



Aurora Dawn

CUMBERLAND & PERRY
COUNTY NEWSLETTER

SPRING 2016

Issue 6

**SPECIAL
POINTS OF
INTEREST:**

- Star Wars Week
- Perry Council of the Arts Mosaic Project
- Jam Session
- B.L.T. Kick Off
- Member Spotlight

**INSIDE THIS
ISSUE:**

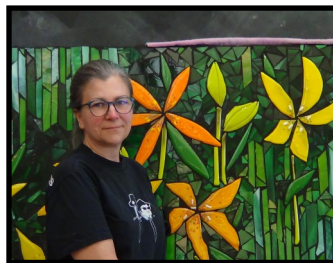
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Perry Council Arts Teams With New Bloomfield Aurora

Making a Difference in Our Community

In a collaboration between Perry Council of the Art (PCCA), Aurora Social Rehab, and Linda Billet, a mosaic artist from Hummelstown PA a glass mosaic project grant was awarded to the council on behalf of persons with mental health challenges. The final project will be displayed at the Newport Elementary school. Linda Billet, (pictured right) is an outstanding artist who is not only passionate about her work, but her enthusiasm to teach others the joy of glass cutting was infectious. The 10 day step by step project was taught by Linda and she helped the consumers to design, cut, shape, mold, grout the sheets of glass in ways we never new possible. Newport was ready to learn and map our progress. The new Bloomfield Program Coordinator Megan S. was instrumental in making this

project a reality. She along with the Perry County and Mechanicsburg centers consumer met each morning at the PCCA Landis House Art Room located at 67 N. 4th St. We had a difficult



time envisioning the final product, but with Linda's guidance and optimism she encouraged us every step of the way. She didn't leave anyone out of the production process and at times gave us more than we even thought we could handle.



Mechanicsburg News, by Kathy

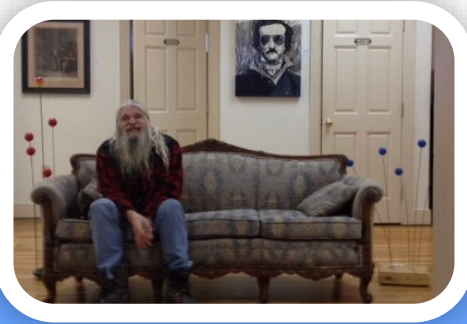


▲ On a recent visit to one of our local art galleries, Brianne rests for a reflection on the day and
▶ Terry relaxes in a piece of artwork

So many great things happen everyday it can be hard just to focus on a few. Since our Winter Edition we have welcomed several new consumers to our center. It has been one year since I came to the Mechanicsburg center from our Harrisburg office. At first I was met with some skepticism, but now that everyone has a chance to get to know me and adjusted to the new ways at the center we would never want to go back in time. We have nothing but positive

changes, improvements to make everyone more responsible for their own recovery story and journey. I look back at this time last year when I was trying to remember everyone's name! I know change can be difficult for many, but I want to *Thank* everyone for giving me the chance to show you just how awesome coming to the Aurora Center can be and how empowering it is to take

an active role in the daily operations of the center and being a vital part of your center and the community. There is so much to get accomplished in a day and I could never do it without each and everyone of you volunteering and chipping in with the daily chores and activities throughout the day.



JAM Session News

Now that we have our instruments we have really made some progress in developing our theme song, "Just Accept Me" (JAM). Each time we get together we sound a little better, sing a little louder and

clap a little harder. Many didn't think we could do it, but we always knew we could. As we set our goals on our year end performance in front of an audience all we need to do is work on our dance moves to



Just a part of our Jam Session Group. Practice, Practice makes us better.



Member Spotlight by Terry W.



Gayle T. started attending in December 2015 She likes coming to the center because it's pleasant, quiet, clean and peaceful. Gayle's greatest accomplishment is getting off drugs & alcohol . Changing people, places and things is definitely a true key to recovery.

Gayle wants to be remembered as a loving mother, grandmother and a pleasant person.

Just like her shirt says We love gayle and her positive outlook on life and her zest to have fun and embrace all of lifes up and downs



David C. has been coming to the center for over 10 years . He comes to meet new people and get out in the community with his friends. His greatest accomplishment is overcoming id social anxiety issues and coming to Aurora helps him to do this.

He wants everyone to remember him as a beautiful and friendly person who is fun to hang with.

We enjoys David's kind personality and his talents with art and music are amazing.

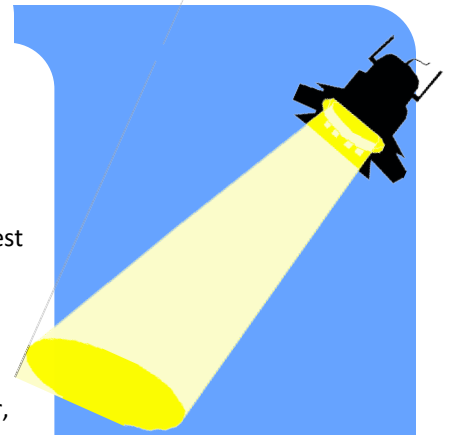
A Lesson in Writing Poetry

PINK by Tom M.

Meaning of Life, Optimistic, Somber, Teal

Reputation, Lights, Clocks, Jesus Christ

I'm Sorry, What's for Lunch, What is for Lunch?



Quotable Quotes

Submitted by: Tony V.



Certain Darkness is needed to see the Stars.



Use Your Voice For Kindness, Your Ears for Compassion, your Hands for Charity, Your Mind for Truth, and your Heart for Love.



You Can't Change What Your Refuse To Confront

New Bloomfield Happenings by Megan



Megan leading our JAM Session in a song with some help from Terry P, and David C.

Hello and welcome to the New Bloomfield Center! As you see from the cover story we recently finished up an incredible mosaic project with the artist Linda Billet and the Perry County Council of the Arts.

The consumers worked for two weeks to create a true piece of art that will soon be placed at a local elementary school. While doing this project they learned how to work together and solve problems. Now that this project is complete, we are starting a program about health, nutrition, and fitness called "Biggest Losing Team." We will be competing with the other centers to lose the most weight over a three-month period. Throughout this time, we will be learning all about nutrition and how to alter our lifestyles to become healthier.

We are all looking forward to teaching ourselves new ways to improve our diets and fitness routines. The best part is that we get to do this TOGETHER! - Megan

STAR WARS

Star Wars has a special meaning to everyone. We can all remember our first Movie and we all have a favorite character. So if you decide to watch in date of release order or as we chose to do in order of events Episode I-IV it will be sure to bring back fond memories of your first time.



MOVIE WEEK



Thanks to Tony V for letting us watch your Star Wars Collection of Movies. Seth and Chris were neck and neck for the win on the Trivia contest, so we gave both of them a prize for their outstanding knowledge of the Star Wars' Movies.

Which is Your Star Wars Movie Who is Your Favorite Character?

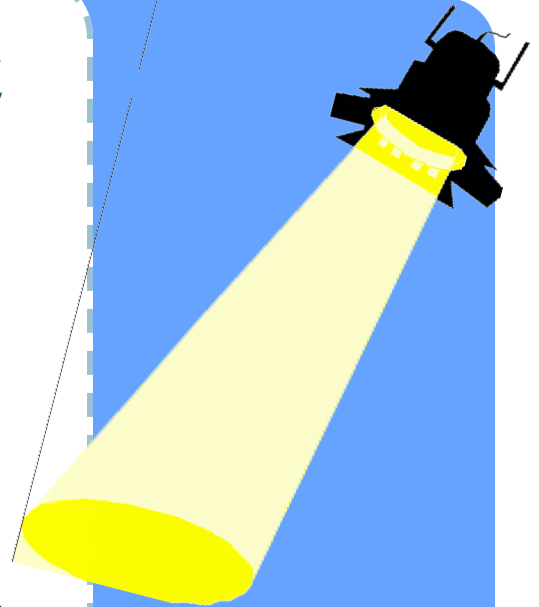
By Chris W.

Seth-Revenge of the Sith Episode III, Master Yoda
Nikki and Terry -Return of the Jedi Episode VI;
 Master Luke Skywalker
Chris W.- Attack of the Clones Episode II; Master Yoda
Kathy-Empire Strike Back Episode V; Master Yoda

New Bloomfield Member Spotlight

James D.

James was born March, 13 1966. He has been attending the Aurora center for the past 6 months and enjoys his time when he is here. One of his greatest accomplishment is having the confidence in himself to try new things and improve his lifestyle. He wants everybody to remember him as a caring, funny guy that always like to make people laugh.



Nikki M.

Nikki was born June 20, 1976, she has been attending the Aurora Center for over 5 years. One of her greatest accomplishments is being a Mother and she wants everybody to remember her as a being kind to others and very helpful to all her friends.

MISTAKES
are proof that you are
TRYING

Don't expect to see positive changes in your life if you surround yourself with negative people.

WWW.LIVELIFEHAPPY.COM



▲ Leah, Maureen and Nikki getting ready to sing at the Jam Session Meeting. ► Looks like the Force is with Chris at Trindle Bowling.



What Aurora Means to Me...

We asked Susanna W.

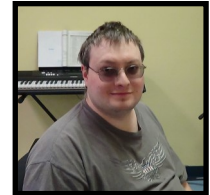


Susanna enjoys cleaning her home, going for walks and the gym, watching TV and reading. She began coming to the center about 5 years ago. Her favorite thing about

Aurora is being with people with similar illness and trying new things, crafts and outing with friends. I enjoy the improvements and the new décor of the center. She would like others to know about the Aurora Center if they want to meet new friends and are ready to get and give guidance to each other.

Thanks Susanna were glad you are here!

We asked Seth B.



Seth enjoys playing computer games and watching TV, at times I use to only leave home to go for groceries. I started attending the Mechanicsburg Aurora Center on Feb 1, 2016. I enjoy having other people to do activities which is something I could not do at home alone. It's a good place to socialize I recommend it.

Family'n Friends



IN MY SPARE TIME I LIKE TO...

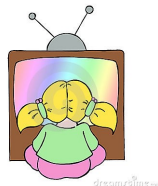
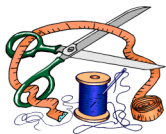
Terry W: I like to sew, go to church, watch movies and sports.

Tony V: I like to watch TV and read the Newspaper

Bonnie H: I like to listen to music, cook and read

Terry P: I like to watch TV, rest and relax.

Tom M: I like to read, walk and praise the rosary.



A Winter Day's Poem

Written by Tom M.

*Walking thru the street, leaves
have fallen.
Sky is grey and cloudy.
It gives me a warm feeling all
bundled up.
The clouds cover us we are
fine, protected by
Mother Earth*

Book Review by Karen M.



Sleeping Beauty

by Judith Michael

Anne Garnett is a high powered divorce lawyer who chose to run away from money and power, but she soon returned home to face, Vince, and the rest of her family

Rosehaven

by Catherine Coulter

This book is about a survivor of Longthorne and Hastings of Trent, the heiress of Oxborough. Severin of Longhorne returns to his Estate in England, he is the Baron Louges, his title is dead and must wed Hastings of Trent, to gain the Earl of Oxborough.



- Tom M - Banana
- Jacinta - Watermelon
- Terry P - Peaches
- Dave K. - Cantaloupe
- Tony V. - Tomatoes
- Kathy - Banana



Music

Dave's CD REVIEW

"SKYLARKING" Release date:
10/27/86

Label: Virgin/Geffen

The ninth album by this seminal English band, I admit, was the record that introduced me to XTC in the first place. After having first seen the promotional video for "Dear God" - a pointed, anti-theistic song, when it once aired on MTV when I was young, I knew that this was another group I should like along with R.E.M. and the Smithereens - two of my favorite alternative rock bands of the '80s.

Produced by American musician Todd Rundgren, Skylarking - from what I've recently researched on the Internet for this review - is a "life-in-a-day" semi-concept album which displayed songwriting and arranging heavily influenced by the Beatles, the Beach Boys and the Kinks. The title of the album was inspired by Percy Bysshe Shelley's poem To a Skylark and many of the songs expand on the pastoral themes of their 1983 album Mummer (one of my least favorite XTC albums alongside 1984's The Big Express and 1992's Nonesuch), most notably "Summer's Cauldron" and "Season Cycle."

And from what I've also read in the book XTC: Song Stories by Neville Farmer that the collaboration with Rundgren had proved to be difficult, especially for band member Andy Partridge, but had been ultimately very satisfying for the group. I couldn't agree more. Although there had been multiple versions of the album - one that didn't include the song "Dear God" on its original release, the other with the aforementioned track added on a later US reissue, I consider Skylarking to be my favorite album in the XTC canon. Highly recommended along with their follow-up masterpiece, 1989's Oranges and Lemons.



APRIL 1ST – JULY 1ST 2016

BLT WEIGHTLOSS CHALLENGE

Biggest Losing Team – Since everyone is talking about “losing weight” Let’s do it together! Be a part of the **Aurora** Biggest Losing **TEAM** weight loss **and Healthy U** Challenge. The staff will be right there with you, counting calories sweating, eating better, and making healthy choices all in an effort to see which Center can lose the most pounds. You will keep track of your own process and together we can GET **HEALTHY** and **ACTIVE!**



“SALT SAVVY”

A BLT PROGRAM WORKSHOP

WEDNESDAY APRIL 27TH AT 10:00AM

SALT IS IN THE NEWS A LOT LATELY. MOST REPORTS SAY AMERICANS ARE CONSUMING TOO MUCH OF IT. HOW MUCH DO YOU REALLY KNOW ABOUT SALT? TEST YOUR “SALT SAVVY” AND LEARN ABOUT SODIUM AND THE SOURCES OF SODIUM IN OUR DIET. PRACTICE READING FOOD LABELS TO FIND OUT WHERE SODIUM MIGHT BE HIDING

**Our Guest Speaker will be
Nancy Rouch, RD, LDN who is the Extension
Educator – Nutrition from Penn State Extension -
Cumberland County**



TOGETHER WE CAN MAKE A DIFFERENCE

The Aurora Centers have all joined together to challenge each other in a 90 day nutrition and weight loss program. Throughout the next 90 days we will learn how to make better food choices, try new exercises, calorie count, label reading and so much more...

- Giant Foods Nutritionist Classes
- Salt Savvy Class - April 27th
- Walk-A-Thon at City Island
- Yoga and Meditation
- Weight Training
- Planet Fitness Gym Memberships in Mechanicsburg
- Early AM Cardio Workouts in Harrisburg
- Walks and Talks in Perry

Something sure to meet everyone ‘s goal no matter if its weight loss, better eating habits, strength training or just learning something new to share with a friend to be to be supportive.

Join The Movement