In Community

HIGH WATCH AND ALINA LODGE

There are moments when I walk across our campuses and am struck by something that cannot be measured, yet can be felt everywhere. It is hope finding its way back into people's lives. It is the quiet courage of someone beginning again, the compassion of those who walk beside them, and the extraordinary community that makes renewal possible.

The stories in this edition celebrate that spirit through lasting friendships, quiet acts of service, and lives forever changed. While generosity can be measured in many ways, its greatest measure is found in the human heart. It lives in kindness freely given, hope shared without expectation, and the commitment to ensure the next person finds the same opportunity for healing.

As our work continues to evolve, so does the way we serve this community. Advancement reflects our commitment to building lifelong relationships, strengthening connections, sharing stories of hope, and walking alongside our alumni, families, volunteers, friends, and supporters through every chapter of the recovery journey and, fulfilling our promise to them and all who came before, we will make our special way of healing sustain for generations.

High Watch and Alina Lodge are places where hope is renewed every day because generations of people have poured their compassion, dedication, and belief into these campuses. Thank you for being part of that living legacy.

Yours In Community,
Jana Olslund, VP of Advancement

Photo: Gail and Al Hein with Family

The Quiet Legacy of Gail and Al Hein

If you have spent time at Alina Lodge, chances are you have experienced Gail and Al Hein, even if you did not know their names.

Perhaps it was Gail greeting you with one of her unmistakable hugs after a difficult family meeting. Perhaps it was Al, impeccably dressed in his familiar three piece suit, walking into Saturday evening dinner with the quiet confidence of someone who understood that recovery is built one day, one conversation, and one act of kindness at a time.

Those moments may have seemed ordinary. They were anything but.

For decades, Gail and Al have quietly helped shape the heart of Alina Lodge. They have welcomed newcomers, encouraged alumni, comforted families, mentored staff, and reminded countless people that no one walks the road of recovery alone.

As we prepared to present the inaugural Noble Delaney Gratitude in Action Award, we asked current and former staff, board members, alumni, volunteers, families, and friends one simple question: “What comes to mind when you think of Gail and Al?”

Although every story was different, the answers shared a common thread. People spoke of generosity without expectation, leadership without ego, and kindness offered freely.

They remembered Gail’s warmth, integrity, and thoughtful attention to detail. They remembered Al’s humility, steady presence, and quiet example. This year marks his fiftieth year of sobriety, yet few mentioned the milestone itself. They spoke instead about the man who answered the phone, listened without judgment, and faithfully showed up.

Again and again, we heard the same truth. Gail and Al have never simply served Alina Lodge. They have helped define its culture.

Their influence reaches far beyond our campus. It lives in enduring friendships, restored families, and alumni who continue reaching back for the next person seeking hope.

Their children’s reflections beautifully echoed what so many others had already shared.

Craig wrote, “I am so grateful for my parents’ involvement in this incredible program. The fact that they’ve been able to play a part in changing and saving so many people’s lives fills me with so much pride.”

Megan added, “My parents exemplify service, not just here at Alina Lodge, but in every aspect of their lives.”
Those words affirm what our community already knows. The measure of Gail and Al’s lives is found not in titles or years of service, but in lives changed, hope restored, and kindness shared.

That is Gratitude in Action.

It is the spirit that has defined Alina Lodge from its earliest days and continues to flourish at High Watch Recovery Center. Together, our communities walk alongside one another, forever, united by the belief that recovery is both a gift we receive and a responsibility we share.

At this year’s Alina Gratitude Picnic, it was only fitting that Gail and Al Hein received the inaugural Noble Delaney Gratitude in Action Award. For a few well deserved moments, two people who have spent a lifetime celebrating others found themselves celebrated in return.

On behalf of an immeasurably grateful Alina and High Watch family, thank you, Gail and Al, for showing us that gratitude is more than a feeling.

It is a way of life.

AT THE HEART OF HEALING

Every day across High Watch Recovery Center, Alina Lodge, and Wilson's in Kent, something remarkable happens around the table.

Meals become conversations. Conversations become friendships. Friendships become community. And for many guests, healing quietly begins with the simple comfort of being cared for.

Director of Culinary Services Christopher Lawrence understands that journey personally. After arriving at High Watch in 2017 physically, emotionally, and spiritually broken, Chris was given the gift of additional time in treatment through a Wilson Bed scholarship. Today, the guest who once found hope around these tables leads the teams that prepare meals for others beginning their own recovery journeys.

Guided by Chris's belief that food is both comfort and medicine, our culinary teams know that nourishment extends well beyond the plate. A familiar meal can bring comfort in early recovery, while healthier choices help strengthen both body and mind. Every meal is prepared with the understanding that healing is built one day, one relationship, and sometimes one bite at a time.

That philosophy extends into Wilson's by High Watch, where many alumni receive one of their first opportunities for meaningful employment after treatment, rebuilding confidence, purpose, and independence while serving the Kent community.

Whether preparing meals, accommodating dietary needs, baking from scratch, or welcoming someone with a warm smile, our culinary professionals nourish far more than the body. They restore dignity, inspire hope, and remind every guest that they are never alone.

THIS IS, TRULY, GRATITUDE IN ACTION.

MARTY MANN SOCIETY

A LEGACY OF HOPE

Some gifts meet today's needs.
Others quietly shape tomorrow.

For generations, the communities of High Watch and Alina Lodge have believed recovery is something worth protecting and passing forward. The Marty Mann Society honors those who choose to include High Watch, Alina Lodge, or both in their future plans, helping ensure hope remains available for generations to come.

To make legacy planning and tax-smart giving more accessible, we have launched a shared online resource at highwatch.mygiftlegacy.org. Carefully created to serve supporters of both High Watch and Alina Lodge, it offers free estate planning tools and simple, secure ways to make gifts through a will, beneficiary designation, appreciated stock, an IRA, donor-advised fund, cryptocurrency, and more, all as a service to our community.

The greatest legacy is not measured in dollars, but in possibility: the promise that recovery will always be here for the next person.

Together, we are honoring two remarkable legacies while ensuring the hope of recovery continues to find its way home for generations to come.

LEARN MORE
Explore our shared planned giving resource for both
High Watch and Alina Lodge at **highwatch.mygiftlegacy.org.**

Questions? Contact Rob Schur
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GIVE THE GIFT OF SOBRIETY

Summer 2026

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