

# AURORA TIMES

Dauphin County Harrisburg PA Aurora Center Edition

**Issue 8  
Spring Edition  
April 2014**



## FROM THE DESK OF THE EXECUTIVE DIRECTOR

Look around the corner and you will find SPRING!!!! Aurora will be springing into some new programs and will be adding two new Peer Specialist. Cleon and Karin will be attending Peer Specialist Training March 24<sup>th</sup> through April 4<sup>th</sup>. We will then have 3 Peer Specialist to work with our participants. This will allow us to expand our very successful IMHR (Individual Mental Health Rehabilitation) Program to include WRAP.

It's great coming to work and seeing smiles on the faces of Aurora attendees. The warm weather and sunshine just fills the center with joy. I want to personally thank the staff for all the hard work and dedication over the winter months. This is a difficult time for both staff and consumer. We call it Cabin Fever.....now it's time to get out of the cabin and begin to plant some seeds of success. Picnics, baseball and other outside activities will warm our hearts.

2014 Spring and Summer promises to be a great time of the year.

*Owen*

Owen Hannah, Executive Director

**Biggest Loser Team  
90 Day Weight Loss Challenge**

**BLT**



**They Say, “If You Build it They Will Come”**

We built a challenge! We gave everyone a chance to participated, and 25 brave consumers stepped up to the challenge. In the beginning on Feb. 19th 2014 we had a combined weight of 5586lbs. Over the course of the next 90 days through workshops and classes we are learning how to eat better, read labels, exercise and just become more aware of what we eat. We are also emphasizing the importance of portion control and healthy choices. The dedication to the program is more than I anticipated. Everyone that started the program has lost at least a few pounds, some more than others, and some of us have just maintained. On our 30 day “weigh in” we were down to 5483bs.(103 pounds dropped). I developed the program as a way for our consumers to be more aware of nutrition and calorie intake. It has been so well received many are asking why we haven't done this before. Even after we end the 90 day challenge on May 20th 2014, my hope is that everyone continues to eat healthy and get out there and move!



## Guest Speakers & Special Events at Aurora

### Way to Go Men's Group!

We challenged them, they accepted, and they delivered! The Men's group really stepped up their game to host an amazing party showcasing their cooking talents as well their planning and organizing skills. We had so much food that day no one wanted to eat lunch afterwards. Major players in the event were Cleon, Elmer, Ray and Ricky all the men chipped in by donating food and helping to prepare a feast fit for a QUEEN!



### Saucy Aussie, Ruby & Tracy Visit Aurora

We love when Tracy and her dogs visit the Center. They always teach us some great lessons on life and how to treat others like, never bite the hand that feeds you, and always greet someone with a big "tail wag".

Tracy always leave us smiling and in anticipation of her next visit.

Thanks for the books for our library!





# Kristian's Klimate

By Kristian



When you see clouds, you think of big marshmallows, right? Well close, clouds are made of water. Water evaporates from the ocean, puddles, lakes, rivers and even streams, then the clouds form up. Numerous clouds form when liquid gets evaporated and causes precipitation.

## “Did You Know?”

Did you know that WHTM-TV meteorologist use Harrisburg International Airport (HIA) to record data? They do! They've been using that location since the 1800s in order to have their information recorded,

### March 9th

78° Record High (2006)

8° Record Low (1989)

### March 10th

72° Record High (2006)

5° Record Low (1984)



## The Pet Corner

By Becky H

This time I'm interviewing Joe H.

**What kind of animal(s) do you have and how many?**

*Two dogs and four cats*

**What is the name(s) of your animals?**

*Dogs: Chloe & Rosie*

*Cats: Rick, Patchy, Mooch and Trigger*

**What is the hardest part of caring for your animal?**

*It's always easy fun for me.*

**What is the most rewarding part of caring for your animals**

*Giving them treats, they act real nice.*

**What do you want everyone to know about your animal?**

*That they are there and they are nice.*



# Member's Spotlight

By Ricky V.

KRISTIAN B.

**Birthday:** 5-19-1993

**How long have you been coming to the Aurora Center?**  
*Since last April.*

**What do you like best about the Aurora Center?**  
*Being with friends and playing games.*

**What is your greatest accomplishment?**  
*Being on time and socializing with others.*

**How do you want to be remembered?**  
*Being a friendly person.*



KIM R.

**Birthday:** 6-05-1962

**How long have you been coming to the Aurora Center?**  
*A couple of years.*

**What do you like best about the Aurora Center?**  
*I've been coming here for a couple of years  
and the people are nice and friendly.*

**What is your greatest accomplishment?**  
*Getting my college degree.*

**How do you want to be remembered?**  
*As being a very happy person.*



## SCIENCE & THEORY

By D. Jackson



Science is the caustic nature in our existence. The study of probable and practical things are included in science. One example is called *cause and effect*.

Things are in science. Places and objects are in science. How the places and objects came about are the same historic facts to make the markers that are the internal, basic foundation that are the structure in places and objects. Our geographical boundaries are intuitive markers of how our "state" and its make-up have unique definition conducive of its area. A popular science theory is one of how the universe introduced itself to our primeval being. In theory, of course. This, giving us the materials and solutions in the early and latter parts of our growth in nature.

Pennsylvania is a state that has different agricultural and manufacturing capabilities than other areas. This condition gives us, being people and things, an individual but similar overall state. Pennsylvania is known as "The Land of Plenty". Mushrooms, chocolate, potato chips, and pretzels are produced in Pennsylvania. The mills made for these are made from other material also found at deposits of fodder in Pennsylvania and other places.

Sometimes, imported materials give us the thing we crave. So as it is the melting pot of our planet has places to see, things to admire, and, a guarantee that life is long. We live from our land.

# Family Values and Memories

By Vivin R

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

Barbara R: Learn to read the lessons in the bible.

Anthony W: Faith.

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

Barbara R: Chicken.

Anthony W: Pig feet.

## What is your most memorable family vacation?

Barbara R: Going to South Carolina.

Anthony W: Going to Hershey Park.

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

Barbara R: Children.

Anthony W: Heart.



## H.O.P.E TROUPE



Busy, Busy, Busy is all I can say for the HOPE Troupe. Many changes have taken place, but one thing will always remain the same and that is the message they try to convey to the public about the stigma's associate with mental illness. Be sure to catch a performance in your area.



# Poems and Short Stories

## *The Beloved*

By Anthony W.

Dr. Martin Luther King, Jr. preached about the “beloved community”; a world where people from all nations and races could come together and live in peace and brotherhood.

Dr. King had a dream, a most wonderful dream, one that is timeless, enduring, and is shared by good people who are guided by the principles of goodwill and love.

May the Aurora Club be the beloved community, a place where we come together in the spirit of unity. May we do our part to foster understanding and respect and kindness.

Let's see to it that “together we stand, divided we fall” is not just a cliché or words that sound good. May we truly be bound together and ensure that no one in the Aurora Club family falters or falls. Let us strive to be the beloved community that a great man espoused with passion and eloquence

## **Time's Mirror**

Keith D.

*The first one you look in reflects an image you don't recognize  
because you don't know who you are.*

*When you're two years old you're aware of your identity but you're catching  
yourself wondering what you will look like ten years down the road*

*At twelve years of age you wonder what that gawky, awkward boy is.  
What could he have to do with you?*

*At twenty-two you look at that bearded stranger in the mirror.  
Your life has barely begun but you wonder where you'll be at thirty-two?*

*When you reached thirty-two you were no longer alone.  
A woman stood beside you heavily pregnant, in front of you stood two little ones,  
one looked much like you, one looked much like her.*

*And time accelerated. You suddenly were fifty-two and the little ones were gone.  
Only you and your wife looked back at you.*

*Then you were seventy-two and you wondered where the time had gone and why you had in gray hair.*

*Now you're ninety-two and your hair has turned white.  
Your wife is gone but your house is filled with voices as children and grandchildren fill it.*



# Poems and Short

## Me and The Mouse

By Keith D.

*I was ten years old and I woke up early one day. It wasn't a school day or a Sunday. I needed to go to the bathroom. I padded down the hall with my footsteps creaking all the way. I passed my sister's room leaving her behind soundly asleep then my parent's room and didn't disturb them either. The bathroom lay at the back of the house over the backyard and all the windows on that floor were open so I wonder, looking back why I was the only one awake.*

*I entered and shut the door behind me and climbed hitching myself onto the toilet seat. Placidly I sat there and looked at the floor between the toilet and the wall. One of the traps Dad has rigged around the house had done it's job. I had never seen a dead animal before. I picked up the trap and released the critter. Carrying it by the tail I took it into my parent's bedroom, gently swaying and presented it to Mom. There was no "Eeeek", no scream. She opened her eyes and focused on what I held. Her eyes widened backed up over Dad.*

## Dig You

**I dig you the most  
Like butter on toast**

**I like your legs  
Like fried eggs**

**Like a farmer and a potato  
I plant you now and dig you later**

Anonymous



# Recipes

## English Muffin Pizzas



By Val P.

### Ingredients

Pizza Sauce, Mozzarella Cheese  
Pepperoni (or any toppings you like)

### Directions

1. Lay a square of aluminum foil in oven.
2. Preheat oven to 350°F.
3. Split English Muffins.
4. Spread desired amount of pizza sauce on muffins.
5. Sprinkle cheese over sauce & add toppings
6. Put muffins in oven and back for 5 minutes
7. Remove pizza from and let cool for at least 1 minute.
8. **Enjoy!**

## BLT Bowtie Pasta Salad



By Ricky V.

### Ingredients

2 ½ Cups of uncooked bowtie pasta  
6 cups of romain lettuce  
1 cup of cubed cooked chicken breast  
1 medium tomato  
4 bacon strips, cooked and crumbled  
1 Tbsp ground black peper  
1/3 Cup reduced fat mayonnaise  
¼ Cup water  
1½ Tsp white vinegar  
1 Tbsp barbecue sauce

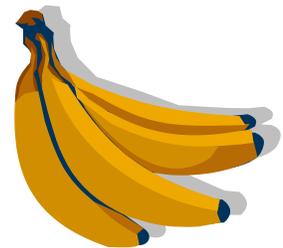
### Directions

1. Cook pasta according to package directions. Drain and rinse under cold water.
2. In a large bowl, combine romaine, chicken, tomato, bacon and pasta.
3. In a small bowl, whisk mayonnaise, water, barbecue sauce, vinegar and pepper. Pour over salad; toss to coat. Serve immediately.

## Banana Pudding

### Ingredients

2 Cups non-fat milk	1 Tsp vanilla extract
1 large very ripe banana, sliced	8 fresh strawberries, hull and slice
2 Tbsp granulated sugar	2 Tbsp chopped walnuts
2 Tbsp cornstarch	1 Tbsp mini chocolate chips
1/4 Cup egg substitute	



### Directions

In a medium saucepan, bring milk to a simmer over medium heat. Add banana to milk and allow to steep without stirring for 30 minutes. Strain milk to remove banana and discard. Return milk to saucepan and add sugar, cornstarch and egg substitute. Cook over medium heat, stirring constantly, until mixture thickens, about 5-8 minutes. Remove from heat and cool slightly. Stir in vanilla and pour into individual serving cups. Chill for at least 1 hour. Top with sliced strawberries, walnuts and chocolate chips.

COLOR BY NUMBER

BY SUE R

