

AURORA TIMES

Issue 3

March 2012

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Editors Notes By Katrina

Our first newsletter of 2012! Heading into spring a time of renewal and hope! So let's all try to put the past behind us and move forwards to all the good things this year will hold for us!

WE NEED YOUR HELP

Help us with the newsletter! Any suggestions or submission are welcome! Let me know in person or email me at this address:

KSeidel@AuroraServices.Org



FROM THE DESK OF THE EXECUTIVE DIRECTOR:

After a long winter and many program changes, I look forward to the spring and summer. Each consumer has demonstrated that change is good and we can all learn something new!! When consumers take PRIDE in the club by ensuring cleanliness, great meals, sharing and helping one another we all add to our mental, physical and spiritual wellness.

Every program we plan is for the benefit of the consumer but there are more benefits consumers can take advantage of daily. We continue to encourage each consumer to manage their mental health daily by: attending CSP meetings, creating Wellness Recovery Action Plans, Exercising and attending our newly created Work Shops. I would ask that you take the time to check out these well designed activities. The staff works very hard to assemble these program and we hope that you take the time to be involved.

April is Mental Health Month and I'm going to turn this into a Celebration!!!!!!! Stay tuned as there will be some special events and activities planned.

Yours in recovery,
Owen

Harrisburg Aurora Centers Happenings

By: Kathy

This year has been such a success for several reasons; first and foremost is the way that everyone has stepped up to volunteer for daily chores and lunch duty. We have never missed a day of lunch due to lack of volunteers BRAVO! In addition to lunch duties everyone is eager and willing to complete their assigned chore without any question and has taken on the responsibility of doing what you say they are going to do!

Each morning we start our day together at our morning meeting and this has given us a better sense of being part of a team. The aurora center can not run without your efforts. Just look back a few short months ago when some of these new changes started to take effect. At first the changes seemed impossible, but they quickly become just another part of our regular routine.

Our community volunteer group has also been growing with a great sense of pride and enthusiasm to help children that are sick in the hospital. At our last schedule event to Caitlyn's Smiles we needed two vans to accommodate all the participants. If anyone has any suggestions for another group that may need our volunteer services please see me with any contact information that you may have.

Our Snack Shack has also turned into quite a thriving little business. We have raised enough money this year to take everyone on an outing to a Senators baseball game on May 9th. We didn't let our little set back with theft get us down, we just learned from our mistakes and moved on.

As I come into work each morning and I see everyone enjoying each others company, keeping busy with activities, socializing, cleaning, attending meetings and workshops, and it gives me such a sense of pride to be a small part of such a big thing in everyone's life.

If anyone has any new ideas for activities, workshops, or outings please see me, I can never guarantee you will get everything you ask for, but I can tell you I will always try my best.



Donna, Doris, Raymond and Becky preparing their CSP quilt patches.



Adan's perfect game!



Spades is no joke at the Aurora Center



Our own ballerina, Shulena

Up Coming Events

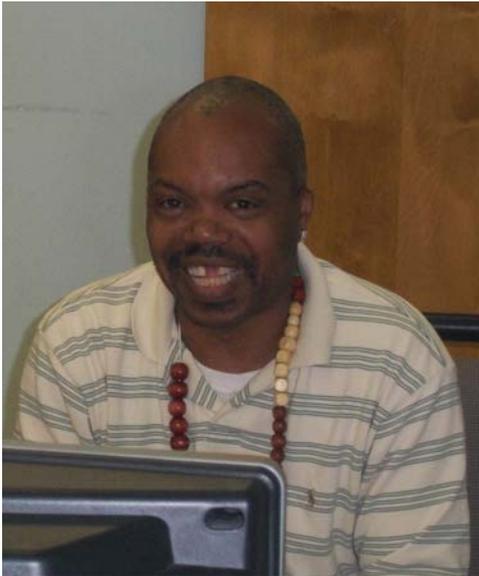
May 1st - "May Day" Plant a flower in the Aurora center garden.

May 9th - "Snack Shack Outing" Senator baseball game.

July 26th - "Aurora Centers Picnic" Annual picnic at Fort Hunter.

Member Spotlights

By Joyce W.



Ricky

You're most likely to find Ricky in the kitchen or near it. He loves volunteering to cook here at the Harrisburg center.

He was born in Harrisburg PA and has been in this area for the last 3 years.

He loves spending his free time here at the Aurora Club. His favorite game is Skipbo so if you see him around ask him to play game!

Ricky hope one day to be rich (and who doesn't?!)



Martha

Martha was born in Pittsburg, she moved to this area 30 years ago.

Martha also volunteers here answering the phones. So if you ever call in and wondered who that pleasant voice on the other line is now you know.

Martha likes playing spades so you might see her on the spades table when she's not on the phone. She also enjoys Bingo and playing online games on pogo.com.

In her free time she loves playing with her dog Angel. She also enjoys playing Bingo and online games on pogo.com.

Recipes

Easy Strawberry Shortcake



Ingredients

1 quart (4 cups) strawberries, sliced
1/4 cup sugar
2 1/3 cups Original Bisquick mix
1/2 cup milk
3 tablespoons sugar
3 tablespoons butter or margarine, melted
1/2 cup whipping cream

Directions

1. Heat oven to 425°F. In large bowl, mix strawberries and 1/4 cup sugar; set aside.
2. In medium bowl, stir Bisquick mix, milk, 3 tablespoons sugar and the butter until soft dough forms. On ungreased cookie sheet, drop dough by 6 spoonfuls.
3. Bake 10 to 12 minutes or until golden brown. Meanwhile, in small bowl, beat whipping cream with electric mixer on high speed until soft peaks form.
4. Split warm shortcakes; fill and top with strawberries and whipped cream.

Easy Lasagna

Ingredients

1 pound lean ground beef
1 (32 ounce) jar spaghetti sauce
32 ounces cottage cheese
3 cups shredded mozzarella cheese
2 eggs
1/2 cup grated Parmesan cheese
2 teaspoons dried parsley
salt to taste
ground black pepper to taste
9 lasagna noodles
1/2 cup water

1. In a large skillet over medium heat brown the ground beef. Drain the grease. Add spaghetti sauce and simmer for 5 minutes.
2. In a large bowl, mix together the cottage cheese, 2 cups of the mozzarella cheese, eggs, half of the grated Parmesan cheese, dried parsley, salt and ground black pepper.
3. To assemble, in the bottom of a 9x13 inch baking dish evenly spread 3/4 cup of the sauce mixture. Cover with 3 uncooked lasagna noodles, 1 3/4 cup of the cheese mixture, and 1/4 cup sauce. Repeat layers twice. Top with 3 noodles, remaining sauce, remaining mozzarella and Parmesan cheese. Add 1/2 cup water to the edges of the pan. Cover with aluminum foil.
4. Bake in a preheated 350 degree F(175 degrees C) oven for 45 minutes. Uncover and bake an additional 10 minutes. Let stand 10 minutes before serving.



Happy Holidays





Spring By Joyce



Spring coming soon it will be Easter.
I hope we'll all have a nice holiday here at Aurora.
It's snowing but in just a few months the flowers will be blooming



Patches By Keith



Patches lived under a bridge in Harrisburg.
Her taste in clothing leaned towards parti-colored, flowing dresses.
She was an old women with a caved in mouth because she was toothless. Un-kept, she had shaggy hair and claws for fingers.
Tumor ridden she was dying of cancer.



Fireworks By Keith



Fireworks lighting the night
In burst of green, orange and red.
In tribute to those who have died.
And will die in the name of war.
I speak of the dead not the living.



Jokes

What do you call a boomerang that doesn't work? - A stick
What do you call four bull fighters in quicksand? - Quatro sinko
What did the fish say when he swam into the wall? - Damn

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 Center

"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.