



ALINA LODGE

# LITTLE HILL FOUNDATION

operating Alina Lodge and Haley House

PO Box G | Blairstown, NJ 07825

1.800.575.6343 | 908.362.6114



alinalodge.org • haleyhousewomen.org

SPRING 2016

## Come Cruise through Sobriety with us on June 4th!

The Gratitude Picnic is such an inspiring day for everyone involved. The dedicated Picnic Committee has been hard at work and getting all the details organized. This is our 7th Picnic – and they just get better and better. This year's theme is "Cruising our way through Sobriety". Once again we will be designating all proceeds derived from the Picnic directly into the Scholarship Funds for Alina Lodge and Haley House.

Alan B. will be our speaker. He is a dynamic speaker with 25+ years of sobriety – we are so excited to have him. We will be having a Cruise raffle – worth \$4,000 an Alina Trivia Game and a Prize Wheel

sponsored by Sterling Reputation with all kinds of prizes. In addition, we will have lunch, the Cold Stone Creamery truck, children's activities and great music. The day starts at 11am, the speaker is at 11:45 in the Chapel and lunch is served at 12:30. Of course the clown, ponies, games and music will be running throughout the day.

Become involved! Attend the Picnic, send your support, buy a raffle ticket or include a special message in the ad journal. By doing any one of these things you will be giving aid to someone struggling with addiction. Come on June 4th and build your own support network by meeting new people, seeing old friends and enjoying a day with the staff and students of Alina Lodge and Haley House. We would love to see you here!

Do you have a suggestion for the Trivia Game? Call or email the Development Office and submit your question. We will be sorting through all the entries and picking a question from each era of the Lodge.

**800-575-6343 or reeneh@alinalodge.org.**

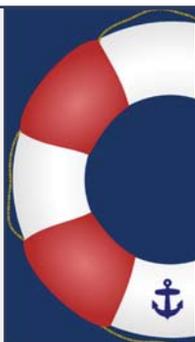
### Don't Forget to order your Gratitude Journal Ad!

Costs range from \$100 to \$5,000

Send a message to a loved one or write a message of hope.

**Call Renee or Gloria at 908-362-6114 to order today.**

*The ads will be printed in the Gratitude Journal and distributed at the Picnic on June 4th*



## 2016 PICNIC COMMITTEE

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Michael Noyes  
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Brooke Phillips  
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Rory Shaw  
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Susan Walsh

## Annual Spring Conference

Friday, May 20

**Herding Angels -  
The Difficulty in Working with  
Young Heroin Addicts**

*presented by*

### DR. ROBERT W. MOONEY



Robert W. Mooney, MD is certified by the American Board of Addiction Medicine and specializes in Addiction Psychiatry. He was born and raised in Statesboro,

GA by parents who were pioneers in the treatment of alcoholism and drug addiction. He began his career as a certified addiction counselor and is proud to be currently certified as a Master Addiction Counselor by the National Association for Alcohol and Drug Abuse Counselors. He graduated from Mercer University School of Medicine in 1991 and completed a residency in Psychiatry from Quillen College of Medicine in 1994. He previously worked as Medical Director at Willingway Hospital for over 20 years and has become known as one of the most knowledgeable and respected physicians in the field of Addiction Medicine. Dr. Mooney states that he was brought to New Mexico by its beauty but is staying at Vista Taos for what it offers the alcoholic and addict. "The shared recovery phenomenon is the most significant life changing intervention in the history of addiction treatment and has resulted from the love of one alcoholic touching the pain of another alcoholic, it doesn't get any better than that!" He has continued his dedication through writing and lecturing extensively in support of total abstinence in the treatment of those suffering from addiction.

\$80 per registration

6 CEU credits • Buffet Lunch

**For more information call or email:**

**800-575-6343**

**glorial@alinalodge.org**

# ALINA LODGE PAYS TRIBUTE TO ISABEL HEINL

Our dear friend, Isabel, died on December 6, 2015 after a long illness. No words can describe how much Isabel meant to us as a friend and Board Member. Since 1984, Isabel served on the Board of Trustees. She saw many new initiatives, policies, new buildings, galas, picnics, luncheons, etc. Through it all, Isabel was here working to make sure our mission was fulfilled.

Isabel 'walked the walk'. She was always here at the Lodge, quietly working behind the scenes doing whatever was needed for a student, for an event, or for the Board of Trustees. But she was much more than that. Her presence made everyone smile. Anytime a baby was born, you could be sure a beautiful blanket would arrive. If Halloween was coming, you could expect a few Candy Corns would be delivered to brighten your day. She had that magic touch. She was instrumental in forming Alumni Groups, sponsoring those that were discharged to her area, and being a family contact for those whose loved ones were in our care. She will be dearly missed.

So many of you knew Isabel's story of when she was a student she would ask Mrs. Delaney every day if she could go home. When she stopped asking and Mrs. Delaney said she was ready, Isabel's reply was "Are you sure you want to send me home?"

Alina Lodge held a special place in Isabel's heart. She was here to see Family Hall built, the expansion of Gratitude Hall, the no-smoking policy initiated, the building of Hope Hall, the Chapel and of course, Haley House. She has seen the Lodge grow and change with the times - but still remain steadfast in its philosophy of long term, low cost treatment. She carried our mission to those who needed it, but what we will remember most is her kind spirit and friendship. Oh that Scottish brogue!



## WHAT WILL YOUR BRICK SAY?

The pathway of Hope at Alina Lodge is a tribute to all those traveling on the road to recovery. By adding a brick, you affirm your own journey, honor those you love and encourage all our residents, guests and visitors.

For a donation of \$250, you can leave a lasting testament. These bricks can be inscribed with a message honoring a counselor, a loved one, a memorial, or your name and sobriety date. Whatever option you choose, you will be making a difference in a life of another. All donations support the life-saving mission of Alina Lodge.

Call/email Renee at  
800-575-6343 [reneeh@alinalodge.org](mailto:reneeh@alinalodge.org)  
or you can do it all online at [www.alinalodge.org](http://www.alinalodge.org)  
and click on the Supporting the Mission tab.



# Happy 35th Anniversary Michael!!



*Staff and students enjoyed a wonderful lunch in celebration of Michael Hornstein's 35 years of sobriety. He is an ideal example of a man living the program one day at a time.*

## Joy of Recovery

Entering recovery can be both a frightening and exciting experience in one's life. In my own experience, beginning a life in recovery was an opportunity to have a fresh start with a new outlook and a way of life that works in all conditions.

One of the first things I learned in early recovery is the importance of words and their meaning. I was taught to let go of preconceived ideas and look at things with new eyes. It was suggested that I keep a dictionary handy, and use it often while reading our beloved recovery literature. That habit has served me well over the past 7 years, and when asked to write an article about the joy of recovery, I decided to research the various meanings of the word joy before further contemplation of the topic.

The definition of joy from Merriam-Webster: the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires: delight; the expression or exhibition of such emotion: gaiety. A state of happiness or felicity: bliss. Isn't that what we are all searching for? Well-being and peace of mind.

Prior to recovery, I thought joy meant feeling happy all of the time; I thought it meant the absence of any kind of pain. What I've come to realize both personally and professionally is that true joy is tied to serenity and being in the presence of something greater than ourselves.

A life of addiction is typically one that jeopardizes our relationships, vocational opportunities, health and physical, emotional and spiritual conditions. Addiction is a debilitating process that adversely affects all aspects of one's life. One is constantly in a state of fear, denial, resentment, self-pity and remorse. Recovery is the

process that slowly removes these barriers so that we may experience well-being and peace of mind. Happiness may be elusive and is subjective and largely dependent on external influences. When you are in recovery, you want more out of life than just existing or getting by; we are really searching for joy and being part of something bigger than ourselves that provides meaning and purpose for our lives. Let me be clear and say again that joy is not the absence of pain or disappointment; rather it is practicing the presence of a Higher Power, it is connecting with others on an authentic level; it is understanding ourselves, how we relate to others and to our own spiritual beliefs and needs. Joy in recovery is more an overall feeling of gratitude and contentment, even in the midst of obstacles. It is a love of life, a larger perspective, a striving to get out of self and to really reach out to others. I don't think it is an accident that our recovery literature relates the joy of living in the opening and closing chapter on Step 12; the joy of living is the theme of AA's step 12, and action is its key word. We begin to practice all of the steps in our daily lives in an effort to obtain emotional sobriety. And as a result of these efforts, we have a spiritual awakening. "Understanding is the key to right principles and attitudes, and right action is the key to good living." This encompasses the joy of recovery.

**Jackie Ré**  
Counselor  
Haley House  
PO Box W  
Blairstown, NJ 07825  
(908) 362-5417



Laurie Andrysiak

## Time, our Ally

In recovery time is our ally. We are an impatient people use to immediate gratification; we want what we want when we want it! We don't realize in the beginning that we need time to get sober/clean, to accept, and to change, to surrender. We need the gift of time. Mrs. Delaney referred to it as the "tincture of time". With time anything is possible! We need time to

change behaviors, attitudes, and habits, to learn a new way of life. Asking an alcoholic/addict to be honest is as difficult as sending a man to the moon. We need time to practice being sober, time to practice being honest, time to practice doing the next right thing. Alina Lodge is successful as it gives students the time necessary to change. Everything must change to produce long term sobriety.

After students leave the Lodge, I have the privilege of staying in touch with them. I call students at 30 days out of the Lodge, 90 days, 6 months and a year. Are they sober, going to meetings, are their lives working out? Are they productive, healthy and happy? Everyone is thrilled to be out of the Lodge, they feel that they were here forever. Oddly during our phone calls, they mention they miss the Lodge and that it was nice to be given the gift of time. Now that they are living outside of the Lodge life has caught up with them and jobs, bosses, chores, paying bills etc. comes back. We all discuss gratitude; they were given the gift of time to be strong enough to deal with life after the Lodge without a thought of escape from life's challenges.

One year out of the Lodge alums return to celebrate their anniversary and pass the hope on to the current students. They speak at the podium of their journey and how the Lodge gave them the time and the tools necessary to sustain recovery. Then they say the most surprising thing, they realize what we knew all along, that the length of time spent in treatment at Alina Lodge was a drop in the bucket compared to the length of the rest of their life sober! That their life has worked out much better than they could have hoped. That they wake up today and be of service to spouses, parents, children, bosses and friends. They are a completely different person. They are the best version of themselves.

As more years out of the Lodge pass more miracles begin to happen. Careers thrive, relationships are formed, higher education is pursued, children are born, and former students begin helping other people stay sober! They sponsor others in the program and pass along the gift that was given to them.

I look forward to seeing you all at the Gratitude picnic this June hearing about your lives today. It all works out in the end and if it's not working out, it's not the end! Please keep working your programs, be patient and give time a chance!

## FALL & WINTER ANNIVERSARIES

### OCTOBER

Andrew P. 2 Years  
Gary S. 25 Years  
Bill S. 9 Years

### NOVEMBER

Megan J. 1 Year

### DECEMBER

Al H. 39 Years  
Liza D. 6 Years

### JANUARY

Sue U. 1 Year

### FEBRUARY

Anthony D. 2 Years  
Phil C. 2 Years

# Save the Date!

## Tuesday, April 12th

LUNCHEON - 11:30 AM

Speaker: Matthew Wolf of Seabrook House

## Wednesday, May 11th

MINNESOTA ALUMNI GATHERING

The Retreat

## Saturday, May 7th

LUNCHEON - 11:30 AM

Speaker: Steve Berkowitz, Alumnus

*Luncheon days begin in the Chapel at 11:30 followed by lunch at 12:30*

## Friday, May 20th

SPRING CONFERENCE

Featuring Dr. Robert W. Mooney speaking on the Difficulty in Working with Young Heroin Addicts.

## Saturday, June 4th

ANNUAL GRATITUDE PICNIC!

Come Cruise through Sobriety with us!

*Don't forget to call 908-362-6114 and RSVP if you plan on attending any of the above events.*



## In Memory of Ruthie Siple

Many of our alumni and staff remember Ruthie as the 'ultimate care giver' that worked on our kitchen staff for 29 years - 1980 - 2009. Ruthie died on February 11th surrounded by her family and friends. She made such an impact on many lives simply by being kind and offering a smile - and of course - 4 cheese casserole! Many of our alum remained close with Ruthie after they were discharged.

Something you may not know about Ruthie was that for every holiday, she made sure all our students had a special treat. She did this for many years, right up until she fell ill. Another thing you may not have known was that during Mrs. Delaney's last year of life, Ruthie was one of the people who truly made a difference. She brought soup over and spoon fed Mrs. D. Many of her recipes are now legendary at the Lodge, but Ruthie's spirit is truly the lesson here. Her daughter had a quote which described it best. *"The people whose first instinct is to smile when you make eye contact with them, are some of the Earth's greatest treasure."* I believe we all lost a treasure named Ruthie.

## The Heroin Epidemic: Harm Reduction vs. Enabling



Recently a newspaper article was published entitled Herointown, New Jersey. I was eager to find out where this town was. To my dismay it is every town in New Jersey - from big cities to the suburbs and out in the rural counties. This is not just a New Jersey problem; every state in the nation is reporting skyrocketing statistics of heroin overdoses. Defining exact numbers and statistics is difficult because reporting data is varied. For example a Heroin overdose may be reported as respiratory failure. The National Institute on Drug Abuse (NIDA) has broken down reports on deaths from prescription drugs, benzodiazepines, painkillers, cocaine and heroin. An alarming fact is that as high as the death numbers are for heroin, the biggest epidemic is prescription painkillers. Half of all heroin addicts are also addicted to painkillers. 1 in 20 Americans report using painkillers for non-medical purposes. The number of deaths from prescribed painkillers is larger than deaths from heroin and cocaine combined.

I believe that we, as a nation, are finally taking this seriously. But there is much controversy on the best way to treat addiction. Hillary Clinton stated that this is a "silent epidemic" Michael Botticelli our new Director of National Drug Control Policy, has publically announced his own long term recovery from drugs and alcohol. He is stressing reforms and innovations in prevention, criminal justice, and recovery. He believes we must reduce the stigma, educate the public and prescribers of pain medications, expand the use of the lifesaving overdose-reversal drug, naloxone, by law enforcement/first responders and increasing access to MAT (medication assisted treatment). The media reported that singer Jon Bon Jovi's daughter had survived a heroin overdose and he worked with Governor Christie to lift prosecution to youths that called for help or brought friends that were overdosing to emergency rooms. In addition, New Jersey has a statewide program that will provide training to family members and a free naloxone kit, which consists of an Epi-pen type syringe to administer naloxone to a loved one in their home.

Needless to say we are in a 'new world' in this fight against addiction. In my past 25 years of Alanon, I have struggled

and worked tirelessly to understand, recognize and manage Codependency and Enabling thoughts and behaviors. It has been a challenge in my personal and professional life to build a strong foundation and faith in the philosophy of allowing the addict to "hit bottom".

The Nature of addiction has not changed and the principles of recovery have not changed in my view, however, the road to getting an individual the help they need is changing in the professional world and in the general public. I am hearing "kind love" as opposed to "tough love". I am hearing that addicts that are on Suboxone will continue to receive prescriptions even when urine tests are positive for marijuana and alcohol. Additionally insurance companies are requiring addicts to fail at multiple outpatient services before they will authorize inpatient treatment. When inpatient does become an option, it is frequently less than 30 days.

I recognize that the short term goal is to keep our loved ones alive, but I fear that the addict is going to suffer in the long term if we look at addiction as just being physically addicted to a substance. Members of the fellowships of AA, NA and Alanon have been taught that this is a Bio-psycho-social-spiritual disease, *preventing death is an essential first step, but in order to treat the entire disease and prevent relapse we need to address all components of the disease.* Overlooking the length of time it takes to get physically and mentally detoxed, and then address core personality and psychological issues is a bad message.

**There is no quick fix.** Most people will not have the funds or opportunity for long term rehabilitation, but the growing trend appears to be in line with the overall American philosophy of instant results. Recovery from this disease takes years and in all the insurance mandates and government statements, policies and messages, I hear no mention of time and long term treatment. I am at a loss for a solution; I am conflicted about helping and enabling. I am grateful for Alanon and Alina Lodge and can only share my opinions in my personal life and professional capacity to keep the word alive that there is no quick fix for addiction.

Please feel free to email me at [donnap@alinalodge.org](mailto:donnap@alinalodge.org) or respond on our Alina Facebook page with questions and thoughts on this subject.

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## CLEAN AND SOBER

BY JANET MULLALY

STAYING CLEAN AND SOBER  
IS THE WAY I WANT TO BE  
BUT IT IS NOT SO SIMPLE  
AS YOU CAN PLAINLY SEE

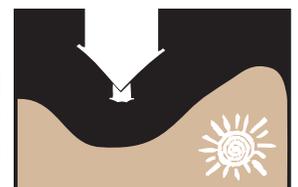
FOR SOME OF US IT TAKES SOME TIME  
TO MASTER ALL THE STEPS  
TO RECOGNIZE OUR PROBLEMS  
EVEN HARDER TO ACCEPT

PATIENCE IS A VIRTUE  
IN FACT IT IS A MUST  
SO I'LL BELIEVE IN HIGHER POWER  
AND IN HIM I'LL PUT MY TRUST

A SPIRITUAL AWAKENING  
IS WHAT IT'S GOING TO TAKE  
IF IT'S CLEAN AND SOBER  
MY LIFE I WISH TO MAKE

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