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Smile Epidemic

Smiling is infectious,
You catch it like the flu.
When someone smiled at me today,
I started smiling, too.

I walked around the corner
And someone saw my grin.
When he smiled, I realized
I passed it on to him.

I thought about that smile
Then realized its worth,
A single smile just like mine
Could travel round the earth.

So, if you feel a smile begin,
Don't leave it undetected.
Let's start an epidemic quick,
And get the world infected.

-Anonymous

The Fight

By Timothy B.

I walk alone in the shadows
Of a life that is no longer mine.
I drift on a sea long forgotten
That's somehow frozen in time.

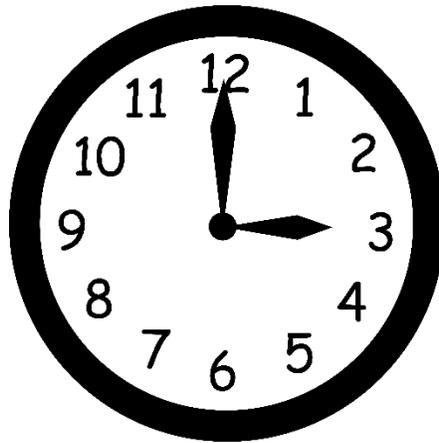
I look beyond the horizon
And wonder where my future lies
And if I can find resolution
For the loneliness I feel inside.

There may be a path I can follow
To a place where I can belong
And where everyone there all around me
Can come together as one.

But until I can find that good haven,
I'll work as hard as I can
To make it the destination
That I know is part of God's plan.

There will be days of darkness ahead
That seem an endless night,
But I will trudge on through these shadows
And never give up on the fight.





Time's Story

By Paul W.

Yesterday is never too far away
only look back and remember better days.
Yes that's time good and bad
maybe when you're happy or moments of feeling sad.
Sometimes you can't change the moments at that time
just look back and remember a friend you may find.
It could make you feel better down inside
as it chases away moments that make you sigh.
Then you may see life in a different way
building your spirits up
and giving you a better day.
So don't look at life being in the pits
only carry a smile and never give up or quit.
For if you give up and refuse to help anymore
you lost life's game and you're no longer in the score.
Then you have nothing but problems
building up more everyday
without love or friendship to help you on your way.
So if ever you have trouble look to see
there is always friends to help in time of need.
Now that's life's game that's played everyday
so be truthful to yourself
and accept life being played in different ways.
We all have choices day or night
and if you're wrong keep trying till it's right.
Don't punish yourself and feel bad inside
just have faith in yourself
while appreciating the other guy.

Reality's Lives

By Paul W.

What do you do if the sun doesn't shine again?
Do you search for love that's locked within?
Or try another way and be brave.
Knowing tomorrow brings a different day.
So in your heart be willing to play.
Search for peace of mind to carry on for hard times.
Somewhere out there is a friend you can find
You must be strong and never pretend
Things look dark but be willing to start over again.
For life is a game we all have to play.
We are happy when things are going our way.
You may frown inside just be happy you're still around.
Thank God for keeping you around.
For you must take the good with the bad.
Knowing with the good ones you can still feel sad.
In your heart you must be smiling and carefree.
Thinking nothing is going to bother me.
So don't build yourself up.
But be ready instead for hard times will come again.
Never look down if there is a frown.
For good times are still bound.
So don't be afraid and say.
I'll make it any kind of way.
So smile when things are bad.
Never wish you were dead, be happy instead.
For life is a test, always be willing to play your best.
So accept whatever things are to be,
and remember things don't only happen to me.
When your heart is true in the things you say and do.
Then your mind will lead the way.
So be positive day by day.
For life happens in its own way.
P.S. It's a game we all have to play



PEACE

by Ann K.

There is hushed silence within the monastery walls. The monks walk in soundless unity. Their energy surrounds them, emitting warmth to their cold concrete place of prayer. They nod to the large crucifix at the front of the oval enclave. Each has a glowing look of spirit as they prostrate themselves on the ground. Each is filled with peace. Each is blessed by a higher power and each receives joy within.



PEACE

By Ann K.

I look at you in wonder in your crib. Your tiny hands are completely open ready to receive the next play toy.

There is such a look of total contentment on your face, as if all your needs are met and no harm has ever touched you or ever will.

This is a memory I treasure. It gives me peace and touches my heart.

Arms to the Sky

By Unknown

I breathe in and reach my arms to the sky
I imagine the sun warming me
Slowly I move my arms



Peace

By Kim S.

What does peace mean to me? Wow, what a loaded question which can be approached in so many different ways. However my belief is that peace must begin with one's self—I believe that change begins with one's self as you must be the change that you want to see. Once you are able to get in touch with yourself, you are able to see the injustice around you, you're able to put someone else's needs and desires above your own. You don't necessarily have to be a do-gooder to carry this out, just having compassion for others as well as yourself is a great start as you must be good yourself in order to help others.

What is Peace?

By Erica R.

What is peace? Where to find it?
Peace is different for all of us
Some find peace surrounded by family
Some find peace when they're alone
Peace could be found in a church sermon
Or where there's nature
Peace could be found by animals
Or even at work
Peace can also be a death of a loved one
Who struggled with illness
Or other demons
Peace can be found in cemeteries
Where all the people buried there
No longer having to struggle or fight for life
Peace can also be when surrounded by friends
But these days it seems hard to fight for peace
Between wars and murders
It seems like these days people
Don't even try to find peace
Like animals who have become extinct
Peace for people have almost gone extinct also
We need to refind peace
Because everyone needs to find peace
In their life to feel it
And also show others how to find peace



Yoga

By Blake E.

Sometimes I do yoga to relax and find peace in my day. When I practice yoga it helps me calm down and decreases my stress. A moment of silence during my practice makes me relaxed and not think of anything stressful. After doing yoga practice I feel happy and ready to start my day.

Shalom

By Glen S

Shalom is, as my preacher once explained, more than just peace. It is how the world was before the fall. Things were just as God wanted them to be. Everything was perfect.

Just from the way God talked to Adam and Eve that the three of them talked unashamed as a regular thing in the garden.

Not only do we have problems but also does the creation. It is somehow limited. It is some sort of bondage that it is in.

But one day humankind and all creation will be free. One day Christians will be free from the bondage of sin. Creation will be free from its bondage too.

One day God will create a new heaven and a new earth. Things will be in tune with His wants. God's glory will supply the light everyone needs in the New Jerusalem. God's people will live with Him. We will be His people and He will be our God.



Peace

Virginia R.

Where to go, what to do
to find inner peace I haven't a clue
I've searched high, I've searched low
I don't know where else to go

Sometimes in the past
I've had peace, it didn't last
Maybe because I've
always been an outcast

I won't quit searching won't give up
I keep searching for 1/2 full cup
I wish I may wish I might
Find peace before bedtime tonight

A gray rectangular box containing the text: "peace comes from within do not seek it without -buddha". The word "peace" is in a large, bold, black font. "comes from within" is in a smaller, black font. "do not seek it" is in a bold, black font. "without" is in a large, bold, green font. "-buddha" is in a smaller, black font.

Let's Talk about Ruby

By Doris C.

Rubies are red and very precious stones. We have one here with us who will always be in our hearts.

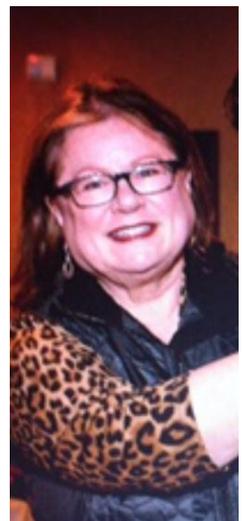
As we talked she told me that she had been with Bridgehaven for going on 5 years, but had worked in the mental health field for 45 years.

I asked her what made her want to work with mental health consumers. She replied, "My favorite teacher was my mental health teacher and working with people made me want to make people's lives better. When I first was in nursing and was first on the floor I was always behind because I spent so much time with the patients in their room talking. So it was clear to me I needed to be in mental health."

"10 years after being a nurse someone suggested I might want to go to social work school, so I did. Then 10 years after getting the Social Work Degree I heard about Family Therapy I really wanted to do this so I completed this 1994."

While being here she started the health movement in the gift shop. At first she had a Humana Grant "so we ordered fruit weekly and gave it away. We changed out cookies and candy for healthier foods and members responded well. We also upgraded our drinking water system. Once started, our health committee consisted of [both] staff and members. We also started the YMCA Program taking member twice a week." She feels good that Bridgehaven will still live on long after she retires.

RUBY, YOU WILL BE MISSED



National Coming Out Day

Friday October 18th, 2019

By Doris C.



Art by Kim S

The event will be partially an Open Mic. Anyone who wants to present can sign up on sheets hung on either side's bulletin boards or speak to Sam. Priority will be given to coming out stories but anyone is welcome to participate. If anyone wants to share anonymously about their sexual orientation or gender identity, Sam will be happy to read their piece to the attendees for them. Talk to Sam or your clinician about this.

Like last year Sam will be baking and hopes to have coffee available. If you want to help, Let Sam Know.

I sat with Sam today listening and got caught up in the excitement of the day coming up. "It is an invitation for people to come out as LGBT, as well as a celebration of the ability to come out with less risk of harm...and fewer consequences than there were 30 years ago."

This is the 2nd year we've had Coming Out Day. In 2017, we held a Pride Celebration in June, but found the October date to be more convenient.



We're Owl in this Together

By Brenda Riggs

Every creature on earth is designed to survive. People have more complex brains. We have a frontal lobe and a limbic system. When they are in balance we can react and behave appropriately. Because of that, we can get along in this world. Birds have what they need too.

Birds live by instinct. They react when threatened, protect their young, their territory, even their mate.

It has been said that owls are wise—not the whole truth. They don't have a complex brain like we do. They don't have to rely on a brain like ours that's great for all of us, they don't try to manipulate a situation to get what they want like we do. We can mess up our relationships by not being honest. You can tell what an owl is thinking like, happy, hungry, irritated, angry and more. I like that because you would know when to run or just be amazed about how beautiful they are. We would be superheroes if we could be like the owls! But there is one thing that I wish they could have, that is the size of our eyeballs in their skulls.

Their eyeballs take up most of the room inside their skulls. The phrase, "eyes on the front made to hunt, eyes on the side made to hide" is true. Because of that, they only see in front of them. That's why they move their head. Because of that when they are chasing prey they often get hit by cars. A lot survive, even the little ones. People put in roads, tear down barns, cut down trees, and build houses where owls once had an abundance of food. They do adapt. You can find more of them closer to cities; they have no choice. When they come to rehab we do our best to get them back out to the wild. Even if they have a permanent disability—if they've proven that they can hunt, they are released. That is exciting! Having a disability doesn't mean it's the end; it just might mean life is difficult. The owls also have sharp talons and strong beaks. Some even have different kinds of feathers so they can fly without us being able to hear them. At Raptor Rehab, some knock off your hat, then they're back on the perch laughing before you even figure out what happened.

it's simple—we all have different abilities, even if we have disabilities. Even if we have to change our environment, we can all survive together. Take care of yourself and help others.



MUSINGS BY MARIANNE

Baptist Tower's Fire

It was last Thursday night when a fire broke out at Baptist Towers Apartments. The lady was living upstairs at 1707 had a bed on fire. This happened at the same floor a year ago, a man in his chair was asleep with a lit cigarette. He went to the hospital where he died. So do not smoke in places where you are not to. The sprinklers went off upstairs at 1707, her bed burnt a hole in it. So the company are drying my and Phillip's walls. If the walls do not dry out by Wednesday they will have to take Phillip's and my walls out.

Bevin

Bevin needs to butt out of our Mayor Greg Fischer. Bevin is not a good governor. Greg Fischer is a good mayor. So what is Bevin talking about? Not a good mayor of Louisville, you Bevin need to butt out of our mayor Greg Fischer. You Bevin are not doing your job. So before you say our mayor is not doing his job you need to see for yourself.

P.S. We need Trump and Bevin out of office. Mitch McConnell out of office too. Mike Pence out of office too.

Budget Cuts

Center Stone last week was broken into. The last day of the Living Room was Wednesday July 31st. So now The Living Room is closed. They did not have the money to keep it open.

4718



Swimming Trip

Ruby and Angela took my picture in the swimming pool. The water was warm, not cold this time. Everyone enjoyed themselves. It was in Clarksville, Indiana.



HAPPY HALLOWEEN!



Found by Lori C.

Q: Why are ghosts so bad at lying?
A: Because you can see right through them!

Q: Who did Frankenstein take to the dance?

A: His "ghoul" friend!

Q: Why didn't the skeleton cross the road?

A: He didn't have any guts!

Frankenstein: Witch can you make me a lemonade?

Witch: Poof you are a lemonade!

Q: What do you get when you cross a witch with sand?

A: A sandwich!

Q: What is a vampire's favorite fruit?

A: A nectarine!





Art by Ann K.

He realized the earth wasn't a garbage can

By Ann K.

As night became day, he started to understand the truth. Climate change was a reality, partly brought on by the aging of the planet and change in the solar plexis, partly brought on by pollution and war.

Until there were changes made and kept in ecological regulations, the pollution would continue. People would keep polluting the oceans and rivers. Rainforests would still be deforested. The air would still be stagnant.

Until there is peace, lands would be desecrated and destroyed by chemical and physical warfare.

He knew it was time for him to take action. He was only one person. But change begins with one. One idea, one protest, one bold move.

Consider this a call to action. Please do your part to make the world a better place.



Fruit and Yogurt Bowls

Prep Time: 5 mins **Servings:** 1

- **Ingredient List**

- ½ cup nonfat plain Greek yogurt
- ½ cup Del Monte® Mandarin Oranges in 100% juice [or Sliced Peaches, Pineapple Chunks or chopped Apricot Halves], drained

Optional Topping Ideas

- Pecans, walnuts or almonds, toasted if desired
- Dried cranberries, cherries, mixed dried fruit or tropical trail mix
- Fresh blueberries, raspberries, strawberries or blackberries
- Shredded coconut, toasted if desired
- Sunflower or pumpkin seeds, hulled
- Fresh mint or basil, chopped
- Granola or whole grain breakfast cereals
- Honey or real maple syrup
- Graham crackers, crushed
- Mini chocolate chips

Instructions

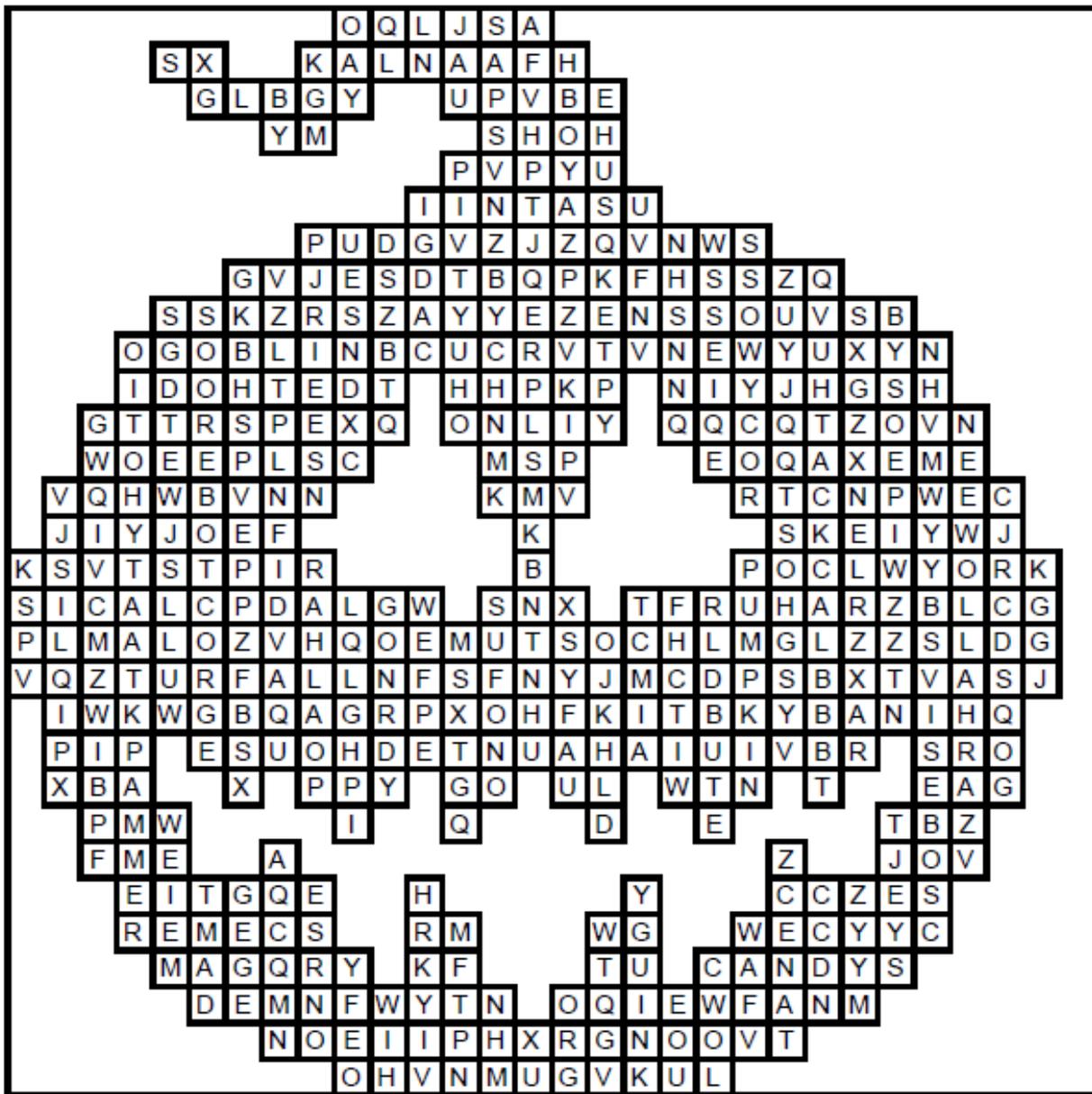
1. Top yogurt with fruit.
2. Sprinkle fruit with of any suggested toppings, as desired.

NOTE: Pre-portion and refrigerate any remaining Del Monte® fruit in individual resealable food storage containers or sandwich bags to quickly assemble additional Fruit & Yogurt Bowls in the next 2 or 3 days.

Credit: Recipe courtesy of Del Monte Foods

Found by Denise E.

Halloween



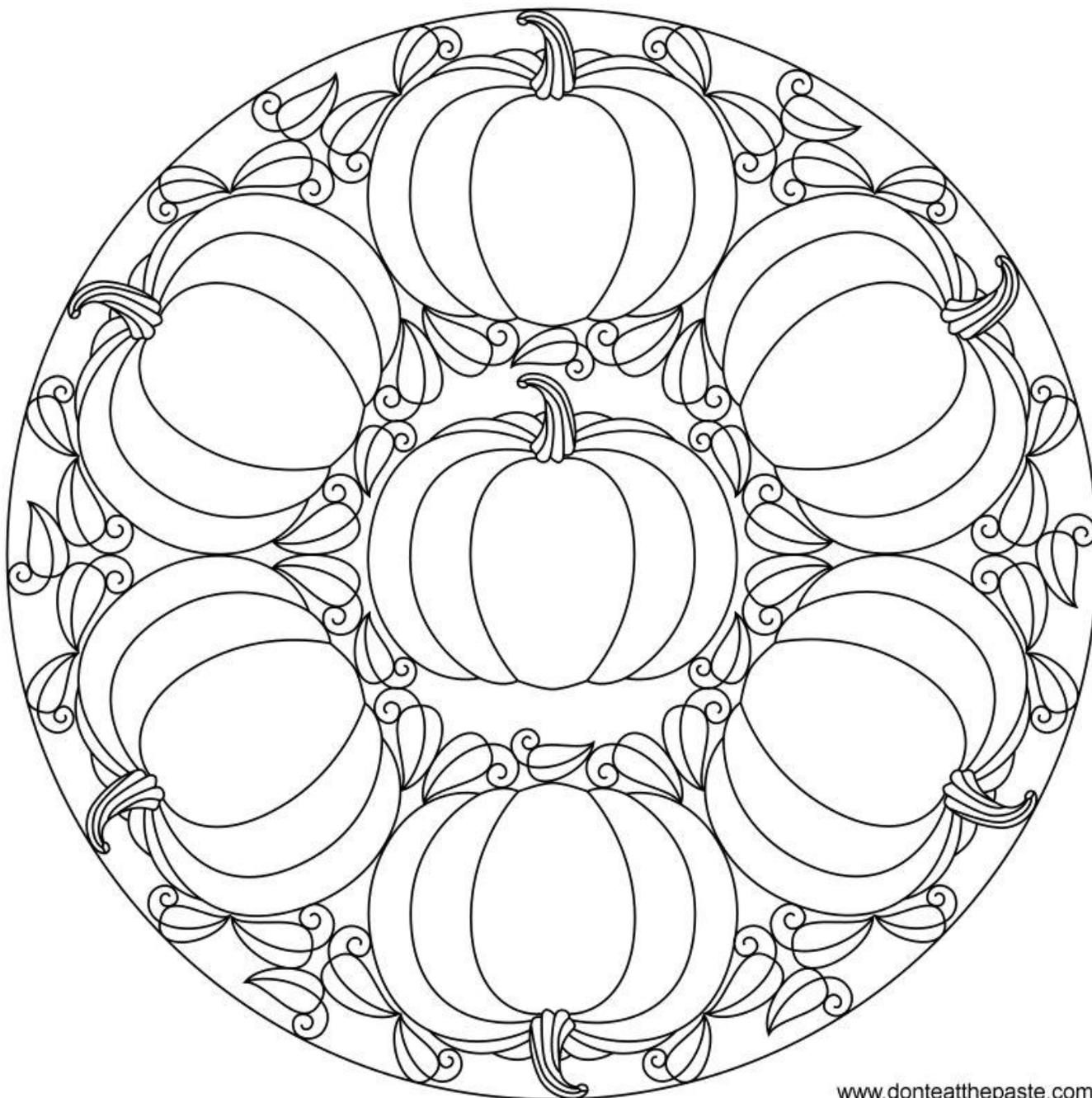
GHOST
BATS
OCTOBER

WITCH
PUMPKIN
GOBLIN

HALLOWEEN
COSTUME
FALL

CANDY
SPIDER

HAUNTED HOUSE
BLACK CAT



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HAPPY HALLOWEEN

HAVE FUN, PICK UP YOUR TRASH

DRESS UP IF YOU WISH!!!