

AURORA TIMES

Issue 4

August 2012

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Thanks

Editors Notes By Katrina

Summer is almost over and we've been keeping busy here at the center. The club has been buzzing lately with all the activities going on. Like our **Garden Club** which is not only fun but helps keep the center looking great!

WE NEED YOUR HELP

Help us with the newsletter! Any suggestions or submission are welcome! Let me know in person or email me at this address:

KSeidel@AuroraServices.Org



FROM THE DESK OF THE EXECUTIVE DIRECTOR:

As the summer passes us by, the fall always reminds me of back to school and **FOOTBALL**. Staff at Aurora is off to a fresh start with new and exciting programs aimed to give consumers more choice in programing. WRAP, Wellness Recovery Action Plan **KICKS** off the fall season of activities. Other new consumer oriented recovery programs include Food Safety and Sanitation classed for the consumer kitchen staff and cooking classes.

The staff is always interested in new and innovative recovery programs for consumers. In order for these programs to be successful staff continues to receive training and certifications. We are pleased to announce that Part Time employee John R. has successfully completed his certification and now is a Peer Specialist. Like fellow Peer Specialist Katrina he too is dedicated to provide each consumer with valuable support.

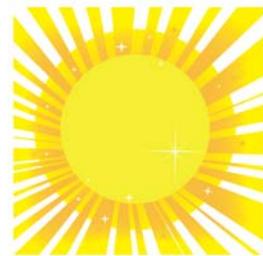
Although Aurora continue to battle funding issues we still **SCORE** when it comes to meeting the needs of the consumers we serve. Although the gains have been small we are accustomed to grinding out one yard at a time to achieve ultimate success. I want to thank the supporters and consumers who have all work diligently.

Have a great autumn!!!!!!
Owen, Executive Director.

Change is in the AIR!, we can feel it in the cooler nights, the shorter days and of course the new session of nurses. We are prepared like a group of scouts for whatever comes our way. Now is the time to put our workshop skills to the test. We've talked about how to better get along with others, how to respect each others differences and be more tolerate of change. Take what you've learned and apply it to your daily life. These are important social skills that can really make a change in your life.

With the closing of the Dauphin County Clubhouse we are anticipating a few new faces coming to the our center. I am excited to meet everyone and see what they can teach us about their clubhouse and to find out new ways we can improve our center. I hope everyone is welcoming to the new people and will help them to feel that they belong.

I know everyone can get stuck in a rut by doing and talking to the same people each day, but please try to make an effort to reach out to someone new. Ask them to play a game, take a walk, or just sit down and have a conversation over a cup of coffee or tea in the morning. A little smile and a hello can make a world of difference to someone who lives alone.





Up Coming Events



September 4th - Wellness Recovery Action Plan Class Starts (W.R.A.P.) this is an 8 week session.

**September 17th - 21st - Mental Health Awareness Week
(Check the September calendar for a complete listing of events that week.)**

A few more things to look forward to for the remainder of the year will be workshops, exercising, a food drive, fall festivities, thanksgiving meal, holiday party and of course the birth of Kelly's baby.

If you have an idea for a workshop, or activity let me or Katrina know. This is your center and always remember that you have a voice in everything that happens (well just about everything :)



Member Spotlight By Joyce W.



Elmer

Elmer was born in Harrisburg and has lived in this area all his life.

His favorite thing to do in his free time is watch TV. He also enjoys playing spades and you will often find him doing just that here at the center!

Elmer hopes to one day find what makes him happy.





TELL ME ABOUT...

By Bobbie M



Something You Love...

Kimmy P - My cat

Lizzie J - My cat and dogs

Ricky V - My mom and girlfriend

Greg W - My life and my mom

Dwight M - Football

John R - Spaghetti

Joel S - Wrestling



The Pet Corner

By Becky H



Each newsletter Becky will be interviewing a different member and getting to know all about the animals in their lives. For her first article she wanted to start with herself and share a little about her pets.

Becky's Pets

I have seven cats, Misty, Patches, Peaches, Baby, Precious, Bobbie and Sassy. What I love most about my cats is the company they provide and they keep me entertained I love playing with them and taking care of them,

One draw back is sometimes they scratch or bite. In the end it's all worth it when I get site with them in my lap and pet their nice fluffy fur.



Traveling With Greg

By Greg W



The first of my travels I want to share with you about is Wildwood Lake. Wildwood Lake is behind H.A.C.C.. I'm not sure exactly how long the paths around it are. The front area is a dirt trail and the rest is paved asphalt. They also have a boardwalk that winds around the different parts of the lake and park.



Sights change season to season. If you go at the right time you can see baby turtles coming out of the ground. Then if you go back in the summer you'll see turtles on logs.

You can see all kinds of birds. I've seen, Cranes, Baltimore Orioles, Woodpeckers and Egrets myself. The nature center puts out bird feeders that attract many kinds of birds. You can watch from a special window in the nature center or while enjoying the outdoors.



Autumn

By Joyce W



Next month autumn is on the way
Soon leaves should be changing colors
Weather will soon be getting cooler

Recipes

Quickie Stickies

Submitted By Val P

Ingredients

1 can refrigerated biscuits,
quartered
1/2 stick of margarine
2 tsp. milk
1/4 cup of brown sugar
1/4 tsp. cinnamon

Directions

Melt margarine in a microwave using a glass pie plate for 1 minute. Add brown sugar, cinnamon and milk, stir. Add quartered rolls and stir until well coated. Microwave 3 to 4 minutes. Test after 3 minutes. Remove from microwave and turn onto plate.

Cheesy Chicken Fettuccine

Submitted by Val P

Ingredients

1 Tbsp. butter
2 cups of cubed boneless
chicken breasts
1 can Campbell's condensed
broccoli cheese soup
1 1/4 grated parmesan
cheese
8-oz pkg. fettuccine
1 cup of milk

Directions

Cube chicken and cook in a skillet. Cook package of fettuccine as directed on the box. Combine butter, milk, soup and cheese in the skillet with chicken and serve over the fettuccine. Top with more grated parmesan cheese.

Aurora Remembers Shulena...



We asked any members and staff that wanted to, to share memories or thoughts about Shulena with us.

John R - The way she always said good morning to me with such a pleasant smile.

Lizzie - She was a good person and I miss her so much.

Skip - She was a good person, God bless her, I loved her.

Ben - I'm sorry for what happened to her, my sympathy.

Greg - How she was such a nice girl never grumpy, it's just not the same without her.

Joel - She's was such a nice lady. She's in a much better place.

Ricky - I liked her, she always said goodbye to me.

Elmer - She had a beautiful soul.

Felix - I always liked to see her ballet.

Alton - She was a wonderful young girl I'm going to miss her a lot.

Kelvin - She was a nice person.

Kathy - I loved to watch her dance her ballet.

Katrina - Her smile, the way she always made sure to say good morning to me and of course her ballet.

Aurora Social Rehabilitation Services

We're on the web!
AuroraServices.Org

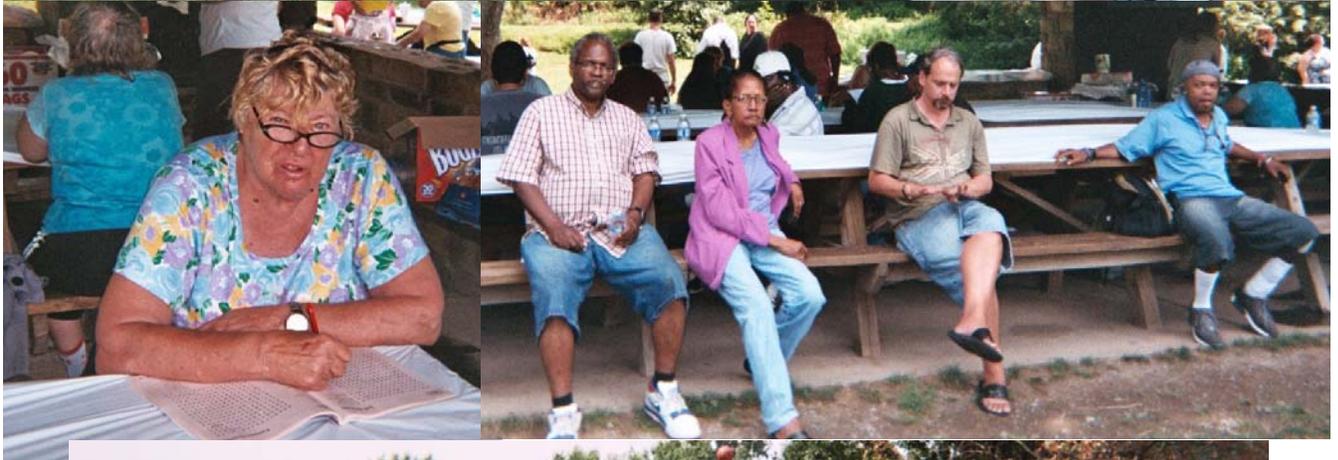
Thank You

Aurora would like to give a special thank you for the Discretionary Funds of The Foundation for Enhancing Communities that were used for the Hispanic Women's Support Group this year.

The Aurora Center

"Where loneliness ends and friendships begin"

is a community non-profit organization serving adults with mental illness and or intellectual and developmental disabilities in Central Pennsylvania that facilitates recovery among those served with opportunities for empowerment and self-direction through life skills training, educational programs and social activities.



Remember what makes us special is our differences, what makes us the same is our attitudes about those differences.