

AURORA TIMES

**Issue 5
Winter Edition**

February 2013

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FROM THE DESK OF THE EXECUTIVE DIRECTOR:

In November Aurora's past and present Consumers, Board Members, Staff and County dignitaries celebrated Aurora's 50 years of community service. Over 75 individuals took part in the event. Featured presenters were the Directors of the Dauphin and Cumberland Perry MH-IDD programs. A great time was had by all in attendance.

Since the closing of the Dauphin Clubhouse we have seen an increase in consumer participation. A number of the former consumers at the Clubhouse now attend Aurora. Special to this group is Kim P who also serves as the CO-Chair for the Dauphin County CSP. As the Executive Director I want to personally thank every consumer for their participation and dedication. During this tough budget time the consumers have made a difference in saving our valuable resources.

Soon the cold winds will be gone and we can turn our cabin fever to spring fever. We will once again have a flower club responsible for our Spring Beatification program. One of the special things is just looking out my office window and seeing all the flowers and shrubs planted and maintained by consumers.

Please keep in mind that we are only as good as the folks we surround ourselves by and Aurora is a great place to develop and maintain a great group of friends.

Owen Hannah, Executive Director.

By the time you read this article the groundhog will have made his discussion on six more weeks of winter or an early spring. Time certainly has a way of flying by, unless of course you are waiting for payday!

I am looking forward to the warm months so we can start our walks and drawing classes outdoors. By the next edition of the Aurora Times spring will have sprung and winter will be just a memory. So just when you think things will never get better, or your nights will never get warmer take a minute to remember just how short Winter really is.

By now everyone has had the time to review the new orientation manual. These policies help to ensure the safety and well being of every consumer that attends the center without feeling they are being discriminated against. Remember, if you feel you have been treated unfair you may refer to your grievance policy for answers. This policy is also included in the orientation manual.

SNACK SHACK NEWS



I'm happy to report that the Snack Shack running smoothly and showing a good profit. We had a suggestion from Elmer to sell ice cream sandwiches and popsicles. I think it is a great idea and we will begin selling them as soon as possible. Be sure to thank Elmer for the idea!



In *December* we were all in the giving spirit and voted to make a donation to a charity. The charity you selected was **Toys for Tots Marine Corp.** With the help of Val P., Dee J., Ray P., and Kimmy P. (see photo.) we made a trip to the center on a cold winter day in December and proudly gave a \$100 check to the organization.



For the month of *January* we decided to go out for lunch again. This time we voted to go to Subway. Please keep the ideas coming and keep up the good work I love all the activity that I see every day at the Center. I try to engage everyone it at least one activity each day whether or not you choose to participate is always your choice, but thanks to everyone the does because it makes my job feel worthwhile. We went Bird Watching in December, visited the Governor's mansion for the holidays, learned how to play backgammon (thanks Kimmy) and Bobbie even learned how to be a dinosaur digger. Whatever it is you choose to do throughout the day just remember this quote

"How we spend our days is how we spend our life"

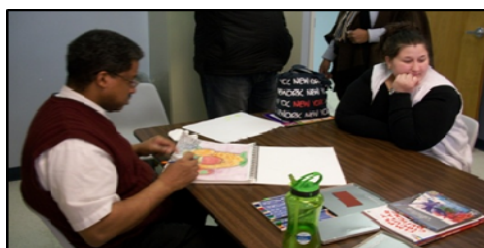


Bird watching at Wildwood Park

Drawing club meets several times through the month. Vernon is an active member



Learning to play backgammon



Bobbie digging for dinosaur bones



Visiting the Governor's Mansion for the Holiday



Traveling With Greg

By Greg W



The topic of this article concerns itself with what is here in Pennsylvania. Many people say there is nothing here to see. That is not true. For birdwatchers there is Wildwood Lake in Harrisburg and Hawk Mountain in Kempton. They are both areas wherein one can see and enjoy many migrating birds, at different times of the year. Sometimes Bald Eagles can be seen.

If you like railroads and trains, there is Roadside America, a huge train layout. The Strasberg Railroad has antique steam engines for people to enjoy riding and watching. There is also the Little League World Series Museum, available for the enjoyment of baseball enthusiasts.

The magnificent "Grand Canyon of Pennsylvania" is located in Potter County, in the northern part of the state, and is lovely. It could be considered God's country. In Harrisburg, at 4th & Dauphin Streets is the State Fire Museum, housed in a one hundred year old, restored firehouse, with lots of antique fire fighting equipment.

In my next contribution, we shall discuss The Little League of World Series.

There is no Hill, There is no Mountain

by Anthony W

In this world of tears and shattered dreams, of war and bitter wells of sorrow, there is no hill ; there is no mountain. We are pilgrims on a journey to The Great Light of wholeness which we cannot climb. There is no winter of grey with a chill of loneliness that cannot pass and give birth to a spring aglow with the warmth of sincere affections and the budding flowers of beautiful friendship.

We can weather every storm, we can come out of the darkness, we can overcome. We are champions, victors, winners and overcomers.

Let us rejoice, let us shout, let us celebrate who we are, who God created us to be. We are created to touch every star, and every rainbow.



TELL Me ABOUT...

By **Bobbie S**



Your Job...

Bobbie S - I Clean the bathrooms here at the Aurora Club and I love what I do because I keep them clean for my peers to use them and I always get good compliments on my job. I love my boss he's a great person and has a kind and loving heart. I'm very proud to work for him, his name is Owen. He's very special to me, he gives me good advice when I'm down. I could not ask for a better boss and friend. I love working here at the Aurora Club.

Greg W - I Love hanging the close and my boss.

Vernon S - My job was very quiet and calm. My boss was nice and let me do nice things.

John R - I enjoy all my co-workers and I love the way the things are set up and enjoy all the members. I love the family setting.

Val P - I worked in the kitchen at the old Aurora club 3 days a week assisting David the cook at that time. I did dishes, pots and pans, set up for lunch and assisted in making lunch. I enjoyed that time.

David S - For two years while in college I worked as a "non - clinical supportive counselor/office manager" at a drop-in center in Camden, NJ for the mentally ill homeless. I have great gratitude towards my supervisor for giving me the chance and opportunity to basically run the center myself and work in an area related to my major.

The Battle of the Century

By Andrea L

It's a chilly weekday. I'm sitting at the transfer center awaiting my next bus. Before grabbing a seat on one of CAT's famously cold benches, I had stopped and picked up some donuts for breakfast. All around me small, noisy birds were begging for food.

I'm a real softy so I gave in and threw the last chunk of my donut to the birds. Wow! The birds are everywhere; small one's , large one's. Each fighting for whatever small morsels they can get. They act as though they hadn't eaten in weeks. Somehow, what remained of the donut became caught in the branches of a small bush.

While watching the birds pecking at their trophy I notice small movements beneath this bush. What the heck? Am I seeing things? There it is again. As I stay very still and watch I notice three very small field mice darting in and out to take bites of the donut. And here is when the action starts.

As I watch the donut as if it's forgotten as the birds try to chase the mice away. But the mice ,instead of leaving , begin attacking the birds. Just before I begin to catch my bus , the birds and mice dive on the rest of the donut at the same time.

I will always wonder who won the "Battle of the Century", but I can only guess. Was it the birds or perhaps the mice?

What shall I take from this 'battle'? I may have to fight to get ahead on a daily basis but that is okay, because I deserve to win. Capture what you can from every battle and adventure. You can, and do deserve it.

Hippity Hop , aka Kandy: The Kangaroo

by Susan R

Once upon a time, there was a kangaroo whose name was Kandy and also known as hippity hop. We named him that because every now and then we would watch him hippity-hopping around. Out in the woods, in between the trees, every day, when you least expected it, there he was hippity hopping around. Again, he never missed out on anything around. Hippity Hop was jolly old soul. So one day I threw him a carrot and he was crunching away on it. So the next day, he came back for more. he enjoyed this, every day then he knew that by he made a dear friend, for life. And a special one at that.

Poetry

Honesty

By Keith D

It pierces the heart, slim and straight,
Warming the body from head to foot,
Shielding the soul against cynicism.
The beam fills the darkness with light,
It's immortal and powerful as any angel.

Faith

By Keith D

A house filled with laughter and running
feet.
A playground filled with children,
A body brimming with life.

Infinite Inspiration

By Keith D

Vistas that open before you,
Stray thoughts that won't go away.
Feelings gotten from watching people,
And words opening limitless possibilities.

I Am

by Bobbie

I am polite and special
I wonder how my daughter is feeling
I hear myself sing
I see flowers
I want to be a better person myself
I am polite and special
I pretend I'm having another baby
My guardian angel is watching over me
I touch the hand of God
I worry about my life
I cry when I am upset or mad
I am polite and special
I understand I have a wonderful daughter
I say I have a good life
I dream of being very happy with my
daughter
I try to do my best
I hope the future for my daughter
I am polite and kind.

Tiny Hands

By Keith D

Reaching into the past,
Struggling to encompass the present,
Groping an uncertain future.

CLEAN COAL: A Contradiction in Terms?

An Editorial

by David S

Coal has been used as a source of heat since before the Middle Ages. In the United States, it is the leading cause of trapped greenhouse gases and the greatest contributor to Global Warming.

It produces dirty air, water, acid rain, birth defects, childhood asthma, repertory diseases, neurological diseases and cancers that claim more than 75,000 lives per year, according to a report on Chemical Contamination in the Human Environment by the American Cancer Society.

It is a valuable economic resource almost exclusively to it's mostly, very rich investors...the myth that it creates "good jobs" to many people can be debunked by the fact that those area's wherein coal mining is the primary economic source occur in states and regions that represent our poorest area's with the highest rates of poverty and the lowest rates of upward mobility. Do the math yourself, examine the demographics and tell me, if you have any concern at all about any issue that you don't see as directly involving you. But it does involve you. It involves all of us.

The term "clean coal" is a contradiction in terms. In the following paragraphs I shall explain why this is. The term "clean coal" gained momentum in popular parlance after former President George W. Bush appointed a former coal lobbyist to head the Environmental Protection Agency (a former coal lobbyist as head of the EPA?? Come on!) after the industry spent more than \$50 million dollars on a campaign , mostly on propaganda advertising, in order to sway public support for more coal fired power plants.

If you believe something just because you see it on TV, you might be under the impression that "clean coal" technology already exists. If tobacco companies were allowed to advertise on TV , they might tell you that "healthy cigarettes" exists. But they do not. It's bullcrap!

Coal companies tell us that their coal-fired power plants are "70% cleaner than they were 45 years ago". What they fail to mention is that those air quality improvements are due entirely to the Clean Air Act and it's associated amendments, legislation they fought tooth and nail to oppose, along with their Republican allies, our nation's laws , which the coal industry continues to undermine.

Despite the good efforts set forth by the Clean Air Act, there are currently no laws in the United States limiting global warming pollution. Consequently, these coal fired power plants have been churning out more and more heat-trapping gases than ever.

The ramifications of the coal industry go far beyond acid rain, global warming and other types of air pollution. What is left behind from burning coal consists of highly toxic heavy metals, such as arsenic, mercury and benzene, and other known carcinogens that will remain indefinitely in over 1000 landfills across the country. We are lucky, incidentally, of that which does end up in these toxic waste dumps. Much more, an unknown amount to be precise, is dumped into water supplies and other illegal and informal toxic waste dumps. There are over 600 surface ponds used to store this left over toxic coal waste, without any effective federal government regulation or oversight. Why do you think the Republican Party, the representative of big business (including big coal) dislike "regulations" and want to eliminate the Environmental Protection Agency? Is it just a coincidence, their wanting to eliminate what they and their lobbyists consider "unnecessary regulations"? Some of these "unnecessary regulations", as referred to in the context of this paper, prevent this left over toxic byproduct of the coal industry from leaking out into river systems, aquifers and farmland.

Yet this, what I would consider to be a criminal contempt for our environment and the drinking water that pours from our taps and the food the ends up on our tables, is not enough. Greed knows no bounds. In fact the industry wants to bring you more, all the while decreasing or eliminating regulations, transparency and any environmental safeguards. The coal industry, their lobbyists and the Republicans in Congress (and even some Democrats) are pushing for the construction of more than 60 new coal-fired across the country within the next decade. Billions of dollars in corporate profits are being made and millions are being spent to ensure that little or no regulation or environmental safeguards to protect society at large from the toxic, carcinogenic byproducts that will inevitably result from this unfettered expansion of a toxic and archaic industry.

The coal industry and their lobbyists, along with all the rubes that have been duped by them, ignore and disregard the high stakes - good, cancer-free health, clean air and safe water. People are willingly to blindly accept the tenants and propaganda of an industry that will bring no direct benefit to them personally (at least the coal industry and it's lobbyists are well paid). Tell me, what's in it for you?

Val's Recipes

Cream of Broccoli Soup

| | |
|------------------------------------|-------------------------------|
| 4 chicken bouillon | 1 cup shredded carrots |
| 8-oz pkg. frozen, chopped broccoli | 1 large onion |
| 4 pieces whole American cheese | 1 large potato peel and diced |
| 1/2 cup flour | 1/2 cup butter |
| 4 cup milk | |

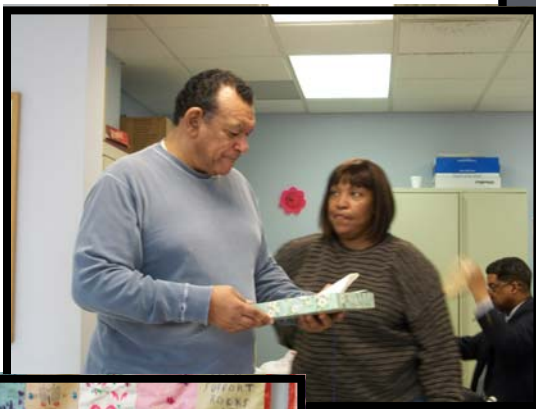
Cook broccoli, carrots, onion, potato and bouillon cubes 3 cups of water until potatoes are soft. Do not drain. In another sauce pan mix flour, butter and milk. Heat until butter is melted and then ,mix with vegetables. After all is mixed and heated add four slices of white American cheese. Melt the cheese and stir, but do not boil.

Granny's Goulash

| | |
|-----------------------------|-------------------------|
| 1lb hamburger | 1 cup shredded cheese |
| 1/4 tsp. garlic | 1 small onion |
| 1 can mixed veggies | 2 beef bouillon cubes |
| 1 can cream of chicken soup | 4 to 6 potatoes, peeled |

Cook hanger, onion and garlic with bouillon cubes. Slice potatoes and grease casserole. After hamburger is cooked put it in the greased casserole dish, add mixed vegetables, potatoes and cream of chicken soup. Sprinkle cheese on top and bake at 350 for 1 hour and 15 minutes.

A Day in the Life of Aurora Center



Aurora Social Rehabilitation Services

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.

Aurora Would Like To Thank The Following Organizations

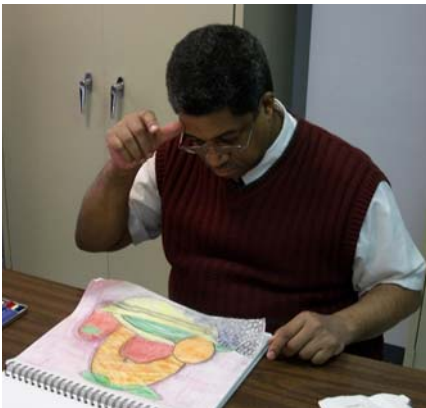
The *Josephine S. Brenner Philanthropic Fund of the Jewish Community Foundation Of Central Pennsylvania* for their generous donation \$1000 with special acknowledgement to *Ms. Macht.*

The *Alyce and Morton Spector Philanthropic Fund #2 of The Foundation for Enhancing Communities* for their generous donation of \$100 on behalf of *Mr. and Mrs. Morton Spector.*

The Aurora Center

"Where loneliness ends and friendships begin"

**We're on the web!
AuroraServices.Org**



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