



There is a place where Hope can become fact

ALINA LODGE

LITTLE HILL FOUNDATION - operating Alina Lodge & Haley House
Box G, Blairstown, NJ 07825 • Tel: 1-800-575-6343 • www.alinalodge.org



NOVEMBER 2011

Check It Out!

www.alinalodge.org
has been renovated!

Alina Lodge is very pleased to announce the launch of the new and updated website. Visit us on the web for the latest information regarding events, clinical program content, Alumni gatherings, etc. ALSO - you can visit our Facebook page at www.facebook.com/pages/Little-Hill-Alina-Lodge. Both of these sites became LIVE this past August and they both include photos of current staff members, recent events, etc. Enjoy!!



OUR FACEBOOK PAGE IS:

- Viewed in 11 different countries
- Is viewed 4,182 times a month (approx.)
- Over 300 individuals "Like" our page

Message from the Executive Director



During this holiday season, Alina Lodge has much to be thankful for. Our alumni and friends have been most generous in 2011. The majority of the funds collected were used

for a vital cause - SCHOLARSHIPS. I am sure many lives have been saved by this outpouring of generosity.

We have been most fortunate to add to our staff Eileen Reuter an Eating Disorder counselor. Many of our students suffer from eating disorders and it took us time to acquire the proper person for this program. We now have an excellent eating disorder team consisting of a licensed clinical therapist, a counselor, a nutritionist and a nurse.

The East Wing of the White House will be demolished and replaced by a new building. We hope to begin construction in the spring of 2012. It will take approximately six months to complete. It will consist of a large great room, 4 bedrooms and 4 1/2 bathrooms. It will be named Curry Hall, in memory of our beloved board Member Toni Curry. This project has been fully funded by a very gracious donor.

To all my friends and Lodge family, my very best wishes to each of you for a joyous holiday season. One day at a time I wish you a happy and healthy 2012.

Happy Holidays!

Michael Hornstein

Michael Hornstein
Executive Director

Why do we need to address eating disorders at Alina Lodge?

There are a significant number of alcoholics and drug addicts that struggle with other addictions. Many of the students that we see at the Lodge admit that their eating disorder is making their lives unmanageable. They also say that their eating disorder is a trigger for relapsing on alcohol and other drugs. Some say that they abused certain stimulants for the sole purpose of losing weight.

At this time, nearly 14% of the overall student population participates in our eating disorder program. When considering just the female population, it comes to more than 24%. More women than men are diagnosed with eating disorders, but the number of men presenting with these disorders is increasing.

Eating disorders vary according to the symptoms the person exhibits. The criteria for these disorders are found in the *The Diagnostic and Statistical Manual for Mental Disorders IV TR (2000)*. Among these eating disorders

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The Green Envelope Tradition

A very sincere thank you goes out to all our donors who have contributed to the mission of Alina Lodge this year. Our goal of 1.5 million is challenging, and we are actively working with foundations for funding, as well as private donors.

As a not-for-profit organization, every year, we are faced with the task of meeting the budget gap. And every year, Alina Lodge has been blessed with gracious and generous donors who believe in the work we do.



The promise of **Hope** starts with clear **Facts**.

Time takes Time. And Time is what it takes to heal, learn and recover. Alina Lodge offers hope through a length of stay based on individual progress. We are committed to individualized, comprehensive treatment delivered in a cost effective manner.

You make that possible through your generosity to the programs you see listed on the attached green donation envelope. Our founder, Mrs. Delaney, began the Green Envelope Tradition over 25 years ago.

Can you imagine how many lives have been positively affected by the kindness of your donations in that time? You have made a difference and we ask that you once again support the life-saving programs at Alina.

Your donations sustain and protect the very essence of what makes Alina Lodge the "place where Hope can become Fact".

Gratitude unlocks the fullness of life.
It turns what we have into enough,
and more.

It turns denial into acceptance,
chaos to order,
confusion to clarity.

It can turn a meal into a feast,
a house into a home,
a stranger into a friend.

Gratitude makes sense of our past,
brings peace for today
and creates a vision for tomorrow.

~MELODY BEATTIE



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Why do we need to address eating disorders at Alina Lodge?

are Anorexia Nervosa, Bulimia Nervosa and Binge Eating. Some of the signs and symptoms of anorexia nervosa are low body weight, less than 85% of their normal body weight, a fear of getting fat, an unrealistic body image. They see fat when they are severely underweight and often deny that they have a problem. Women stop menstruating and this can put them at risk to develop osteoporosis. Bulimia nervosa is identified as an eating disorder demonstrated by a cycle of binge eating, followed by some compensatory behavior to offset the binge. These behaviors may be used in combination. They include self induced vomiting, the use of laxatives, restricting food intake and over exercising. Binge eating disorder is binge eating without the compensatory behavior.

According to *The Eating Disorder Sourcebook*, 3rd ed. by Carolyn Costin, "One review estimates that approximately 24 percent of individuals with bulimia experience alcohol abuse or dependence. Although alcohol use in anorexia is not as common, this combination results in the highest death rate."

When to see a doctor

Because of its powerful pull, an eating disorder can be difficult to manage or overcome by yourself. Eating disorders can virtually take over your life. You may think about food all the time, spend hours agonizing over what to eat, and exercise to exhaustion. You may feel ashamed, sad, hopeless, drained, irritable and anxious. You may also have a host of physical problems because of your eating disorder, such as irregular heartbeats, fatigue, bowel troubles and dizziness. If you're experiencing any of these problems, or if you think you may have an eating disorder, seek medical help.

Urging a loved one to seek treatment

Unfortunately, many people with eating disorders resist treatment. If you have a loved one you're worried about, urge him or her to talk to a doctor. Even if your loved one isn't ready to acknowledge having an issue with food, you may be able to open the door by expressing concern and a desire to listen

A Parents Story

My son turned 18, barely graduated high school and became a full-blown addict in the same month. Life became hell for my family. This went on for months and I prayed he'd get arrested. When he finally did, I let him detox in jail. As he was begging me to come get him, we came to an agreement. I took him straight to Alina Lodge with a commitment from him to a 90 day stay. It wasn't easy for him but he made his 90 days and then chose to continue his treatment at the Lodge. I was ecstatic! He got involved with the psychodrama and grief programs and they seemed to have a tremendous impact on him. After a total of 7 months, the Lodge selected the perfect aftercare program for my son and moved him on. He's doing very well! I have great hope for my son at this point, but more importantly, he has a self-confidence and self-awareness I haven't seen in him in a long time. I have to thank Alina Lodge for all their wisdom, support and patience. This is a tough program but well worth it! - DS

STAFF APPRECIATION DAY

A big thank you goes out to our Board President Rita Cohen and her husband Joel for hosting a brunch for the staff of Alina Lodge and Haley House. As you can see - a great time was had by all and Chris Casey Catering did a fantastic job providing a beautiful (and delicious!) arrangement of food stations.



Notes from Laurie Andrysiak, Alumni Coordinator

I would like to thank all the alumni that came to celebrate at the Lodge this Spring and Summer.

Returning to the Lodge is a great way to give back. You give the current students hope! A current student told me "if they can do it, I can do it!" So thank you and keep comin'!



ANNIVERSARIES CELEBRATED

Spring 2011

Paul B.	25 Years
Erin C.	10 Years
Kim H.	1 Year
Darrell G.	25 Years
Leslie Z.	25 Years
Laura P.	1 Year
Rachael M.	1 Year
Sharon L.	35 Years
Donna B.	9 Years

Summer 2011

Elaine V.	11 Years
Lindsey H.	2 Years
Eddie F.	2 Years
Krista P.	1 Year
Jen B.	1 Year
Larry N.	17 Years
Nancy L.	5 Years
Aileen D.	5 Years
Brad M.	18 Years
Bill M.	8 Years
Scott H.	8 Years
Alex K.	8 Years
Felix B.	8 Years
Carter W.	5 Years

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 our residents, guests and visitors. For a donation of \$250, you can leave a lasting testament. These bricks can be engraved 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.



SAVE THE DATE

December 13th
HOLIDAY LUNCHEON

Speakers: Rory Shaw, Alum,
Sister Pat Walsh, Emmaus House

June 9th, 2012
2012 GRATITUDE PICNIC

INTERNET RECOVERY RESOURCES

Please visit www.alinalodge.org
for a full listing

Web Resources

Alcoholics Anonymous (AA)
www.aa.org

Narcotics Anonymous
www.na.org

Cocaine Anonymous
www.ca.org

Co-Dependents Anonymous
www.coda.org

Dual Recovery Anonymous
www.draonline.org

Children of Alcoholics Foundation
www.coaf.org

Adult Children of Alcoholics
www.adultchildren.org

Al-anon/Alateen
www.al-anon.alateen.org

American Society of Addiction Medicine
www.asam.org

Jewish Alcoholics Chemically Dependent Persons & Significant Others
www.jacsweb.org

National Association for children of Alcoholics
www.nacoa.org

National Association of Addiction Treatment Providers
www.naatp.org

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov

National Institute on Drug Abuse
www.nida.nih.gov

Parents Support Group
www.parents.supportgroups.com

Partnership for a Drug-Free America
www.drugfree.org

Eating Disorders

American Anorexia Bulimia Association
www.aabainc.org

Overeaters Anonymous
www.overeaters.org

National Association of Anorexia Nervosa & Associated Disorders, Inc.
www.anad.org

Gambling

Gamblers Anonymous
www.gamblersanonymous.org

Gam-Anon
www.Gam-anon.org

Debtors Anonymous
www.debtorsanonymous.org

Internet Addiction

Center for On-Line Addiction
www.netaddiction.com

Intervention Services

Southworth Associates
www.southworthassociates.net

Intervention 911
www.intervention911.com

Sexual Addictions

Sex Addicts Anonymous
www.sexaa.org

Recovering Couples Anonymous
www.recovering-couples.org

Sex and Love Addicts Anonymous
www.slaafws.org

Sexaholics Anonymous
www.sa.org

Shopping Addiction

Shopaholics Anonymous
www.shopaholicsanonymous.org

Work Addiction

Workaholics Anonymous
www.workaholics-anonymous.org

In this season of thanksgiving it is appropriate to remember Gratitude.

The definition of gratitude is: the quality of being thankful; readiness to show appreciation for and to return kindness.

Gratitude is very important in the recovery process because it will change your thinking.

If you develop an "attitude of gratitude" you will be well on your way to a happy life.

Instead of thinking about what we don't have we should be happy with what we do have. Enjoying your life just as it is...

How to Develop an Attitude of Gratitude.

- Don't tell me about your gratitude... SHOW ME YOUR GRATITUDE
- Realize that Gratitude is an action
- Ask your higher power each morning to please help you to remain sober for that day
- Thank you higher power at the end of each day for keeping you sober
- Help a newcomer
- Take a service commitment
- Go on a speaking commitment
- Make a donation to a needy organization
- Bake a cake for an anniversary celebration
- Come early to a meeting and help set up
- Stay after the meeting and help clean up
- Make a list daily of 5 things you are grateful for; each day the list should have different attributes.

Being grateful reminds me that I didn't get here alone. I didn't achieve sobriety on my own, it is a "we" program. I had the help of a higher power, my counselor and the people in the rooms.

E-mail Promise

Alina Lodge promises to never share your email, nor sell it to any other entity. It is for the sole purpose of emailing Lodge information, event flyers, newsletters, etc.

If you would like to receive emails from Alina Lodge, please send an email with your name and email address included to reneeh@alinalodge.org or call 800-575-6343.

Who Are We When No One Is Looking?



Becoming sober and remaining sober requires learning to live in a different manner. The students who arrive at the Lodge are asked to change. They are expected to change the way they think, what they do and even how they feel about themselves and the rest of the world. This is no small request. When one has been driven by the task-master of addiction to the doors of treatment, they are out of alternatives.

One of the problems that newcomers have is making those changes a part of their daily life. Most alcoholics and addicts are well intentioned people, who will mean what they say and often lack the skills or the ability to follow through. These broken promises often lead to disappointment, hurt, and anger from their loved ones and from themselves. The alcoholic/addict wants to believe they will do things differently and those who love them want to believe them too. This is part of the insanity of addiction - it will be different because I say so or believe so, not because I do so. The consequence of this magical thinking is at minimum, a loss of trust; at worst, profound isolation from loss of loved ones, employment and friends. It is not until change is demonstrated that trust begins to be built and alcoholics/addicts can rebuild their lives.

In order to accomplish that change, one must answer the question: "Who are we when no one is looking?" Anyone can sound good in a meeting or for an hour with their counselor or with their sponsor on the phone. How sober are we with our family; in our cars; at our jobs; or in the gym? Many people talk about how difficult it is to do Steps 4-9. For me, the most difficult is "practicing these principals in all my affairs." Can I accept being powerless over people, places and things? Am I willing, daily, to turn them over to a Higher Power? Do I have enough humility to accept that my behavior may be contributing negatively to the situation and I need to ask for help? Am I in self-centered fear, or am I spiritually centered? When I am in a fear-based place and allowing people, places and things to make my life unmanageable, I get closer to thinking alcohol is a viable alternative.

Engaging and maintaining behavioral practices such as: discipline, honesty, trust, and humility, creates a healthy foundation to prevent or minimize a return to alcoholic thinking and behavior. For many alcoholics/addicts, these behaviors may "feel" counter-intuitive. It may seem easier to take a short-cut, tell a white lie, blame someone else rather than be introspective and accepting responsibility for our part in situations. Experience demonstrates that the long-term consequence of such thinking and behavior only leads to misery and potential relapse. Since recovery is a program of attraction, not promotion, it is important for all recovering persons to be aware of whom they are when they think no one is looking at them.

- TARA MOLONEY

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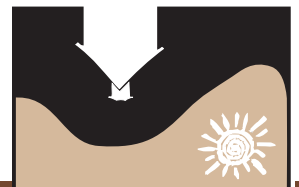
Susan Walsh

More Than A Day

As Thanksgiving Day rolls around,
It brings up some facts, quite profound.
We may think that we're poor,
Feel like bums, insecure,
But in truth, our riches astound.
We have friends and family we love;
We have guidance from heaven above.
We have so much more
Than they sell in a store,
We're wealthy, when push comes to shove.
So add up your blessings, I say;
Make Thanksgiving last more than a day.
Enjoy what you've got;
Realize it's a lot,
And you'll make all your cares go away.

By KARL FUCHS

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