



Center piece created by: Angie M.  
Picture by: Mitzie M.

# AURORA TIMES

**HARRISBURG CENTER, DAUPHIN COUNTY PA  
WINTER EDITION 2015-16**

*A Place of Caring, Kindness, Relaxation &  
Fun Without Judgment*

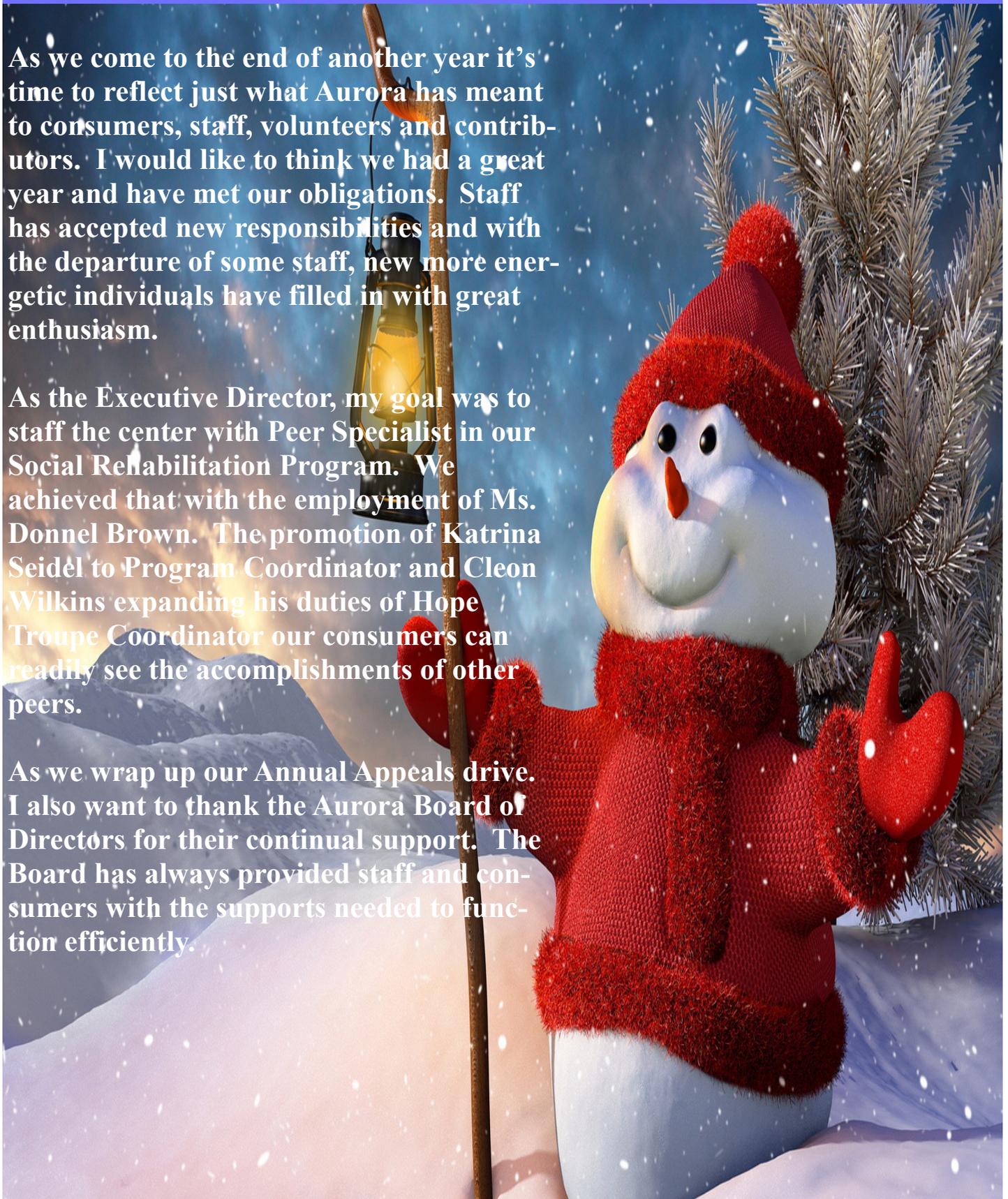
# From the desk of the

*Executive Director - Owen Hannah*

As we come to the end of another year it's time to reflect just what Aurora has meant to consumers, staff, volunteers and contributors. I would like to think we had a great year and have met our obligations. Staff has accepted new responsibilities and with the departure of some staff, new more energetic individuals have filled in with great enthusiasm.

As the Executive Director, my goal was to staff the center with Peer Specialist in our Social Rehabilitation Program. We achieved that with the employment of Ms. Donnel Brown. The promotion of Katrina Seidel to Program Coordinator and Cleon Wilkins expanding his duties of Hope Troupe Coordinator our consumers can readily see the accomplishments of other peers.

As we wrap up our Annual Appeals drive. I also want to thank the Aurora Board of Directors for their continual support. The Board has always provided staff and consumers with the supports needed to function efficiently.



# Harrisburg Aurora Center Happenings

By: Donnel Brown, Staff Advisor

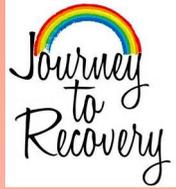
The Harrisburg Center is hopping as usual. We have had many new and returning members walk through these halls in the past few months including, Darrin H., Gail S., Miguel C., Tobias A., Pope M., James L., Brian L., Warren E., ... **Welcome!!**

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!**



## What Does Aurora Mean to Me

An Aurora Exclusive with  
*Clarissa E.*



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

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

**Aurora:** How did you hear about the Center?

**Clarissa:** From my CMU case manager.

**Aurora:** When did you start coming to the Center?

**Clarissa:** I've been coming about a year now.

**Aurora:** Why do you come to the Aurora Center?

**Clarissa:** Because I like the peace of mind and to be part of different activities.

## In My Spare Time

Aurora times interviewed some of our members, to ask...when you're not at aurora I like to...?



**Rickey:** I like to listen to music and watch variety shows.

**Doris:** I spend much of my spare time reading. Currently it's a book about the future of alternative energy sources.

**Clarissa:** I like to shop.

Susan: I like to crochet, watch TV, play the flute and read.

**Selina:** I like to go to the movies, shop at the mall with my best friend, Val, and go to church every Sunday. I also like to paint pictures.

**Angie:** I play with my kitty cat.

**Barb:** I like to play games with my granddaughter.

## What Does Aurora Mean to Me

*By Mitzie M.*

### What did you do before you come to the Aurora Center?

I was living in Paterson, New Jersey I decided to come to Harrisburg for a change of life on September 15, 2013. I was not doing good things for myself or taking care of my health. I had a very low self-esteem and I was on the verge of giving up.



### How did you hear about center?

I heard about the Center through my CMU case manager. I live with ADHD and Bipolar and she didn't want me to try to do anything that would affect my well-being.

### When did you start the coming to the center?

I came to the Aurora Center in September 2014

### Why do you come to the Aurora Center?

When I am not at HACC or doing other things that I am committed to do. I come to the Aurora Center because it helps me to learn to deal with people on life's terms and it shows me self-control. Also it gives me a reason to not give up on myself when things get hard for me in school and in everyday life itself.

### Important lesson learned at the Aurora Center?

When I first came to the Center I had some problems with people, but as time has gone by, I learned self-control that has helped me to make some good friends at the Center. The most important lesson I have learned is **self-control**.

## SNOW

By Kristian B.

Snow is precipitation in the form of flakes of crystalline water ice that falls from clouds.

Since snow is composed of small ice particles, it is a granular material. It has an open and therefore soft, white, and fluffy structure, unless subjected to external pressure. Snowflakes come in a variety of sizes and shapes. Types that fall in the form of a ball due to melting and refreezing, rather than a flake, are hail, ice pellets or snow grains.

The process of precipitating snow is called snowfall. Snowfall tends to form within regions of upward movement of air around a type of low-pressure system known as an extra-tropical cyclone. Where relatively warm water bodies are present, for example, lake-effect, snowfall becomes a concern downwind of the warm lakes within the cold cyclonic flow around the backside of extra-tropical cyclones.

Source: Wikipedia

### ***DID YOU KNOW?***

Did you know? Chief meteorologist Cecily Tynan of WPVI – 6 ABC Action News & AccuWeather.com measured 7.5 inches of snow, which is the biggest snowfall of the season? She measured it on March 5, 2015 at Philadelphia International Airport!

## A Selection of Works By Anthony W.

### GARDEN OF DREAMS

*As we put the Aurora outdoor garden to bed in October, Anthony wanted to commemorate our community garden with a poem.*

**Garden of Dreams Blooming with Love and devotion, Blooming with Joy and bringing that heavenly, happy emotion, Garden of Dreams with seeds of tender loving care Sown, Dreams of Something special and priceless and grown. Every day and in every way let's nurture the Garden of Dreams, the crops of goals, Let's fertilize with abiding faith of farm of prayers with a faith that never grows old.**

### *Holidays at Aurora*

*The ornaments are displayed  
The happy decorations are aglow  
The spirit of joy fills the heart,*

*And the good and bountiful food is heaven to our taste buds  
We the Aurora family do the Holidays right!*

*Everyone is happy,  
and if there is anyone who is unhappy,  
We make sure they are glad and leave behind sad feelings,  
thoughts, and songs*

*We know how to celebrate, to throw a festival,  
to make a joyful noise.*

*Happy Holidays, happy memories, happy times...we really know  
how to do it at the Aurora Club...we do the Holidays right*



### *As One at Christmas*

As one at Christmas,  
O what Joy,  
O what Love,  
If it can only be  
As one throughout the world,  
The light of Love shining in  
every heart,  
Making one beautiful light of  
the True  
Christmas spirit  
As one at Christmas and eve-  
ryday of the New Year  
If it can only be, if it can only  
be...

## THAT'S CHRISTMAS

*Love uplifting,  
Love showing the way,  
Love touching the world with all of its fullness,  
That's Christmas!  
Sadness turned into joy,  
Values and principles handed out to the precious children alone with pretty toys.  
The light of Goodwill more beautiful than the evergreen tree, so merry and bright.  
That's Christmas!  
That's the spirit of the Holiday of Love,  
The Holiday of Cheer.  
Let this spirit carry on into the New Year.  
Let us carry the Love and kindness and generosity of Christmas in our hearts.  
Let us carry that Love every day we walk on God's green and beautiful Earth.  
That's Christmas!!*



## Cook's Corner-Holiday Recipes



### BEEF KEFTA - MEATBALLS

Kefta was made after mixing, ground beef with grinded parsley, onions, garlic salt, and garam masala.



fry onions, garlic, garam masala, tomatoes, dry mint leaves and add the kefta balls in it. fry for 3 mins, add water, salt. Bring to boil for 10 mins, and whoa!

**Note:** use 4 tomatoes for meat 1 pound of meat.

Below is a typical recipe served at the celebration of Three Kings Day (January 6 Puerto Rican Christmas; also known as the 12th day of Christmas and the Feast of the Epiphany)

Thanks to Mitzie for  
Delicious recipe



### RICE WITH PIGEON PEAS

#### Ingredients

- 2 cups of whole-grain rice
- 5 cups of water
- 2 tbsp annatto oil
- 2 tbsp sofrito
- 1 vegetable bouillon cube
- 1 tsp salt
- 1 ½ cups fresh pigeon peas – if they're dry, you will need to soak them for about 2-3 hours before using them in the recipe
- ½ cup of stuffed Spanish olives

#### Directions

Wash the rice well.

In a large pot over medium heat, add the annatto oil, vegetable cube, sofrito, olives and pigeon peas. Sauté everything and cook for 15 minutes.

Add the washed rice to the pot. Mix everything well to make sure the rice is coated with the oil and seasonings.

Add the water and mix well. Cook at medium heat for about 20-25 minutes until most of the water has evaporated. Stir the rice and cover so the rice can finish

## Duff's Slightly Adapted Mamo's Potato Latkas

### Ingredients

- 5 large or 6 small firm Yukon gold potatoes (about 2 1/4 pounds)
- 1 large onion, halved
- 1 large egg
- 2 tablespoons all-purpose flour or matzo meal
- Kosher salt and freshly ground pepper

### Directions

Peel the potatoes, immediately immersing them in very cold water as you finish each one.

Remove the potatoes from the water. Grate the potatoes and onion with a food processor fitted with the grating blade. Don't press too hard on the potatoes going in -- just enough to get them through.

### Directions Cont.

Transfer the potatoes and onion to a fine-mesh strainer; squeeze out all the water into a bowl. Let the potato starch settle, then pour out as much water as possible, leaving the starch in the bowl. Add the potato-onion mixture to the bowl and mix in the egg, flour, 1 teaspoon salt, and pepper to taste.

Heat a well-seasoned cast-iron skillet with a thin layer of vegetable oil over medium heat. Scoop large spoonful of the potato mixture into the pan and flatten them out (thin pancakes yield crispy ones). Fry until golden on the bottom, then gently flip and fry the other side, 3 to 4 minutes per side. Drain on paper towels. (If you have to wait to serve, re-crisp them on a baking sheet lined with clean paper towels in a 350 degrees F oven.)

Serve with applesauce, or try my family's favorite toppings: My great-grandmother put cinnamon in applesauce to serve with hers. My grandfather loved his with heaps of cold sour cream. My grandmother served them with poached pears. My mother tops them with tart, chunky homemade applesauce. My brother, Willie, loves his plain

Recipe by Duff Goldman: Food

## Holiday Survey Results

**Valerie P.**

**What is your favorite childhood holiday memory?**

When we were younger we couldn't afford a lot of gifts. The church came with gifts. I took the biggest box and it was a bird and I called it zonk. The lesson is just because it's bigger doesn't make it better.

**What is a typical holiday like for you now?**

Family and friends gathering together; gifts to share and a meal share. Thank God.

**What is your favorite holiday meal and why?**

Sides: mashed potatoes, sweet potatoes, green beans, pie cakes, stuffing are my favorite meal. I also like cheese cake and banana pudding.

**Malaika Z.**

**What is your favorite childhood Holiday memory?**

Getting a doll house my Grandmother made for my cabbage patch kids.

**What is a typical Holiday life for you now?**

A typical Holiday is spending time with my family.

**What is your favorite Holiday meal and why?**

Fish loaf and quiche because they are very unique and at the same time popular Islamic dishes.

**Joseph B.**

**What is your favorite childhood Holiday memory?**

The time when Santa came 3 days late, we had all but given up

**What is a typical Holiday life for you now?**

Eats n Treats, Thanksgiving is when I get to see my family, that's a lot to me and the food is always great; the rest don't mean much to me.

**What is your favorite Holiday meal and why?**

If I don't have to cook it then it is my favorite.

**Kevin M.**

**What is your favorite childhood Holiday memory?**

Getting Christmas presents with my family

**What is a typical Holiday like for you now?**

Christmas, get ting with family, exchanging gifts, give my nieces and nephews money

**What is your favorite Holiday meal and why?**

Thanksgiving, because of the meal

**What is your favorite Holiday meal and why?**

Christmas ham, with grandmother before she came down with cancer; always had a Christmas ham that I really enjoyed eating.

# And the winners are...



**Most Original**  
**Shirley as Gilligan from**  
**Gilligan's Island**



**Scariest**  
**Clarissa as a dark**  
**robed alien with a flu-**



**Funniest**  
**Raymond as Beer man**

## Aurora's Halloween Ball

By: Rick B.



Everyone had a great time at the Aurora Halloween Ball. Mr. Owen donated his Phillies baseball gear from their championship season; proudly showing off Chase Utley's jersey.



He had a biscuit in his pocket for Caitlyn's dog Courage and said Courage had his vote for best costume as...

Katrina was a bat, Donnel was an Indian maiden. I called her Pocahontas, and Cleon came out with his Darth Vader regalia.

During the costume contest we marched to Michael Jackson's "Thriller." Everyone who chose to dress up looked great. The costume contest was for the funniest, the most original and the scariest. As you can see from the photos above the staff judges did a great job at picking our winners. s

Watching the dance contest I thought Zach had the best performance. The video for the contest was "Watch Me" The vote for winner was a tie between Fay and Cynthia. Fay conceded and Cynthia won (Swing it, girl!) She had the moves and she smiled the whole time!

Afterward, there were some short tunes for those who had the energy to burn. The day concluded with lunch, snacks, and watching scary movies.

# Holiday Season at Aurora

## *Thanksgiving Dinner*

Mr. Owen took charge of the annual meal as usual. Everyone enjoyed the succulent turkey with all the trimmings. The staff proudly served the consumers. Mostly everyone needed a nap after that big meal, except for maybe Michael H.

## *Women's Group Christmas Party*

The Women's Group had a wonderful time at the Christmas party on December 8, 2015. The women would like to thank Mr. Owen for paying for the party treat from Giant Food Store...a special thank you also goes to those who brought even more food and all the gift for the gift exchange. There were 22 ladies in the gift exchange. The women's group also want to thank Trina for bringing it all together. Happy New Year!!

## *Holiday Dinner*

Katrina took charge of this meal with help from Cleon and Donnel. This event too was a huge success with many accolades to the chefs and other staff involved.



An Aurora Holiday



# OTHER HOLIDAY TRADITIONS

Shared by Our Consumers of Faith

## Savior's Day

By: Malaika Z.

My family and I are American Muslim. We are members of the Nation of Islam. Each year, we honor the birth of the founder of the Nation of Islam Master W. Fard Muhammad (February 26, 1877). The Holiday was started by Elijah Muhammad.

Savior's Day is almost like Christmas where we give gifts. My family has a big dinner including a dish called Fish loaf. It has whiting fish, cheese, peppers and onions.

All around the world members of the Nation of Islam gather to celebrate Savior's Day with speakers, seminars and workshops. However, there is one big convention where thousands of members and supporters of the Nation of Islam from around the world make the journey to attend the annual convention during the last week of February for a weekend of fellowship, networking, information dissemination and spiritual renewal.

## The History and Meaning of Three Kings Day in Puerto Rico

By: Zain D. Research by: Mitzie M.

**December 25?** For some Puerto Ricans, that's merely a prelude to what they feel is really the important day of the marathon Christmas Season in Puerto Rico. I should point out that the Three Kings, or Los Reyes Magos, are not only acclaimed in Puerto Rico but throughout the Latin World. The Kings, or Wise Men, certainly present a more spiritual and faithful representation of the birth of Christ than an once-obscure saint who came to be known as Santa Claus and who was squeezed into his signature red suit by the Coca-Cola Company. But why are they such an important part of Puerto Rican culture and customs? Here's a closer look.

### Biblical Background

Regardless of faith, most Americans know the story, or at least, know *of* the story, of the Three Kings. As my venerable colleague and About Christianity Guide, Mary Fairchild, explains, we don't know a whole lot about the Magi (which doesn't mean magic-trick magicians but rather a general term for astrologers, seers, and fortunetellers). In their sole appearance in the Gospel of Matthew, they are never named, and hail from "the east." (The names we have come to know them by -- Gaspar, Melchior and Balthasar -- were handed to them much later on.) The most well-known thing about them, of course, is that they came bearing gifts: gold, frankincense, and myrrh.

On the night Christ was born, they were drawn by a "mysterious light" which became a star that hung in the western sky. They followed this sign to Bethlehem, where they arrived (a little late) to honor Christ's birth. In fact, the "12 Days of Christmas," which is so often believed to end on December 25, actually *begins* on the 25th and runs through January 6, culminating with the Feast of Epiphany, or "The Adoration of the Magi."

### The Puerto Rican Tradition

Three Kings Day, or Epiphany, is one of the most important holidays on the Puerto Rican calendar. Traditionally, the Island, and most of the Latin world, marked the eve of January 6 as the day to exchange presents rather than December 25. Kids would also gather grass, hay or straw in shoe-boxes for the Magi's horses or camels -- a charming alternative to cookies and milk for Santa. (Traditionally, you'll find carvings and artwork of the Three Kings on horses instead of camels; that's because the country folk in years past didn't know what a camel was.)

Good kids were rewarded with presents and candy, while bad kids ended up with charcoal or even dirt (which begs the question: How bad do you have to be to get *dirt* for Christmas?). Today, children typically get their main presents on the 25th, but there's always a smaller, humbler, and perhaps even more rewarding gift reserved for Three Kings Day.

### What To Expect on January 6

On Three Kings Day, expect parades and festivals, a time of family gatherings and parties with a more spiritual bent. Old San Juan throws an annual festival at the **Luis Muñoz Marín Park** with live music, food and drink, with free gifts given out to lucky kids. The highlight of the day occurs when the Three Kings come walking into town.

These particular Kings hail from Juana Díaz, a town in the south of the Island that is the unofficial hometown of the Magi. A statue of the Kings greets you when you enter the town, and also adorns the main plaza. From this base, the Three Kings travel around the island, but their stop in Old San Juan is the largest of the Island's celebrations.



## Community Supported Programs and PerformCare Stakeholders Meetings

**What is Community Supported Programs (CSP):** The Dauphin County CPS is a coalition of mental health consumers, family members and professionals working to help adults with serious mental illness and co-occurring disorders live successfully in our community. Your participation gets your voice heard to improve the mental health system in our area. This is a great venue to find out what resources are available to you and your loved ones. CPS is held at the Case Management Unit (CMU) on the 2nd Wednesday of the month.

**CSP Leadership Academy:** The Dauphin County CPS offers the Leadership Academy because we want to give everyone a voice and provide tools for those individuals who are still exploring what that means for them.

The Academy offers the Empowerment Festival including, self assessment of gifts, self-esteem building, trust and the power to learn and grow. This Festival is January 13, 2016 10:30-11:30 at CMU Cameron Paxton Rooms.

### Leadership Academy Workshops for 2016

**10am-2pm**

Know Yourself	March 21	Susquehanna Room at CMU
Know the "Why" of Meeting	March 23	Susquehanna Room at CMU
Mentoring Week	March 28-31 & April 1	Susquehanna Room at CMU
Growing Together	April 4	Susquehanna Room at CMU
Moving Forward	April 6	Susquehanna Room at CMU

### PerformCare Stakeholders Meeting

**Meetings are quarterly on the 3rd Thursday of the month**

#### About PerformCare

PerformCare was founded in 1994 by a group of leading behavioral health organizations, including providers and related associations. We are a full-service managed behavioral health care organization that supports members and providers. We offer specialized behavioral health and human services programs in both the public and private sectors.

Originally known as the Community Behavioral HealthCare Network of Pennsylvania (CBHNP), PerformCare became a member of the AmeriHealth Caritas family of companies in 2008. Together with AmeriHealth Caritas, we are proud to be leaders in Medicaid managed care and behavioral health care.

Today, we remain committed to a mission-driven philosophy of care - providing quality, reliable, and cost-effective behavioral health management services to members across the Commonwealth.

Source: PerformCare

# Member Spotlight

## Lizzy J.

This issue we are highlighting Elizabeth (Lizzy) J because she has come so far in her recovery and is an inspiration to all of us. Lizzy has been a member of Aurora for six years. She loves coming to the Center because of the nice members, staff and the friends she has made.

Lizzy says her greatest accomplishment has been finishing high school and attending the Aurora Center regularly. Well, Lizzy has accomplished a lot more. She moved into her own apartment for the first time in her life; she is learning how to cook for herself; she shops for herself and recently learned how to go to the food bank in her neighborhood.

Lizzy wants to be remembered as a nice, kind and well-mannered woman. We're sure she will be remembered for that and so much more. Thank you Liz for being such an important part of the Aurora family.



The Aurora community would like to send heart-felt condolences to our members who lost loved ones this season. . . .

Raymond

Anthony

Cynthia

Wanda

# Dark Days

## By: Keith D.



Personally, I don't believe you ever recover from a mental illness. Against the illness, it's the illness that wins, every time. The most you can do is come to an acknowledgment of your condition.

I was born at a time when mental illness wasn't well-known. Many of my days have been dark. Consequently, it was impossible for me to understand what was wrong. If I wasn't suspicious then I was trying to please. There was no middle ground.



## What is SilverSneakers™?

SilverSneakers is a program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep seniors healthy while encouraging social interaction.

The program is available around the country, and membership provides access to any participating gym location--including all amenities included with basic level access. Each location is outfitted with an advisor who will introduce you to the program and help get you started. Access to HealthwaysFIT.com is also included as a way for you to track your progress, and SilverSneakers includes an invitation to sponsored health education seminars and other fitness-related events.

## Medicare Advantage plans may cover SilverSneakers

SilverSneakers is considered a basic fitness service and Original Medicare, Part A and Part B, does not cover this. However, Medicare Advantage, also known as MA or Medicare Part C, may provide this coverage. To see if your current MA plan covers SilverSneakers, contact the plan directly, or visit the SilverSneakers online health plan finder to check.

Question? Visit [silversneakers.com/faq](https://silversneakers.com/faq) or call 1-888-423-4632, Monday-Friday, 8am-8pm.

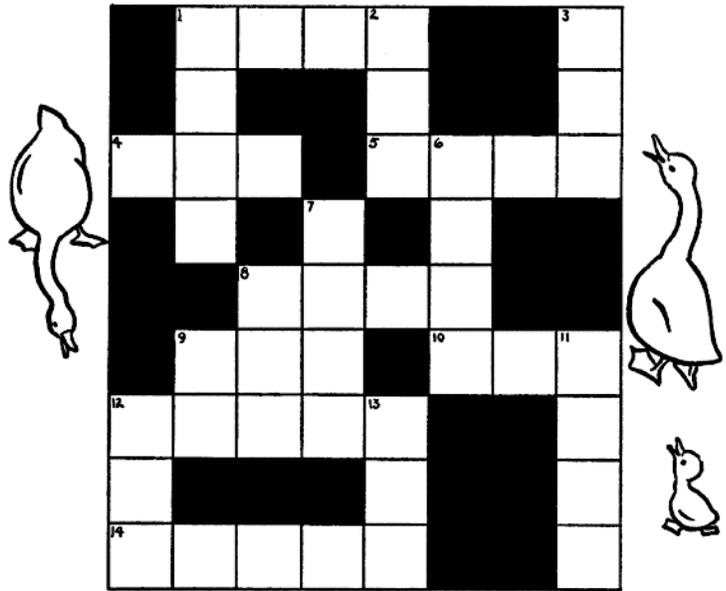
# PUZZLES

## ANIMALS

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

- |          |          |           |       |
|----------|----------|-----------|-------|
| CAT      | HIPPO    | MOUSE     | TIGER |
| DOG      | SQUIRREL | MONKEY    |       |
| BIRD     | GIRAFFE  | ALLIGATOR |       |
| ELEPHANT | FISH     | LION      |       |

## A FARM CROSSWORD PUZZLE



### Across:

1. Yield of a planted field
4. A kind of tree, like oak
5. This machine digs up fields
8. A place where animals and crops are raised
9. Opposite of stand
10. Sack to carry feed in
12. An animal to ride on
14. A long-necked bird which honks

### Down:

1. A baby horse
2. A baby dog
3. An animal that gives milk
6. A baby sheep
7. Animals that chase mice
8. A kind of evergreen tree
9. Word that rhymes with go
11. Animal with horns
12. Another word for pig
13. What we see with

Across: 1. crop, 4. elm, 5. plow, 8. farm, 9. sit, 10. bag, 12. horse, 14. goose  
 Down: 1. colt, 2. pup, 3. cow, 6. lamb, 7. cats, 8. fir, 9. so, 11. goat, 12. hog, 13. eye

## JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

DUELE

INJOT

CANYEG

SAYILE

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print your answer here: ○ - "○○○○" ○○○○

