

# AURORA TIMES

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## Editors Notes By Katrina

Welcome to the first edition of the new **Aurora Times Newsletter!** I thank everyone that submitted things, the newsletter is nothing without your input, articles, recipes and anything else you want to include.

This is the members, newsletter so if you want to submit anything you can come see me or email me it at [KSeidel@AuroraServices.Org](mailto:KSeidel@AuroraServices.Org)

Hope you enjoy the first edition, feedback is more than welcomed!



*Aurora Center Staff Picnic Photo 2011*

## FROM THE DESK OF THE EXECUTIVE DIRECTOR:

Over the past several months, Aurora has gone through a number of changes to improve the quality of our programs and the quality of life for the consumers we serve. Aurora is committed to assisting every consumer in his or her recovery efforts. Psychiatric Rehabilitation will play a major role in the expansion of programs and services.

Each center continues to grow and we encourage each consumer to take an active role in the development of programs. Recovery efforts by consumers include planning daily activities, assisting other consumers, befriending peers, accepting center and community responsibilities and fulfillment of personal goals.

We are also happy to announce the relocation to a larger facility in Perry County. In October, the Perry Center will offer every program, Social and Psych Rehabilitation.

Last as the Executive Director, I want each consumer to recognize that Aurora's Centers are your home away from home. Each staff member and peer is your extended family. Let's Share and Care independence.

## **Mechanicsburg Aurora Centers Happenings** **By Debbie**

Mechanicsburg Aurora is located at 104 w. Main St.. There are approximately 35 consumers. On the days of their choice they come in and rely on a safe environment and relaxing atmosphere to socialize, play an assortment of cards, board games or participate in educational programs. Consumers also enjoy taking strolls and patronizing the local restaurants and quaint shops.

## **Harrisburg Aurora Center Happenings** **By Kathy**

Wow, so much has happened this year it's hard to begin. As most of you know by now I have been transferred to Harrisburg Center as the Program Coordinator. Since my arrival I have made a few changes, but things still operate pretty much the same way. The Harrisburg Center is defini-

The Staff would also like to take this opportunity to thank those who volunteer to ensure the cleanliness and tidiness of "their club".

**Jubilee Day** was JUNE 16th.

This is the largest one-day street fair in the eastern United States. More than 300 vendors offering food, art, crafts and live entertainment take over Main Street. Aurora offers our members to come in and relax while you enjoy one of the many tasty

antly about recovery and making the center a consumer run place. Our members serve and prepare morning coffee, lunch and assist in the daily clean up. Everyone chips in and does a chore, most members will come and ask me what they can do help out. The women's group has adopted a great project

## **Perry Aurora Center Happenings** **By Sam**

Leah Clouser was nominated for the CPMR Programs Person in Recovery, Award. Leah was very happy and surprised when her name was selected. Leah and her Mother attended the Award Ceremony on 27 April 2011, at the Hotel Carlisle along with Owen and Sam. For Mental Health Month in May, Mechanicsburg Aurora and Star will be here for lunch and Laura Young will be telling her recovery story. Laura works at Star in Carlisle; she works 3 hours a week and at-

tends the Aurora on Wednesday and Friday. We are very happy to have her. Also, we are looking forward to the Mental Health Walk and lunch together with each other at Letort Park in Carlisle on 29 April. Starting in June Becky will be doing a Wellness Class every Wednesday at the club. Consumers attended the first class. Consumers said Becky gets the group involved, and makes us look at ourselves and to be well. Everyone is looking forward to the new Aurora Club in New

foods the vendors offer. It's also a great time for socialization with other consumers from Perry Co. STAR and Shipdock.



*Harrisburg Center's Royal Wedding Day Tea Party*

working with a non profit called Caitlyn's Smiles. They help prepare gift bags and cards for sick children.

A typical day in Harrisburg starts with coffee and conversation and games in the lunchroom, then we prepare for lunch and afterwards continue playing games, working on the computers, shooting pool, and just enjoying good friends and conversation. Everyone has made me feel welcome

Bloomfield. We are planning to move 1 October 2011. We will have more room and closer to town where we can walk to different stores. 14 June Karen and Leah left for the PMHCA Conference in Pittsburgh. Some of the workshops included Gina Calhoun Heller and Scott Calhoun Heller's two part workshop on "Stages of Change and Possible Engagement Strategies: and Shelley Bishop's "I'm the Evidence Campaign".

During the afternoon Leah and Karen went to the pool for a little bit of fun and relaxation. Leah is on the CSP committee for a picnic in August. The picnic will be held at Little Buffalo State Park.

**Advisory Board Notes To Remember:**  
**By Donna B. & Lindsey B.**

With the hot summer months upon us personal hygiene is more important than ever. Shower everyday and wear only clean clothing. Remember the Harrisburg Aurora Center provides a free laundry service for you to wash your clothes

The **Snack Bar Grand Opening was July 5th**. Anyone interested in learning how to use the cash register please see Kathy for training. All snacks purchased at the snack bar may only be eaten in the dining room area or outside. Please do not litter if taking food or drinks outside. Thank you for making this project such a success. All proceeds directly benefit our Centers, and help teach valuable skills to our consumers. Thank you to each you that volunteers your time!

Our **2ND ANNUAL AURORA CENTER PICNIC** was held on July 7th. You could choose to play bingo, toss an egg or kick a ball, but one thing that everyone did together was EAT! As you can see from the smiling faces below everyone had a great time and are already looking forward to next years picnic. Thanks to everyone that helped to organize such an event. We could never do it without you. Thanks to Owen for all his skill and organization, or as we refer to it in Harrisburg his "OCD"

## Aurora Centers 2011 Picnic Photos



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## Harrisburg Member Spotlight

### Alex By Joyce



Alex is the Harrisburg Center's cook.

He was born in South Carolina.

He moved to this area about 8 years ago.

In his free time he likes to go out and spend time in the community.

He would like to become a therapist one day



## Mechanicsburg Member Spotlight Jamee



Jamee was born in Camp Hill at the Holy Spirit Hospital and currently lives in Lemoyne with her cat "Tiger lily". She is blessed to have both her parents living close to her. Her father lives in Carlisle and her mother lives in Camp Hill. She also has two brothers and a sister that she speaks to often. She is especially close to her mother and they share many weekends together shopping and catching up on "gossip" She is also very close with her grandmother and never takes good health and family for granted. Jamee has recently experienced many loses in her life like her grandfather, as well as several close friends. She takes these setbacks very hard at first, but realizes that they are a part of life and she chooses to remain strong so she can be supportive for those that need her during these most difficult times.

As a child Jamee and her family went tent camping and once traveled all the way to Florida to see Disney World. She remembers this trip most of all. She is a 1993 graduate of Cumberland Valley High School where she was a cheerleader and her favorite subject was biology (mostly because they didn't handout homework!). She was also employed at Wendy's restaurant during high school, but realized French fry making wasn't her favorite thing to do.

Jamee enjoys collecting stuffed animals and she cherishes them all because each one has a special meaning and a story to tell. She also enjoys listening to music like T.S.O, Eminem and many other pop artists. She works on the computer regularly checking her Facebook page, Yahoo email and collecting her badges through POGO. She also enjoys word search puzzles, playing Trivial Pursuit with her mother, and in the evenings she watches her favorite TV shows like Hawaii Five O and the new series "Being Human".

Jamee has been independent for over 15 years and loves being able to live on her own, but knows she needs to stay close with friends and family to avoid getting lonely. She likes to date and with each new relationship or break up she grows as a person. One day she dreams of being married and having a family of her own, but for now she is happy and very content with her life.

The Aurora Club is very important to Jamee because it gives her a place to see her friends and talk to the staff member like Teresa and Kathy who show her support and understanding. She jokes that at times we give her too much "motherly advice" but she also knows that we do this because we care about her happiness and safety.

***"I am glad to be taking care of my health, weight, and overall happiness"***

# Recipes



## Quick Nacho Dip

By Kim P.

### Ingredients

- 1 lb. of Ground Beef
- 1 Small onions, chopped
- 1 Small Green Pepper, chopped
- 1 16 oz. can of Refried Beans
- 1 8 oz. can of Picante Sauce
- 1 Envelope of Taco Seasoning
- 1 Cup of Shredded Cheddar Cheese

Combine ground beef, onion and green pepper in a large skillet and cook until the meat is brown. Stir to crumble meat, drain, then add beans, picante sauce, taco seasoning. Stirring well cook over medium heat until thoroughly heated. Spoon into 9 x 13 in baking dish. Sprinkle with shredded cheese and bake at

400° for 5 min. or until the cheese melts. Serve dip with tortilla chips. Makes 4 cups.



## Pineapple Salad

By Val P.

### Ingredients

- 1 20 oz. can of Pineapple
- ½ A bag of miniature marshmallows
- ½ a tube of Cool Whip

Drain pineapple then place in a mixing bowl, add miniature marshmallows and Cool Whip. Stir to combine.

## Super Seafood Dip

Kim P.

### Ingredients

- 1 Can (7 oz.) medium size Shrimp, drained
- 1 Can (4 oz.) sliced Ripe Olives, drained
- 1 hard cooked egg, finely chopped
- 1½ Cup Sour Cream
- 1/3 Cup Picante Sauce
- 2 Tsp. Lemon Juice
- 1 Package (0.6 oz.) Italian Dressing Mix

Combine all ingredient in a bowl. Serve with pita or bagel chips.



## Banana-Blueberry Smoothie

Val P.

### Ingredients

- 2 Bananas sliced and frozen
- 1 Cup of frozen Blueberries
- 1 Carton (8 oz.) Plain Low Fat Yogurt
- ½ Cup Milk
- Ice Cubes



Combine first four ingredients in a blender, adding enough ice cubes to bring it to the 4 cup level. Blend until mixture is smooth & serve immediately

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## Corn and Black Bean Salad

By Terry w.

### Ingredients

1/4 Cup Balsamic Vinegar

2tbs Vegetable Oil

1/2 tsp. Salt

1/2 tsp. Sugar

1/2 tsp. Black Pepper

1/2 tsp. Ground Cumin

1/2 tsp. Chili Powder

3 tbs. Chopped Fresh Cilantro

1(15 oz.) Can Black Beans, rinsed

1 (8.75 oz.) Can Sweet Corn,  
drained



In a small bowl mix together vinegar. Oil, salt, sugar, black pepper cumin and chili powder.

In a medium bowl, stir together black beans and corn. Toss with vinegar and oil dressing and garnish with cilantro. Cover and refrigerate overnight.

## The Wavy Swings

By Brandon S.



My favorite ride at Hershey Park is The Wavy Swings. I love that ride because I feel brave when I'm in the air. I also feel less afraid. I hope to ride them again this year.

## Jokes



Last night I was dreaming I was eating marshmallows. When I woke-up my pillow was gone! By Jean S.

Why wouldn't the skeleton go bungee jumping? HE HAD NO GUTS. By Todd S.

# *Aurora Social Rehabilitation Services*

*is a community non-profit organization serving adults with mental illness and or intellectual and developmental disabilities in Central Pennsylvania that facilitates recovery among those served with opportunities for empowerment and self-direction through life skills training, educational programs and social activities.*

We're on the web!  
AuroraServices.Org

## *The Aurora Centers*

*"where loneliness ends and friendships begin"*



**Remember what makes us special is our differences, what makes us the same is our attitudes about those differences.**