

BRIDGEHAVEN OPPORTUNITY KNOCKS SUMMER 2011 ISSUE



Perspective on the Fashion Show by Paramy Blake This year's Annual Derby Fashion Show was a success! Everyone looked wonderful and the weather was lovely! We had some special additions in the show our dressed-up four-footed friends and a "Royal Wedding" as a finale! Thanks to all who participated and helped out.

Perspective on the Fashion Show by Daisy Allen This year's Fashion Show had "top models" that exhibited such pose and grace it was a joy to be a part of the experience. Thank you everyone.



DERBY FASHION SHOW 2011

My Perspective of the Recovery Awards

By: Carrie F.

Before I even knew about the facts about the award ceremony, I had told Arti that the awards were stupid and I didn't want to go, but she encouraged me to attend, I am happy she told me to go. As I walked across the road to the Hesuer Hearing Institute (formerly known as The Louisville Deaf and Oral School) for the award ceremony I reminded myself to be calm and cool. I already knew that my friend Charmella N. was getting an award for “coming out of her shell” , so I was very proud of her. Sherry had told me earlier to be sure to attend, because I had an award too. I asked her what it was for and she just smiled at me. So I was nervous when we got our Recovery Award pamphlet, so I looked through it and noticed to my shock I wasn't wining just one award, but two. I was so proud of everybody who received an award(s). It was great experience to be part of. I hope my future endeavors include attend next years ceremony with a more of a calm composure. So what want to say, “Congrats to all of the folks who came and to those won an award or multiple awards.” Each person here has touched my soul and I am so proud of everybody. Thank you for all your inspirations, insight, but most of all for listening to me at groups and helping me to be a better person. Thank you also to staff who attended and Mr. Reyes who attend on behalf of John Yarmuth and giving out the awards that Mr. Yarmuth had given the award winners, that was truly awesome. By the way I can't wait to see all the photographs that were taken, so I can put them in scrapbook of my Bridgehaven memories. A big thanks goes out to our emcee at the Award Ceremony, she was witty and professional.

FOCUS PAGE

The Focus Page describes groups at Bridgheaven, this Issue will focus on Role Recovery.



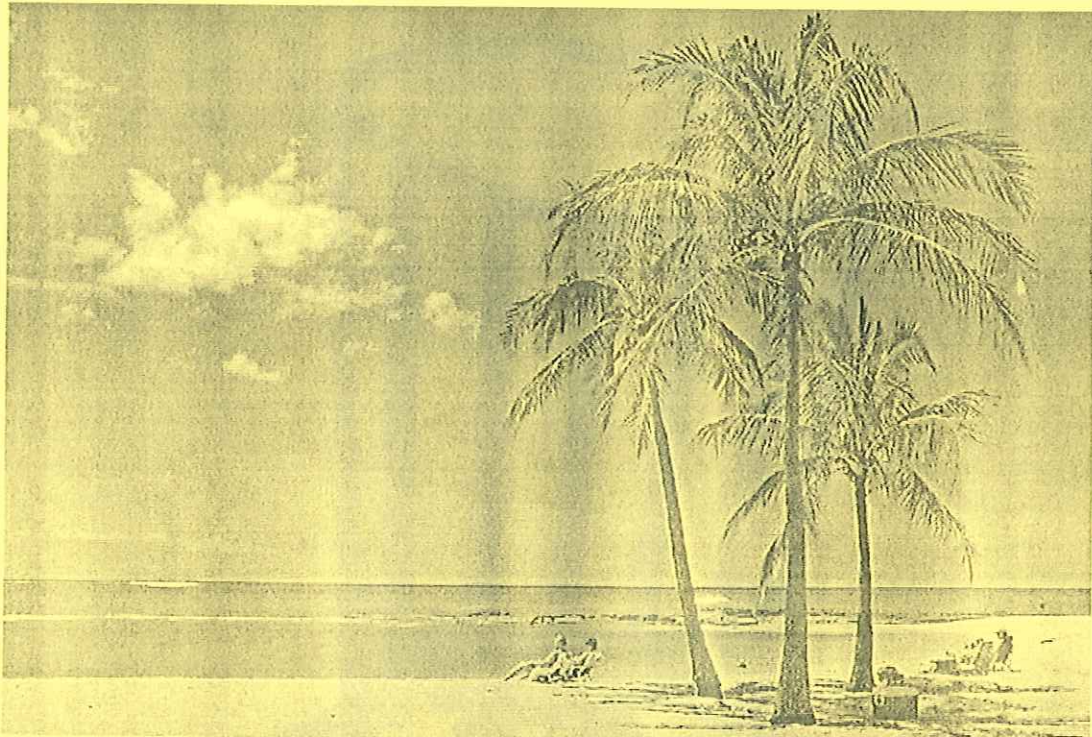
Description: Role Recovery – by Bruce Behney

The new group, Role Recovery Group is focused on the idea of regaining some if not all of the important roles a person played prior to having a mental illness. We primarily look at the losses that people experience in not being able to work. We look at the need to increase a level of responsibility in taking on a job, returning to school or volunteering or some other type of important role that brings meaning and positive self image. Coping with the challenges in a work setting are explored as well as the emotional impact of work and developing the skills to hold and maintain a job. Social and cognitive areas are investigated and discussed and their importance in maintaining employment.

Seperate Hemispheres

by Sonya 06-20-2011

Around and around and seeking to appear
within the pleasant cities we keep in our hearts
awaiting the distance in the dark recesses of the mind
just to be able to want to find and believe in the heart
where happiness divides itself to be a part of the start
of something hidden and seeking to appear
where about the meaning is shifting in the rearview mirror
of a driving car going to the mountains o' so far
Where do I find you to be a friend?
Whom can I catch a gentle hand?
Freeing myself to the music that plays in my mind
you are there still in soul as we constantly let go
to the universe that is abound
breaking through the sound of the speed of sound
where abouts rhyme has left for the day
and my soul is crying out for something gay
Had it been you carrying me there, I would have found
something in deed to believe to feel
through the cracks of my own
telling myself everything from destiny's loan
as if to say they had been silent saviors to instill
the beginning of a sobering plight
which teaches me everything to give in plain sight
as I drive on down to the middle of the earth divinely dividing itself
throughout the day's beams of happiness
ever to reconcile the upmost happiness with a gentle spirit
who comes following my tracks around and around to the shoreline of the
past and present that brings my friend
the meaning we create and unleash within Himself.



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#hawa33406

Summer

By: Charmella

Summer is a time of year for
Under water exploration brings.
Mosquitoes and insects are out to catch
Millions of preys to get there stay
Everyone enjoys the summer fun.
Relaxing, swimming and beach volleyball.

Retyped by: Samantha