

AURORA TIMES

Issue 7
Winter Edition

January 2014

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FROM THE DESK OF THE EXECUTIVE DIRECTOR

As we turn the page from 2013 to 2014 Aurora continues to serve those most in need. As I reflect on the year 2013 we have maintain services and have added more services in all the centers. Our mission or recovery is displayed in the community. Consumer is Mechanicsburg are performing community service with a local church and in Harrisburg at Catlin Smiles and donations to Toys for Tots. The Hope Troupe- (**H**elping **O**pen **P**eople's **E**yes) now an Aurora project is spreading the word. Hope Trope offers the audience and understanding and insight into common misconceptions associated with mental illness. This past year Aurora once again welcomed nursing students from HACC. For seven years the cooperative program with HACC provided nursing students the opportunity to work with mental health consumers. Blood Pressure and other screening to include flu shots aid and support our consumers. Thank you HACC and the hundreds of nursing students.

Owen

Executive Director
Owen Hannah, Executive Director

Keeping busy would be an understatement for me to say to describe our Fall 2013. We have had a regular attendance of 35-45 people per day and a monthly lunch count of over 800! At times I feel like I did when I was trying to keep food and milk in my fridge for my two teenage sons when they were growing up.

We manage quite well with everyone pitching in to help with all the daily chores. I can't thank everyone enough for their service to the Center. We can't do it without you.

I enjoy seeing everyone working together and with so many people being together each day we are bound to have an argument or two, but we learn how to managing these squabbles in a friendly way. Always remember we are all adults and each situation can easily be resolved with a little talking. ☯Namaste, Kathy

Snack Shack News

The snack shack profits have afforded us the opportunity to eat lunch out several times in 2013. Our favorite is the Chinese Buffet and Subway. We usually choose to eat lunch out, but during the Holidays we donate to the Toys for Tots. Let's see what new ideas we can come up for 2014 to do with the profits.



Aurora Snack Shack made another donation to the *Toys for Tots* foundation for \$100.00.

Thank you

Remember to let Kimmy know when its your birthday!



The **Coloring Contest** is the creative idea of Tina R. and though many have entered only a few have won. Chantea holds the record with 3 wins. Lets see who can out do her next time!



▲ Chef Ray &
▼ Chef Ricky getting ready for the Tuna Cook off.



▲ Enjoying a friendly game of pool Rick, Jaimie, Adan, Noel



▲ Kim, Selina, Val busy on Craft Day



▲ Congratulations to Chef Ricky the winner of the first Aurora Tuna Casserole Cook-off.



▲ With all the right moves are Lizzie, Wanda, Cynthia, and Cleon . This was the BEST EVER Dance Party. We will definitely make this an annual event!



▲ Learning to knit are Wanda, Chantea, Mary and Kimmy.

Guest Speakers & Special Events at Aurora

Ha Ha Helen Visits Aurora

Aurora was lucky enough to have Ha Ha Helen visit our Center in September. She give us a demonstration of the healing power of laughter. No matter who you are or what kind of mood you were in that day, Helen was sure to put a smile on your



Give a Smile get a Smile.

Join HA HA Helens Smile Campaign.

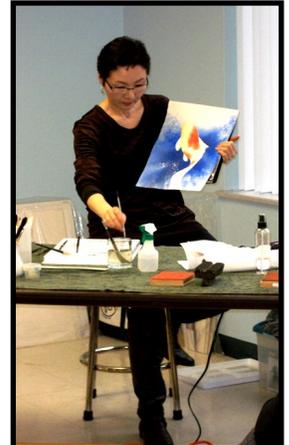
helenoflafoot@yahoo.com



Yachiyo Fine Artist Shows Us Her Talents



What a treat we had in October. We learned the fine art of water color from a professional artists. She demonstrated her techniques and also showed us some of her work. We are hoping to have her return in the Spring to give us a hands on lesson, so we can all find the artist within us.



Halloween Party and Staff Appreciation Day 2013



Owen's Lawyer:
Cleon



October brought out the *spooky* in all of us. I think we watched as many of the Chucky, and Halloween movies we could find. This year was relaxing for the staff (except Owen) because the staff was treated to a day of doing very little while the consumers prepared, organized and judged the events.

The *Dauphin County MH/ID Program Directors* came to the party and presented all the staff with an *Appreciation Award Pin & Plaque*. We were all treated to a wonderful take out sandwich meal (except Owen) The center was decorated with spooky and ghoulish characters with plenty of candy, and treats for everyone. I hope everyone is thinking about next years costumes!



◀ Cynthia, Anthony and Kathy



Hobo:
Cynthia



Eagle Girl:
Bobbie



Jason:
Kelvin



Rapper:
Chantea



Scary Player:
Michael



Zombie:
Selina



A Day Of Thanksgiving at Aurora

Everyone shared in a wonderful day of Thanksgiving and Fellowship. Owen was busy as usual in the kitchen all week preparing the meal. With the help from the consumers to numerous to mention we all did our part to feed over 60 people that day. After so many years of practice we are finally getting these large gatherings to come off without a hitch. We look forward to this Holiday each year and by the attendance we can tell everyone looks forward to a good home cooked meal!



▶ Ready to eat are Elmer, Cleon, Randall, Cynthia, Bobbie, Val, Barb and kneeling Shaniqua. ◀Left are Cleon & Val.





AURORA HOLIDAY PARTY 2013

Celebrating Another Successful Holiday Dinner

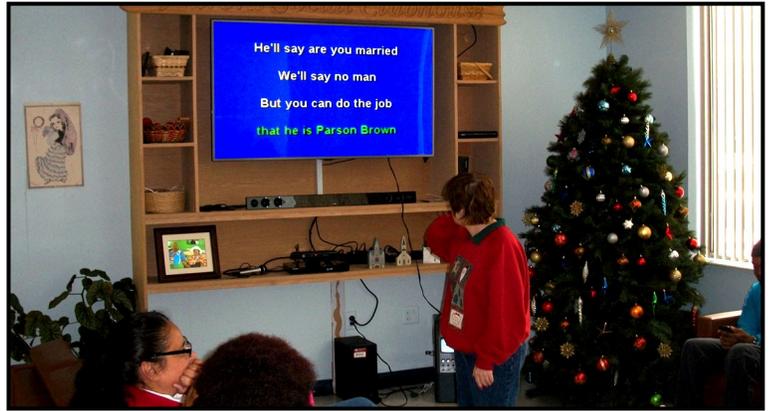
Friday December 20th we celebrated our annual Holiday Dinner complete with all the trimmings. *Elf Chantea* filled in for Santa this year with a holiday message of good cheer and advise; *“Don’t Eat Yellow Snow”*. Thanks to everyone who offered a helping hand because it takes teamwork to get things done around here!



Elf Chantea



Elf Tina



▲ Kim P.—Leading the group in Karaoke Christmas songs.

▼ Elf Chantea— Sharing a message from Santa about the snow!



TOYS FOR TOTS



Once again the *Snack Shack* decided to donate \$100.00 to the Marine Corps Toy for Tots. These Marines work very hard to make sure no child gets left behind at the holidays. They donate to over 30,000 children just in the Harrisburg area alone. Be sure to always thank those that serve whenever you see one.

► Thanks to Shaniqua, Becky, Kernel Gomez, Cleon, Wanda Anthony, Marine Ray P. and Vah for taking a visit to the center to make our donation.



Healthy You

By Kim P.

Flu Shots and You

The flu is a pneumococcal disease caused by Streptococcus pneumonia bacteria. It is a leading cause of vaccine preventable illness and death in the U.S.A. Anyone can get the flu, but some people are at greater risk. People in this category include:

- People 65 years or older
- The very young
- People with certain health problems
- People with a poor immune system
- Smokers

The Flu kills about 1 out of 20 people who get it. Bacteremia kills 1 person in 5, and meningitis about 3 in 10.

Who should get flu shots? All adults especially those who are 65 years of age or older. Anyone who has long term health problems including heart disease, sickle cell anemia, diabetes types 1 & 2, alcoholism, cirrhosis, leakage of cerebrospinal fluid or cochlear implants.

Anyone 2 through 64 years of age who has a disease or condition that lowers the body's resistance to infection such as Hodgkin's disease, lymphoma, leukemia, kidney failure, multiple myeloma, nephrotic syndrome, HIV infection or AIDS, damaged or no spleen, organ transplants, People who have a substance abuse problem, if you are taking steroids, certain cancer drugs or radiation Therapy, if you smoke, or have asthma you should get a flu shot.

If you have questions talk to the RN nursing students or your family doctor.



H.O.P.E. Troupe



Hope Troupe Mission Statement:

To provide education through entertainment. H.O.P.E Troupe plans to offer the audience understanding and insight into common misconceptions associated with mental illness. Our hope is for you to carry our message back to your

H.O.P. E Troupe

Helping Open People's Eyes about Mental Illness and Stigma

H.O.P.E Troupe was a huge success in 2013. We performed at least 2 performances per month and were able to add greatly to our repertoire of performance ideas.

The leader of the Troupe is Karin HH and she had an awesome experience directing the Troupe in 2013. Karin's leadership skills have led to her being hired part time by the Aurora Center to expand the scope of Hope Troupe.

Anthony W. the wizard of words has taken the lead reading orations during performances. Anthony gears his orations towards the specific audiences Hope Troupe is performing for; his orations have had a great impact on audiences.

Lisa RW and Shaniqua are our lead singers and man do they have very smooth and powerful pipes.

The rest of the dynamic performers for Hope Troupe include: Kim P, Cleon W, Paul R, Dee J, Bobbie S, Cynthia , and our newest member Wanda M. Also performing in 2013 for Hope Troupe, April A and Tonya L.

Family Values and Memories

By Shaniqua T.

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

Barbara R: To get along with everyone.

Bobbie S: To respect and obey my mother.

Tonya L: To respect my elders.

Tina R: To pray.

Barbara S: To love support one another.

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

Barbara R: Chicken and mashed potatoes.

Bobbie S: Thanksgiving and Christmas dinner.

Tonya L: Spanish rice and Italian breaded chicken.

Tina R: Yolk.

Barbara S: Christmas dinner.

What is your most memorable family vacation?

Barbara R: Going to South Carolina.

Bobbie S: When we went to the beach at Ocean City Maryland.

Tonya L: The beach.

Tina R: Hershey Park

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

Barbara R: Friends

Bobbie S: Love, I love my family very much.

Tonya L: Unity

Tina R: Generation

Barbara S: Emotions





Poems and Short Stories



Aurora Family

By Anthony W.

May of the Aurora family be healthy, happy, full of joy and may they have peace in their lives.

May every person here know how important, special, appreciated and worthwhile they really are.

Every member of the Aurora family adds so much to the program and what they contribute is so special.

May God richly bless and keep all off the Aurora family.

Every person here is precious, full of potential, and shines with their one and only light. Shine on, Aurora family and team Aurora.

I Am

By Cleon W.

I am strong and ambitious
I wonder about my kids
I hear laughter
I see my kid's faces
I want to do more in life
I am strong and ambitious
I pretend to get along with some people
I feel everything will be alright
I touch the stars in the sky
I worry about my daughter
I cry when I think about my daughter
I am strong and ambitious
I understand everything will be alright
I say keep a positive attitude no matter what
I dream of being a home owner
I try to do the best In everything I do
I hope to fulfill my long term goals
I am strong and ambitious

I Am

By Bobbie S.

I am a kind and loving person
I wonder how my life will be in the future
I hear my angel calling me
I see the stars in my eyes
I want a loving person in my life to
make me happy
I am a kind an loving person
I pretend to be a super star
I feel like an angel flying in the sky
I touch my heart
I worry about how my life in 20 years
from now
I cry out for help
I am a kind and loving person
I understand there is someone for
me out there
I say God is good in my life
I dream about having a son someday
I try my best to be happy
I hope a good man comes my way
I am a kind and loving person

Poems and Short Stories

Special Star

By Anthony W.



Joyce W. was a special star with a special twinkle and a special glow. Joyce was beautiful as a rose in the spring, the sky at sunrise and winters falling crystal snow!

A special star was Joyce here at this place of wonder, community and camaraderie, a place meaning dawn, signifying morning.

Joyce was a dear lady lighting the world and illuminating lives since the day she was born.

Twinkle twinkle special star, what a beauty and delight you were and are.

Our affection for you will always glow and our memories of you will always be happily near and never far.



What Can I do 4 U Lord?...

By Freddy D

What can I do for you Lord? Charity, a smile, kind words, if that's all I can afford. Written on this page is the wisdom of the sages. The holy spirit is contagious. Break bread with my fellow man, whilst Jesus smiles at God's right hand.

Bless this Holy Temple, Lord bless this place. Not before every meal, but every bite I say grace. Shining example while praying I trample the devil's head like my brother Obed or should I say (Obadiah), praise the Messiah, the Holy Spirit is here and I am fine.

Bless me lord with wisdom, strength and beauty. No longer in the old testament in the New T. I was saved, baptized in your Holy name. Now the Holy Spirit filled my veins.

Bless this song Lord, Bless this poem — It's not the song of DAVID or the Psalm of songs.

God Almighty you are most merciful I give my life and my death just to worship you. TALK about me all ya please I'll pray for you when I get down on my knees. No more room, not much to say, this is what I've done for you Lord! Today...

Poems and Short Stories

Remember Lora

By Anthony W.

"Think of Laura" the song writer Christopher Cross sings poignantly and lovingly. The lyrics drift endearingly upon the serene, melodic waves. As Christopher also sang with tenderness of heart and gentleness of spirit a song about "Sailing".

Dear Lora, a special soul of Aurora, a treasured and adored lady of our Aurora family, will always be loved by us. We will miss her as the days pass by in time's bitter sweet Parade. We will think of Lora as Christopher Cross sings in moving, poetic, beauty. Lora has sailed away from us but her spirit of gold and memories of her abide with us still.

I Am Who I Am

By Michelle R. C.

I am Michelle

I wonder why we as people can not get along together
I hear the birds early in the morning talking to each other
I see all the younger people in this world change at a fast pace
I want to be liked by everyone

I am Michelle

I understand that I can not have everything I want or need.
I say hold your head up and be glad your are a alive
I dream of having a big home to take in all the unwanted people
I try to do my best when I have to do something, I have to do
I hope I can be there for my boys when I'm needed

I am Michelle

I an a child of God
I love animals, children and cooking as well as helping others
I hate when children disrespect their elders
I go to church and the Aurora Club

I wish I had the money to pay my bills and help get a home
I laugh at the people who like to cause trouble

I am Michelle R. C.

I pretend my stuffed dogs can hear me talking to them
I feel that I am someone special sometimes
I touch the ones that will let me in their hearts

I worry about the future
I cry about not having a family

I am Michelle



The Pet Corner

By Becky H



This time I'm interviewing Kimmy P.

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

A Cat and only one.

What is the name(s) of your animals?

Starr.

What is the hardest part of caring for your animal?

When I'm sick and I see her trying to help me when I'm supposed to be helping her. Also when I don't have food for her.

What is the most rewarding part of caring for your animals

Giving her treats, loving her and playing with her.

What do you want everyone to know about your animal?

That she's the best friend anyone could have!

ABC 27 News was awesome!

If you didn't get a chance to go along you missed a great outing. We are planning to organize another visit to the news station this Spring for those that couldn't make. I want to thank Kristian for giving us the idea, setting us up with the contact person and giving us the VIP treatment. We met Chuck Rhoads, Brent Thacker, Amy, and Flora. This is one outing I highly recommend to everyone.



▲ Look Mom were on the TV!

▶ ABC 27 News outdoor Studio set.



▲ Learning how the weather green screen works with Chuck Rhoads . We also got to see Flora and the 12 o'clock news set.

Val's Recipes

Sunrise Casserole



Ingredients

2 packages of breakfast sausage links	1 tsp. salt
1 package of country style hash browns	1/2 tsp. pepper
9 eggs	2 cups shredded cheese
3 cups of milk	1/2 cup diced sweet red peppers
1-1/2 tsp. ground mustard	1/3 cup thinly sliced green onions
	2 cups salsa or picante sauce

1. Pre-heat oven to 375°F
2. Cook sausage according to packager directions. Cool slightly and slice into 1/4 inch coins.
3. In a large bowl, combine the eggs, milk, mustard, salt and pepper. Add the hash browns, sausage, cheese, sweet read pepper and green onions; mix well. Pour into a greased 13 x 9 baking dish. Cover and refrigerate over night.
4. Remove from the refrigerator 30 minutes before baking. Bake uncovered for 65-70 minutes or until set and golden brown and an internal temperature of 165°F is reached. Let stand 10 minutes before serving. Serve with salsa or picante if desired.



While sitting here with thoughts of you
and all the things that we can do
my mind begins to drift away
It goes on to another day
A day when we can walk and play
A day when we'll have no display
But right now my love I want to say
I love you more and each and every day.

Anonymous

Thank You

Aurora Would Like To Thank The Following Organizations



The Second Anonymous IN and Out Fund of
The Foundation for Enhancing Communities for their
generous donation of \$500 on behalf of Mr. and Mrs. Conrad M. Siege.



Aurora would also like to take the time to give special **Thank You** to **Mr. Dinny Kinlock**. He is the owner of **Fresh Creative in Lebanon, PA** and has been a longtime friend of Aurora. He and his company provide the resources, and graphic arts for our annual appeal cards.

Each year when we reach out to **Dinny** he and his professional staff are always available with fresh and creative ideas to make our appeals card a delightful reminder that the holidays are a special time to give. As the **Executive Director**, I want to personally thank you as does the **Board of Directors** and especially the **Consumers** of Aurora.

We're on the web!
AuroraServices.Org



The Aurora Center

"Where loneliness ends and friendships begin"

