

Aurora Social Rehabilitation Services

Aurora News

Board of Directors

Executive Board

President: Nora Neidlinger
Vice President: Wm. Ilgenfritz
Treasurer: Melissa Hover
Secretary: Kenneth Rollins Esq.

At Large Members

Stacie Amsler
Robert Eicholtz
Ted Gilroy
Chuck Goonrey
Wendy Hayden
Leni Roepcke
James Williamson
Peg Sostar
Mort Spector
Michael Snyder
Lynette Taylor
Vicky Therkildsen
Ron Reback

Executive Director

Owen Hannah

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www.auroraservices.org

Aurora Social Rehabilitation Services is a 501(c)3 nonprofit organization. All contributions are tax deductible to the fullest extent of the law. The official registration and financial information for the agency may be obtained from the Pennsylvania Department of State,

Santa's Helpers

On November 17 and December 17 Aurora held its annual Thanksgiving and Christmas dinners. On Thanksgiving, Board President Nora Neidlinger and fellow Board Member Lynette Taylor, served 74 consumers from the Harrisburg, Mechanicsburg, and Perry Clubs.

Christmas was another time for fellowship. Following Santa's arrival the club members were treated to a ham dinner with all the trimmings. Pictured are board members Chuck Goonrey and his wife, Tel Gilroy and his wife, and board member Peg Sostar.

The Board Members and their



families served 43 meals to the Aurora Club members.

Our Mechanicsburg Center was also the site for a Holiday dinner for the members from the Mechanicsburg and Perry Centers

Thanks to the support of the

Board, and of Santa, played by CMU's Dave Thomas, the Christmas spirit filled the building.

Special Holiday Cheer

Thanks to Board Member Chuck Goonrey for donating a new pool table cover and Peggy Sostar for Manicures.

Aurora Food Pantry

Board member Wendy Hayden, supported by Bob Eicholtz, organized a food drive with the assistance of their work colleagues at Hershey Medical Center. Canned goods and other non-perishable food items will soon fill Aurora's Food Pantry. The new food pantry will be avail-

able daily for Aurora Members needing food.

The food pantry will also have personal hygiene items and household cleaning supplies donated by Target.

Anyone wishing to donate non-perishable food may drop off items at the Harrisburg Club during regular business hours.

Aurora serves approximately 2800 meals per month. For many of our consumers it is their only hot meal. Your donations and contributions are greatly appreciated.

Special thanks to George Gingrich who is volunteering his time to construct the shelving for the food pantry.

Aurora's Networking News...Fast and Reliable



WEBSITE

www.auroraservices.com

Aurora has expanded its Information Technology and networking capabilities. Information regarding club calendars, CPMR dates and activities, and Aurora Cyber Café performers are listed on the website at www.auroraservices.org.

On-Line Donations: Anyone wishing to donate may do so online by logging onto the website and clicking on Donations.

CPMR Registration and Activity Payments: It's now easier than ever to register for CPMR activities and to make payments! Group Homes, family members, and consumers need only to log onto the website and register for an activity. No more phone calls or waiting for staff to notify you. Additionally, by using the on-line payment, there is no need to write a check and pay postage. Once payment is made you get a confirmation indicating that you are paid in full.

Want to know the activities 6 months in advance? Forgot the pick-up or drop-off time? Go to the website and you will have your answer in no time. It's easy, fast, and reliable. For more information contact Kim kweirich@auroraservices.org

A Meeting of the Minds Social and Recovery Meet at Aurora

The Illness Management and Recovery Program (IMR) developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) is "Evidenced Based" meaning it is supported by research that shows that people who participate in this program have lower rates of hospitalization for mental health crisis. Many of our members who have been actively participating in the program at our Harrisburg and Mechanicsburg centers on a weekly basis since the fall, report that they find the discussions and role plays very helpful to them in their mental health recovery process. At our Mechanicsburg Center the class is led by Teresa Kearns, Certified Peer Support Specialist and in Harrisburg by Lisa Ratcliff Webb, Assistant Director. Topics include: Recovery Strategies; Practical Facts About Mental Illness; The Stress-Vulnerability Model and Treatment Strategies; Building Social Support; Reducing Relapses; Using Medication Effectively; Coping with Stress; Coping with Problems and Symptoms; and Getting Your Needs Met in the Mental Health System.

Staff News/Recognition

The following staff members received awards this year: Kim Weirich, Administrative Asst./CPMR Coordinator: Aurora employee recognized for her accomplishments with Aurora Mental Retardation Program.

Violet "Sam" Sweger: Perry Program Coordinator: Recognized as Aurora's employee in Cumberland/Perry County Programs

Sundra B Program Specialist Employee in Dauphin County.

New Employee

Kathy Landes: CPMH & IMHR

WRAP PROGRAM



Martha and Katrina

Pictured are Staff Member Katrina and consumer Martha reviewing and discussing Aurora's WRAP Program. WRAP programs are conducted in Harrisburg and Mechanicsburg. Staff Member Teresa conducts the program in Mechanicsburg.

WHAT IS WRAP?

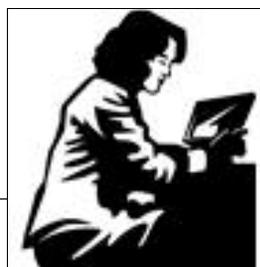
The Wellness Recovery Action Plan (WRAP), developed by Mary Ellen Copeland, is a crisis prevention plan that participants create for themselves. Topics include: Developing a Wellness Toolbox; Daily Maintenance Plan; Triggers; Early Warning Signs; When Things are Breaking Down; and Crisis Planning.

A Message from the Board President

Despite the current recession, good things are happening at Aurora! The Executive Director has done a fantastic job of curbing costs while maintaining Aurora's existing programs. In addition, Aurora implemented a number of new programs including: a new social rehabilitation program in Elizabethtown two days per month; launching of a consumer run food pantry; the creation of the Consumer Advisory Board and Illness Management Recovery Program.

Over the past few months the Board of Directors has also expanded to include a number of new members with various backgrounds and professional skills to better serve the needs of Aurora's consumers and programs. On behalf of the Board of Directors, thank you for your continued support of Aurora. We look forward to another year of service!

Sincerely,
Nora Neidlinger
Board President



Hispanic Life Skill Program

The Hispanic Life Skills group, affectionately known as "The Latino Group," will be taking an excursion to Washington, D.C. on April 23 to tour such notable sites as The White House, Washington Monument, The Lincoln Memorial, and some of the museums on The Smithsonian Mall. Aurora received

a \$1,000 grant from The Martin M. Sacks Memorial Fund, administered by The Foundation for Enhancing Communities for the trip. The Fund was established in 1984 in memory of Martin M. Sacks, a well-known accountant in the Harrisburg area. Mr. Sacks was committed to supporting nonprofit

organizations that provide programs and services for the disadvantaged and underserved. The Latino Group is very excited about the trip. It will be their first time visiting the Nation's capital.

Harrisburg Center News

Women's Group

Aurora's Women's group is up and running with plenty of activities and ideas to enhance the lives of our female Aurora members. The group is designed to provide a warm, inviting, and comfortable place for women of all ages and backgrounds to discuss issues openly with each other, socialize, and support each other. The group meets approximately once a month

and has a shopping and lunch trip planned for April. Be on the look out for other activities the women have suggested such as baking cookies for the holidays, a recipe exchange, tea party and cooking lunch for members at the club! If you have any suggestions or ideas for guest speakers or would like more information contact Becky Sakala at rsakala@auroraservices.org

Picnic

Aurora 1st Annual picnic will be held on Wednesday June 30th at Fort Hunter Park from 10:00 AM to 1:00 PM. Consumers, Case Managers and Friends of Aurora are welcome

Perry County News

Aurora in Perry County continues to grow and expand. An average of 6 consumers attend daily.

The addition of the Wii has kept many of the members busy for hours.

The members have also begun classes in keyboarding with an emphasis on learning the computer and computer skills.

Consumer Todd has entertained consumers in all three centers with his magic tricks.

Mechanicsburg/Café News

Aurora Café continues to entertain consumers and the community. Local musicians provide entertainment for all ages. New and promising entertainers need only to contact Mechanicsburg to get on the schedule. Please keep in mind that this is a consumer run venture.

The Mechanicsburg Drop-In center has had a number of face lifts lately. One room is dedicated exclusively for PC training and a consumer newsletter. The newsletter will be written by the consumers for the consumers.

New Furniture

Aurora received a \$5,000 grant to purchase much needed new furniture for the "Quiet Room" at our Harrisburg center. Two members selected the furniture and decorated once the furniture arrived. The new furniture is comfortable and has definitely transformed the quiet room into a whole new room for social gatherings and meetings and occasional quiet moments.

Aurora Social Rehabilitation Services
401 Division Street
Harrisburg PA 17110

Aurora
“where loneliness ends....and friendship begins”

Consumer Advisory Board

Aurora’s Consumer Advisory Board held its first Meeting on Thursday October 1st at the Harrisburg Club. The Board was established to ensure valuable input was provided to the Aurora’s Advisory Board, the Executive Director and the centers Program Coordinators.

Currently the Board consist of 7 Consumers representing Dauphin, Cumberland and Perry county.

Boards Tasks: To meet with consumers and discuss Aurora’s services; to assist in planning recovery and social activities; to provide feedback to the Advisory Board on issues related to consumers. Aurora Board Member Peg Sostar is the liaison between the Consumer Advisory Board and Aurora’s Board.

Meetings are held the first Thursday of the month in the Harrisburg or Mechanicsburg Club.

Consumer Advisory Board Mission Statement:

To provide input and make recommendation to the Aurora Board of Directors and Executive Director on matters important to the consumers.

Board Members:

Harrisburg: Donna , Lindsey, Martha;
Mechanicsburg: Bryan, Jeanette, Andrea ; **Perry:** Leah, Karen.

Board Liaison: Peggy Sostar

AURORA’S MISSION STATEMENT

Aurora Social Rehabilitation Services is a community non profit organization serving adults with mental illness a mental rehabilitation in mental illness and mental retardation in Central Pennsylvania and facilitating recovery around those served with opportunities for empowerment and self-direction through life skill training, education programs, recovery oriented programs and social activities.

YOU CAN MAKE THE DIFFERNCE