

# Aurora Dawn

Winter Edition 2015

Mechanicsburg Aurora Center Newsletter Cumberland County, PA

**Aurora is a place  
of caring, kindness,  
respect, relaxation and  
fun without  
Prejudice, or judgement  
from others.**



# *Aurora Mechanicsburg Center Happenings By Kathy*

Another year has gone by, but not without some great accomplishments. Since my arrival in the Mechanicsburg Center we have been on a roller coaster of changes and expansions with our Social Program. The Women's and Men's group have grown into a monthly adventure with outings to Hershey, and the Rosemary House Tea Party as two outstanding events. The JAM Session has grown by leaps and bounds and the daily attendance and the involvement of the consumers is always on the rise. Lets keep moving forward. I have had the pleasure since April of getting to know the West Shore consumers. Everyday has been special and more exciting then the last. Now as 2016 begins we can focus on new goals of consumer involvement with day to day operations. Its your center so make a change and be a part of what happens around here.



Hershey Park Happy Men's Group Outing Dave, Dave, Terry and Tony.

Yours in Recovery,  
Kathy



Women's Tea Party luncheon with Bonnie and Suzanna.

## *JAM Session-AC Jammers*

### *Theme Song*

It's not about what you see  
It's who I am and all that I can be  
Just Accept Me for who I am  
It's who I am and all that I can be  
Don't judge me...  
For living my life  
The way that feels right for me  
And feel free  
To be a part of my life  
Walk with me...Talk with me  
We have the same urge  
And value the truth  
And all that lies within  
We each have our journey  
We each have our song  
To know me is to know  
Where I come from  
This is y message to you, ooh ooh  
Smile, Rise and just be free  
Unique as you are and you can be

## **Great News!**

### **The Mechanicsburg JAM Music Receives Generous Donation**

Aurora Social Rehab JAM Session Program was awarded a generation donation from the Carlisle Barracks Spouses Club in the amount of \$500.00. With this donation we have been able to purchase instruments including a new electric piano, bongo drums, ukulele, tambourines, a microphone, and various percussion noise makers like a triangle, shakers and maracas.

We have been practicing every month along with the New Bloomfield Aurora Center in hopes of performing for a crowd and spreading our message of "Acceptance " to the community. The JAM Session ;Just Accept Me, was started with just an idea, pen and paper, but now with this donation from the CBSC Outreach we are able to expand our musical talents and make our goal of performing a reality.

**THANK YOU TO CBSC  
Sincerely,  
Your Friends From Aurora**

## Family Values & Memories



Written By: Elaine

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

Kind and Love

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

I remember one family meal that I had with my family. One day, when I sat and eat supper with my mother, father, uncle, and two brother was the best day of my life.

### What is your most memorable family vacation?

One of my most memorable family vacation was visiting my grandparents in Daytona Beach, Florida.

### In only one (1) word, when I say "Family" what is the first thing that comes to your mind?

Kindness

## What Is Your Favorite Sports?

Dave Karns: Football

Melissa T: Football and Volleyball

Tom O: Football

Terry W: Ice Skating and Gymnastic

Elaine H: Baseball and Hockey

## **THANKS FOR CHRISTMAS**

by the Three Wise Men  
From David C.

*Thanks for Christmas  
Thank you for the love and happiness  
That's snowing down  
All around*

*Thanks for Christmas  
Thank you for the winter  
friendliness  
That's snowing down  
All around the world*

*It's nearer  
Children's eyes shine clearer now  
As they decorate the trees  
All across the seven seas*

*It's nearer  
Yule log fires burn clearer now  
In the winter's frosty air  
Sing with us and we can share our*

*Thanks for Christmas  
Thank you for the love and happiness  
That's snowing down  
All around*

*Thanks for Christmas  
Thank you for the winter friendliness  
That's snowing down  
All around the world*

*It's dawning  
Santa's reindeer yawning now  
All their festive work is done  
Filling houses up with fun*

*It's dawning  
Here is Christmas morning now  
Greatest day of all the year  
Listen out and you will hear our*

*Thanks for Christmas  
Thank you for the love and happiness  
That's snowing down  
All around*

*Thanks for Christmas  
Thank you for the winter friendliness  
That's snowing down  
All around the world*

*It's such a shame it's only one day every year  
Three hundred and sixty-four days full of  
doubts and fear  
You've been saving your love up  
Let it out cause Christmas is here*

*Thanks for Christmas  
Thank you for the love and happiness  
That's snowing down  
All around*

*Thanks for Christmas  
Thank you for the winter friendliness  
That's snowing down  
All around the world*

## What Aurora Means To Me

### What did you do before you came to Aurora

Thomas M.: I lived in Shippensburg and went to Shipdock Rehabilitation.

Elaine S.: I was at home.

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

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

Gayle T.: I sit, watch television, and eat at home all day.

Terry W.: I have done nothing, but spend money on unnecessary items. I felt depressed and out of control because I didn't know what to do at the time.

Benjamin H.: I sat at home doing nothing.

### When did you start coming to the center?

Thomas M.: 2014.

Elaine S.: 1996

Terry P.: 2013

Tony V.: 2005

Gayle T.: 2015

Terry W.: 1998

Benjamin H.: 2014

### What is your favorite thing about Aurora?

Thomas H. M.: My favorite thing is about Aurora is the food, people, groups, staffs, and this place are excellent.

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

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

Tony V.: My favorite thing about Aurora is companionship.

Gayle T.: My favorite thing about is Aurora, thank God. Aurora helped me get out of the house to do positive things, meeting and socializing with women that I can relate with and share what I know in order to help others in the future.

Terry W.: My favorite thing about Aurora is that I learned to do more sowing, budgeting, and happy to control my spending when attending workshops, activities and classes.

Benjamin H.: My favorite thing about Aurora is the emotional safe space.

### What would you tell someone who I thinking about attending Aurora?

Thomas H. 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. Aurora is 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.

Gayle T.: I will let people know when attending Aurora is a lovely wonderful, safe and clean, place to be in and I thank God for this place.

Terry W.: I will let people know that they will benefit from Aurora's staffs, trips, classes such as workshops, cooking classes, and other activities.

Benjamin H.: I will let people know that Aurora Center really helps. Aurora's members are

**Gayle T.**



**Terry P**

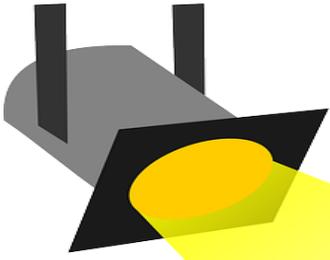


**Sandy W.**



**Angela M.**





# Members' Spotlight

**ANTHONY V.**

*Blessings follow him wherever he goes*

**How long have you been coming to the Aurora Center?**

8 years

**What do you like best about the Aurora Center?**

I like to socialize, participate workshops, cooking class, trips, bowling, and other activities with consumers/members of Aurora Center.

**What is your greatest accomplishment?**

My greatest accomplishment was being able to open-up in talking to consumers and Staffs of Aurora Center.

**How do you want to be remembered?**

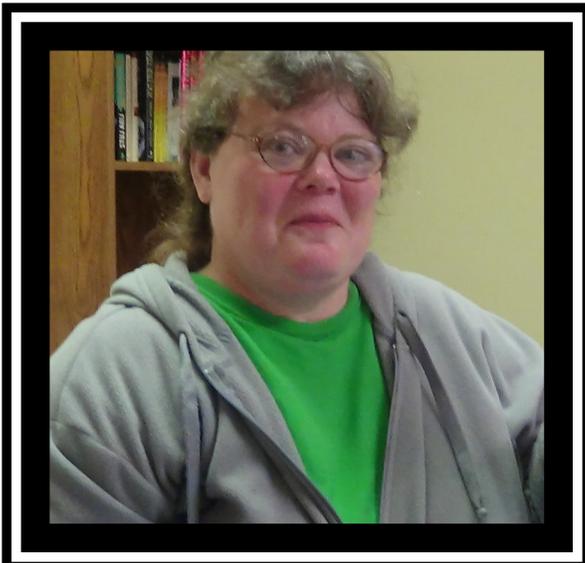
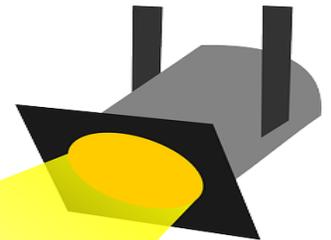
I want to be remembered as a person who is passionately in helping and supporting consumers, from within and outside, of Aurora Center.

**Interviewed by Anonymous**



**SANDY W.**

*Kind & Generous best describes her*



**How long have you been coming to the Aurora Center?**

4 months

**What do you like best about the Aurora Center?**

The people are friendly. There are several things to do here at Mechanicsburg Aurora.

**What is your greatest accomplishment?**

Graduating from high school, having two kids, and owning a home.

**How do you want to be remembered?**

I wanted to be remembered as a very helpful, kindness, and friendly person.

**Interviewed by Angela M.**

# What makes me Tick?



## In the morning when I wake up and feel

Anthony "Tony" V: A need to have someone tell me good morning

Bonnie H: Happy

Terry P: Wide awake and ready for the day

James C: Pretty good and full of energy

## As I go through my day I think about getting

Anthony "Tony" V: The most out of it

Bonnie H: Peaceful

Terry P: Stronger

James C: All my problems solved

## By the end of the day I begin to get very

Anthony "Tony" V: Sleepy

Bonnie H: Bored

Terry P: Tired

James C: Tired

## Before going to sleep at night I tell myself

Anthony "Tony" V: To relax

Bonnie H: I can do it to relax and go to sleep

Terry P: Everything will be okay

James C: I look through the day



## In My Spare Time

**When I am not at Aurora I like to...**

**Anthony "Tony" V: Watch television, sports and history channel.**

**Bonnie H: Listening to classic and rock music and take photographs.**

**Terry W: Sewing blankets, pillows cases, and doing crafts.**

**Karen M: Read and listening to music.**

**David Karns: Watch television, football and go for a walk.**

## *The Tears Kept Falling*

The tears kept falling  
Until they ran out  
Then wasn't any mood to cry or shout

My tears fall down  
Like a running storm  
And I was united by the bright sun's gloom

But I know, if I try  
Just one more  
I know I'm going to make it  
That's for sure  
The tears kept falling

~By Rebecca Johnson

# Aurora Cooking Class & Other Favorite Recipes

## CHILI CON CAR

From Gayle Thompson:

1 Pack Turkey Hamburger

2 Small Cans or Large Can of Red Beans



1 Large Can of Tomatoes Paste

1 Green Pepper

1 Small Onion

A Dash Chili Powder

\*\* Remember to mix beans and tomatoes and paste in bowl, cut up onion and green pepper, and cook turkey burger with olive oil slowly.



## PUMPKIN PIE SMOOTHIE

From Giant Cooking School

1 Cup milk

1/2 Cup Pumpkin Puree

1/2 Cup Yogurt

1 Tb Maple Syrup

1/4 Ts Pumpkin Pie Spice

1/4 Tsp Vanilla Extract

1 Frozen Banana

Combine all ingredients and BLEND!



## **TRY This! Great Recipes Easy to Cook**

### Savory Homemade Granola

From: Giant Cooking Class

4 1/2 Cups Old-fashioned Oatmeal,

Uncooked

1/3 Cup Sliced Almonds

2 Tsp Ground Cinnamon

1/4 Cup Maple Syrup

1 Tbsp Canola Oil

1/2 Cup Raisins

(cont.)



### Preheat Oven to 350F

Stir together oatmeal, almonds and cinnamon in a large bowl. In a separate bowl, whisk together maple syrup, apple juice and oil, pour over oatmeal mixture and stir to

coat thoroughly Spread mixture in an even layer onto 15x12 inch baking pan.

Bake for 25 minutes

Cool mixture in the pan before adding raisins. Store granola in an airtight container.

\* This serves 9 and per serving contains 523 calories



**WOMEN'S  
GROUP  
SPA DAY**



Who doesn't enjoy a little pampering now and then. Our Women's Groups know how to have fun! Thanks to Harrisburg Girls for joining our group for the fun.



**CAN YOU HAIKU?**

**Terry P:**

**Summer is my favorite season  
Hot weather I love best  
Sun tan I like best**

**Bonnie H:**

**The Suns so bright  
The leaves as very pretty  
My trees are dark bark**

**Tony V:**

**The snow's glitzing white  
Freezing so slowly later  
Melting during spring**

**AURORA BOOK REVIEW**

From the book club, a book called, *The Art of Seduction*

Mason Caldwell is not who she claimed to be. She is alive and well. As a masquerade, her life is a masterpiece. On the other hand, Richard Garrett has the power to expose the truth... Mason's frustration by the worlds in differences to her hunting, sensual painting, she bodily fake her own death. The results are as brilliant as the colorful art. To make long story into short story, Mason enjoys the fruits of her fame, wealth, and the entry of glittering halls of Paris. Its perfect until art expert, Richard Garett enters the picture for something about the Mason Caldwell who doesn't sit right next to him because he intends to uncover the truth... If a shadowing past of his own heart doesn't betrayed him. And Mason talent isn't easily undone. Sooner or later, a dangerous game of truth and lies can reveal its hidden desires beyond their control.

~ By one of our wonderful members of Aurora, Karen M.

## What is your favorite Animal?

**Karen M: Dogs and Cats**

**Sandy W: Dogs**

**Terry W: Dogs**

**Terry P: Lions**

**Matt B: Tiger**



## What is your favorite Dessert?

**Terry P: Apple Pie**

**Matt B: Lemon Pie**

**Tom M: Chocolate Ice Cream**

**Terry W: Cherry Pie**

**Tom M: Chocolate Ice Cream**

**Pat L. Apple Pie**



## TWO GUEST SPEAKERS VISIT AURORA

### **Susquehanna Service Dogs & Tremendous Life Books**

The Susquehanna service team dog Topaz, along with Jane shared their story of survival, purpose and dedication to what you believe. Finding passion in your work and helping others is what makes these dogs happiest. This organization is more than just training canines, its about community and commitment to making a difference in someone's life.



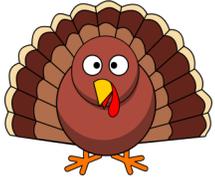
### **Tremendous Life Books Teaches an Old Dog New Tricks.**



One of our favorite visitors is Tracy from Tremendous Life Books. She always brings a message of joy, hope, and achievement each time she visits.

*Thank You*



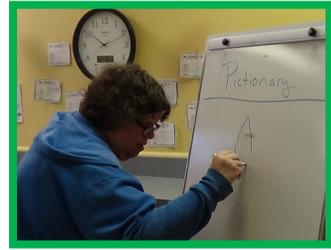


# HAPPY HOLIDAYS

## Guess Who Came to Town?



The Mechanicsburg and New Bloomfield Aurora Centers had wonderful Thanksgiving and a Holiday Parties in 2015. Thanksgiving we treated ourselves to a delicious meal at the Colony House Restaurant followed by dessert and activities at the Mechanicsburg Center. For our Winter Holiday Party we were blessed with a performance from The H.O.P.E Troupe and a greet and meet dance party and gift exchange. As Terry W. put it, "We all had a wonderful time at our Thanksgiving and Christmas Holiday Party because it feels great to be a part of Aurora's family, and there are activities and prizes for everyone".



## Congratulations To Matthew On Becoming CPS

### *Certified Peer Support of 2015*

I am thankful and passionate to be able to assist my peers with their winter edition of the Aurora Times. The consumers at the Mechanicsburg & New Bloomfield Centers are hard working individuals eager to share their opinions, ideas, comments and questions with me and each other. I am proud and grateful to be one of Aurora's Certified Peer Support Social Rehabilitation Specialist for the Mechanicsburg and New Bloomfield Centers. Yes, it has been a long and hard year, but by getting to learn about each consumer and helping them to focus on their recovery journey, it has been a blessing.

The consumers do a wonderful job at listening and socializing with one another and participating in the many social activities we offer. Thank you for doing a great job, and it's been a pleasure to connect with you and all of the Aurora Staff since my graduation from HACC and becoming a Certified Peer Support. Here's to my next journey at becoming a WRAP Facilitator this January.

Thank you to you all, and Owen Hannah and Kathy Landes for your 100% support!

~Certified Peer Support/Social Rehabilitation, Matthew

