

AURORA DAWN

SUMMER EDITION 2015

Mechanicsburg Aurora Center Newsletter

CUMBERLAND COUNTY, PA



*Photo Credits to Bonnie H.



A place of caring, kindness, relaxation and fun without judgement.

Is this edition you will find out things you never knew about your friends, a funny story or two and fantastic photos from Bonnie, our staff photographer. f a friend . The back page is a riddle and the first person to get the answer correct and to Kathy will win Snack Shack Funny Money.

Sit back, relax and enjoy treading the Newsletter and as you read start thinking about how you can be a contributing writer for our Winter Edition. The deadline for this edition will be December 21, 2015.

Mechanicsburg Aurora Center Happenings

By: Kathy

Wow! It has been a very busy Spring and Summer for the Mechanicsburg Center. I arrived in my new position on April 10, 2015 and I haven't stopped moving since. I know many of you were wondering what the heck I I was doing moving everything, change the rules, and asking so many questions, but it was all for a reason. Now that the dust has settled and I can finally sit and relax a little we can all take a look around the Center and see how things have improved. Change can be a good thing and in this case it was definitely a good thing. I am so pleased with how everyone has stepped up to help prepare meals, do daily chores, participate in activities, write articles, paint and color, make crafts, run the store, and sing and dance for our JAM Sessions. I really enjoy when New Bloomfield comes to visit and help get the place rockin' Now that we have started the momentum, lets keep moving forward and see what else we can do to take charge of our lives and help our community. Namaste☺, Kathy

NEWS FLASH

J.A.M SESSIONS



“JUST ACCEPT ME”

With a little help from our neighbors at Keystone Music Exchange and the New Bloomfield Aurora Center we created a musical group called the *AC Jammers*. Our message is simple. have fun, sing, dance and Just Accept Me (JAM) for who I am not what you think I should be.

Our goal is to one day perform for an audience to spread our message of acceptance.



What Is Your Favorite Ice Cream Flavor?
By James

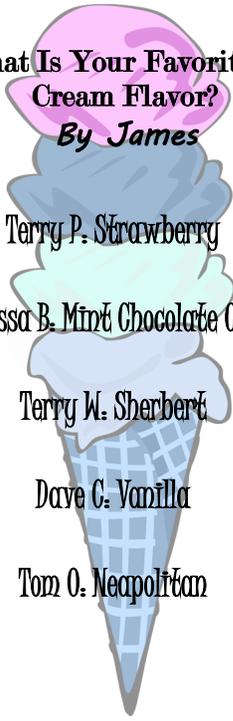
Terry P. Strawberry

Melissa B. Mint Chocolate Chip

Terry W. Sherbert

Dave C. Vanilla

Tom O. Neapolitan



In My Spare Time

When I'm not at Aurora I like to...



Terry W: I like going for a walk, watch movies, read books, and sewing as a coping skill.

James C: I like to listen to music, go to AA clubs, movie theaters, and hang out with friends.

David K: I like going for a walk, watch TV, and clean my apartment once a week.

Tony V: I like to hangout with her sister, go to shopping, and visit friends every other week.

Terry P: I like to go for a walk and watch TV at home.

Tom O: I like to cook and plant flowers in front of his apartment.

Guest Speaker Visits Mechanicsburg Aurora Center

A visit from one of our favorite guest speakers *Tracy from Tremendous Life Books* and her *Dog Box Car Indy*. Tracy always brings a smile to our faces and wet kiss from her dogs when she visits, we cant wait to meet Ruby this Fall!. Her messages of acceptance and being kind are a lesson we can all learn from.



Book Club Reviews

1. What book have you liked the best that you have read with the book club?

Mindy: The Last Oracle by James Rollins

Karen: The View From The Top by Hillary Frank

2. What did you like about the book?

Mindy: The book had multiple storylines.

Karen: I like the book talked about family reunion and happiness.

3. What didn't you like about the book?

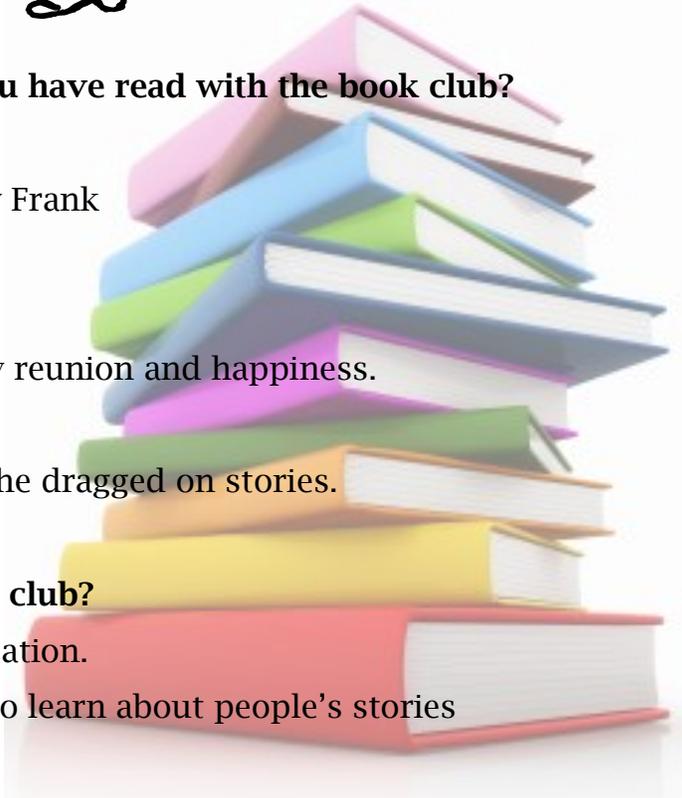
Mindy: I didn't like the book because of the dragged on stories.

Karen: Not applicable

4. Why should Aurora Members join the book club?

Mindy: The book club is good for socialization.

Karen: The book club is fun to read and to learn about people's stories



Jubilee Day 2015 The Third Thursday in June

Photo Credits Bonnie H.



DAVE'S CD REVIEW

THE MONKEES "HEADQUARTERS"

Release date: 5-22-67 Label: Rhino

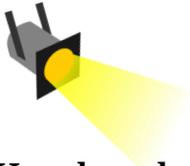


After an intense struggle for artistic control with both their producers and their record label, the Monkees - who were dubbed the "Pre-fab Four" at the time, because of their made-for-TV origins - released what was considered to be their first real album, Headquarters. And unlike the manufactured group's last two LPs, this disc relies mostly on substantial songwriting and instrumental performances by the band itself, instead of by session musicians and professional songwriters.

Starting and ending with two original songs penned by group members Michael Nesmith and Micky Dolenz - the first being "You Told Me," with an opening that spoofs the Beatles' "Taxman," from their album, Revolver, while the last one being the timpani-driven "Randy Scouse Git (a.k.a. "Alternate Title")," Headquarters stands as a much more varied effort compared to the bubblegum-flavored pop of the band's previous recordings. It consists of many styles ranging from folk rock, garage rock, music hall and even '50s style rave, with a little country as well as a hint of psychedelia added to the mix.

Although no singles were released in the U.S. to accompany the album upon its original release on the Colgems label, but that didn't stop Headquarters from reaching the top of the U.S. charts, only to get knocked off that position the following week by the Beatles' Sgt. Pepper's Lonely Hearts Club Band. But it did manage to place itself firmly at the number two spot and remained there for nearly three months. Highly recommended for any fan of '60s pop.





In The Spotlight

Tom O. Born July 11, 1958



How long have you been coming to the Aurora Center?
2 years.

What do you like best about the Aurora Center?
Tom O: I like attending the Aurora Center to socialize, be part of group discussion, and arts and crafts activities.

What is your greatest accomplishment?
Tom O: I graduated from HACC with an Associate Degree in Business Administration and West Chester University with a Bachelor Degree in Accounting.

How do you want to be remembered?
Tom O: To be remembered as kindness, friendly, and like to socialize with people.



Cooking Classes



Easy and fun recipes that anyone can make. Be sure to attend one of our classes and see what everyone is talking about. We're sure you will come back for more.



Karen be careful the butter doesn't burn!



**Pat , Bonnie,
David and
Terry be careful ,
just ask Karen
what can happen!**



WHAT AURORA MEANS TO ME

WHAT DID YOU DO BEFORE YOU CAME TO AURORA

Thomas M: I was at the Shipdock Rehabilitation Center.

Elaine S: I was at home.

Terry P: I had not done much at home and within the community.

Tony: I was bored and unable to associate with people in the community.



Karen

WHEN DID YOU START COMING TO THE CENTER?

Thomas M: 2014

Elaine: 1996

Terry P: 2014

Tony: 2005



Melisa

WHAT IS YOUR FAVORITE THING ABOUT AURORA?

Thomas M: My favorite thing about Aurora is worked on my problems, socialized with consumers, and asked help from staffs.

Elaine: My favorite thing about Aurora is socializing and doing activities.

Terry P: My favorite thing about Aurora is meeting people.

Tony: My favorite thing about Aurora is companionship.



James

WHAT WOULD YOU TELL SOMEONE WHO I THINKING ABOUT ATTENDING AURORA?

Thomas M: I will tell people that Aurora is a great place for people with mental illness to learn about life and deal with our issues. In addition, Aurora has a great atmospheres and provides lunch.

Elaine S: I will tell people that Aurora has great groups and recommend them to come and try it.

Terry P: I will tell people that Aurora is a friendly place to meet new people and to join fun activities.

Tony V: I will tell people that Aurora is a great opportunities to go on trips within the community .

As an adult I started becoming the victim of cyber-mobbing. I attempted to shrug off what was happening but I could not, as the cybermobber/troll tried to ruin my life, not once, but several times and still tries to destroy my life from time to time. Regardless of how many times the bullies so explicitly pointed out my so called insecurities and physical flaws, on internet forums; the sting never seemed to fade.

I could not keep myself from turning them over in my head, again and again as I read the slander and lies and perfect example of a wasted life (and the perfect example of meanness) that they wrote on Online forums and blogs about me "She's a Scammer, She takes advantage of people, she makes ugly jewelry, she's fat, ugly, and mean, etc. and none of it was even true.

I could feel my thoughts I tried so desperately to hide, creep towards the surface, as they had my online shops closed down for no Reason. My eyes watered, and I could feel my cheeks warming as they almost got me evicted. Even after writing to my church and friends several times and telling them "what a horrible person I was" the sting never seemed to fade. Every time they contacted someone who knew me in real life, pointing out insecurities that didn't even exist, they never failed to hurt me. To make matters worse, the idea that others thought I was a bad person simply worsened the pain.

This person encouraged everyone I came in contact with to unfriend me, destroy me, and spread the rumors. This made me think I was going to be a terrible person for the rest of my life. What happened next, was nothing like what I expected. Loving and encouraging words from my church and real life friends who did not believe the vicious lies of the bullies. (I actually would have lost everything if it weren't for that church) who advocated for me time and time again.

It is a well-known fact that the bullied often becomes the bully, but that did not happen to me. I made the choice not to bully. I think the reasons why people bully or are mean in General are either because they had uncaring parents, they want to look cool for their friends, they watch a lot of violent movies and video games, they want attention, they are jealous, they are lonely, they are having family problems, there are many reasons why a person will start to bully. At some point I started talking to a mentally challenged girl who I will call Rhonda on the internet. We were both having very severe problems with the same troll/cyberbully. She was the first person in a very long time that I thought understood what I was going through. I started a secret Facebook group where we were having venting sessions, which led to a trusting online friendship. I teach her about keeping herself safe online and when she gets anxiety ridden over what the bullies say online I give her a gentle reminder to ignore them. Then was one day the bullies had me on the verge of tears when they posted on the dirty how they were going to ruin my life. They were relentlessly attacking me on there. Then Rhonda posted back to them "you need to leave Andrea alone she really does have a disability and its no laughing matter how would you feel if you were born disabled and people said you were faking it"

Someone online actually standing up for me only happened a few times, so this was special. I almost did cry, not because of the attacks, but because of that simple sentence. I started thinking about her, and not the bullies. I ended up thinking about all my other friends. I realized how many people were not bullies, like my real life friends who made the choice not to listen to the Cyberbullies and my personal care home staff who also choose not to listen to their slander and lies and helped me to find positive ways to cope with the bullies. By being kind this girl had managed to make me realize that not everyone was attacking me.

In that moment, all of the insults, the taunts, the cruelty I received, seemed to dissipate. I was not ugly or fat or mean or two-faced as I had been told so many times; no, on the contrary, I was beautiful. I was amazing. I was sweet, worthy, and perfect. A simple message and the people here and my real life friends helped me to regain self-confidence. Today, I look back on that day and see what others saw in me: a sad, lonely, woman who faced a different form of cyberbullying for the first time. However, it ends there. After seeing others jump to my defense without thinking twice, I began to see a woman who now feels love and friendship. The words of both friends and strangers, who jumped to my defense without a second thought, changed who I am today.

Now, I know what words can do. The Words we alter are fragile and can't be taken back when said. Derogatory words hurt when we feel unsure about who we are and once we accept no one is perfect by the help of loving people, The bad words tend to have no meaning to us.

Our Favorite Recipes

Cole Slaw *We made this in Cooking Class

- 5 tablespoons Cider Vinegar
- 3 Tablespoons Sugar
- 4 Cups Mayo
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 2 Tablespoons (finely chopped parsley)
- 3 Bags Prepared Slaw

Mix all ingredients together and refrigerate for a least 2 hours before serving.



Surprise Cake

By Bonnie H

Ingredients:

- 1 3/4 cups of flour
- 2 mashed bananas
- 1 3/4 cups of crushed pineapple
- 1 1/2 tsp cinnamon
- 1 1/4 cups of pecans halves
- 4 eggs –well beaten
- 1 1/2 cups of melted butter



Combine all ingredients thoroughly put in greased 13x9x3 pan, bake at 350 degree for 1 hour and 20 minutes.

Icing: Ingredients

- 1 1/2 cup of cream cheese
- 1 1/2 cups of butter
- 3 cups of confectioners sugar

Beat until well combined. Ice the cake when it is cool.



Poems and Short Stories



Rainy Days and Blue Sky

by Michelle B.

Rainy Days feed the world, grows the plants, and that feeds the animals.

Rainy Days feed the world. Rainy days can make for fun; Puddles to jump and warm to catch.

Can make you blue with sky of grays. Blue sky follow the rain with warm breezes.

Clouds of white float down below with green patches of dots on the land.

Rainy days with clouds of grey become a memory; while blue sky is a tease of joy come to say "play with me."

The songs of birds burst in air with a chorus to sing. Sun come to dry; puddles become mud.

Blue sky come play with me! A new world to see .

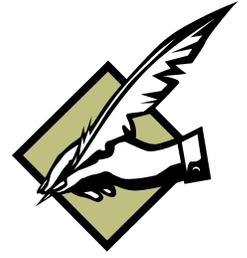
The Coming Storm

by Karen M

This book talked about Diamond V. Ranch, Dianne Chadwick, and his fiancé. A family that was attacked by stormy grizzly bear and Indians in the 1800's. Where diversity population of all race used to live together at the time.



Poems and Short Stories



“Words to Ponder”

by William Shakespeare

To be or not to be. That is the question. Whether it is nobler to suffer the slings of outrageous fortune or to take arms against the sea of troubles and by opposing in them to die, to sleep, to perchance perhaps to dream aye there's the rub in for that sleep of death what dreams may come, once we have shuffled this mortal coil. To be, that is the answer.

~ Recited by Bonnie H from

A Child's Garden of the Swing

by Robert Louis Stevenson

How do you like to go up in a swing, up in the air of a blue sky? Oh, I think it is most pleasant joy that a child can do. Up away in the air until the child can see a wide rivers, trees, and the entire countryside view. Then, I looked down at a garden repeatedly when flying up and down in the air on the swing.

~Anonymous

Two Minute Mystery

The Case of 13 Roses

The single window and door of Wayne Hector's rented room were both locked from the inside. Police officers, acting on a tip, broke in and found the 40-year-old librarian on the bed, dead of a gunshot wound.

"The Flower vendor at the 103rd Street subway station called us this morning," Inspector Winters told Dr. Haledjian over the telephone.

"You see, every Friday evening for ten years Hector bought 13 coral roses. Yesterday he missed his regular stop, and the vendor became worried."

"The way it looks," went on the inspector, "Hector locked the door and window and shot himself while sitting on the bed. He fell over on his right side, dropping the pistol to the carpet. The door key was in his vest pocket."

"What about the roses he bought the previous week?"

"They were wilted and dead in a vase of water on the windowsill," said the inspector. "Hector died about five days ago."

"Does the carpet cover the entire floor?"

"Yes, to about an inch of the walls," replied the inspector.

"Are there any blood stains on the floor, windowsill, or carpet?"

"No, nothing except a little dust. Only on the bed are there bloodstains."

"In that case," said Haledjian, "you had better request laboratory tests of the carpet for bloodstains," said Haledjian "Somebody with a key to Hector's room killed him as he stood by the window. Then the murderer cleaned up where Hector fell and arranged to body on the bed to make death look like suicide."



How did Haledjian know?

***The first person to get the correct answer to Kathy wins a Snack Shack coupon!
Good Luck!***

