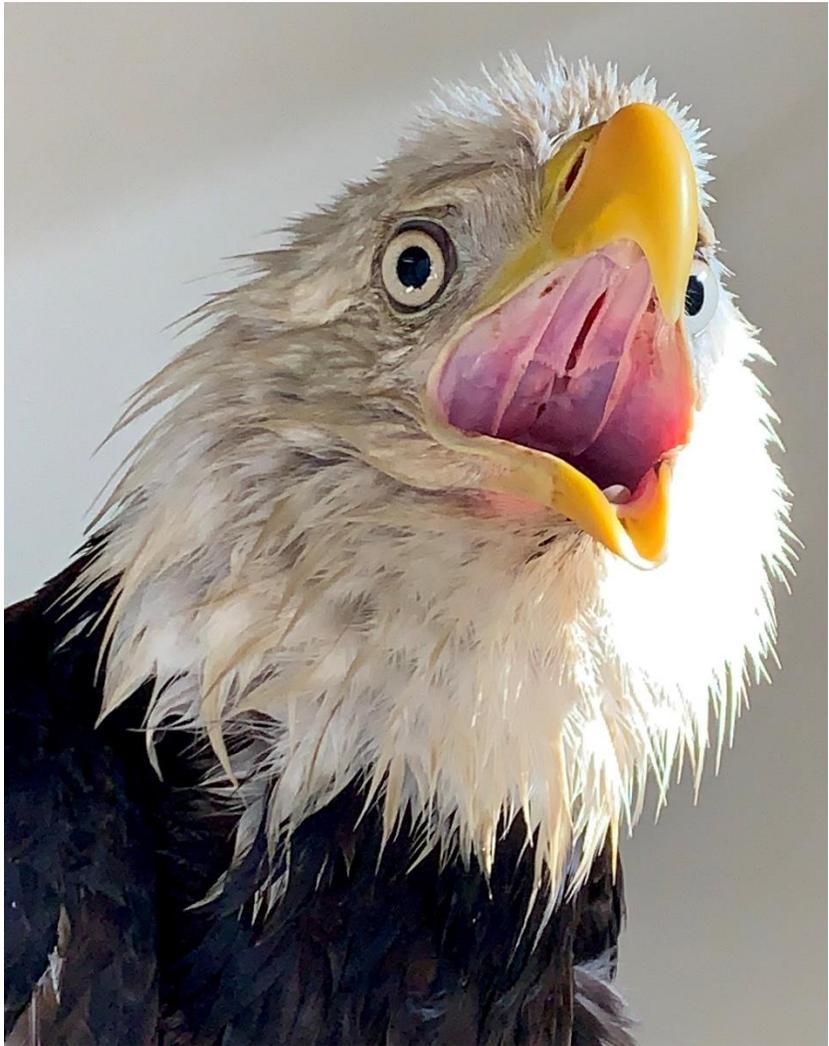
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Art by Brenda R

This is Raptor Rehab's 122nd bird this year. Bald Eagle 122 has come a long way. In the world of birds of prey, only 1 out of 4 will make it to their first birthday. This guy is at least 5 years old. He came into rehab because someone shot him--not once, but twice. We know that he is a fighter because of his age. He is winning again. He has the courage to take back what someone tried to take away--his life. He is doing great, getting stronger every day. He's preparing for his "rebirth"--to get back out into the wild where he belongs, FREE once again.

Our responsibility as humans is to take care of what has been given to us. We have our domestic pets, cats, dogs, etc....plus our creatures out in the wild. That also includes the earth that we live on. So be observant and do what you can do. **RESPECT NATURE AND BE RESPONSIBLE FOR WHAT HAS BEEN GIVEN TO YOU!**



Brenda

Photo by Brenda R.

Bridgehaven 4th of July Picnic

By Margaret D.

Well, my morning started out good--got to Bridgehaven and it was wonderful. There were a lot of activities and drawings for prizes. Also there was learning about nutrition, lots of music and face painting. The food was wonderful and there were lots of nice people there. It was really a big family. Therapists and members, everyone attended. They were great. I enjoyed myself. I got my face painted--I was Wonder Woman, but I was in pink. Also, you could spin the wheel for prizes. All of us invited a family member. I just want to say thank you to all of the superheroes in the community who helped. This event was a great experience for me and all of us. It was one of my first picnics in a long time. Thank you.

Success

By Arlan W

Today I succeed
Tomorrow I grow
I speak strong
And believe I am
A good person
Top of the game
Lessons learned
And lessons taught.
I will do my best.
“Believe and you will
Achieve”
Success is only
A breath away
Love thyself
Respect each other.



Louisville Pools

By Marianne W.

Mayor and Metro Council will not open Louisville pools. The kids will not have a park to go to get cool. I think that is wrong because the NFL player donated all his money to keep the pools open. I think they should give the NFL player his money back if they are not going to use his money. They said it was not the money that they need.

Budget Cuts

By Marianne W.

Metro Council votes the cuts have been trimmed down. Metro Council passes a bill. Council passes a budget with \$25 million cuts. Many people are mad at the Metro Council. The Living Room at Centerstone will be out of service because of budget cuts. One man thinks without The Living Room at Centerstone people will be in jail. There will be more cuts coming next year and soon.



Picnic

By Marianne W.

My husband Phillip and I had a good time at the Bridgehaven Picnic on July 1, 2019. We will be back next time. We at Baptist Towers Apartments are having our picnic on August 23, 2019. We are going to Nashville, TN with Baptist Towers on September 7, 2019. We always have a good time there every year.



Diagnosis

by Anita A.

In 2010 I was diagnosed
With schizoaffective disorder
Since then I found Bridgehaven
Where I've learned my life to order

I've learned coping skills
Sirens not to make cringe
When they used to seriously
Make me unhinge

With men I learned
To be at ease
As long as they're good
And don't me tease

I now live in
An apartment alone
At ease, in comfort
In a place I call home

In 2010 I was diagnosed
With schizoaffective disorder
Since then I found Bridgehaven
Where I've learned my life to order



Having a Mental Illness

By Anita A.

Having a mental illness
Can be daunting
It follows you around
Like a sometimes scary haunting

A challenge to be faced
Each and every day
Struggling to keep even
As you go along the way

Sometimes you with
Yourself fight
Just to keep straight
And feel alright

Mental illness
Can be controlled
But takes daily attention
To stay enthralled

Having a mental illness
Can be daunting
It follows you around
Like a sometimes scary haunting

If We Were All The Same

By Anita A.

If we were all the same
The world would be a boring place
We need the differences in behaviors,
language, intellect, looks & race

We need the different challenges
Commonly called disabilities
We don't need to be expected
To be just like those with normal abilities

Down syndrome to PhD
All learn at their own speed
Wheelchair bound walk with wheels
Of feet to move they have no need

Mentally ill have challenges galore
Many have difficulty focusing on the present
Most take meds to help them focus,
Tune out those voices, stay in the present

The blind see with their fingers & ears
The deaf hear with their eyes
And speak with their hands
The mentally challenged always try

If we were all the same
The world would be a boring place
We need the differences in behaviors,
language, intellect, looks & race



Friends at Hand

By Paul W.

A friend sometimes can be hard to find
but once you find him
the good times won't be left behind.

Here you'll find laughter
for your hearts to meet
along with special friendship that
can't be beat.

Sure there will be sad moments
and miserable times
but together you'll be able to ease
the misfortune
and leave the pain behind.

Knowing together you have discovered
two people better than one
who is being covered with
friendship and their special love.

Finding the next day will be better
than the last

because you found that friend
that will give your heart his very best

And together you both will be
able to go on through life
facing all its up and downs
and still have joy and happiness

that will make both your hearts feel so heavenly right.



On a crisp Sunday morning

By Ricky A.

There was a heavy dew out in the Evergreen Fields. There was a tree tall enough to climb, a hill by a patch of fields that looked rocky and steep. There were trees surrounding the place. They looked so real; looked like somebody was here doing something. It looked like the rocks and sticks had been used. There in the distance birds flew away from strong winds. They blew, they flew. About a mile or two there was a hill and a pathway.

There was a boy and a girl walking along holding hands with one another; it sounded like they were talking and laughing with each other. Holding hands, having fun...like it's fun to be with you and me. Yeah, I like you; I met you holding our hands.



The girl said to the boy, “I got a secret to tell you. I’m in love with you.”

The boy said, “I’m in love with you too.” The girl said, “I think I’m boy crazy, but I am a girl. Just laugh it out.”

The boy said, “I’m not too shy....not too much.” The girl said, “I do love you. But much is too much. So much is true.”

“Are you ready to go back to your place?” “Yes,” said the girl. “I’m ready to go back home.”

They were off running. They both embraced. They were tangled in each other’s hands. They were running in—as fast as they could.

Then, they kind of slowed down when they were about halfway there. There was a corner of the street by the sidewalk. They’re buddies—shoulder to shoulder, arm to arm, skipping along the sidewalk.

The boy said, “What are you looking at?” The girl was skipping and singing a lullaby song that she remember from her own school music class. Her teacher taught her how to sing it and she memorized it so she could sing it while she was still skipping along the way home.

They were about a mile away; they started to rest for a moment. The boy nodded his head and said, “She can sing; I think I like that.”

And she laughed and blushed and then said, “Did you or didn’t you hear me singing? I sang a lullaby song my music teacher taught me.

Now the boy picked up a stick from the ground, then said, “Well, it’s taught you a lesson.”

“Yeah, yeah,” the girl said. “I don’t know if I’m hearing or he’s saying all of his words.”

He had a stick and was rubbing it against the picket fence.

Before they got to the gate, the girl kind of leaned over and kissed the boy.



Art by Danielle B.

Sunshine

Summer is the
Universal
Network of
School vacations
Hamburgers, hot dogs, watermelon
Internet turned outernet
Not just in Nebraska
Enjoyment for all in the sunshine.

By Creative Journaling Group

Music

Like strawberry milkshakes
A day at a concert, good times.
My country tis of thee
This is what music means to me.

Music is the good perfume
Of the world
It sets off fireworks in my mind
And feels like a new Spring day.

By Music Appreciation Group

LAUGHTER

L ife and love

A re unique for each one

U nderstanding them while

G iggling

H appily

T alking to toys

E nergetically

R eversing sadness.

By Creative Journaling Group

Humor

By Erica R

I think humor is the best medicine. Putting smiles on people's faces makes you and them feel good. Laughing helps you to enjoy the moment together. It gives you a break and allows you to not be so serious about life. Remember you only live once.

Clean Summer Jokes

Q: Why do bananas use sunscreen?

A: They peel.

Q: What did the beach say to the people who came back for the summer?

A: Long time no sea.

Q: What's the best day of the week to go to the beach?

A: SUNday

Mediterranean Chickpea Salad

YIELDS: 6 SERVINGS	PREP TIME: 0 HOURS 5 MINS	TOTAL TIME: 0 HOURS 10 MINS
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INGREDIENTS

FOR THE SALAD

2 (15-oz.) can chickpeas, drained and rinsed

1 medium cucumber, chopped

1 bell pepper, chopped

1/2 red onion, thinly sliced

1/2 c. chopped kalamata olives

1/2 c. crumbled feta

Kosher salt

Freshly ground black pepper

FOR THE LEMON-PARSLEY VINAIGRETTE

1/2 c. extra-virgin olive oil

1/4 c. white wine vinegar

1 tbsp. lemon juice

1 tbsp. freshly chopped parsley

1/4 tsp. red pepper flakes

Kosher salt

DIRECTIONS

- 1** | Make salad: In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives, and feta. Season with salt and pepper.
- 2** | Make vinaigrette: In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.
- 3** | Dress salad with vinaigrette and serve.



SUMMER



WORD SEARCH

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

summer
pool
swimming
camping

fun
sun
grass
outside

hot
sprinkler
picnic
road trip

shorts
vacation
watermelon
play

fruit
hiking
popsicle
lemonade

