

AURORA TIMES

Dauphin County Harrisburg PA Aurora Center Edition

**Issue 10
Fall
Edition
September
2014**

FROM THE DESK OF THE EXECUTIVE DIRECTOR

As the winter nears, I want to fill everyone in on some of our summer and fall accomplishments. We are proud to announce that we now have 4 Trained Peer Specialist. The great thing about this accomplishment is all were and continue to be Aurora Club Members. Our first Peer Specialist and full-time employee is Katrina. Beginning as a Part-Time receptionist, Katrina has been full-time for better than 6 years and serves as a role model for those who have followed her. Cleon, who while attending Aurora achieved his GED and now in the capacity as a Peer Specialist work in both our Social Rehab and in our IMHR program.

Our last two who graduated on September 26 are Tanni and Karin. Karin toils in our IMHR program and is the founder of Hope Troupe. Hope Troupe allows consumer to detail their daily challenges while tearing down stigmas associated with a mental health illness. Tanni began like all other consumers as a participant, to a part-time custodian and now as a Peer Specialist working in both the Social program and IMHR. She has volunteered herself as the receptionist, record keeper and many other duties assigned.

Our programs now depend on consumers who continual and eagerly complement both consumers and staff. We will continue to enhance our programs using our Peer Specialist who relate so well with consumers. They have met the challenge and serve as a beacon of light to other individuals suffering from a severe mental health illness.

As the Executive Director I salute you and praise your efforts



Aurora Staff personnel Tanni C. (left) and Karin H.H receives their Peer Specialist Certification. Also pictured with Karin is her Instructor Mary McGowan

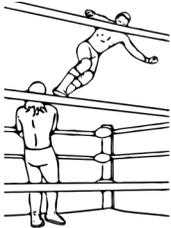
What Is Your Favorite?

By Tina R.

What is your favorite Candy Bar?

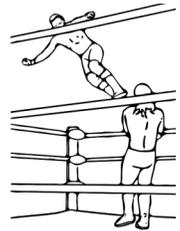


1. **David J:** Cadbury Caramello
2. **Wanda M:** Almond Joy
3. **Matt W:** Butterfinger
4. **Cleon W:** Whatchamacallit
5. **Marvin R:** Mounds



PRO WRESTLING SPOTLIGHT

By David G.



WWE + Jake “The Snake” Roberts

Jake The Snake Roberts was born May 30, 1955 in Texas. (Born a Texan with a big bite!)

His mother was only 13 when he came into this world. His father was a professional wrestler. He had two other siblings. His brother the oldest, a sister as well, out of the 3 Jake is the youngest .

Due to his father fighting “inner demons” his father was an alcoholic.

At the age of 18 he made his debut as a referee.

Here has faced and wrestled opponents such as: Randy “Macho Man” Savage, Ultimate Warrior, Andre The Giant, Junk Yard Dog, Ricky “The Dragon” Steamboat, Stone Cold Steve Austin and The Sting.

Diamond Dallas Page has helped him over come his inner demons by entering DDP Yoga it has helped him become a WWE Hall Of Fame member.

You can see all of Jake The Snake’s matches as well as all the WWE P.P.V.s on the WWE Network for only \$9.99. Ya! I said it \$9.99!



Kristian's Klimate



By Kristian

Chicago Climate

The climate of Chicago is classified a humid continental, with four seasons distinctly represented: Wet Springs; Hot and often Humid Summers; Pleasant Autumns; and Cold Winters. Annual precipitation is average, and reaches it's lowest points in the month of January and February and peaks in the months of May and June.

Example: Climate data for Chicago O'Hare Int'l Airport 1981 -2010 normal, extreme 1871-present

Record High: 105°F (41°C) - July

Record Low: 45°F (7°C) - July

Precipitation: 3.70 in (94 mm) - July

Humidity: 68.5% - July



Did You Know

The official records for Chicago were kept at various location in downtown form January 1871 to December 31, 1925, University Of Chicago from July 1, 1942 to January 16, 1980 and at O'Hare Airport since January 17, 1980?



Well It's True!

The Pet Corner

Mary R was asked:

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

Two cats

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

Larry & Bootsie

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

Nothing they are very independent, they sleep and eat.

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

Petting them and hearing them purr, they are my soul mates.

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

That I love them and they love your unconditionally.



HARRISBURG AURORA CENTERS HAPPENINGS *By: KATHY*

Fall is here and you know what that means Winter is just around the corner. Before you start putting all your summer clothes and shoes away, take some time to reflect on just how quickly TIME actually flies by. Remember this when you are feeling down or overwhelmed, time always has a way of taking care of things. Enjoy these days of fall, my favorite time of year, don't let the future of cold weather worry you. Get out and watch the leaves change colors.

We try to plan festive and fun activities as well as informative and educational events. A good mix of fun and learning make for a more complete and balanced day. Keep the ideas coming and thank you for your feedback on the "Consumer Voice" handout. I've read your concerns and suggestions and I will keep them on file for future reference.

How fun are our morning meetings! I just love when its 9:30AM and get to see everyone's smiling face eager to start their day and find out the "quote of the day" For me it is my favorite part of the day, and not just because I get a round of applause each morning LOL!

*Namaste
Kathy*

Snack Shack News

The store has been doing well these past few months. We had a record setting deposit of \$515.00 dollars for the month of August. We are generating a bigger profit margins and the store has been operating with a group of consumers who ensure accuracy and inventory with every shift. We are getting better job at managing expiration dates, specials and record keeping. Anyone is welcome to help operate the store. Just ask. for a quick training lesson.



Stay out of her kitchen! Teresa is cooking Turkey Dinner with Elmer, Avery, and Ricky. A five course Turkey dinner and it wasn't even Thanksgiving!



Thank you Wanda for the best fried chicken we ever ate.

Hey, Cleon are you helping Wanda cook the fried chicken or just waiting to eat it?

Ready to take their show on the road Elmer and Freddie D. belt out a few tunes on the karaoke machine



Family Values and Memories

By Cleon W

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

1. Gary C: Keep the family together.
2. Tina R: Put God first and blood is thicker than water.
3. Christine B: How to cook.
4. Brittanni: Blood does not always run thicker than water.
5. Elmer M: To treat others with respect.



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

1. Gary Cole: Fried chicken
2. Tina R: Fried chicken
3. Christine B: Fried chicken
4. Brittanni: Sushi
5. Elmer M: Grandma's Biscuits

What is your most memorable family vacation?

1. Gary Cole: Going to Tennessee.
2. Tina R: Hershey Park
3. Christine B: Hershey Park
4. Brittanni: Our trips to Kings Dominion Virginia
5. Elmer M: Going to North Carolina, having Pork BBQ and visiting family and friends

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

1. Gary Cole: Happy
2. Tina R: Love
3. Christine B: My Mom
4. Brittanni: Unpredictable
5. Elmer M: Love



What Aurora Means To Me

By Kathleen D & Anthony W

What did you do before you came to Aurora

1. April S: I used to go to the Dauphin Clubhouse on Herr Street.
2. Fay: Group
3. Joseph H: I used to go to MHR.
4. Stephanie: I worked at my dad's store.
5. Kelvin A: I used to work.
6. Kathleen D: I would just set around my family, my daughter said I needed to meet people outside the family.



How did you hear about the center?

1. April S: I think I heard about the Aurora Club from my case manager at the time.
2. Fay: Through a friend.
3. Joseph H: I heard about it in the hospital.
4. Stephanie: From my case manager.
5. Kelvin A: My case worker told me about the Aurora Center.
6. Kathleen D: From a family member and caseworker.



When did you start coming to the center?

1. April S: I came back to the Aurora last year around Fall.
2. Fay: Last year.
3. Joseph H: I started to July of this year.
4. Stephanie: I started in March of this year.
5. Kelvin A: 20 years ago.
6. Kathleen D:



Why do you come to the Aurora Center?

1. April S: I come for socialization, outings and special holidays.
2. Fay: To meet new friends and enjoy.
3. Joseph H: I come to get better.
4. Stephanie: I come to socialize.
5. Kelvin A: It gives me something to do.
6. Kathleen D: I like coming to Aurora I meet new people and they help me do new things.

Member's Spotlight



By Ricky

David J. Birthday: 4-29-1981

How long have you been coming to the Aurora Center?

About 8 months.

What do you like best about the Aurora Center?

Hanging out with friend, learning to new skills for life situations.

What is your greatest accomplishment?

Striving to overcome my problems they com

How do you want to be remembered?

As being true to myself, kind to others and thankful for my family's understanding.



Barbara R. Birthday: 4-06-1959

How long have you been coming to the Aurora Center?

2 years.

What do you like best about the Aurora Center?

The people and the activities.

What is your greatest accomplishment?

Getting my driver's license.

How do you want to be remembered?

Happily



Another Success Story

Congratulations are in order for Tapreeka for completing her Peer Specialist Training Course. She set her goal and worked to achieve it. We know this is only the beginning of things to come for Tapreeka who hopes to soon continue her education by enrolling in college.



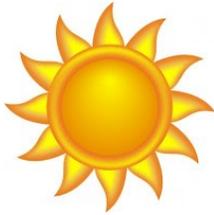


Poems and Short Stories



Something

By Anthony W.



Something about the sun that lets us know there is hope, Something about how it rises upon our shoulders let's us know we can overcome and cope.

Something about the majestic birds in flight, Something about how they take to the sky that let's us know the daybreak of hope will follow depression's lonely night,

Something about the morning, something about dawn, that sings to our hearts of song of new beginnings and cheery hope of which we are so fond.

Something about hope itself that gives us strength that can never run dry, there is a land of healing beyond our anxiety, beyond our pain, beyond our cries.

BREAKDOWN

By Keith D.



Wailing, strobing, loud and piercing
Screaming fans, pounding drums, shrieking guitars.

Screaming babies, shouting adolescents FU on loud. Children are out shouting you.

Husband's ignoring you, pretending you're not there. You're getting hit every time you open your mouth. He insults you, constantly wearing you down.

THAT'S WHAT FRIENDSHIPS ARE FOR

By: April S.



There's a girl who goes to Aurora Club I really like being friends with and all I know is her first name is Susan. Who approximately doesn't even live too much farther than I do. She is very down to earth and she loves arts. She wears all of bracelets and I should know because I gave her some newer ones as a present straight from my heart. She talks to me like I'm really normal natural human being. She is very generous always giving me lots of her very own wisdom. I really pray for here, sometimes I look for her on my buses. I just want to let her know how special a person she will always be to me. Cause I'm a person who has grown up not having too many friends and so I do try to treasure all of my friends, some of the greatest I will ever have! Susan is one of the greatest ones to me! I hope if she reads this she won't shy away from me. I see all of the real values of her friendship and hopefully I'll see her again soon because I miss her company. I hope to be as good as a friend to her as she truly is to me!

Special Events at Aurora

Where have all the Men Gone?

The stories we heard about the big one that got away, the fish that ate the rod, wondering fisherman, hooks in the trees, it went on and on for days. The biggest story was that everyone had a fantastic time and despite the cost we can't wait to do it again. Ladies step up and see what you can catch!



Gone Fishin'



Left: Cleon and Dave, telling us "You should have seen the one that got away!"
Above L-R: Get the frying pans ready, Henry, Joseph, Cleon, Ricky and Ray are ready to eat.

Mental Health Wellness Week September 2014

We planned a week of events around staying healthy and well. What a better way to stay healthy than a day at the park, in the sunshine with friends. Staying healthy isn't always about medicine and doctors, it can also be about fresh air, good friends, walks in the park, and of course jumping and posing for Kathy and her crazy picture ideas!



Poems and Short Stories

Tales of A Traveling Bag

By Raymond P.

The Traveling Bag continues on.....

The next concert my bag and I went was the same year, 1966, it was a local group from Harrisburg. The concert was at Reservoir Park and it was an overnight concert. We all had tents and camped out overnight. As we all listened to the band I walked through the crowd people would stop me and ask me about my bag. They told me “This is coolest bag ever, can I buy it from you?”

Joke

Nail Biting

Most of us have a bad habit we are constantly trying to break. For me, it's biting my fingernails. One day I told my husband about my latest solution: press-on nails. “Great idea, Honey,” he smiled. “You can eat them straight out of the box.”



A Day at the Theater

To bring a little culture to our lives we planned a trip to the little playhouse called *Gamut Theater* in the Strawberry Square Mall where the Popcorn Hat Players performed “*Aladdin*”. We had a smile on our face from the beginning to the end. It was clever, cute and witty. Who cares if we may have been a little to old for the story we liked it and can't wait to go again. Please be sure to take the opportunity to visit this playhouse on your own, or be sure to sign up the next time Aurora visits.





Poems and Short Stories



A Short Story

By Cleon W.



The night is dim and the sky drips slowly of soft white flakes. Yup, it's that time of year again when you get a warm and anxious feeling again of something great or exciting is about to happen. The air is filled with joy, and most people are smiling and laughing.

There's the smell of something good cooking. Everything really smells good. Just by seeing it, it could make your mouth water. All of a sudden I get a nudge on my shoulder and a cop is telling me, "Hey mister I know it's Christmas, but I can't let you stand here and stare into the window of this restaurant, you're scaring the costumers, you have to leave."



Clouds

Keith D.



Shades that float across the land, ever-changing

Entering the lives of the humans below as cascades of rain or densities of snow coating our lives with fog or ribbons of mist.

Laying on the grass watching vampires or dragons drifting by over head always in a state of subtle transformation.

Colored by the passage of the day into pink or purple or overlaying the day in shades of gray.

Recipes

Rice with Chicken, Spanish Style

By Val P.



Ingredients

- | | |
|---|---|
| 2 Tbsp. olive oil | 1½ tsp. salt (optional) |
| 2 medium onions, chopped | 2½ cups low-fat chicken broth |
| 6 cloves of garlic, minced | Saffron or Sazon for color |
| 2 stalked celery, diced | 3 medium tomatoes |
| 2 medium red/green peppers, cut into strips | 1 cup frozen peas |
| 1 cup mushrooms, chopped | 1 cup frozen green beans |
| 2 cups uncooked whole grain rice | Olives or capers for garnish (optional) |
| 3 pounds boneless skinless chicken breast cut in to bite sized pieces | |

Directions

- Heat olive oil over medium heat in a non stick pot. Add onion, garlic, celery, green/red pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.
- Add whole grain rice and sauté for 2-3 minutes, stirring constantly to mix all the ingredients.
- Add chicken, salt, chicken broth, water, Saffron/Sazon, and tomatoes. Bring water to a boil.
- Reduce heat to medium low, cover and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes.
- Stir in peas, corn, and beans and cook for 8-10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives and capers, if desired.