

# AURORA TIMES

Dauphin County Harrisburg PA Aurora Center Edition

**Issue 9  
Summer  
Edition  
June 2014**



We were lucky to have Rose Schultz Deputy Admin. from Dauphin County MH/IDD join us for our picnic. Thanks Dennis for making sure we got a picture of Rose before she went back to work.



Congratulations to Cleon W. for receiving the 2014 Staff Recognition Award from Dauphin County MH/IDD. He is being recognized for his outstanding contributions to our center and the consumers.

## FROM THE DESK OF THE EXECUTIVE DIRECTOR

As we begin another fiscal year we at Aurora celebrated our 52<sup>nd</sup> year of serving individuals in Dauphin County. Although it's a time to celebrate we still have work to do informing everyone that mental illness should not be viewed as a stigma. Individuals in recovery have a great deal to offer.

Aurora Staff and consumers had a number of accomplishments this past year: Hope Troup increase their consumer membership and performed all over the county; Cleon our former custodian completed his Peer Specialist Training and now is working part-time in the Social Rehab program as a Rehab Specialists; IMHR consumers continue to meet and exceed their individual goals; Health food and fitness programs have been a focal point of our programming and last our Workshops have meet with a great deal of success.

I want to also thank the Board of Director and the County of Dauphin for believing in the staff and our missions. Special thanks to Bill Ilgenfritz our outgoing Board President. Bill served 3 years as the VP and 2 years as the President. Vickey Wood will be taking over the reins beginning in August.

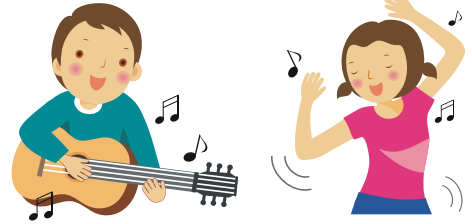
*Uncle Owen*

# What Is Your Favorite?

By Bobbie S.

## What is your favorite song?

1. **Val P:** It Wasn't Me - Shaggy
2. **Cynthia J:** Steppin - R. Kelly
3. **Lizzy J:** Steppin - R. Kelly
4. **Stephanie H:** I Want To Dance With Somebody - Whitney Houston
5. **Ricky V:** Run This Town - Jay Z



## Buttercup and Me

By Sue R.



Buttercup is a butterfly. Every day it would come out on the sunniest of days. Fluttering all around. Buttercup is a purple butterfly with red and green in the middle of it. I never quite, ever seen a beautiful butterfly as pretty as this one before. Buttercup loves the beautiful sunshine, the weather and me of course. Buttercup and me we made friend with each other. Always enjoying each other's company. Butterflies are a part of the beauty in life. They're harmless and they don't bother anyone.

## No Matter

By Anthony W.



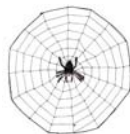
No matter what darkness dictates, no matter how chains of the past bind, no matter the haunting tears. No matter the blackness of the bitter cobwebs of sorrow, no matter the rut of emotional rain and mental storm, no matter the black cloud that wars with the hopeful rays of joyous sun. I must hold on and be strong. I must carry on and make it through no matter what, no matter what.

## Harrisburg Aurora Centers Happenings

By: Kathy

We sure have been busy this spring and summer with baseball games, walks, picnics, crafts, exercising, cooking classes, workshops, shopping trips, parties, and more. If you say you are bored at the Aurora Center you definitely aren't trying hard enough to find something to do. I often think how lucky everyone is to have such a nice clean, friendly and fun place to go during the day. I also sometimes wonder where everyone would go during the day if we didn't have the Aurora Center. So each time you come to the Center think about how fortunate you are to have such a nice facility to attend. Please take a moment to thank Tanni and Cynthia for helping to keep the center so clean and organized.

I also want to take a moment to personally thank Katrina and Cleon for being so supportive with our social program. No matter how silly they may think an idea I have is they always give me 100% to make it happen. We have really begun to work well as a team and together we can accomplish anything. We are working on our "opening act" for our morning meetings, so get ready for a grand entrance one day! Remember just ask us if there is anything we can do to make your day better.



***Quote of the Day:***  
*"Normal" is an illusion.  
What is normal for the  
spider is chaos for the fly.*





# Kristian's Klimate

By Kristian



As everybody knows weather can come in all sorts of forms. Rain, hail, fog, sunshine, winds, temperature- these are all phenomena that constitute weather. All these different kinds of weather have several things in common. First, all weather will depend on the conditions in the atmosphere at given place and time. Second, all weather can change suddenly, which can be attested by anybody who has ever been caught in a summer thunderstorm. Third, all weather system are characterized by defined cycles. Finally, weather requires 2 vital processes: heat and water.

## “Did You Know?”

Did you know that WHTM-TV meteorologist deliver 120 weather forecasts a week?



$$\begin{aligned}
 5 \times 20 &= 100 \text{ — Weekdays} \\
 2 \times 10 &= 20 \text{ — Sat \& Sun} \\
 &= 120
 \end{aligned}$$



THAT'S A LOT OF WEATHER FORECASTS!

## The Pet Corner

By Becky H

Grace J.

**What kind of animal(s) do you have and how many?**

*A cat and a dog.*



**What are the name(s) of your animal(s)?**

Cat: *Mashi*

Dog: *Hope*



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

Cat: *The cat litter.*

Dog: *It's hard for him to go up and down the stairs, so I have to help him.*

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

*I love them.*



**What do you want everyone to know about your animal(s)**

*My down is friendly and my cat loves children,*

## Special Events at Aurora

### Women's Group **SPRING FLING**

Once again the ladies out did themselves. The Spring Fling for 2014 was hosted by the Women's Group. We thought we had a lot of food last time...well this time we had even more! Now I suppose it's the Men's turn to host the next party!



## NASCAR Haulers on the GO!!!!!!

### Men's Group Visit Nascar

Well it wasn't the Poconos, but it was the next best thing. These trucks were a sight to be seen and we were thankful to get the opportunity to see them. Thanks Cleon for taking the men to see a rare glimpse inside the world of Nascar.



# Family Values and Memories

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



1. **Val P:** *Love one another and stay close.*
2. **Rick B:** *Hard work going to church and obedience.*
3. **Kimmy P:** *Stay together, have faith and trust in one another.*
4. **Doris S:** *Do for yourself and count your blessings.*
5. **Malaika Z:** *Do as much as you can and believe in yourself.*

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

1. **Val P:** *Spanish Rice and Chicken.*
2. **Rick B:** *Pigs in a blanket.*
3. **Kimmy P:** *Oatmeal.*
4. **Doris S:** *Turkey and stuffing.*
5. **Malaika Z:** *Spaghetti.*

What is your most memorable family vacation?

1. **Val P:** *We went to the shore.*
2. **Rick B:** *Going to Canada.*
3. **Kimmy P:** *When we went to Florida.*
4. **Doris S:** *Going back to visit West Virginia.*
5. **Malaika Z:** *Baltimore Inner Harbor.*

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

1. **Val P:** *Loving, caring and my support.*
2. **Rick B:** *Dysfunctional .*
3. **Kimmy P:** *Love and Happiness.*
4. **Doris S:** *Connection.*
5. **Malaika Z:** *Love.*

# Recipes

## Spinach & Feta Turkey Burgers

By Val P.



### Ingredients

- 1 lb ground turkey
- 1 cup frozen spinach, thawed and drained
- 1/4 cup crumbled feta
- 1 tsp Mrs Dash

### Directions

1. Mix ingredients and form into patties
2. Bake on cookie sheet at 350°F for 30 mins or until cooked through.
3. Enjoy!

## Black Bean Quesadilla

By Val P.



### Ingredients

- 1 can (15oz) of black beans, rinsed
- 8 whole wheat tortillas
- 1/2 cup of shredded cheese
- 1/2 cup of salsa
- 2 sp canola oil, divided
- 1 ripe avocado diced

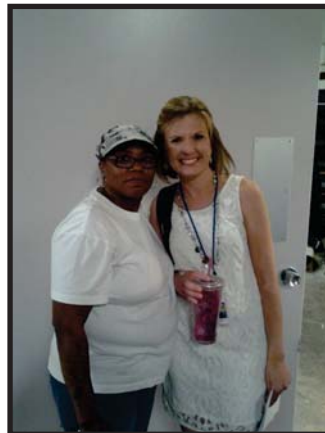
### Directions

1. Combine beans, cheese and 1/4 cup of salsa in a medium bowl
2. Place tortillas on a work surface and spread 1/2 cup of filling on each tortilla then fold tortillas in half pressing gently to flatten.
3. Heat 1 tsp of oil in a large non-stick skillet over medium heat, add two tortillas and cook turning once until golden on both sides (about 2-4 mins total)
4. Repeat step 3 with remaining oil and quesadillas



## ABC 27 NEWS Visit

The tour guide really does a great job showing us around the station and how the entire operation works. Kristian once again was given the VIP treatment and we were able to meet several of the news anchors. Please be sure to go along the next time we add this to the calendar it is a great trip and very educational.



# Member's Spotlight

By Ricky V.

**Ben B.**

**Birthday:** 5-06-1965

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

**What do you like best about the Aurora Center?**  
*The people,*

**What is your greatest accomplishment?**  
*Making a dramatic recovery*

**How do you want to be remembered?**  
*As a giving person.*



**Val P.**

**Birthday:** 8-05-1962

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

**What do you like best about the Aurora Center?**  
*Workshops, the people I have met. Crafts, playing cards and game  
We play everything.*

**What is your greatest accomplishment?**  
*Attending CSP meetings and conferences. Doing a WRAP, being in  
IMHR program and being a helper to others.*

**How do you want to be remembered?**  
*As a nice, caring and loving person.*



## JOKES



**Q:** If you see a penny on the ground looking up at your what do you do?

**A:** Stop and look back!

**Dennis F.**

**Q:** What did Cher say to Sonny?

**A:** Grow Up!

**Dennis F.**

**Q:** Did you hear about the shampoo shortage in Jamaica?

**A:** It's dread-full!

**Q:** What do you call a fake noodle?

**A:** An Impasta!







# Poems and Short Stories



## Stars In The Sky

Sue R.



When you stare at them they almost make you feel high. Stars are so beautiful they twinkle in your eyes like diamonds in the skies. Stars to me represent romance. Stars are one of the more beautiful sides of life. They give you more of a peaceful sense of life. Stars always serves it's purpose in life and the whole world too. Stars are like cards in a way they come in many colors. Never forget the better sides of life.

## THE ROAD

By David J.

The way is hard  
It's road  
Having longevity you've honed in

Wayward next turn  
Place to be  
The road doesn't carry for  
The next smile

Stretching for  
All the eyes to see  
All ways a new corner turns  
Turning hazardly.

Walking or riding  
The car just rolls  
The road is set in stone  
Go along for no one knows.

## I'M ALL ABOUT LOVE



He artful of flowering love. Handful of blossoming affection is what I a sentimental fellow am all about. Giving is my name and sharing is my heart's song and my soul's honest and true claim. Sensitive am I, like the delicate petals of the spring rose. I reach out to the world with a gentle touch, an world of precious persons I love so much. My heart is open for al the love inside me to flow. My Eyes of the spirit are open and my hands are open scattering seeds of good so wonderful to sow.

---

# Poems and Short Stories

## *Tales of Traveling Bag*

By Raymond P.

### *It was 1966...*



I was like 12 years old me and my bag were going to a Grateful Dead concert at Penn State. Back then I went by the name of "Boone" I was one of the few African-American hippies.

I carried around lots of things in my bag, Kool-Aid packages, trail mix and even a few things you're not suppose to see! This bag went everywhere with me! See I was an awesome man with a bag that attracted all the ladies!

### *Things That I Remember As a Kid*

By Joe H.



My hobbies are going fishing, hunting writing short stories. I remember when my Mom and Dad were still alive we would go out fishing and also swimming at City Island beach. There were dinosaur footprints along the rocky stone ledges. My mom and Dad used to go rabbit hunting. Mom sometimes drove the car and deer hunted. I like squirrel pot-pie, deer burgers



# 4TH ANNUAL AURORA PICNIC FORT HUNTER PARK



July 3rd, 2014 marked the 4th Annual Aurora Picnic. The weather was hot, the food was tasty and the day was relaxed and fun. It takes effort from every staff person and each consumer to make this event possible. Thank you to everyone that participated and a special thanks to those that helped to organize the event.



## Friends Fellowship & Fun

