



Harmony Foundation Newsletter

Fall 2015

A Message from our CEO

Dear Friends:

As we approach this Holiday season, I look back with amazement at this year, and all the changes that have taken place here at Harmony. 2015 has marked the most "expansive" year for Harmony in decades. We completed construction of two beautiful new buildings. The new Dining Pavilion houses a state of the art commercial kitchen, a dining area so spacious that we were able to bring our alumni reunion totally back to campus this year. The Howie Madigan Admissions Building and Health Center is almost too beautiful to describe. The building serves

as the central reception area on campus, where we warmly welcome new admissions and their families, and guests. On the west side of this fabulous building we now have 20 beds available for clients seeking detox, or needing to be under the watchful eyes of our medical staff. This detox program, along with the recently inaugurated transitional care program, has expanded our capacity to help the still suffering addict and alcoholic and their families.

If you didn't make it to the ribbon cutting or the reunion celebration, we welcome you to tour the new buildings at



Dorothy Dorman, CEO

any time. Remember, our Saturday night dinner, commencement and speaker meeting are open invitations for you, our treasured alumni and friends, to come back to Harmony for a visit.

We wish you all the blessings of sobriety and healing throughout the Holidays and in the New Year.

Our Mission

To Provide the Foundation for Sustained Recovery from the Diseases of Alcohol and Drug Addiction

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Grants Present Opportunities for Expanded Programs

Both the detox program and transitional care programs would not have been possible without the generosity of two outstanding organizations. The Kenneth King Foundation, long-time friends and supporters of Harmony's Mission, gifted Harmony with a magnificent property here in Estes Park.

The KINGSTONE will be used to provide transitional care for seven male clients. We all understand that for many of our clients 30 days in residential treatment is just the beginning of their recovery journey, and now we will be able to offer longer lengths of stay for them.

The Hope Fund Board of Directors has made a significant impact on individuals in need of detoxification services, who otherwise would not be able to afford or have access to it. Thanks to their generosity, Harmony now has scholarship funding available for detox. Additionally, the Hope Fund

supported the creation of comfortable, safe and home-like living areas in the health center for our detoxing clients. The living rooms are named in honor of the Hope Fund, and in memory of Tom Jackson, whose life was dedicated to providing help for alcoholics and addicts.

Stand-Alone Medically Monitored Detox

Harmony is now able to offer stand-alone medically monitored and assisted detox services for those who require it. Until now, there has been no detox facility available anywhere in Larimer County. With the opening of our new Madigan Admissions and Medical Building, we have increased our detox bed number to 20 which allows enough beds to be able to offer this stand-alone detox service, open to anyone.

- Harmony is focused on safety and comfort during the detoxification process for our clients.
- All clients are monitored for signs and

symptoms of withdrawal 24 hours a day and are provided with appropriate care and medication.

- We address withdrawal from multiple substances including opioids.
- Harmony is licensed by the State of Colorado to provide medical detoxification.
- The program is under the authority of Medical Director, Dr. Sean Murphy, MD, ABAM, AAFP and Board Certified Addictionologist.



Madigan Admission & Health Center



New Transitional Care Program for Men

Thanks to the grant of the KINGSTONE property from the Kingstone Foundation, Harmony is now able to offer a Transitional Care Program for men. Transitional care clients reside in a free-standing, nonhospital-based facility located in a quiet residential neighborhood in Estes Park, Colorado. The clients receive treatment programming on the main Harmony campus. This ideal setting conveys dignity and respect for the client along with space for solitude

and reflection while gaining a stronger foundation for continued recovery from substance use disorders. This program is designed for individuals who have substantially completed their goals developed in an outpatient or residential treatment program and have a demonstrated need for a continued supportive recovery environment.

The program is managed by Rhonda Fraser and the house manager is Tim Brown.



Alumni Reunion/Anniversary Recap

A great time was had by all at the 46th Alumni Reunion and Anniversary Celebration held in Harmony's new Dining Pavilion on September 25, 26, & 27th. Our attendance surpassed 260 alumni, family, friends and employees.

The food was delicious and the auction was a great success. More importantly was the fellowship enjoyed by all, especially the alumni and current clients. It was deeply heartfelt and undeniably touching.



Fund Development Committee News

The Harmony Fund Development Committee is committed to raising scholarship funds and having a fun time doing it. This past year, they sponsored 3 events.

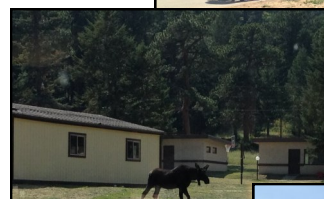
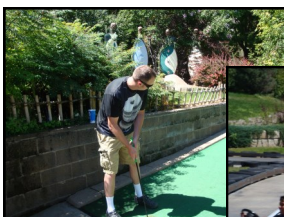
The first event was the HF Putt 'n Stuff miniature golf fun day which was great fun for the whole family.

The second event was the Ride for Recovery, motorcycle run. This was a fabulous event that culminated with a moose walking across the Harmony campus while we were enjoying lunch. It was a wonderful day and a great fund raiser too.

Lastly, the committee was responsible for

the annual auction during the Anniversary Celebration which raised approximately \$24,000.

If you would like to serve on this committee, contact chair, Mike Williams. 303-489-0754 mwilliams@ccu.org



4th Annual National Recovery Skiathon

This year's Skiathon will be held on Feb. 4 through 7th at Beaver Run Resort in Breckenridge, CO. Make your reservations today for this awesome event. Beaver Run is offering discount rates. Call Beaver Run at 800-916-4339 and tell them you are with the Harmony Skiathon event. There will be lift ticket discount coupons as well as equipment rental discounts.

Join us for a fun filled weekend of skiing

and other winter sports, musician, speakers and an in-town excursion.

Enjoy all of this and still make it home in time for the Super Bowl! What a great weekend!



When it comes to skiing, there's a difference between what you think it's going to be like, what it's really like, and what you tell your friends it was like. ~Author Unknown

Check our website and watch your email for more information and registration.

Sober Super Bowl Party

One of the most difficult "holidays" in early recovery is the Super Bowl. As a matter of fact, it can be a difficult event with many years of sobriety, especially, when the Broncos are playing in it and losing. Let's hope they play again this year...and win!

We are here to help you enjoy the game while remaining in recovery whatever the outcome of the game.

Harmony co-sponsors a Sober Super Bowl Party with our friends at Phoenix Multi-Sport in Denver. The game is shown on a big screen and there is lots of food and plenty of beverages.

Join us for the Super Bowl on Feb. 7th.

There will be more information to come. Check our website and watch your email.

www.harmonyfoundationinc.com



Spring Spiritual Retreat

Spiritual Advisors Marty Faraguna and Debra Avezzano are once again facilitating a weekend of spiritual renewal at the beautiful Fall River Lodge in Estes Park. Come join us for an intimate weekend of relaxation and rejuvenation through meditation, hiking, reflection, and a Spiritual Pilgrimage Scavenger Hunt! You will also enjoy yoga, wonderful food and much more.

Here's what past participants are saying about the weekend:

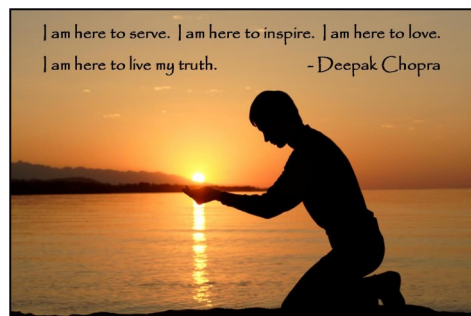
"All experiences brought me something amazing. The music & voice of the angel who sang and the labyrinth were the most

significant! Thank you so much. Namaste! God bless."

"I'm leaving feeling OK to be on my own journey, I know I have to do the work. Thank you . . . what a treat!"

"The acupuncture meditation followed by the labyrinth gave me the most powerful insights. Each experience from the music Friday evening through the last yoga was an individual journey moving into a powerful whole."

Come join us for the experience, April 29 - May 1, 2016. One all-inclusive fee: \$245/



single or \$415/couple. Call/ e-mail Debra for more information and to register 970-577-3160 or davezza-no@harmonyfoundationinc.com

Sign up early, this journey is limited to 18 participants.

Saturday Night Speaker

- Have been in recovery for a year or more?
- Do you attend and work a 12-Step program?
- Would like to share your experience of becoming clean/sober and living in recovery?
- Consider being the Speaker at a

Saturday Night Speaker Meeting at Harmony.

- You and a guest will enjoy a delicious prime rib dinner in Harmony's new Dining Pavilion before the meeting.
- If you are interested, please call Keith Bradley at (970) 381-9780 or email Keith at Keith@coloradointervention.com

"And if my heart be scarred and burned, the safer, I, for all I learned."

- Dorothy Parker

Harmony Blog

Did you know that Harmony has a blog?

Some of the topics of the blog include:

- Reforms to Cure the Opioid Epidemic
- Concerns About Kombucha Alcohol Levels
- American Medicine Chest Challenge
- DEA Crackdown on Synthetic Drugs
- Families Want Young People to Learn

from Their Sons' Mistakes

- Doctors and Pharmacists Fight Against Addiction

You can read these blog posts here:

<http://blog.harmonyfoundationinc.com>

While you are there, sign up to automatically receive future posts directly in your email inbox.



Jean's Story

Jean is a wife, a mother of 3, a nurse, a sister, a daughter, an aunt, a cousin, a friend, and an alcoholic/addict. The life of a working mother is a very busy one and being a nurse made it easy to get a drug to help keep her going, or a drug to help her sleep. Having a drink in the evening helped her relax and take the edge off of her day. What Jean didn't know is that she has a disease. One day, that last pill pushed her over the edge into her disease of addiction. From that point on, she didn't just take a pill or a drink to help her through her day; she took them because her body had to have them. At that point, her choice was taken away. She had to do whatever it took to get the pills and alcohol her body needed. She stole pills wherever she could; from the hospital where she worked, from her friends and family. Instead of that one drink in the evening, she started having 2 and then 3 and then drank until she went to bed. Jean's life was falling apart. She was making mistakes at work. She was forgetting to do things her children needed, like picking them up from school. Her marriage was suffering. Her boss gave her warnings at work, her husband gave her ultimatums, her kids were miserable, her friends and family were worried about her. She was on the verge of losing everything she held dear due to her dis-

ease. A friend told her about Harmony and in an effort to save herself and her family, she made the call. Jean had insurance that would cover a portion of her treatment fee. She borrowed some money from family and pulled out what little savings she and her husband had left. Unfortunately, she still didn't have enough money to cover her treatment. Luckily, thanks to our generous donors, there were funds available in Harmony's scholarship fund and we were able to cover the rest of the cost of her treatment.

Jean has been enjoying recovery for 18 months and is happier than ever. She is back to work part time so that she has more time for her family and less stress. Her family is thriving. Her husband attended the family program and now understands the disease of addiction. He is very supportive of her and spends more time at home with Jean and the kids. The children were able to attend the Betty Ford Children's Program. They now understand Mom's disease and know how to separate the disease from who their mother is. They can hate the disease, but love their mother. They understand why it's important for mom to go to meetings. And, they understand that they too may have a vulnerability to



We love you Mom!

the disease and need to carefully monitor their own chemical use to assure their future health and wellbeing.

There are many, many stories just like Jean's. Some are even more heartrending and desperate. Thanks to your donations to our scholarship fund, we are able to help many people get the full treatment they need to enter into recovery and transform their lives. Sadly, there is often more need than there are funds. **If you are thinking of making a year end gift, please consider donating to Harmony's Scholarship Fund.**

You can help transform a life.

Your generosity is sincerely appreciated. Thank you.

May your holidays be as joyful as Jean's; and, may your heart be filled with the love and contentment of knowing you have helped to save a life.

Harmony is planning to build an endowment fund so that there will be a steady income specifically for scholarship funds. If you, or anyone you know, have the means to make a significant donation to start the building of this endowment, please contact us and we will help to make the arrangements.

Have you considered naming Harmony in your legacy planning? This can be a wonderful way to make a difference when funds for donating today may not be available.

FORWARDING SERVICE REQUESTED

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Recovery in the Rockies



Name

Organization

Address

City, State, Zip

Save the Dates

Skiathon	Feb. 4 - 7
Sober Super Bowl Party	Feb. 7
Spiritual Retreat	Apr. 29 - May 1
Links to Recovery Golf	June 27
Alumni & Friends Picnic	July 17
HF Putt 'n Stuff Mini Golf	Aug. 6
Ride for Recovery	Sept. 4
Alumni Reunion	Sept. 23 - 25
47th Anniversary Celebration	Sept. 24

For more information watch our website www.harmonyfoundationinc.com
Some dates may be tentative.

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HARMONY MISSION

Our mission is to provide the foundation
for sustained recovery from the diseases
of drug and alcohol addiction.