



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



*Happy Holidays from Alina Lodge and Haley House*

**NOVEMBER 2010**



**Message from the Executive Director**



*“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” — Albert Schweitzer*

As the season of Thanksgiving approaches, I cannot help but stop, remember and give thanks for the blessings in my own life, as well as those bestowed upon Alina Lodge and Haley House. We are grateful for friends, families, volunteers and alumni who give monetary gifts, and time and work as well. This makes a difference in the lives of our students. To our staff this isn't just a job. It is their life's work. They care about every student. Sometimes we never know how a simple gesture or word of guidance changed their hearts.

A few weeks ago, I met with people who are developing a small rehab in a neighboring state. They wanted to learn what makes Alina Lodge so special. Certainly, it is the treatment program. Our program is the centerpiece of Alina, built upon Mrs. D's foundation with enhancements and innovations added. Most importantly it is the people who deliver and teach that program. The staff incorporates wisdom, tough love, guidance and education about addiction, changes the lives of many students and their families.

The word gratitude is used often. Donors and volunteers put their gratitude into action. Hard evidence of their generosity can be seen all over campus in the faces of our residents as they embrace a new, sober life. While the new roofs, floors and pavement have less of an emotional impact, they are absolutely necessary to maintaining this special place. All of this was provided by our donors this year.

I would like to say a very big THANK YOU to the Board, staff, volunteers, and donors who form the core of Alina Lodge. YOU make it special.

From all of us at Alina Lodge and Haley House, have a very happy and safe holiday season!

- MICHAEL HORNSTEIN, Executive Director

Parents Support Group of NJ Inc. is a non-profit foundation that helps parents understand the disease of addiction and to learn appropriate methods of responding or not responding to their child's addictive behaviors. This is done through the process of support groups. Our groups are led by trained facilitators and confidentiality is practiced by staff and required of all parents. There are no fees. Our primary concern is the parents.

By participating in group, a parent learns and comes to understand what is going on and they are not the cause of their child's addiction. There is valuable experience, strength and hope in what other parents have to say. Unintentionally, parents can undo what the addict's counselors and program have taught them. The groups can help parents avoid making this mistake and to be better prepared to know what to do if relapse occurs and what resources are available. The parent can begin to understand the importance of having their own life and that their changed behaviors can and do make a difference! For information on times and locations of group meetings, please call:

## PARENTS SUPPORT GROUP OF NEW JERSEY, INC.

*A program exclusively for parents meeting with parents struggling in the dynamics of their children's addictions.*

**973-736-3344**  
**800-567-4299**

## Maintaining Your Recovery Through The Holiday Season

*If attending a holiday gathering in sobriety:*

**Take along a cell phone** with numbers of people you know will be available to talk to you if you need them during the holiday party or family gathering.

**Plan ahead** – know who will be available.

**Take your own car** - if a party starts to set off your addiction – leave – be in-charge of your recovery.

**Take along a sober friend**, many people in sobriety take along a sober friend from the rooms to Christmas parties, weddings etc.

**Take your own drink** with you and don't put it down. If someone asks you if you would like a drink, smile and say "no thanks, I have my own."

**Go to a meeting** before the gathering and/or after the gathering.

**Talk with your sponsor** before you go.

**Take your own meeting list and directions.** If you are going out-of-town; go online beforehand to locate meetings.

AA [www.meetingfinder.org](http://www.meetingfinder.org)  
NA <http://portaltools.na.org>

There is nothing wrong with saying no to attending a holiday event. Your sobriety comes first. **REMEMBER: IF YOU PUT ANYTHING IN FRONT OF YOUR SOBRIETY... YOU WILL LOSE IT.**

Stock up on meetings... share your feelings and topics ...*the holidays aren't easy on anyone.* They can be joyful if we take certain measures.

## A Parent's Story

**The most difficult words I ever heard were that my son was a heroin addict.** I cannot imagine any parent anticipating that reality. I could have taken that information and allowed it to destroy me or figure out quickly what I could do to prevent myself from being destroyed.

Fortunately, with the help of friends, I decided to do the latter. It was suggested that I attend Alanon and my assumption was that this was where they would give me the information I needed to stop my son from his path of destruction. I expected a list of sorts; perhaps it would be given to me at the beginners meeting it was suggested I attend. When I wasn't given a list, I thought that perhaps I needed to put in more time and they would give me the list at my first anniversary. It came and went and no list was offered. It was around my third Alanon anniversary that it finally occurred to me. Even if I had been given a list I would not have followed the directions. I had to reach my own bottom and know that a change was the only answer. **My way wasn't working.**

My disease, the family disease, parallels the disease of addiction. My son is addicted to drugs and alcohol and I am addicted to my son. I behave in the same way he does regarding my addiction. I think I can keep it under control. I think that if everyone would leave me alone and let me micro manage, everything would be fine. If I wake in the morning and have an uneasy feeling about my alcoholic son, I spend my day obsessing over him and replaying conversations I have had with him in my head. My day is controlled by him..... my drug of choice.

**When they say that I need to go to meetings, develop a support group and get a sponsor, why am I surprised?** If that is what my addict needs to do, why would I assume that recovery should be any different for me? I have spoken with some who believe that if the addict is sober then the problems will go away. This was not the case for me as I found living with early recovery more difficult than living with active addiction. I knew what to expect in active addiction, chaos, but I did not know what to expect in early recovery. At least early recovery did not mimic what I had planned it to be.

I have been attending Alanon for nine years. I have participated in several family programs including the one at Alina lodge. I am grateful for the work that I have done and the opportunities I have been given. If not for those opportunities I doubt I would have survived. My son works his own program and has five years of sobriety behind him; my husband is nine years sober as well. I would be lying if I said I was not grateful for this miracle and that sobriety doesn't make it easier for everyone in our family. However, I must be responsible for my own actions because my addiction can rear its ugly head at anytime if I don't work my program diligently.

One of the best gifts Alanon has given me is that I don't need to have a rainy day today to appreciate the sunshine tomorrow. My gratitude list is long and growing and very much different than any I would have had nine years ago. **Life is better, my family is better and the world is better.....**at least through my eyes and that is all that matters.

~SUZANNE JAFFEE

## SUMMER ANNIVERSARIES CELEBRATED AT THE LODGE

Vivian C.	14 yrs.	Elaine V.	10 yrs.
Lindsay H.	1 yr.	Richard B.	13 Years
Brad M.	17 yrs.	Sam T.	5 Years
Clayton C.	6 yrs.		

# Haley House News . . .

Haley House begins its fourth year. It's hard to believe. We are thankful for so much and there's no better time of year to say it loud and clear. Haley House cannot exist on bricks and mortar alone. It thrives because of amazing Haley House staff, volunteers, Board and supporters. This team makes the difference. Special thanks to Teresa, Maureen, Chrissie, Maria, Dawn, Julie, Chris, Rebecca, Eileen, Sylvia, Jean, Doris and Mary Kay for their dedication and commitment. They help not only the women of Haley House but also each other. They not only show the way, they go the way.

These people are the Star Throwers. I am grateful to walk along side of them.

*There is a story of a wise man who saw a young man on the beach picking up starfish from the beach and throwing them into the ocean. When asked why he was doing that, the young man answered "The sun is up and the tide is going out. If I don't throw them in, they'll die."*

*To this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"*

*The young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, "I made a difference to that one!"*

**excerpted from The Star Thrower  
by Loren Eiseley 1907 – 1977**

In these turbulent times we may feel alone, small and unable to make any lasting changes. We may ask, "What can I do that will make a difference?" This classic story tells of the power we have to make a difference in the lives of others. Like the Star Thrower, we should know that making small changes in the world and giving in small ways, or helping even one person, does make a difference. And perhaps the small things eventually add up to something bigger.

We don't need riches, talent or even intelligence to make a difference in the life of another. We just need to remember that we ARE here for a purpose.

PEACE AND JOY

SUSAN R. NORDSTROM, Haley House Program Administrator

## SAVE THE DATE!!!

LUNCHEON  
Tuesday November 9<sup>th</sup>

HOLIDAY LUNCHEON  
Tuesday December 14<sup>th</sup>

Please rsvp 800-575-6343  
*Hope to see you there!*

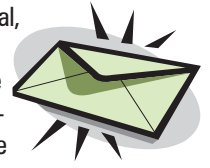
NYC ALUMNI GATHERING  
November 10th at Sarabeth's

FLORIDA ALUMNI GATHERING  
February 2011

# The Green Envelope Tradition

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.



We truly appreciate your sustaining and protecting the very essence of what makes Alina Lodge the **"place where Hope can become Fact"**.

## GRATITUDE IN ACTION

Thank you to everyone who has donated this year. Your contributions have enabled us to fund mission critical programs such as:

- Comprehensive Counseling Program
- Scholarships
- Health Wellness & Physical Environment
- Leadership and Outreach

*1,882 days of scholarship have been provided this year*

Many of this year's highest priorities were funded by your generosity. If you are inspired to help us reach the goal, please use the green envelope or visit us online at [www.alinalodge.org](http://www.alinalodge.org). Thank you!

### 2010 FUNDRAISING STATUS



*\*YTD (year to date) total as of 9/30/10*

## CALLING ALL SPEAKERS...

I am grateful to the alumni who have come back to share their experience, strength and hope with our current students. Each year when your anniversary approaches I encourage you to celebrate on a Saturday night at the Lodge...Remember the chicken? Well the recipe is the same!

Please contact Laurie - [lauriea@alinalodge.org](mailto:lauriea@alinalodge.org) to schedule your anniversary. I'll let you pick the songs!

## BOARD OF TRUSTEES

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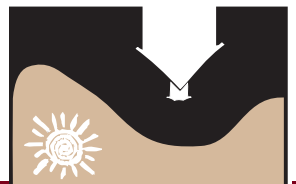
Susan Walsh

## How to Observe THANKSGIVING

Count your blessings instead of your crosses;  
Count your gains instead of your losses.  
Count your joys instead of your woes;  
Count your friends instead of your foes.  
Count your smiles instead of your tears;  
Count your courage instead of your fears.  
Count your full years instead of your lean;  
Count your kind deeds instead of your mean.  
Count your health instead of your wealth;  
Count on God instead of yourself.



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