



ALINA LODGE

# LITTLE HILL FOUNDATION

operating Alina Lodge and Haley House

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alinalodge.org • haleyhousewomen.org

FALL 2016

## Gratitude



As the Holiday Season approaches, it is time to write a gratitude list. I personally am thankful for good health and that my family is well. I adore my five grandchildren and love being grandpa. I cherish being an integral part of Alina Lodge and Mrs. Delaney's legacy. I never anticipated that one day I would be asked to be Executive Director. My fifteen year plus friendship with G.O.D. and my Board Trustee Membership

along with my education and business expertise did prepare me for the task. I am now in my ninth year of this wonderful experience.

### My Observations:

- I observe our students upon arrival and when they leave with the keychain. What a wonderful metamorphosis has occurred as they move on to the next step in their sober lives.
- This does not just occur. Much difficult work by staff and students must take place.
- We need help – your help.
- Cost of treatment is actually over \$600 per day; however Alina's daily rate is \$415. The same applies to Haley House whose daily rate continues to be \$170 per day, when the actual cost is actually \$215 per day.
- Many students need to be placed on scholarship after six months. This year alone, over 26 students received scholarship assistance. The total dollar value of this assistance was \$696,897.
- Others are placed on partial extended payment. In 2016, 3 students were placed on the deferred payment plan. This plan requires that the student's incidental account remains current and a portion of room/board is paid. The remaining balance can then be paid over the next 36 months after discharge.

Mrs. Delaney long ago told me no donation is too small. Please help in some fashion. For those of you reading this article who can make a meaningful difference, please do so. We must raise one million dollars in scholarship money annually. This is truly a daunting task.

My holiday wish to all of you is enjoy your families, be grateful and safe. As you exchange gifts with loved ones, please remember Alina Lodge and Haley House.

Gratefully,

Michael Hornstein

## Plenty of smiles at the Up, Up & Away 5k/5Mile at the Blairstown Airport



Everywhere you looked the morning of October 15th you saw smiles! Gratitude was in the air! The day started out with a beautiful and patriotic sky dive performance by Skydive Sussex. The pictures do not do it justice. It was an amazing and moving moment followed by the lovely Kiara Hartley, a local high school student, singing the National Anthem. What an inspiring start to the day!

Running at the airport was unique! Planes and gliders were taking off and landing, there were multiple gifts, vendors and the fall foliage lining both the 5k and the 5 mile courses was gorgeous. We would like to give a heartfelt thank you to everyone at the Blairstown Airport for the use of the facility and for their overwhelming support of our mission.

We couldn't have done this without the help of our sponsors and local community. Special thanks to North Warren Pharmacy, Gift & Floral, Skydive Sussex, First Hope Bank, 1-800 Flowers, Martz Trailways, Modell's Sporting Goods, Blairstown Physical Therapy, Arden's Garden, Geomantic Designs, WDHA, Richard Keilling, Southworth Associates, Fitness



Robert Berry, Trustee finishes the 5K with a smile

Empire, Jersey Ridge Soaring, Applebee's, Cailey Jewelers, Nature's Harvest, Orlandi Flight Center, Main Street Events NJ, Culligan Water & Conditioning, Liberty Discount Oil, Breathing Room, Blairstown Museum, Race Farm, NJ Fit Chicks, Nature's Harvest and Pins and Kneadles who gave free massages!

Thank you to all the volunteers that gave of their time, energy and spirit on a cold morning! We are so blessed to

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continued from page 1

have such wonderful people on our team – including Nancy O’Brien, Ray Soroka, Justin Scheid, Gail and Al Hein, NWR Cross Country Team, our Alumni, Blairstown Friends and Race Director Andy Ball.

The Up, Up & Away event raised funds to support the missions of Alina Lodge and Haley House – to provide affordable, long term addiction treatment. We treat the most difficult addiction cases commonly referred to as the ‘chronic relapser’. We have a challenging goal to meet. Drug and alcohol addiction affects almost every family in America in one way or another. Every dollar given at the Up, Up & Away race goes directly to support our treatment programs.

Thank you everyone who participated! I hope to see you all next year!

Gratefully,

Renee Harman  
Director of Development



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# Alina Lodge Celebrates Our 60<sup>th</sup> Anniversary



2017 will be a very momentous year for Alina Lodge. It will be our 60<sup>th</sup> Anniversary and we will be celebrating this milestone with an elegant Garden Party to be held on June 3<sup>rd</sup>, 2017, on the grounds of Alina Lodge. It is our hope that you will mark your calendar to save this date and join us for our special celebration.

### **What to expect at the Garden Party:**

- Loads of beautiful white flowers under a sparkling white tent.
- Enjoyable and delicious hors d'oeuvre hour.
- Delicious food served elegantly on pretty white plates.
- Music, two wonderful speakers.

Bring your appetites and celebrate with us under the tent. Remember that this is our Diamond Jubilee. We have much to be grateful for.

**Our Vision:** To see Alina Lodge continue to be recognized as a national leader in long-term rehabilitation for relapse-prone alcoholic, drug-addicted, dual-disorder adults and their families. To maintain the unique and effective clinical model developed in 1957 by Mrs. Geraldine O. Delaney, while also remembering to continue to incorporate innovative techniques, just as she always did.

Time is the centerpiece of Mrs. Delaney's philosophy or as she would say, "the tincture of time." She realized that serious addiction would take time to overcome, and that's why 28-day programs often didn't work for hard-core addicts. Alina Lodge is steadfast in its ongoing commitment to providing time along with outstanding treatment for healing and recovery. The length of stay varies with each person. Students come to Alina Lodge because they need to get well. To do so, they must practice the solution day by day until it becomes their natural way of life before they can be discharged. Therefore, students never know when they will be discharged, which prevents them from "holding the pose".

Alina Lodge is effective because of the overall philosophy, the non-permissive rules, and the behavioral imperatives Geraldine O. Delaney developed and tested over many years.

**Our Mission:** To provide affordable long-term residential treatment to alcoholics, drug addicts, and those with co-existing disorders, along with a strong commitment to healing the entire family. To continue to specialize in clinical treatment for chronic relapse prone patients who are experiencing life-threatening and or serious consequences due to their addictive disease.

## Releasing With Love

Releasing with love means separating the personality you love from the disease you despise. It means accepting the afflicted one unconditionally as an individual of worth and dignity, while steadfastly rejecting the destructive influences of alcoholism and addiction on yourself and on the family members in your care.

Releasing with love means caring enough to relinquish your fantasies and fictions to accept the full reality of the alcoholic, addict condition, and the reality of yourself as well.

Releasing with love means forswearing anger, resentment, fear, recrimination, self-justification, false pride, self-condemnation and self-pity, so that decisions can be made and actions taken dispassionately, in loving wisdom and with calm resolve.

Releasing with love is a course of constructive independence, not a license for retaliatory, self-indulgence. It is an assertion of your human rights, not a usurpation of those of the alcoholic, addict. It is a tool for serenity, not a weapon for retribution.

Releasing with love means being

- ...objective, but not indifferent;
- ...flexible, but not indecisive;
- ...firm, but not hard;
- ...wise, but not clever;
- ...patient, but not resigned;
- ...strong, but not overbearing;
- ...resolute, but not stubborn;
- ...compassionate, but not indulgent.

Releasing is profound love, wrapped in understanding and bound by courage, helping you to live with serenity and fulfillment in spite of the environment, and in constant readiness for the alcoholic, addict's decision for sobriety... even without its expectation.

- *Courtesy of Susan Nordstrom, Haley House Program Administrator*

# Save the Date!

**Tuesday, November 15th**

**GRATITUDE LUNCHEON**

Speaker: Rebecca Flood, from New Directions for Women in California

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

**Saturday, June 3rd**

**60th Anniversary Diamond Jubilee - Garden Party at Alina Lodge**

**\*\*Please note, there is no December Luncheon this year**

## AN ALUMNI STORY

### Living Recovery after Alina Lodge

The day I entered Alina Lodge, I was in the third stage of our disease of Alcoholism, had lost a fine job, tortured my family, alienated my real friends and went to the brink of spiritual bankruptcy.

First impressions of the Lodge in 1973 included: everyone dressed for dinner, looked rather healthy from rest and good food. Students seemed both bemused and befuddled by the experience. We were experiencing "The Tincture of Time". We were in early recovery, despite ourselves, our resistance and attempts at protecting our "drinking thinking". These are all earmarks of Alina reeducation, a daily schedule of therapy, AA theory and practice and history, and brace yourselves: healthy living, one day at a time.

So that's what it was like. What happened was that I encountered such a fantastic way of thinking, feeling and living. My brutal resistance was countered by one "Sunday Evening talk" a classic Mrs. D. touch where we students would sit in the Gratitude Hall and Mrs. D. would speak with a forcefulness, confidence and deep belief. She spoke of Powerlessness and Surrender, and I was annihilated then and there.

What it's like now continues to be an open-ended "Second Chance at Life." We hear much about keeping the basics in our one day at a time journey. Insights, I believe, for on-going recovery are: never get beyond the first page of chapter five of the Big Book, attend AA meetings, find a sponsor who lives the program and represent Recovery and the Twelve Steps by attending "beginner meetings" and "Step Meetings".

My Gratitude for Recovery, to Mrs. Delaney, Alina Lodge, the wonderful, competent staff of Alina and every bit and piece of living insight the AA Program can bestow in one's life. To all my fellow Lodge alumni, the current students of the Lodge and to all those "suffering alcoholics" yet to come, I share: reach out and take hold solidly to the benefits of Alina Lodge and a Blessed, Grateful Recovery.

~ JVG

## Rest, Reflect, Review and Respond



Laurie Andrysiak

I learn how to live life in the rooms of AA. I recently heard a man share at a meeting that he uses the 4 Rs before reacting. Rest, Reflect, Review and Respond. I have thought deeply about how to implement this in my life. I have found that using it relieves much stress, gray hairs, upset stomach and having to make amends later.

My first thought is usually wrong. I want to react if someone says something that upsets me. The longer I work a program, the better my filter gets but at times people push me to my limits and I'm dying to blurt out and react. Does what I have to say need to be said and should it be said by me? I have a conscience now, I have feelings and these are the rewards of being a present, sober lady today.

Simple slogans have always helped me so I thought I would pass one on to you: REST, REFLECT, REVIEW AND RESPOND. What a fabulous idea to hit the "PAUSE" button on myself and use the 4 Rs.

Rest - It's amazing how much better we feel even if we close our eyes for a moment, go for a walk, get a drink of water, go for a drive, and just get away.

Reflect - Take a deep breath and ask myself questions in my mind. Is it any of my business? Have I been compassionate, caring, professional, and helpful? Have I treated people as I wish to be treated?

Review - This is where I usually pick up the phone. I call my sponsor and if she isn't available I have other women in the program I call. I don't stop calling until I get someone on the phone. It's amazing how problems are halved if we just share it with another. Depending on how high my emotions are sometimes I have to review with multiple people. Multiple phone calls. The good news is while I'm reviewing, I'm wearing myself out, I still haven't reacted.

Respond - Sometimes I don't respond at all. That is surprising even to me. The only person in life I can change is me. When I respond after taking a time out and practicing the above I have a more compassionate, clear, concise message.

May you have peace and serenity this holiday season! If not... feel free to use the above.

LAURIE

## ANNIVERSARIES

### JULY ANNIVERSARIES

Amy D. 7 Years  
Al C. 10 Years

### AUGUST ANNIVERSARIES

Brad M. 23 Years  
Ted G. 30 Years  
Catherine C. 3 Years

### SEPTEMBER ANNIVERSARIES

John E. 10 Years  
Matt L. 1 Year  
Amy M. 2 Years  
Frank D. 1 Year

### OCTOBER ANNIVERSARIES

Michael N. 33 Years  
Megan J. 2 Years  
Hart R. 23 Years  
Andrea B. 4 Years

# Treating the Threefold Disease



William Robbins,  
Men's Counselor at  
Alina Lodge

The disease of addiction is one that impacts an individual in mind (cognitive/psychological), body (physiological), and spirit (spiritual). Therefore, it is imperative that when we treat this disease, we address all three areas, which takes a significant amount of time. Failure to do so often will lead to relapse. This is why so many short term treatment episodes don't lead to sustained sobriety: They simply do not have the time to work on all three areas adequately. Examination of the progression of addiction consistently shows us that an

individual's spiritual health is usually impacted first, followed by their emotional/cognitive health, and lastly, their physical health. Conversely, the progression of sobriety begins with restoration of the physical, then the emotional/cognitive, and finally the spiritual. At Alina Lodge, our long term treatment philosophy permits our multidisciplinary team the opportunity to focus on all three. While the process of recovery (as well as treatment) is not linear in nature, it may be helpful to delineate the three areas to better understand how our treatment addresses each. While the "mind and body" can more easily be encapsulated in bullet form, the spiritual is better understood in summary form. The following are some of the ways in which we address our students' mind, body, and spirit:

Physiological restoration is met with the following:

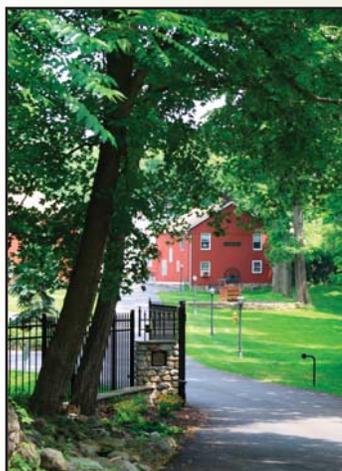
- Medical and nutritional assessments and treatment, where applicable
- Eating three healthy meals/day with opportunity for snack in the afternoon and later in the evening
- Engagement in regular exercise, including walking and using the gym as well as other services such as yoga and Zumba
- Resetting one's sleep cycle by getting the proper amount of nightly rest

Cognitive/Psychological restoration is met with the following:

- A psychiatric assessment and treatment, where applicable
- Individual and group counseling sessions to examine and process various psychological obstacles to recovery
- Written assignments to supplement counseling sessions
- Engagement in Step Work
- Regular lectures to learn about assorted recovery concepts
- Meditation and Coherent breathing

Spiritual restoration is the most significant of the three and is found in the day to day living here at Alina Lodge. It is found in places such as the willingness to follow the rules of the program, the informal time spent with peers, and the downtime intentionally placed in the daily schedule. Everyday our students are given opportunities to engage in ways that demonstrate their spiritual growth, or at times the lack thereof. For instance, students get to choose to be honest or dishonest, arrogant or humble, blaming others or taking responsibility, being entitled or having gratitude, etc. The more they engage in positive spiritual principles, guided by their Higher Power, the more their spiritual health is restored and the more likely they will stay sober. The "tincture of time" that is so often quoted from our founder Mrs. Delaney isn't about simply crossing off days on a calendar, but it is what our students do with that time. One of the roles of our clinical staff here is to continuously reflect back to the student where we see them in this spiritual process. This process can be incredibly uncomfortable for the student as they essentially are facing themselves, often for the first time, without a chemical substance. However, the spiritual growth that comes from this process is substantial and is the foundation of sobriety. When one does this, then true spiritual restoration can take place and the likelihood of sustained sobriety is greatly enhanced.

There is a place . . .  
*where Hope can become Fact.*



## Detoxification Services at Alina Lodge

Our compassionate staff welcomes clients to our secluded campus and medical Detox Unit. The Unit is staffed 24 hours a day with ASAM Certified Physicians and Registered Nurses. A thorough assessment is completed to ensure the individual safely overcomes the physical effects of withdrawal.

During this first step of treatment, comfort and compassion are crucial. We are devoted to making sure our clients are safe and that their needs - emotional, physical and psychological - are tended to by a team of medical professionals and support staff.



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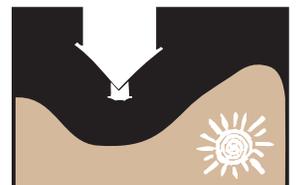
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