

Aurora Newsletter July Issue-2017

From the Desk of the Executive Director

Kim Weirich, ED

As we approach the beginning of a new Fiscal Year, we plan to continue the same recovery services and when possible, expand. We continue to upgrade and improve the physical aspects of the building. When you visit the offices, you will notice that after 14 years a fresh coat of paint has been applied. The most exciting addition will be the new state of the art Security System. With this new security, we can ensure the safety of both consumers and staff. We hope to have everything install by Thursday, July 6th.

Consumers and visitors will all need to press a buzzer to enter the building. Staff will be able to view individuals at the front door, but also communicate with the individual.

Staff at Aurora are extremely happy to be able to provide a safe setting for all who attend.

Have a great summer and we will see you at the July 14th Aurora Picnic.

Hope Troupe Continues To Spread Hope

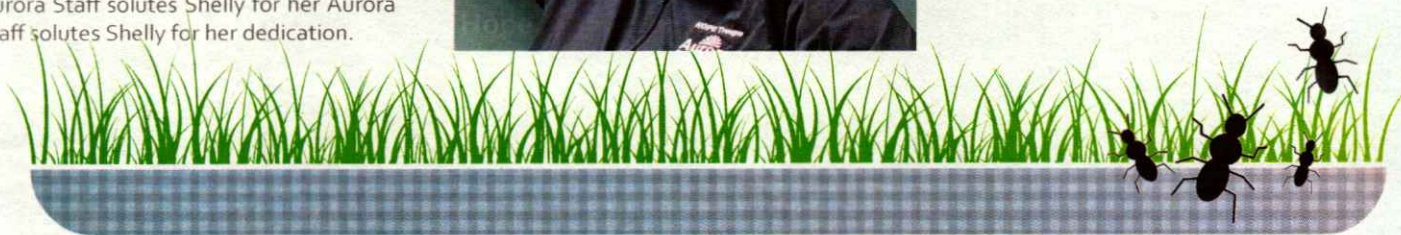
Hope Troupe was the inspiration of Karin HH. Starting in January of 2013, Hope Troupe continues to break the stigmatism associated with a Mental Health illness. In four years, Hope Troupe has performed all over Dauphin County. Hope Troupe's mission is to provide education through Recovery Stories while offering the audience understanding and insight into common misconceptions associated with mental illness. Our priority is for everyone to carry our message back to families, communities and places of employment.

Shelly has been a member of Hope Troupe for 3 years. She enjoys telling her Recovery Story. Shelly also love to sing and is always willing to help the lest fortunate.

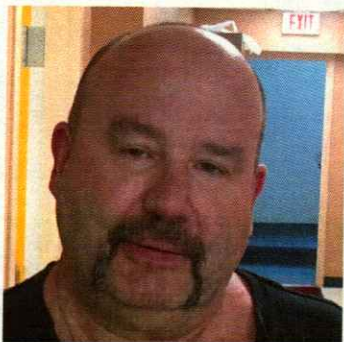
Aurora Staff solutes Shelly for her Aurora Staff solutes Shelly for her dedication.



Enjoy
The
Summer
Months



Staff Profile-Curt B.



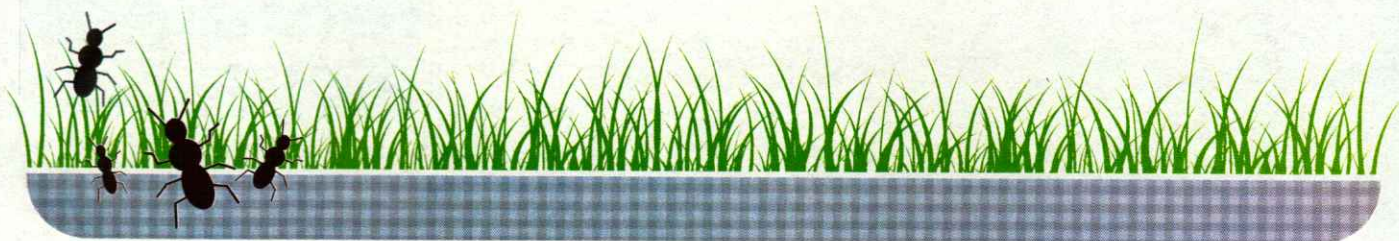
Curt B, has assumed the duties of Custodian. Curt hails from the Pittsburgh area and is an avid Steelers fan. Curt has been active in the mental health field and serves on a committee in Dauphin County, and for many years, worked as a volunteer with Dauphin County NAMI.

Always wanting to better his employment opportunities, Curt has been accepted and will be attending Certified Peer Specialist training in August. The staff and consumers wish Curt success.

Aurora's Annual Picnic

Friday, July 14th, at Fort Hunter Park will be the site of this year's picnic. This is an annual event and allows consumers from all three centers to mingle and share their thoughts and ideas. Again, this year Case Managers have been invited along with Aurora's Board of Directors. Picnic food is a must and once again, our menu will consist of Chicken, Salads, Rolls, Cookies and Watermelon.

Sunny's Nature Walks are a way of consumers taking a casual walk among the surroundings, while Megan will be supervising the Egg Toss. Bingo is always an exciting event. Lastly everyone will be leaving with a gift from Aurora.



Hope Troupe Profiles-Fay W.



In addition to being a member of Hope Troupe, Fay also is a member of the Aurora Board. Fay enjoys telling her Recovery Story and she is more than willing to step in and speak up when she witnesses stigmas in her community.

As a member of the Aurora Board, she communicates with the Board, the activities, and the needs of the consumers. She also can be counter on every Thanksgiving as she assists in the preparation of everyone's favorite Holiday meal.

Don't walk behind me: I may not lead. Don't walk in front of me: I may not follow. Just walk beside me and be my Friend.

Moonlight Bay by Anne S

Whenever there's a constant love, my heart carries you. As forever stand still, and I'm unsure of the way.

I look back to yesterday, wondering why am I so lonely today. My heart had a melody, a song of promise, showing me the balance of love.

But my song now is a dreary tune. As the hours become long, now that the one I love is gone.

All I can do is follow the light of the moon. To old lovers' moonlight bay. Because the day I said goodbye, I have always known.

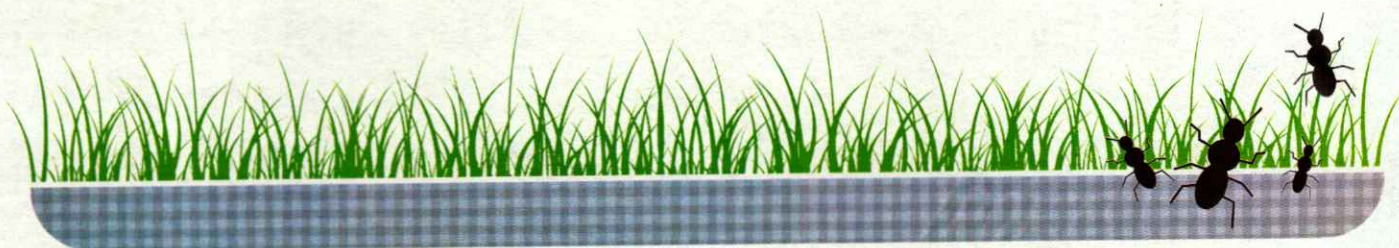
You were my one and only.

From every mountain,

From every shore,

Even from old lovers' Moonlight Bay.

Aurora welcome poetry from consumers. If you have a special original piece or even something that lifts you up please share.



Favorite Summer Activity

Shelly: Playing Cards and sitting watching the sunrise

Liz: Playing spades, going to the mall and window shopping.

Fay: Walking down around River Front

Kimmy: Walking and going to parks with rides.

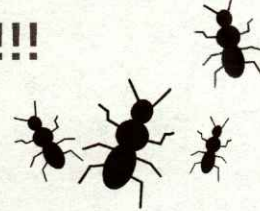
Lori: Water Balloon Toss. (Something to think about at the picnic.)

Kelvin: Picnics.

John: Sports and baseball games.

Ray: Fishing.

**Does anyone know
where these ants came
from!!!!!!**



"Of course I talk to myself.....Sometimes I need Expert Advice."

Favorite Summer Meals and Vacations

May favorite Summer Meal:

Kimmy: Hamburgers and fries.

John: Grilled Steak.

Lori: Corn on the cob, shrimp, hamburger with lettuce and mayo.

Shelly: Hotdogs, chips, BBQ on the grill.

Liz: Steak, hotdogs an beans, macaroni salad.

Fay: Pickled Eggs, salads, subs, "Lebanon Bologna Sandwiches!!!!

Kelvin: Pizza.

Vacation Places:

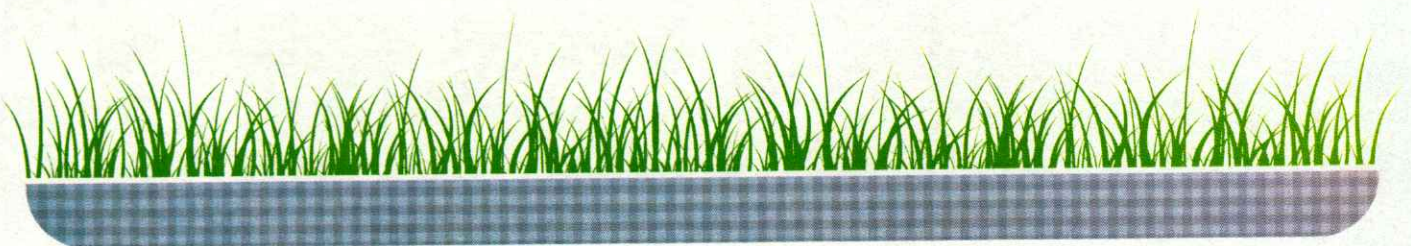
Katrina: Minnesota.

Fay: Home with my family.

Shelly: Myrtle Beach.....Family Reunion.

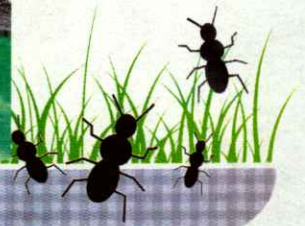
Cleon: Hmm.....New York and possibly North Carolina.

Owen: San Juan, PR





Mini Golf-City Island



Rainbow.....by Curt B

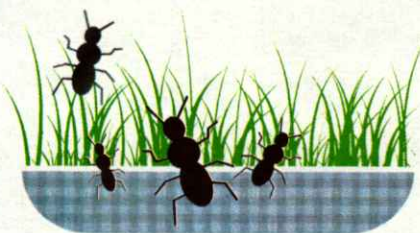
June 21 marked the beginning of summer, 2017. Several weeks earlier, while Spring was still young, consumers at the Aurora Club in Harrisburg were asked two questions: what did the Aurora environment have to offer for their individual recovery story, and what food did they enjoy the most. The answers to the first question, though unique and individual, are centered around two universal themes. First, the concept of uncertainty in the lived out experience of the consumer's mental illness story. Second, the need to be "more engaged" with self, others and the world in which they live. The third question, concerning food preference elicited the most divergent answers of all and no specific themes emerged from the inquiry.

The most concise definition of "recovery" was from Thomas who stated that: "recovery is enlightenment of self, others and the world like a beautiful rainbow – each individual has a certain set of gifts that reflect a deeper presence in which they participate – each talent, gift, engagement is a unique, exceptional color that constitutes the entire rainbow". Thomas' definition of recovery introduces the question of "engagement" of self/others and the question of uncertainty. Martha stated that through interactions with members of the Aurora Club, it helps her to "relieve the uncertainty about life in limbo". Mike goes a step deeper by stating that interactions with the Aurora's members help to "decrease the level of uncertainty in an uncertain world". Finally, Kimmy stated that the interactions with the staff and consumers of the Aurora Club helps her to "accomplish more certainty and develop an improved positive outlook". Although the definition of "engagement" and "enlightenment" remain individual, the living out of each personal "color constituting the 'rainbow of recovery'" is found in the narratives that concern how they live out their lives in recovery.

The second question sought to delineate specific acts that penetrate their recovery positively. What specific acts did they learn while at the Aurora Club to help them "engage" with self, others and world? In short, what did their recovery look like in concrete forms. Lizzie states that she learned to "talk more, get out more with others with a positive attitude". Kimmy states that she has the ability to "gain fulfillment of past wishes, desires and achievements – to increase confidence, thought, independence and gain more responsibility with self and others". Mike seeks to "be happy and enjoy life more...by being engaged with self and others". Succinctly, Martha hopes to "be normal...to find a meaning in the whole experience of a lived depression...to be healthy...to loosen the bonds that ensnare the bonds of physical and mental health".

The third and final question was the inquiry into each individual's specific, favorite food, and the answers were diverse as the personalities responding to the inquiry. Pasta was Kimmy's food – she stated that she was "crazy about noodles". Burgers, fries and pizza were Micheal's favorite choices of food. For Kathleen, her choices involved "pork chops or any taste of meat", and Lizzie also stated her preference for "steak, its big and juicy".

Although no specific definitions of recovery, engagement and uncertainty emerged from the brief inquiries, the questions and responses of each consumer lead to further avenues for exploration of recovery and the place of the Aurora Club in that process. In the end, each individual is responsible for establishing their own "color that constitutes the entire rainbow" of recovery.



Women's Group Picnic-Little Buffalo



Weather Balloon by KRISTIN B.

A Weather Balloon or sounding balloon is a balloon which can raise instruments aloft to send back information on atmospheric pressure, temperature, humidity and wind speed. A small expandable device call a radiosonde is used. To obtain wind data they can be tracked by radar, radio direction finding or navigation systems. For more information see Kristian.....Aurora's Weather Man!!!!!!

