



# Aurora Dawn

CUMBERLAND & PERRY  
COUNTY NEWSLETTER

**Spring  
Summer  
2017**

## Third Thursday in June is Jubilee Day

Our favorite day at the center! We love to fellowship when everyone visits our center on this day. The hot dogs & sauerkraut are always a hit, but it's the festival that is the real star. We look forward to Jubilee day each year and plan this annual event as a summer kick –off.



### Home Away From Home

*A poem for Jubilee day by, Anthony Watson*

Every time we come to open arms of Aurora Hospitality, to our home away from home. There is a spirit as warm as the summer sun. There is a connection so beautiful between us, a kinship that makes our day together bright as a thousand stars. Home away from home, what a feeling, what a spirit, what a beauty. We're together we fellowship as friends, a circle of light of what the world needs surrounds us it is heaven, "Aurora Heaven"



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## Pet Therapy Continues in Mechanicsburg

Every other month we are happy to share our space with our furry friends. We enjoy when they visit and we are starting to build real bonds with our furry friends. Be sure to mark your calendar and visit the them on Pet Therapy Day.



# Aurora News, by Kathy & Megan

Summer is here! If you haven't been to the Mechanicsburg center lately now is a great time to mark your calendar to visit old friends. Summer brings walks in the park, picnics, and outdoor markets. Summer at the cen-

ter is always guaranteed to bring a cool place on a hot day with great friends, activities and conversation. During summer we take a break from our worries and leave our troubles behind. It's a time to enjoy the weather and get outside, because if you wait

until tomorrow to enjoy a sunny day it may be gone. Be sure to check our Aurora webpage at [auroraservices.org](http://auroraservices.org). You will find posted each centers monthly activities, menus and newsletters. Please stop by soon to meet someone new or just say "Hello" to an old friend.



# ***What's On Your Mind Chris W. ?***

***Favorite Movie:***  
*Star Wars*

***Favorite Food:***  
*Hawaiian pizza*

***On top of my playlist :***  
*"Drunk on You" by Luke Bryan*

***Top Hobbies:***  
*Reading and studying Star Wars*

***Most treasure items:***  
*Anything from my girlfriend*

***I wish I were better at:***  
*swimming*

***My biggest accomplishment:***  
*Being together with my girlfriend (Ashley) for a year and six months*

***Top of my bucket list:***  
*Marrying Ashley*

***Most valuable coping strategy:***  
*Meditation*

***Greatest lesson I've learned:***  
*As said by Master Yoda, "You must unlearn what you have learned."*



## ***In my spare time when I am NOT at Aurora I like to?.....***

***Rochelle:*** Visit friends; watch comedy and romantic movies

***Chris:*** Talk to my girlfriend or friends and Star Wars movies

## ***Our Favorite Movies***

***Nikki:*** *Scream & Friday the 13th*

***Chris:*** *Stars Wars & military movies*

***Matt:*** *Star Wars*

***Megan:*** *Life as a House*

Hewlett-Packard



# JAM Session Gets a New Song

## With some Help!



John Blauch hard at work composing the new JAM Session song. We couldn't have come this far without him!

*We want to thank John Blauch for joining our "Just Accept Me" J.A.M. sessions group. We've learned some valuable lessons from him and his wife, Patty. Together, they have helped us to improve our composition, our lyrics and the tempo. We've also added a few "dance" moves. (I use the term dance moves very lightly LOL) Our goal is to be ready for our first performance which we hope will be at the 2018 CSP Annual Conference. We have come a long way since we started this group in 2014. Now with the help a professional pianist like John. (see photo left) our dream is fast becoming a reality. We practice every fourth Wednesday of the month with the New Bloomfield center. So if you like to sing, play an instrument or just want to learn more about our group come join us for the day.*



**NEW SONG LYRICS ON NEXT PAGE**

# JUST ACCEPT ME

Words by the Aurora Consumers, the Jammers,

And John H. Blauch

Music By, John H. Blauch

It's not about what you see, it's who I am and all I can be  
Just accept me for who I am, it's who I am and all I can BE!

(Repeat)

Smile, Rise, just be free, Unique as you are, and all you can be

(Repeat)

It's not about what you see, it's who I am and all I can be  
Just accept me for who I am, and who I am and all I can BE!

This is ME, I'm living my life, it feels good to me.

Hey Out there, I'm rockin' and a rollin' just being ME!

It's not about what you see, it's who I am and what you can be  
Just accept me for who I am, it's who I am and all I can BE!

Smile, Rise, just be free, Unique as you are, and all you can BE!

(Repeat)

It's not about what you see, it's who I am and all I can be  
Just accept me for who I am, it's who I am and all I can BE!



## Stories In Our Own Words

*I SEE A MAN, MY EYES DO NOT RECOGNIZE HIM SOMEHOW MY HEART SCREAMS THAT HE IS MINE. HE SEEMS SO FAMILIAR TO MY HEART, YET MY EYES DON'T KNOW HIM. HE LOOKS INTO MY EYES AND I FEEL THE NEED FOR HIM TO HOLD ME. HE SAYS HELLO AND I WANT TO CRY THAT I HAVE FINALLY FOUND HIM. HE IS THE PIECE I HAVE HAD MISSING FROM MY LIFE. BUT HOW, HOW CAN SOMEONE I DO NOT KNOW HAVE SUCH AN AFFECT ON ME. OR AM I STILL LIVING IN A DREAM. ~ **HEATHER G.***

I started dating my girlfriend, Ashley, one year and 5 months ago and I love her very much. I also care about her and she has caused me to love again which I thought that I would never be able to do. We both have helped each other through hard times because of the loss of our family and friends. With that said, I think that our love has gotten stronger. ~**Chris W.**

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## RECIPES:

### **WATERMELON CAKE BALLS**

1 box of watermelon cake mix

Make cake according to instructions

Take out of oven and let cool

Freeze cake overnight

Take cake out of freezer and crumble with hands

Melt white chocolate chips in the microwave; set aside and let cool

Once melted cool white chocolate and slowly mix into the cake crumble

Create golf ball sized cake balls from the mixture; pack well with your hands

Place all the cake balls in freezer to harden

Once cake balls have hardened, place a white chocolate candy on top of each cake ball and place each one in a cupcake liner

Store in container or serve and enjoy!



# MECHANICSBURG MEMBER SPOTLIGHT

Interview submitted by: Tony V.

**When is your Birthday:**

October 5th, 1961.

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

playing cards with new friends

**What is your greatest accomplishment?**

attending Planet Fitness twice a week

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

as a good friend.

## MARIE R.



## NEW BLOOMFEILD

# MEMBER SPOTLIGHT

Interview Submitted by Chris W.

## ROBYN W.



**When is your Birthday:**

January 29th, 1988

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

Members are open-minded and everyone seems to get along; there are no groups

**What is your greatest accomplishment?**

Being able to get more involved in her own mental health recovery

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

As a helpful and caring person.

# MAY IS MENATL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month and the CSP of Cumberland and Perry County never miss a chance to celebrate. It all starts with the CSP Community Walk . This event is a great way to ‘kick off” the month and get community support. We want to thank the all of members for sharing their recovery stories. A special “shout out” to Gayle T. (pictured right) and David C. (pictured below) They are both members of the Mechanicsburg Aurora Center and were brave enough to stand up and share their story with all in attendance. Walking alongside each other to promote mental health awareness in their communities gives everyone a sense of pride knowing they are not alone on their road to recovery .



The annual CSP T-Shirt Design was awarded to David C. (pictured right) David’s design was selected from several other entries to be proudly worn by all the walkers. Congratulations David the shirts looked amazing this year!





Mechanicsburg , and New Bloomfield Aurora participated in the Mental Health Awareness Walk. Many of our consumers also shared their stories of their recovery journey with the community. This event promotes to the public mental health awareness issues and helps erase the stigma of persons with a mental illness.



←Psych Rehab services through NHS Stevens Center are offered at both of our Mechanicsburg & New Bloomfield locations. Members participate in this service with assistance from Jordana (seen left along with Chris W. ) and Chelsea (seen below along with, Angel, and Jarred S.) Ask Kathy or Megan to find out more about this service.

*One of our members from New Bloomfield, Chris W. said, “I really like Psych Rehab because it helps me stay on tasks on day to day basis and to improve my lifestyle.”*



→New Bloomfield Aurora members enjoy several activities such as bingo, card playing, drawing, karaoke, exercise, reading/novel group discussion and so much more. The New Bloomfield location is always expanding and offers Perry County residents a “one of a kind” experience. Come see for yourself what everyone is talking about. Visit us in person at 8401 Spring Rd right inside the Cupp Insurance Building or on the web at [auro-raservice.org](http://auro-raservice.org)





Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Summer Word Search

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

SUMMER	BEACH	JUNE
SUNNY	SWIMSUIT	JULY
SUNSCREEN	BUGS	HOT
POOL	VACATION	AUGUST
LEMONADE	BASEBALL	SUNGLASSES



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