



# Aurora Dawn

CUMBERLAND & PERRY  
COUNTY NEWSLETTER

**Fall & Winter  
Newsletter  
2016/2017**

## **W.R.A.P Session Completed in Perry County Aurora New Bloomfield Location**



On December 27<sup>th</sup> 2016, several consumers of the New Bloomfield Aurora Center completed their W.R.A.P session. This 8-week course was presented by Matthew B., Certified W.R.A.P facilitator. Pictured receiving their certificates of completion are Chris and Rochelle along with Matthew B. Not pictured, but also completing the course were Jason, Carter, and Nikki. Following the presentation of the certificates everyone enjoyed a pizza party at the New Bloomfield Center, with Megan the Program Coordinator. Upon completion of a W.R.A.P class session consumers learn to develop coping skills that will help them to manage their illness during times of crisis. To learn more about completing a W.R.A.P session contact Aurora Social Rehab in New Bloomfield, or Mechanicsburg and ask for Matthew B.

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## **Pet Therapy Always a Success!**

Once again Caring Hearts made a lasting impression with our hearts We look forward to their visits and 2017 promises to be another great year for Pet Therapy at Aurora.



# Aurora News, by Kathy & Megan



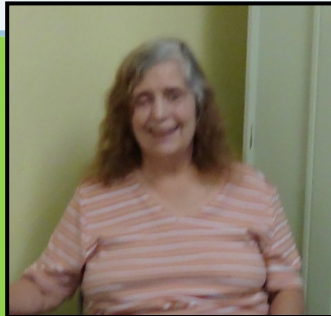
2017 has begun and if this year is anything like last year we are in store for a great time. Daily life at the Center is fun, educational and busy! We always tell everyone if you can't find something to do then find something to clean! Our consumers take great pride in their facilities in both Mechanicsburg and New Bloomfield. They often tell us that it's one of their favorite places to be, because it feels like a

family. They know the importance of keeping the center clean and well organized to achieve a healthy learning environment. 2017 is all about managing our health, both mental and physical. 2017 is also the time to get into action the things we have learned in our workshops, our wellness classes, our WRAP classes and from our

Guest Speakers. We have learned so many valuable lessons. It's time to set them into motion.



THINK  
SPRING



# What Aurora Means To Me....

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

Ben: Sat at home doing nothing.

**When did you start attending Aurora?**

Ben: About 2 years ago

**What is your favorite thing about Aurora?**

Ben: It is an emotional safe space.

**What would you tell someone who is thinking about attending Aurora?**

Ben: You should do it. Get out of your regular environment and spend some time around other people with similar issues. It helps because Aurora helped me. The members of Aurora are kind and there are many things to do.

Submitted by: Benjamin H, Mechanicsburg Aurora



Star Wars meets Indiana Jones? I guess Chris couldn't decide on which character for Halloween .

## Our Favorite Movies

Terry W: Christmas w/ The Kranks

Susanna: Frozen

Terry P.: Terminator

Tony V: Return of the Jedi

Sandy: Look Who's Talking

Rochelle: Cop Movies

Chris: All Star Wars Movies

Jason: Forest Gump



## In My Sparetime

**Terry W.** likes to do sewing and to do laundry.

**Karen M.** likes to read books, listening to music, and babysit children

**Elaine H.** Watch General Hospital, word search puzzles, read books, and visit family and friends.

**Terry P.** Watch TV do laundry, to have good meals, and to rest and sleep.

**Bonnie H.** likes to listen to music, eat lunch meals, frame pictures, talk to neighbors, and do grocery shopping.

**Rochelle:** Play Cards and Games. Go Shopping with friends.

**Chris:** Computer Gaming, talking with my girlfriend, take care of Lady Bug.

**Jason** - Intelligence Briefing lol - Research , Puzzles and surfing he web.

# Meditation Guest Speaker Dr. Jay

We were lucky enough to have Dr. Jay take time away from his very busy medical practice at the York Hospital to come and teach us the principals of mindful meditation. To learn more about this organization and the health benefits visit [heartfulness.org](http://heartfulness.org). Dr Jay was a fantastic guest speakers and all the consumers came away feeling enlightened and full of renewed energy. Incorporating daily mindful mediation into your life is simple, beneficial, and as easy as 1,2,3, as explained by Dr. Jay.



# NAMI

National Alliance on Mental Illness



The first full week in October is always Mental Illness Awareness week and for 2016 Aurora brought "Awareness" to the forefront. We shared our stories of recovery "In Our Own Voice" NAMI presentation along with Joe M. and Tom F., the affiliate president. If you are interested in learning more about becoming a NAMI member and finding out what your can do to support this organization visit [Namicppa.org](http://Namicppa.org) for more information or call **717-620-9580**



## Stories In Our Own Words

*I, myself for one, love the beauty of nature of strong trees every day. I also love the beauty of rainbow because of several different colors and how magnificent it is. The beauty of our world holds not only that, but the soil and earth as well strengthen our crops every day for us to eat. I love having crops because of the smell and the taste of vegetables and fruits that stays with us all year long. With being said, I am blessed to be part of this beautiful world of ours because the beauty of nature brings warm feelings to my heart and soul as well as other people.*

*~Tom M., Mechanicsburg Aurora*



**It is the still of the night. They get up and fight. My brother tickles my tummy and I laughed on my side. Tan is my father's hair and my mother has a face fair. I sit in my rocking chair waiting for the red rabbit to take me to the fair called Aurora. Between all the fighting and nail-biting, I went through hell and don't want to go there again. I just want to live.**

*~Bonnie H. , Mechanicsburg, Aurora*



**A stitch in time without reason we cannot survive with loyalty we endure.**

*~Tony V. , Mechanicsburg, Aurora*





In the  
Spotlight

## Jenn C. is our **MEMBER SPOTLIGHT**

Interview submitted by: Sandy W

**What is your Birthday:** May 10th, 1978

**How long you been coming to the Aurora Center?**

Jenn has been attending Aurora since May 2016

**What do you like best about the Aurora Center?**

Jenn likes the Aurora's services, outings, activities, and lunch meals. She also likes having fun with her friends and and making new friends.

**What is your greatest accomplishment?**

One of Jenn's greatest accomplishments is attending the Aurora Center, making new friends, and participating in activities. Most importantly, she can finally spend more time with her daughter and her family. Also, she is grateful and proud that she graduated from High School and achieved a gold award from girl scouts.

**How do you want to be remembered?**

Jenn wants to be remembered as a cheerful cheerleader and as a great friend who loves helping people



## Holiday Party 2016

Another great event hosted by the Mechanicsburg Aurora Center. Everyone enjoyed a feast of food and drink prepared by our beloved staff along with the help of all the consumers. The holidays always bring out the best in everyone and no matter what your religion or how you celebrate, it's a time to reflect and be thankful for all the bounties that we share in our daily life and to know we are blessed.

Happy Hanukkah





← **Look Who Visited our State Capital**

During Suicide Prevention week we went to our State Capital to show our support for those who have fallen victim to suicide and to help our legislators understand the importance of educating the public to recognize the signs or suicide before it happens.



← **Look Who went to Giant Cooking School**

On most Friday's at 9:30 in the morning, this is where you can find us. We learn so many creative cooking skills and did we mention the food tasting samples are amazing. Check out a cooking class one day and you'll be glad you did!

**Look Who Went to Lake Tobias →**

On a brisk day in November we took a trip to the zoo with our friends from the STAR Center and the New Bloomfield Aurora Center. The lake Tobias holds many treasures and for most of our consumers it was their first visit to the zoo. If you haven't been there in awhile take the time to visit and show your support.

