



# Aurora Dawn

CUMBERLAND & PERRY  
COUNTY NEWSLETTER

**Summer  
2016  
Issue 7**

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## PET THERAPY PROVES TO BE A SUCCESS



Perry and Cumberland County now have the pleasure of adding Pet Therapy to our monthly calendar of events. **Caring Hearts Pet Therapy** have arranged several visits throughout the calendar year to bring wet noses and warm hearts to our center. We know pets can bring us peace of mind, but most of us just don't have the means to take care of pet.

**Caring Hearts** and their amazing team of volunteers gives our consumers the chance to get to know a animal and look forward to their visit where they will have the chance to connect and bond with their favorite one. Thank you **Caring Hearts** for all you do in the community and for the consumers of Aurora.



## Our Last Good Bye

Messiah College Graduate, Jacinta

Jacinta was with us only a short time, but made a lasting impression on us all. We had an opportunity to visit the Messiah Campus and get a feel for the "College Life". She came to work each day with a smile, an open mind to learn, an eagerness to grow and an opportunity to share her skills with everyone. We will never forget her wonderful laughter and her kindness for others.

Follow your  
dreams. They  
**KNOW  
THE WAY.**  
KOBAYAMADA  
VERBESQUOTES.COM



## Mechanicsburg News, by Kathy



▲ Getting into “uniform” are Terry P. and Seth B. during our visit to the Army War College. Be sure to take the time to visit this awesome museum and memorial.

With summer almost over and me finally back from my knee surgery I now have a chance to reflect on the year about how far we have come together as a “family “ at the Mechanicsburg Aurora Center. Every day I see and hear how kind everyone is to one another. Whether it’s a compliment about someone’s outfit, their hair, or even their new shoes. You encourage each other to stay focused, keep a positive attitude and never forget that you are among

friends. My day begins with a big greeting from everyone and the echoing bellow “good morning” from Terry P. which can be heard from the parking lot!!

Being in Mechanicsburg has given me the opportunity to get more involved with activities and workshops. I have gotten to know everyone and can tell when someone may need a little extra encouragement or if someone isn’t reaching their potential. I’ve tried to create an environment that is fun, active and enriching. I also

want everyone to feel safe and secure knowing they are in a place that is judgment free and open to endless possibilities. Before you know it summer will be over and I don’t want to hear anyone say I should’ve or could’ve done this are that!

“If not today when?”



## New Bloomfield News, by Megan

There is always something “new” happening in New Bloomfield and this month is no exception! We began a new series of outings called “Explore Your Town” We will be taking trips to each of the Perry County towns and talking about the history, and what each town has to offer to its residents. Everyone is very excited to see which town will be next on the list.

Of course this month we have been watching the Olympic coverage non stop. With an event that only happens every 4 years I think it is paramount to talk about the history of the Olympics, discuss the differences in culture and find ways to make learning about it fun with puzzles and word games.

The annual CSP picnic on

Aug. 19th was a great success and luckily the weather was cooperative. We have also been making some great projects like transforming old T-shirts into something new, coloring contest and seasonal decorations. Last month we had a MH First Aid Class with Theresa M. This class helped us learn to recognize when someone may need mental health assistance.

With the dog days of summer almost over it’s time to settle in and get ready for the cooler days & nights .



► The Fair Weather Lodge supplied us with valuable information about housing and the opportunities that are available. It really got everyone thinking about their own living situation and ways to improve it.

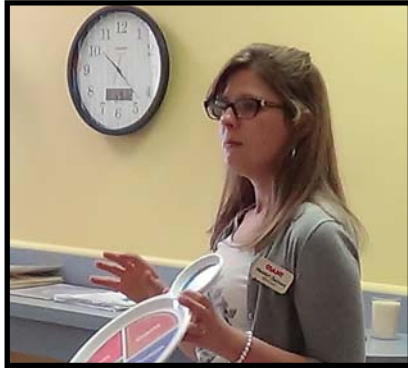






# Giant Foods & Penn State Nutritionists Visit Aurora

As part of our BLT 90 day weight loss program we were glad to have two guest speakers visit our Center. Madeline on the left is the Giant Foods Nutritionist. She gave us some valuable information about making good food choices on a budget. We also had a nutritionist visit from Penn State and give us the facts about "Salt Savoy". The winner of our weight loss plan was Karen M. with a weight loss of 16 lbs. in 90 days. She has expressed she feels better and wants to continue losing more weight and exercise



▲ Giant Foods Nutritionist "Healthy Eating on a Budget"



▲ Penn State Nutritionist "Salt Savoy" Workshop



Penny L: Gymnastics

Terry W: Gymnastics

Susanna: Swimming

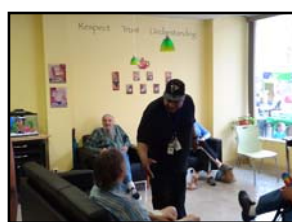
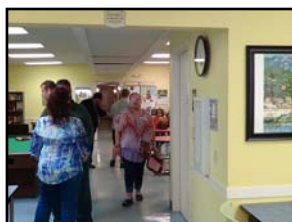
Terry P.: Football

Tom M: Baseball



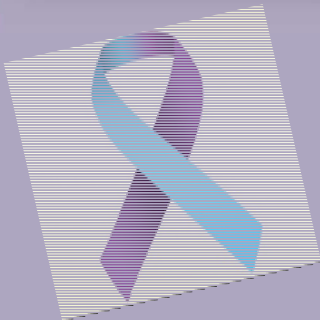
## JUBILEE DAY

Jubilee Day is a big event in Mechanicsburg. We open our doors to all the Centers to visit. Thanks to the STAR, New Bloomfield and Harrisburg Aurora for joining us on this day of the 3 big "F's" **Fellowship, Fun and Food**. Mark your calendars for next year it easy to remember the third Thursday in June!



# National Suicide Prevention Week Sept. 5-11 2016

## QPR training in at Mechanicsburg



National Suicide Prevention kick off campaign begins September 5-11, 2016. To get our consumers better prepared we had Theresa M. visit our Center. Along with New Bloomfield we were all given some extra knowledge, skills and how to listen and better respond to helping someone during a crisis situation.

If you or someone you care about are in crisis and need help: please call this toll-free number, available 24 hours a day 1.800.273. TALK (8255). Please note all calls are confidential. You will reach the National Suicide Prevention Lifeline, a service available to everyone or visit the Lifeline's website at

<http://www.suicidepreventionlifeline.org>.

## "Love and a Pair of Boots."

By David C.

It was dark, wet and lonely  
As I sat there waiting at the station  
For a bus to come take me home  
From my favorite destination  
With nothing to do and no one to talk to  
I'd just put my headphones on  
And let my friend Rick keep me company  
With his "Comic Book Heroes"  
Then out from the rain she came in  
Looking like something out of the 70's  
All dressed in white from her shaggy coat  
To her tall platform boots  
As I saw her unfold her umbrella  
Then take a seat across from where I was

I couldn't help but look at her and smile  
So she smiled back at me in return  
After a nice, warm talk we had  
I said I liked her boots and she said, "thanks"  
Then I asked if I could try them on  
And she said, "yes you may"  
So as she unzipped them both  
Then handed them to me  
I discovered much to my pleasant surprise  
That they were the perfect fit  
And from there on, we fell in love  
Got married, had a couple of kids  
But before that, as a gift  
I got a new pair of boots

Inspired by a Dream Submitted by; David C, Mechanicsburg Aurora

*Summer, with its heat and cool rain and summer breezes is passing. Fall and autumn is arriving. I love the fall with its cool breezes and cool nights. It is my favorite time of year. Change of the color of leaves is also great. It reminds me of life, change, and the fire of life. I love to watch the weather. It is such a spectacular experience.*

**By Tom M. Mechanicsburg Aurora**

***Terry W. was asked by Melissa T. the following questions. Take a moment to reflect on your own family and ask yourself these same questions. How would you answer?***

***What is the most valuable lesson you learned from your family?***

Terry W: To have patience and work on things I like to do in my life.

***What is your most memorable family meal you had from childhood?***

Terry W: Spam casserole.

***What is your most memorable family vacation?***

Terry W: Boston, Massachusetts

***In only one word, when I say "Family", what is the first thing that comes to your mind?***

Terry W: Sons.

**Article submitted by: Melissa T. Mechanicsburg Aurora**