

AURORA TIMES

Dauphin County Harrisburg PA Aurora Center Edition



**Spring
Edition 12
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FROM THE DESK OF THE EXECUTIVE DIRECTOR

Spring....what a wonderful time of the year!!!! May was Mental Health Month and Aurora was selected by WITF to participate in a show centered around stigmatism. The show primarily centered on how the Hope Troupe combats the stigmas associated with Mental Illness. Consumers also participated depicting what social programs are available in the Center. Staff changes include: Kathy moving to Mechanicsburg and becoming the Director of Program Services; Katrina taking over as the Program Coordinator in Harrisburg; and Cleon being promoted to full time. What is great about this as at one time both Katrina and Cleon were consumers? Talk about hard work, dedication, sacrifice; both Katrina and Cleon epitomize that stigmas have no place in the mental health field.

Did someone say PICNIC? Don't forget our annual Fort Hunter Picnic scheduled for Friday July 24th. Hope to see you there.



What Is Your Favorite?



By Joe B.

What is your favorite Anything?

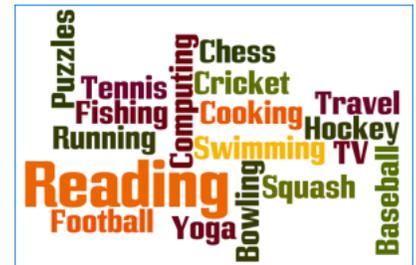
Anthony W: My favorite thing to do is write. I start writing because I want a way to put my spiritual feelings and love down on paper so I can share it with everyone.

Where will it take you?

Its not so much where it will take me but where it keeps me. It surely keeps me in a beautiful place.

Ben B: The radio. My favorite station is 96.1 WSOX where they play 70's music. One of my favorite groups is Queen and one of my favorite songs is Another One Bites the Dust. When I listen to those songs they take me back.

Zach: I like the summer cause it is my birthday and it is so hot outside that you can do anything. I also love coming to the Aurora Club because I get to hang out with friends and get to play pool and other fun things. Plus I love everyone that comes here and really like hanging out with my buddy Joe B.



In My Spare Time

by Darrel M.

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

Tan: I like to play on the computer.

Gary C: Play any kind of game.

Kim R: Watch TV

David J: Bicycle Riding

Tea W: Go traveling.

Cynthia J: Play games

Harrisburg Aurora Centers Happenings

By: Katrina

We've had so much going on here at Harrisburg Aurora! Staff changes and moves ! We said good bye to Kathy who's main office is now at our Mechanicsburg center. I am now program coordinator here. Kathy is a tough act to follow but I am doing my best to keep the center running smoothly! Cleon has completed a course and is now a Certified WRAP (facilitator)!

Speaking of WRAP our newly certified WRAP facilitator Cleon Wilkins will be teaching an 8 Week WRAP course (Wellness Recovery Action Plan) The class starts June 4th and will run through July 23rd. See Cleon to sign up!

We had an amazing turn out for our smoking cessation class! Most of the class cut way back on smoking and the others quit completely! Classes will run again Aug 3rd — Sept 28th!

Aurora's Volunteer group was nominated by Caitlin's Smiles for the **United Way Volunteer Group of the Year!** You guys do such a great job and it's an honor to be nominated for such a big award! We didn't win but we got a lovely certificate thanking us for all our time and effort. You should all be so proud!

Our 90 Day Healthy You Challenge is coming to an end. The challenge was such a great way to learn about yourself and your health! It was nice to see so many people stick with it week after week!

The men's and women's groups have really been fun lately!

The women (as only they can) had a huge tea party with tons of food and door prizes! The good times aren't stopping any time soon with a picnic and special meal planned for the coming months!

The men are really doing their thing as well! Just last month they went to see a movie and with upcoming trips to City Island and the Mid Town Scholar Bookstore this is one group you don't want to miss out on!



Mary and Kathy, best buddies!



Taking a group picture at Kathy's party, we miss you Kathy!



Tea, Ray and Wanda serving up an AMAZING Turkey dinner!



Cleon our new WRAP Facilitator hard at work!



Kristian's Klimate



By Kristian

Deal With Dew

Damp surfaces in the early morning are common find in central PA. Whether it is a wet windshield or drop-lets sparkling off the fresh cut grass. Dew forms when the temperature of the ground or surface drops low enough to create condensation in the air directly above it. **Dew Point** is the temperature a.t which the air must be cooled in order for the air mass above the ground to be come saturated



Did you know that....

On June 24, 1972 the Susquehanna River in Harrisburg, PA recorded crest the highest of 33.27? It was from Hurricane Agnes, which was over 40 year ago.e



The Pet Corner

By Chris B.

Tropical Fish My Way

What kind of animal do you have?

I have about 18 fish and they come in the most beautiful array of colors, sizes and shapes.

What are the names of your animals?

They have many names but I'll just name a few.

There's Sir Charles he's a striking red on black, like a tiger, but he's gray when he's nervous! There's also Neon's, a Black Skirt, glow lights, Cory's blue violet and many more.

What is the hardest part of caring for your animal?

The hardest part is changing the tank and that's not even hard. It's just a little messy, and time consuming, but their worth it! God put them in my care. They eat a variety of foods, from flakes to pellets. They eat very well.

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

Knowing that you've taken the best care of them, especially feeding and filtration, and when you do they reward you with the most brilliant vibrant colors you could imagine. Also it helps with my blood pressure being so relaxed watching them.

What do you want everyone to know about your animal?

They are not just fish or pets, they are much more. They are my pride and joy!





Karaoke Party



When all 3 Aurora centers get together you know it's a party! Harrisburg center hosted a Karaoke party with Mechanicsburg and New Bloomfield and a fun time was had by all!



Family Values and Memories

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

Kathy L: Hard work, dedication and self-reliance.

Barbara R: I don't get along with all of my family.

Valerie P: To take care of each other.

Kelvin A: Don't do nothing to some else that you wouldn't do to yourself.

Michelle C: Correction of Children

Mary C: Love and cherish one another and be there for each other.

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

Kathy L: Spaghetti and tuna fish.

Barbara R: Collard greens, cornbread, chitlins and fried chicken.

Valerie P: Rice and beans every day.

Kelvin A: Fixing a pizza

Michelle C: Thanksgiving

Mary C: Spaghetti

What is your most memorable family vacation?

Kathy L: Wildwood Beach

Barbara R: Visiting relatives in Myrtle Beach and New York

Valerie P: The shore

Kelvin A: Georgia

Mary C: The Beach

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

Kathy L: Joy

Barbara R: Grand children

Valerie P: Wonderful

Michelle C: Self

Mary C: Mother



Women's Group Tea Party



What Aurora Means To Me

By Val P

What did you do before you came to Aurora

Clarissa E: *I was very depressed, and sleeping
And crying.*

Cynthia J: Nothing

How did you hear about the center?

Clarissa E: From my CMU workers.

Cynthia J: My case worker

When did you start coming to the center?

Clarissa E: A year ago.

Cynthia J: 2 years ago

Why do you come to the Aurora Center?

Clarissa E: Peace of mind

Cynthia J: To make friends and the staff helps me very much!



Recipes

Velveeta Cheesy Bacon Brunch Casserole

By Val P.



Ingredients

8 slices of bacon (chopped)	1 small onion (chopped)
2 cups of frozen shredded hash browns (thawed)	12 eggs
1/2 cup of fresh mushrooms (sliced)	1/3 Cup sour cream
1 green pepper & 1 red pepper (chopped)	12oz pack of Velveeta (cut into 1/2 cubes)

Directions

Heat oven to 350°F.

Cook bacon in large skillet on medium heat 10 min. or until crisp. Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 2 Tbsp. drippings from skillet.

Add potatoes, mushrooms, peppers and onions to reserved drippings in skillet; cook 10 min. or until peppers and onions are crisp-tender, stirring occasionally. Stir in VELVEETA. Spoon into 13x9-inch baking dish sprayed with cooking spray.

Whisk eggs and sour cream in medium bowl until blended; stir in bacon. Pour over vegetable mixture.

Bake 40 min. or until center is set and casserole is heated through.



Poems and Short Stories



Symphonies

By Keith D.

Majestic cathedrals, soaring music halls

Breathtaking theaters for the works of

Bach, Beethoven and Mozart

Expanding the human consciousness

Lifting it up on the wings of imagination

Feeling the joy, or sorrow, or anger, or love

In every note

Cynthia's Trip To Georgia

By Cythia J.

I was happy to go see my daughters and grandchildren. They invited me to come to Georgia to see them. I then decided what I needed to pack. I called them to confirm I was coming.

I packed everything as soon I heard the news. I packed three bags. There was a large one, carry on one, and another smaller one. There were three pieces to the set.

I left for Georgia on December 22, 2014 on the Amtrack train at 10am. I got to Georgia the next morning at 5:35am. My daughter and son-in-law met me there. Then I went back to their house.

I then saw one of my grandchildren. My grandbaby said "GRANDMA" with excitement to see me. I settled in with them. We had a feast for Christmas day. I gave my grandbabies their computer table as their presents. There was a blue one and pink one. We shared the blessings together and each other's company.

It was time for me to go back home. I didn't want to leave. Everyone was sad to see to go. However, we planned on keeping in touch with each other. We wanted to see each other again soon.



Poems and Short Stories



Treasure Box

By Anthony W



Within our hearts that yearns and learns is a precious box of priceless hope, crystal joy and pearls of happy memories of happy times. All our lives we carry this box of sentimental riches, in our hearts and no external dark force can steal it away. God placed this treasure box in our hearts, it is a gift from his gracious hand, the diamonds and gold and pearls of living and treasures of possibility is this gentle, little wonder of peace's story. Hope and special joy and memories of days that are honey that flows and gleams and sparkles and we cope and hope in a dark dreary land.

Morning Dove

By Anthony W.



Morning dove takes flight in heavens light, her wings carries the hopes and dreams of rich and poor of young and old. Morning dove flutters in the morning wind makes us rise up in the confidence of the morning sun, makes us bold. Our hearts soon upon the wings of a little creature that teaches life lessons about dreaming, hoping peace light after the dark.