



# AURORA TIMES

Dauphin County Harrisburg PA Aurora Center Edition



**Winter  
Edition  
#11**



## FROM THE DESK OF THE EXECUTIVE DIRECTOR

Consumers,  
Happy New Year!!!! As we ring in the New Year I want to ensure that every consumer's needs are being met. The staff has worked diligently to continue the very successful programs and to add more recovery oriented programs. Our "Smoking Cessation" program in which I'm also participating in should be successful. I'm hoping to save more than \$260.00 per month!!! Let's support all the participants.

Our mission is to provide as many recovery programs as possible. All programs are not applicable for everyone, but do provide an opportunity for each consumer to enhance their skills. Programs that discuss your illness, coping skills, transportation, local food banks, managing your money, computer skills, employment are just a few that are offered monthly. However please remember that our success is dependent upon YOUR input. If you have an interest please complete a "Suggestion Form" and place in the Suggestion Box location in the Library. You can also discuss with Kathy, Katrina or Cleon. Remember should you wish to discuss anything with me you only need to "Ring My Bell."



# What Is Your Favorite?

By Bobbie S.

## What is your favorite Christmas Carol?

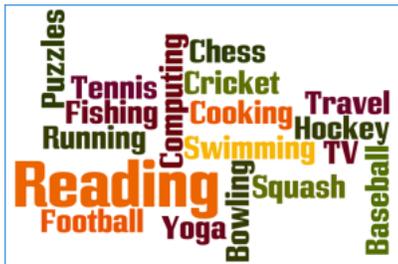
Cynthia J: Silent Night

Keith D: Mary Did You Know?

Bobbie S: Grandma Got Run Over By A Reindeer

Joseph B: Let It Snow by Bing Crosby

Michelle: Silent Night by The Temptations



## In My Spare Time

by April S.



## When I'm not at Aurora I like to...

**Anthony W:** *I write and socialize. I love to be the light in someone's day, to be of encouragement to people.*

**Susan R:** *I draw, cook and listen to music. I like Jazz, Pop and Country music.*

**Barb R:** *I go for walks and listen to music, I like Jazz, Rap and Pop music.*

**Cynthia J:** *I like playing games, dancing and listening to music. I also spend time with my family and go to church.*

**Lizzie J:** *Listen to music, I like Hip Hop and all kinds.*

**Fay W:** *I like playing games. I love to watch movies like, Freddy Krueger, Jason and Perry Mason.*

# Harrisburg Aurora Centers Happenings

**By: Kathy**

With the beginning of a New Year the first thing that comes to my mind is the meaning of being in **First Place**. Whether you take **1st place** in the **first ever** Aurora participation in the HACC Chili Cook-off and win **1st place** like Elmer, Ray, Teresa and Tina did, or whether you're the **first person** to make a deposit in the **first ever** money drop box like Kristian, or win **first place** in our coloring contest like Angie, or Kathleen and so many others have done, being **first** is and always will be a great place to be. We are all winners in our own way, but why not strive to be the very **Best, The Big Winner, Numero Uno**, however you say it being **#1** feels good.

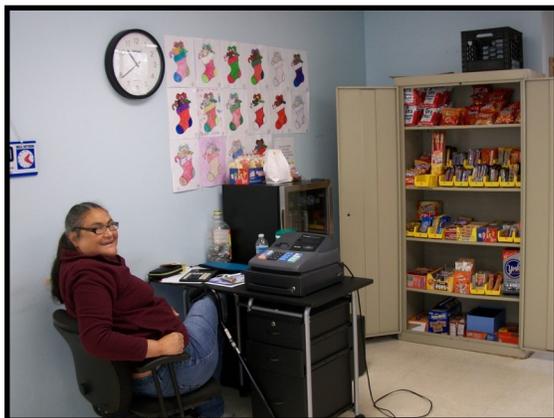
**Lets make this year a year for Firsts.**



◀ HACC Nurses held a Chili Cook-off in 2014 and Mr Owen sponsored two teams to enter; Aurora's Best with Ray, Elmer, Tee, and Tina, Tapreeka and Aurora Team 2 with Ricky, Lizzie Selina, and Bobbie. They were up against teams from other states as well as some stiff completion from area chili cookers. It all came down to taste and who had the BEST!



The 1st Place Chili Cook-off Trophy



◀ Standing watch over the store and coloring contest entries is Val, she is always ready to serve the consumers with a smile, but get there quick she tends to close up early !



▲ Making the 1st deposit to the money and suggestion box is Kristian.



# Kristian's Klimate

By Kristian



## Weather Satellites

A weather satellite is a type of satellite that is primarily used to monitor the climate and weather of the earth. Satellite can be polar orbiting., covering the entire Earth, asynchronously, or geostationary, hovering over the same spot on the equator.

Meteorological satellites see more than clouds and cloud systems. They see city lights, fires, effects of pollution, auroras, sand and dust storms, snow cover, ice mapping, boundaries of ocean currents, energy flows and other types of environmental information are collected using weather satellites.

### Did you know that....



People who have smartphones and tablets can download ABC 27 News & Weather Apps? These along with [abc27.com/weather](http://abc27.com/weather) are your best sources for weather info!



## The Pet Corner

By Joseph B

Joseph is going to tell us about his own pet.

**What kind of animal do you have?**

*I have one guinea pig, it's brown and white.*

**What are the names of your animals?**

*She's a girl and her name is Marla.*

**What is the hardest part of caring for your animal?**

*It's not hard taking care of her all you have to do is clean her cage once a week and feed her every day and give her fresh water.*

**What is the most rewarding part of caring for your animal?**

*Sometimes I let her out of her cage so she can have a taste of freedom and some times I chase her. She run real fast but in the end she always returns to her cage to eat.*

**What do you want everyone to know about your animal?**

*Having a pet is a job and responsibility. I hope you have a job cause it takes money to care and feed your pet. With a pet **there is** always a bill.*

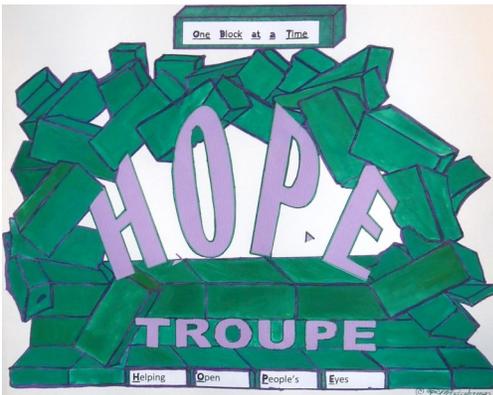


# H.O.P.E TROUPE

*A year of Appreciation by Anthony W.*

This year the H.O.P.E Troupe has carried on the mission and the vision of installing hope and enlightenment about the stigma of mental illness and how to end it. Everywhere the H.O.P.E Troupe has performed we have been well received. We appreciate all the time and attention that people of worth and value have given us. We appreciate all the venues we have been given in 2014 and look forward to 2015. H.O.P.E Troupe also appreciates all the support and feed back we have received here at the Aurora Center and everywhere we have performed.

**A big THANK YOU to all the wonderful people who have made H.O.P.E Troupe what it is.**



# Family Values and Memories

By Cleon W & Cynthia J

## What is the most valuable lesson you learned from your family?

**Stephanie H:** *Never give up, work hard as you can to be successful working on goals.*

**Marvin R:** *Care for yourself as much as you care about others.*

**Greg W:** *I learned to love not to hate from my Mom and Dad.*

**Bobbie S:** *I learned to respect elders from my mother.*

## What is your most memorable family meal you had from childhood?

**Stephanie H:** *The first thanksgiving when I was adopted in the year of 1997.*

**Marvin R:** *Smoked Ham*

**Greg W:** *Thanksgiving & Christmas with turkey all the sides and deserts.*

**Bobbie S:** *Christmas dinner with Ham, my family and singing carols.*



## What is your most memorable family vacation?

**Stephanie H:** *Disney world for a make wish foundation.*

**Marvin R:** *We went to Williamsburg Virginia.*

**Greg W:** *Canada to see Niagara Falls.*

**Bobbie S:** *Going to Hershey Park when I was 8 or 9, I had wanted to go for a long time.*

## In only one word, when I say “Family” what is the first thing that comes to your mind?

**Stephanie H:** *Compassion and love for one another*

**Marvin R:** *Unconditional Love*

**Greg W:** *Togetherness*

**Bobbie S:** *LOVE*

# THANKSGIVING 2014



## *A Time To Be Thankful*

Everyone has plenty to be thankful for on this holiday and everyday. Just take the time to look and you will find a reason to be thankful for something no matter how bad you may feel. Thanks again to Mr. Owen who devotes so much of his time to meal preparation and to the consumers who assist him in setting up and serving. Thanksgiving 2015 is just around the corner!



## AURORA COOKING CLASSES

For those of you lucky enough to be in attendance for one of our cooking classes what a treat! These classes are fun, educational and tasty. Please be sure to mark your calendar for the next cooking class.



# What Aurora Means To Me

By Kathleen D

## What did you do before you came to Aurora

**Benji B:** *I was in the state hospital.*

**Kevin M:** *I was working.*

**Ricky V:** *I was in windows.*



## How did you hear about the center?

**Benji B:** *From my girlfriend and she took me the first time as a guest.*

**Kevin M:** *From my case manager.*

**Ricky V:** *From CMU.*



Thanks to our Peer Specialist Katrina look who is learning to surf the web!  
Go Joe!

## When did you start coming to the center?

**Benji B:** *1998*

**Kevin M:** *1996*

**Ricky V:** *2000*

## Why do you come to the Aurora Center?

**Benji B:** *Because I have a mental illness and I want to talk to people.*

**Kevin M:** *Something to do.*

**Ricky V:** *Because I love coming here.*



# Member's Spotlight

By Ricky V.



## **Jaime Callazo**

**Birthday: 11/21/61**

**How long have you been coming to the Aurora Center?**

*7 years*

**What do you like best about the Aurora Center?**

*Playing games and having people that I can talk to*

**What is your greatest accomplishment?**

*Coming to the center for 6 years and therapy.*

**How do you want to be remembered?**

*Happy and always remembering the staff.*



## **Grace Jackson**

**Birthday: 3/26/83**

**How long have you been coming to the Aurora Center?**

*2 years*

**What do you like best about the Aurora Center?**

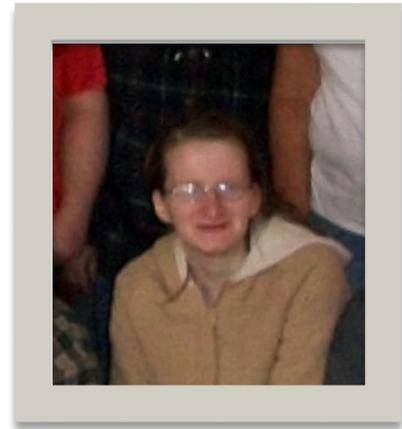
*Being able to socialize with everybody.*

**What is your greatest accomplishment?**

*Coming to the Aurora Club and participating in the workshops.*

**How do you want to be remembered?**

*As a nice person.*



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## Jokes

### **Nursery School Patriotism**

The fourth of July was coming up and the nursery school teacher took the opportunity to tell her class about patriotism. "We live in a great country," she said. "One of the things we should be happy about that, in this country, we are all free." One little boy came walking up to her from the back of the room.. He stood with his hands on his hips and said, "I'm not free, I'm four."

### **Parking Meter**

On a visit to Boston, I notice a parking meter with a paper sack over it upon which was written: "Broken" A skeptical parking officer removed the bag, inserted a quarter in the meter and turned the dial. It worked perfectly. As the officer began to write a parking ticket, the car's owner rushed out of a nearby building. "What are you doing? He yelled after a quick glance at the meter. "There's plenty of time left!"

### **Doctor's Call**

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication your prescribed for me has to be taken for the rest of my life?" "Yes I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition, because this prescription is marked 'NO REFILLS!'"

# Special Events at Aurora

## Women's Group Christmas Gift Exchange

Christmas is a time to share, a time to remember family and of course a time for presents! The ladies group had a special event just to show how much they really care for each other by holding a secret Santa gift exchange. The Women of Aurora take this group very seriously and the participation and exchange of ideas and responsibilities is amazing. There is really no particular person in charge of the group. It is being run by the ladies, for the ladies and about the ladies of Aurora. *Get involved it will be worth your time.*



# *Recipes*

## Quick Chili

By Val P.

### Ingredients

1/2 lb. ground beef  
1(15oz.) can of kidney beans with liquid  
1 cup (8oz.) of tomato sauce with no salt added  
1 TBLS. instant minced onion  
1 1/2 tablespoons chili powder.

### Directions

1. Thoroughly cook ground beef in a skillet until browned (160°). Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw.
2. Drain off fat.
3. Stir in kidney beans with liquid, tomato sauce, onion and chili powder.
4. Bring to boil. Reduce heat, cover and simmer for 10 minutes.
5. Serve



## Orange Pineapple Salad



### Ingredients

1/2 cup drained canned mandarin oranges drained  
1/2 cup drained canned pineapple chunks  
1/4 cup low-fat vanilla yogurt

### Directions

1. Mix all the ingredients together
2. Enjoy!



# Poems and Short Stories



## Candy The Canary

By Susan R.



Once upon a time I had a pet canary. I named her “Candy”. She was so unique. Everyday I would walk over to her cage and talk to her. I would give her a big kiss and tell her what I’m going to be doing for the day. She loved to listen to what people would have to say to her.

I taught her how to her how to talk. So one day I didn’t say anything to her I just listened. Then she started talking. “I’m okay, I’m okay” said Candy. She loved being the center of attention, I was proud.

Sometimes Candy would like to fly around in the apartment for awhile, so I would let her fly, let her feel free for awhile. Then I would pick her up and put her back in her cage.

It takes someone special to be this devoted to one pet, Candy was one of a kind.

## The Spirit of Christmas

By Anthony W.



Giving from the heart sharing from the soul. Bringing joy and comfort to the lonely and less fortunate. Both young and old is the spirit of Christmas.

Compassion shown bright as the ornaments and decorations all aglow with festive and uplifting light. Prayers for peace offered up by people with hearts warm with sacred hope every wondrous winter night, is the heart of Christmas is the meaning of Christmas.

People coming together in the light of unity and understanding, people reaching out hand with a gift of good-will straight from a loving heart is the beauty of Christmas.

The glory of Christmas, the spirit of Christmas. May the spirit of Christmas with all it’s love and grace, be in



# Poems and Short Stories



## Tammy

By Keith D.

She was one of the dozens of when into the north tower as dozens more were rushing out, trying to get clear of the destruction. The plane was a flying bomb for the cockpit crew thought they would go to Allah for killing the infidels! She was looking for her sister but the smoke and dust were too dense. She could hear the cries for helo coming from deeper inside the tower. In that moment a heroine was born, she abounded her search leaving her sister to the mercy of Heaven.

She instantly shifted her attention to the state of those coming from every point of the ground floor and seeing that the confusion was under control, picked a fire exit and started and started up. On the second floor she stopped to evacuate that floor. As he continued to climb a steady stream passed her, descending. At midpoint between the sixth and seventh floor she checked her watch because it felt like her time was running out, her watch read 10 a.m.. "Good thing this is digital." She thought as she continued moving.

She kept climbing and directing traffic, seventh floor, eight floor, ninth floor. Ten came and went, then elven, then twelve and the watch read 10:15 a.m. She passed the thirteenth, the fourteenth, the fifteenth and was on the way to the sixteenth when the tower came down to meet her.

The clean up crew found her I.D. many hours later. They never found her but it wasn't for lack of trying and a few of them wondered in their exhaustion in the blood had been hers.

## Another Joyful Christmas at Aurora Club

By April S.



This year has been another cheerful holiday, I got to spend at Aurora Club. Everyone made it so extra special. It truly is a season about "better to be giving than receiving". Caring about other people than myself enlightens my soul. Today the majority of people only think about themselves and nobody else and most people even forget about their pets. If they have any at all.

The Aurora Club folks are more my own family tree because people seem to go out of their way here for another person. To me that's what that is what giving for Christmas is all about. Plus all the staff here are so heart warming that it always makes me want to keep coming back even if I'm having mental health challenges. It's always good to see Kathy in good spirits and to joke around a lot with Mr. Owen. It's always a sunny day even when it pours if Sunny is here. Katrina and Miss Lisa always offering kind words.

May the Aurora Club always stay open for generation after generation. I hope everyone has Merry Christmas and will have a brand new year full of hope, cheer and faith!



# Poems and Short Stories



## *Faith*

By Keith D.

*A house full of laughter and running feet*

*A playground filled with children*

*A body brimming with life*



If you enjoy Keith's writing you can follow him online at [writing.com](http://writing.com) look for his pen name **Reneef** or follow this link :  
<http://www.writing.com/main/portfolio/view/kiddewees>



## **A TRUE FRIEND**

By: Shelly C.

My true friend is always there for me. Some would say a true friend is not loveable. Don't go and talk about my FATHER, my leader. Because GOD is my friend and all HE asks of us is that we give each other love. And HE gave us everything. When we call on HIM for mercy, HE will be merciful. When it is HIS time. HE made this world for us to live in. HE gave us everything, And all HE asks for us is to give each other love.

People do not know what true mercy means. Being merciful means a lot to me. Compassion is sometime taken as a weakness Instead of a strong value. We sometimes expect others to provide for us but we can do it ourselves. However, GOD provides a beautiful world for us to live in and we take it for granted. And all HE wants in return is love one another and keep the commandments.

There are many examples of how mercy impacts our lives on a daily basis. One is: Every week I get a ride to church from a family in the church I got to. They don't ask me for anything in return except to be on time for the transportation services. Two is: Me being a compassionate person I give them my love in other ways, I give them small treats or things I think they would enjoy. All this is the meaning of how a true friend impacts our lives. So love is within ourselves, because love is GOD and in return HE blesses us with HIS love. Because we are HIS followers. We are doing what HE asks of us.



# HOLIDAY PARTY 2014



◀ It has become a holiday tradition at Aurora that Bobbie place the star on the tree and Kelvin is always close by to help



▲ Showing off their dance moves are Cynthia, Ricky and Christine



▲ Of course music and dance will always bring Shaniqua and Mitzi out of the classroom and onto the dance floor.



◀ Nothing can hold Shirley back from the dance floor.

Friends Forever, Bobbie and Lizzie sharing a special day together . ▶



## Two Minute Mystery

### The Case of 13 Roses

The single window and door of Wayne Hector's rented room were both locked from the inside. Police officers, acting on a tip, broke in and found the 40-year-old librarian on the bed, dead of a gunshot wound.

"The Flower vendor at the 103rd Street subway station called us this morning," Inspector Winters told Dr. Haledjian over the telephone.

"You see, every Friday evening for ten years Hector bought 13 coral roses. Yesterday he missed his regular stop, and the vendor became worried."

"The way it looks," went on the inspector, "Hector locked the door and window and shot himself while sitting on the bed. He fell over on his right side, dropping the pistol to the carpet. The door key was in his vest pocket."

"What about the roses he bought the previous week?"

"They were wilted and dead in a vase of water on the windowsill," said the inspector. "Hector died about five days ago."

"Does the carpet cover the entire floor?"

"Yes, to about an inch of the walls," replied the inspector.

"Are there any blood stains on the floor, windowsill, or carpet?"

"No, nothing except a little dust. Only on the bed are there bloodstains."

"In that case," said Haledjian, "you had better request laboratory tests of the carpet for bloodstains," said Haledjian "Somebody with a key to Hector's room killed him as he stood by the window. Then the murderer cleaned up where Hector fell and arranged to body on the bed to make death look like suicide."



*How did Haledjian know?*

***The first person to get the  
correct answer to Kathy wins a  
Snack Shack coupon!  
Good Luck!***

