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AURORA TIMES

**HARRISBURG CENTER, DAUPHIN COUNTY, PA
SPRING EDITION 2016**

**A PLACE OF CARING, KINDNESS, RELAXATION &
FUN WITHOUT JUDGMENT.**

Harrisburg Aurora Center Happenings

By: Donnel Brown, Staff Advisor

The Harrisburg Center's Individual Mental Health Rehabilitation (IMHR) program is expanding all the time. You all should know about IMHR Cooking. If you live independently and need to learn how to cook besides using the microwave, fill out a form for IMHR. We now require everyone involved in IMHR to have basic computer skills. If you are interested in developing basic computer skills or improving your computer and/or typing skills, you can find a short form for the IMHR computer classes where you submit payment for bus passes.

We can do it, yes we can!

The Center continues to offer quality information sessions and workshops. Don't miss this great opportunity to increase your mental health and overall holistic intelligence. These sessions and workshops are held in different areas of the center. Listen for the announcements and become engaged.

—Engaged: to occupy the attention or efforts of a person or persons; to become involved, absorbed in learning; to show interest; to oblige one's self; to commit and contribute.

We started a 90-day weight loss challenge called The Biggest Losing Team (BLT). This challenge is going on at the Cumberland and Perry County Centers as well. At the beginning of August is when we'll know just how we did. If you have been off track, as I have, this is a reminder to get back on track. Just like we can restart our day at anytime, we can restart our goals whenever we get off track...We can do it!!!!

In this edition you will find familiar items including how Centers members like to spend their time in the colder months, new stories, poems, recipes and Center Happenings over the past quarter...events, news, etc.

ENJOY!

Characteristics of a Good Person

Self-improvement is an important topic. An important question concerns how to be a better person. Most of us want to be good people, but what makes a good person? What are the qualities or characteristics of a good person?

A simple answer to the question of how to be a good person is to strive to be someone that others would like. A more complex answer might be specific attributes that would reflect being a likable person. Some of the qualities in a "good" person or "good" personality traits are:

Altruistic/Altruism

A good person may be an altruist more than an egoist. Being altruistic or an altruist is one of the more admirable qualities. Altruism is selfless helping. You help someone because you are concerned about the person's welfare. Altruistic people not only help the people they know, but they also help people they do not know. Altruistic people have the strength to make a difference in the lives of others and to do the right thing.

Empathetic or Empathic

Empathy can be viewed as a defining attribute of being human, and one of the most important attributes that a person could have. Being empathetic can be viewed as a primary attribute of a good person.

People may wish to feel understood and that others can feel what they feel. A person who is empathetic will express that he or she understands what the person is saying. This can be done by making statements that reflect that you understand. This is generally done by relating to someone's story by telling your own similar story.

From the desk of the

Executive Director - Owen Hannah



Spring has sprung and with the new shoots peeking through so too will there be new things at Aurora. We are a few days away from the end of fiscal year 2015-2016 and once again we have accomplished a great deal. Fresh coats of paint for the spring has really brightened up the Harrisburg Center. It's also great to see the 10 inch tree that I planted about 5 years ago standing over 6 feet now and healthy as ever. Like the small tree, Aurora has grown and will continue to grow with the addition of a new program entitled Project Courage.

I announced to both Aurora staff and members of my semi-retirement. This summer I will be going from full-time to part-time and Aurora's current Assistant Executive Director and 16 year employee Kim will be promoted to the Executive Director position. At my recommendation, the Board of Directors unanimously approved Kim's promotion. I'm positive that Kim will continue to serve the consumers well. She has all the tools necessary and I am extremely excited about her assuming the duties.

I will bid my farewells and sincere thanks in our next newsletter. However I will be signing off for the last time. I sincerely hope that during my tenure and your support we have met our goals.

I love every member, past and present. I truly hope that I have provided you the best!!!!

More Characteristics of a Good Person...

Moreover, because empathy is the combination of both understanding and feeling, the empathic person also feels what another person feels. It is important to express emotion, and not just state that you can understand what the person is going through.

Responsible

The emotionally mature person will take responsibility for his or her actions. S/he will not avoid blame for negative outcomes that s/he caused. A responsible person realizes that a reasonable person has a responsibility to be careful and make wise decisions.

Honest/Honesty

The good person believes that honesty is the best policy. Good people strive to be honest with others and themselves. Honest people have a thick skin when it comes to doing what is right. They stand up for themselves and others. They have close friendships and are trusted by others. Ask yourself, how honest have I been today, if you fell short, try harder tomorrow.

Fair

The good person is fair in his or her decisions. Fairness reflects being *relatively* free from personal biases. A fair person wishes to work for the common good. S/he reflects a commitment to basic principles of what is right or wrong. Honesty and fairness go hand-in-hand.

Source:

What Does Mother's Day Means to Me

What Mother's Day means to David J

Relaxing day mother took good care of us. Cooked and clean and supported us. Everyday we appreciate her.

What Mother's Day means to Valerie

My mother took good care of all of us then my mother got ill. I took care of her. I love her very much.

What Mother's Day means to Kathleen

I like Mother's Day because I got mom flowers and made her a great meal. We appreciated her everyday.

What Mother's Day means to Ben

He is very thankful she's still here.

What Mother's Day means to Rosie

That she is a good mother and father. I love her very much from the bottom of my heart.

What Mother's Day means to Darin

A mother taking care of her child or children and being very good at it.

In My Spare time

When I am not at Aurora I like to....?

Name: Shelly

In my spare time I like crocheting, maxing wreaths or helping someone.

Name: Kenny

In my spare time I like to go fishing and play pool.

Name: Wanda

In my spare time I like to watch the ID channel and do the word search.

Name: Fay

In my spare time I like to type and take walks. I also like to play games and watch television.

Name: Marcus

In my spare time I like to play on the computer.

Name: Ricky

I like to listen to music and go to the library. I also like to wash the dishes.



What Aurora Means To Me.....

Angie M.

What did you do before you came to The Aurora Center?

I spent a lot of time alone.

How did you hear about The Aurora Center?

Through my case manager and therapist.

When did you start coming to The Center?

I started coming two years ago.

Why do you come to The Aurora Center?

I come to the Aurora Center because I find peace and my family is here.

Michelle (Shelly)

What did you do before you came to The Aurora Center?

I stayed home.

How did you hear about The Aurora Center?

Raymond told me about the Aurora Center.

When did you start coming to The Aurora Center?

I started coming to the Aurora Center a year ago.

Why do you come to The Aurora Center?

I come to the Aurora Center because of Hope Troupe. And I come to the Aurora Center because of my case manager thought it would be a goal for me to get out the house.

Kelvin

What did you do before you came to the Aurora Center?

Before the Aurora Center I was working.

How did you hear about The Center?

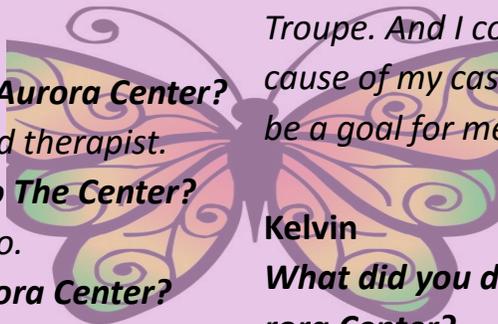
I was living in Keystone and heard about Aurora while in the program.

When did you start coming to The Center?

I started coming to the center around 1982.

Why do you come to The Aurora Center?

I come to the Aurora Center to get help with my mental health problems.



AURORA MY KEYSTONE

It is my cornerstone.

*It is the stone that maintains my life, that holds
the arch that defines it.*

*I am a grown man, but here is where I learn to eat
healthy. Here is where I learn to satisfy my spir-
itual hunger.*

*For relationships; it forces me to socialize even if
it's just doing my share of the upkeep, the daily
chores.*

*It is here that I merge with the lives of those
around me, meeting their families through stories.*

*In conclusion this place is my shelter, it keeps me
safe from the outside world and allows me to
reach out to the world through the works I gener-
ate.*

Collaborated by: Keith and Donnel



Mothers Give

By Anthony W.

Gold of Love

Mothers guide like silver stars

Mothers keep shining all our lives
through, like

The Sun that blesses the Earth.

Mothers nurture like the rains of Spring,

To us Mothers are everything.

God preserve, protect, and keep Mother-
hood like the finest jams, like the most
saccharin fruit.

Living is Giving

By: Anthony W.

Living is giving,
Our days should be sunny with generosity.

Living is giving,
Our days should be about others
Should flow with the music of making a
difference

Living is giving,
Let's keep this truth in our hearts

Music

By Anthony Watson

*Music, what a gift to the world.
It lifts our souls higher than an air-
ship. It touches our hearts in such a
spiritual, endearing way.*

*Like the glorious affection of our
friend in the sky of dreams, the Sun.*

*Music is the treasure that moves our
emotions, moves our feet.*

*Every note, every melody, every chord is
like a rocket ship to the starry skies
of pleasure, to worlds of joy like no
other.*

*It always carries us away to a place
so spiritual, a place of the soul where
we are free, free to dream, free to
hope, free to be happy.*

Cooks Corner



Tuna Helper Surprise

An original recipe from our IMHR Cooking class

Written by: Darin H.

Recipe Serves: 10-15
Prep Time: 10 Minutes
Cook Time: 45 Minutes

Casserole Ingredients

6 Cans Cream of Mushroom Soup
6 Cans Chicken Tortilla Soups
3lbs or 33 oz. of Tuna
3lbs of Peas
2 ½lbs of Egg Noodles
24 oz. of Cheddar Cheese
16 oz. of Cream Cheese
4 cups of milk



Casserole Directions

- ◆ Put uncooked egg noodles into a full-size aluminum pan.
- ◆ Open the cans of mushroom soup and pour it over the noodles. Mix well.
- ◆ Open cans of chicken tortilla soup and pour over noodles and soup. Mix well.
- ◆ Pour milk into casserole and mix well.
- ◆ Cut cheddar and cream cheese into pieces and put into casserole. Mix well
- ◆ Add tuna and stir.
- ◆ Add peas and stir.
- ◆ Put bread crumb topping on entire casserole.
- ◆ Put in oven at 400 degrees and bake covered for 30 minutes.
- ◆ Uncover casserole and brown topping for 15 minutes or until crunchy and golden brown.

Topping Ingredients

32 oz. Seasoned Bread Crumbs
1lb of Butter

Topping Directions

- ◆ Heat pan on top of stove on medium heat, then add sticks of butter into it and let melt.
- ◆ Then when melted pour seasoned bread crumbs into butter and stir until melded together.
- ◆ Then pour seasoned bread crumbs over casserole

The History of Earth Day

Edited by: Scott K.

Although April 22 2016, has come and gone, the heritage, history and spirit of Earth Day continues through the rest of the year. Throughout the rest of the year, “green events” and “green projects” continue to focus on raising public concern for all living organisms, the environment, and links between pollution and public health. In essence, Earth Day is an annual celebration (always on April 22nd) through rallies, contests, service projects, lectures and other grassroots efforts. Activities held on April 22nd attract the consciousness of countries around the world to honor our home earth.

Through the turbulent time of the mid to 1960's, environmental concerns and awareness culminated on April 22nd 1970 with the birth of the modern environmental movements. This helped lead to the creation of the United States' Environmental Protection Agency. The context of the political issues of the 1960's was the starting point for concern about the Environment. Events of the 1960's such as the Counter Culture Revolution on college campuses and cities across the United States, the “British Invasion” of music, political assassinations, post-World War II growth of the economy, college campus protests of the Vietnam War, and fear of the Cold War going hot, all culminated in the creation of Earth Day celebrations.

In the Spring of 1962, the story of Silent Spring by Rachael Carson was published. It exposed the hazards of using the pesticide DDT. Silent Spring is a story that shows how advanced technology can alter the interconnectedness of nature and all living things on Earth. Silent Spring's lasting heritage is the provocation, celebration, and belief in the radical new proposal that all life forms are vulnerable to interventions from manmade intrusions into the natural order. Technological progress can become so fundamentally at odds with nature, that the technology needs to be altered in order to preserve nature. Silent Spring awakened environmental awareness in the United States. Against the backdrop in the United States' of a burning rage and anger expressed in anti-Vietnam War protests, Earth Day 1970, put the issues presented in Silent Spring on the front page of newspapers and national news.

Earth Day founder Gaylord Nelson, a senator from Wisconsin, was inspired by the sights he witnessed in the 1969 oil spill in Santa Barbara, California. Nelson took a clue from the times in which he lived. Inspired by the antiwar movement, he put environmental concerns onto the national political agenda. In the U.S. Senate, Nelson recruited Denis Hayes from Harvard as the coordinator for a “National Earth Day”. April 22, 1970 witnessed parks, college campuses, auditoriums, walks, and conventions. Twenty million individuals protested for a healthy sustainable environment. Each day of 1970 saw an increase in environmental consciousness. Organizations, government agencies, laws that grew out of this new environmental consciousness include the Environmental Protection Agency, Clean Air Act, Clean Water Act, and the Endangered Species Act.

Twenty years later, Earth Day 1990 went global. Activities were planned in 141 countries involving over 200 million people. Five years later, in 1995 President Clinton awarded Senator Nelson the Presidential Medal of freedom (highest honor that can awarded to a civilians) in his role as founder of Earth Day. In 4 years, in celebration of Earth Day will celebrate its first 50 years of existence in the year 2020. It will be against this backdrop that corporations and individuals will need to set their sites for further progress, investigation and challenges.

Gardening 101

Edited by: Scott K.

Spring: the season after winter and before summer, in which vegetation begins to appear. In the northern hemisphere from March to May and in the southern hemisphere from September to November: "in spring the garden is a feast of blossom." —Webster Dictionary Online

The bitter cold days and nights of Winter have given way to a new Spring. The work of Winter- shoveling, ice scraping, spreading salt, are replaced by the new plans for Spring. Every new Spring brings new plans to celebrate being outside. There are many things to enjoy during longer days. During the long days of Spring under the new Sun and temperatures we experience hope and renewal. One constant activity with Spring is the planting of various types of flowers, vegetables, fruits sonings. In spite of our questions concerning what to plant, and where to our answers come from temperatures that have proven beneficial in help- answer our questions.

The template is quite simple: idea, research, execution and attention. step of the template is the most exciting and basic: our idea. It is im- to constrain our imagination in designing what we hope to plant and grow. creative stage of formation our goal is to find out ties are as endless as our imagination. Do we fruits, vegetables and spices- the list of poten-

Now comes the research steps. The more rewards in the weeks to months when our research are varied from the internet, garden- nacs. The more questions that are answered, planting and growing need to be plants will be ments, plant- be able to share the soil with each other.

The exe- cultivation plant re- and to taring, and sun growth



Spring's warming associated and sea- plant them, ing to an-

The first portant not In this cre-

what we hope to grow. The possibili- want exotic plants, flowering plants, tial entities is unbounded.



time that is spent in research will yield plans come to fruition. Resources for ers, nurseries, local farmers and alma- the less uncertainty there is in the of the plants. Examples of the ques- answered include: soil PH, water lev- in the sun, optimal temperature, soil ing times and compatible species

cution of our research and plan comes next. This is the planting and of our chosen plants. Closely following the planting is the attention each quires for their sustainability. In this step we continue to ask questions take active attention towards the garden. Testing the PH of the soil, wa- application of temperature knowledge, weeding, supplement delivery, exposure are all important actions in the effort to sustain and continue and fruitfulness of the garden.

By using the information in this article, everyone can transform a small plot of dirt with growth of annuals, perennials, flowers, fruits and vegetables. A small plot is boundless in its possibilities or potential and is only limited by our ideas and imagination. A new season of growth and color is here after a long dark Winter. The time has come to get our hands dirty, to bring out the beauty latent in our imagination from the small plot. Enjoy!

Member Spotlight

Darin H. Member Spotlight Interview

Interview by: Anthony W.



Q: How long have you been coming to the Aurora Center?

A: I have been attending about 5 or 6 months.

Q: What do you like best about the Aurora Center?

A: Socializing and attend meetings, workshops and cooking class. Socializing and going to workshops is helpful to me. It's fun here.

Q: What is your greatest accomplishment?

A: Wrap class. I have gotten a lot of recovery out of it.

Q: How do you want to be remembered?

A: I want to be remembered as a person who can socialize. I want to be remembered as a productive member.

Q: Would you recommend the Aurora Club to others?

A: I would recommend Aurora to others.

Q: Are you satisfied with the Aurora Club?

A: I feel Aurora could be a better program If there was more stuff to do. I would like to have more parties. We can do Karaoke or a Hawaiian Luau.

Q: Do you see yourself being in the Aurora Club for a long time?

A: Yes, I see myself being in the Aurora Club for a long time.

Aurora's Social Skills/Social Etiquette and Harassment Guide

Harassment/Bullying

It is important to note that conduct of harassment does not have to be frequent. One or two isolated incidents, occasional teasing, or offhand comments qualify as harassment. Aurora is contractually obligated to ensure all consumers are not discriminated against on the basis of race, ethnicity, religion, disability, age, or gender. **Sexual Harassment** is any unwelcome sexual advances, request for sexual favors and other verbal or physical conduct of a sexual nature that tends to create a hostile or offensive environment.

Verbal Conduct

- Jokes, slurs and/or comments of a sexual nature
- Requests for sexual favors
- Insulting remarks directed toward a person relating to gender
- Unwelcome sexual advances, invitations or propositions
- Sexual comments about a person's body or appearance
- Threats or actual retaliation after a negative response to sexual advances
- Talking about sex or your sex life, or asking intimate questions
- Vulgar, offensive or bad behavior
- Repeated requests for a date even when rejected

Physical Conduct

- Offensive or sexually offensive touching
- Repeatedly violating someone's personal space
- Blocking or making motion difficult
- Brushing up against a body
- Touching, hugging or kissing
- Patting, grabbing or pinching
- Any unwanted or unwelcome physical conduct



Non-Verbal Conduct

- Staring or leering at someone's body
- Obscene motions, gestures or sounds
- Posters, pictures, objects, cartoons, drawings, letters, notes, stories, statues, that are sexually suggestive or pornographic, or that are displayed, posted, or viewed on the internet or sent by e-mail or text message.

In general, a hostile environment ensues when there is discriminatory conduct or behavior that is unwelcome and offensive to a Consumer or group of Consumers. Anyone found in violation of a prohibited act against another Consumer will be subject to the "Consequences of our Prohibited Acts Policy" section mentioned above.

Although, laughter is good for the soul, Consumers must be aware that practical jokes, pet names such as honey, sweetie, cutie, sexy, or other street names like bitch, hoe, and pimp, etc. are unacceptable here at Aurora, and offensive to our Consumers.

Recycle Bicycle

2266 Atlas St. Harrisburg. Pa 17110



Summer Hours at Warehouse

Mondays 12:00 – 4:00 pm

Tuesdays 5:00 – 8:00 pm

Recycle Bicycle Harrisburg is a focal point for repurposing abandoned, unwanted bicycles and teaching bicycle safety and maintenance. These bicycles are repaired / rebuilt and returned back into the community to people who need them either for transportation or recreation.

We are also an official bicycle registration center for the Harrisburg Police Department.

Ross Willard Named Volunteer of the Year

On April 21, Ross Willard, founder of Recycle Bicycle Harrisburg, was presented with the Volunteer of the Year Award. Ross began his non-profit service over 15 years ago...

**Recovery Works
Summit 2016**

September 27, 2016

Sheraton Harrisburg Hershey Hotel
4650 Lindle Rd
Harrisburg, PA 17111

InterNational Association of Peer Supporters

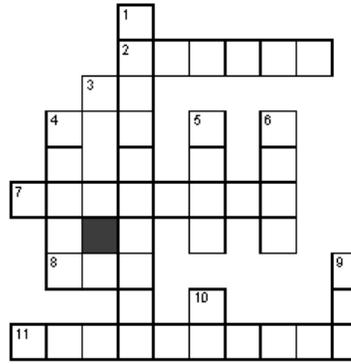


2016 National Conference

Philadelphia, PA
August 26-28



Summer Words



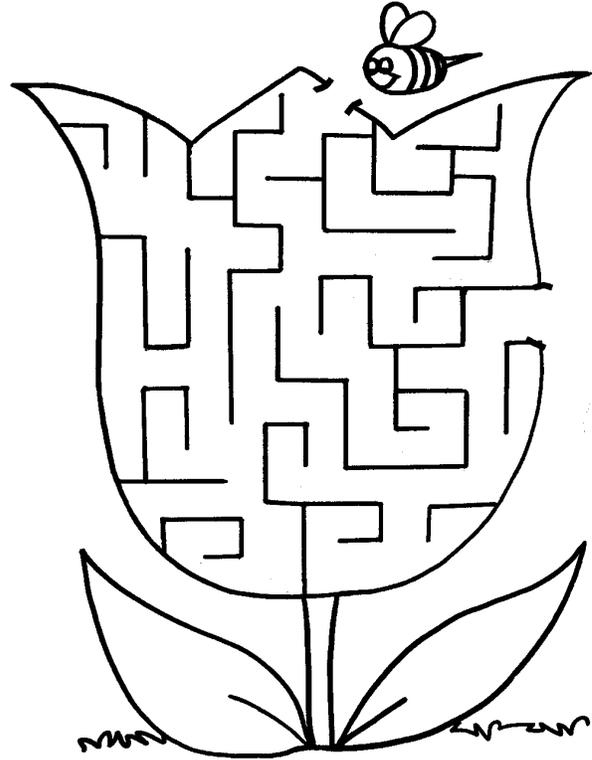
bogglesworld.com

Across

2. The month at the end of summer.
3. The book is ___ the table.
7. The time when you don't go to school.
8. How's the weather in summer?
11. A big fruit you eat in summer.

Down

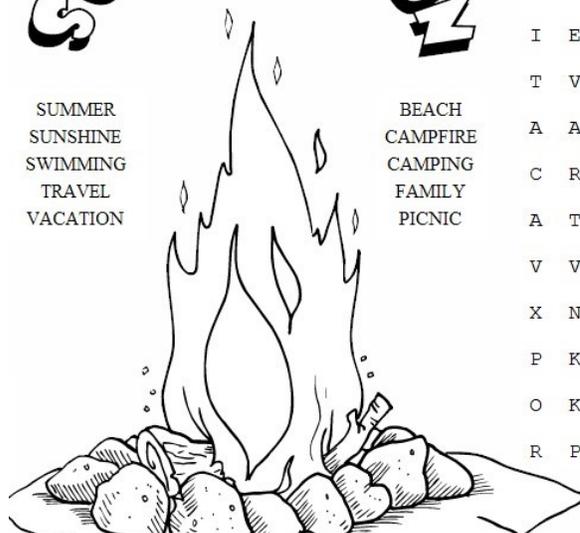
1. What do you make at the beach?
4. You go to the _____ in summer.
5. What do you do at the beach?
6. The month at the beginning of summer.
9. A machine that makes you cool?
10. I ___ swimming.



SUMMER FUN

SUMMER
SUNSHINE
SWIMMING
TRAVEL
VACATION

BEACH
CAMPFIRE
CAMPING
FAMILY
PICNIC



WORD SEARCH

N	K	Z	F	L	T	C	P	L	D	W	L
O	L	W	I	E	R	I	F	P	M	A	C
I	E	S	H	D	U	B	I	J	X	G	G
T	V	M	U	K	J	K	E	C	H	N	I
A	A	F	G	N	Q	Q	P	A	I	A	L
C	R	W	A	E	S	P	D	M	C	P	D
A	T	Z	T	M	J	H	M	G	P	H	S
V	V	R	Y	C	I	I	I	J	D	R	U
X	N	G	J	Z	W	L	C	N	K	T	M
P	K	M	V	S	T	J	Y	L	E	R	M
O	K	T	U	G	N	I	P	M	A	C	E
R	P	I	C	N	I	C	W	C	O	C	R