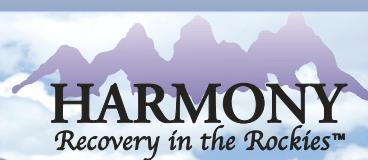


The Harmony Experience



Special Points of Interest:

- Message from our CEO
- 42nd Anniversary pictures
- Harmony's 1st Referent Weekend
- Colorado Gives Day Dec. 6
- Letter from Alumni
- Luncheons
- 42nd Anniversary Highlights
- Healing Trees of Life
- Share Your Holiday

Harmony Employees Give Back by Participating in Local Community Events.

- Relay for Life
- Food Drive
- Red Ribbon Week
- Spelling Bee
- Hats, Gloves & Scarves for Clients' Holidays

Greetings Friends of Harmony – A Message from our CEO, Dot Dorman

Well, here it is, time for the "Holiday" newsletter, and certainly we have already had enough snow here in Estes Park to convince us that the season is truly here. As we approach Thanksgiving, the staff at Harmony have much to be thankful for; we have the opportunity, every day, to witness miracles happen (not everyone gets to say that about their workplace!) we are holding our own in tough economic times allowing us to continue to provide much needed treatment to alcoholics and addicts, we have a beautiful serene setting in the mountains of Colorado, and we can all bring our many and varied talents to a common purpose – that is, providing treatment to those who are ready to accept it. We will approach this Holiday season with thankful hearts, and gratitude for the opportunity to help others who are struggling with their addictions. The clients and

families that we will welcome to Harmony in the next few weeks will have special challenges, because being in treatment during the Holidays can be very lonely. We would love to invite you to brighten the holidays of our clients in the next month, by sending them a holiday greeting. We have offered treatment to over 600 individuals so far in 2011, and we know that many of them will have the best holiday season in their recent lives. If you are one of these, or one of the 16,000 or so people who have come through Harmony in the last 42 years, consider sending an encouraging note to the clients who will spend the holidays in treatment this year, and share a little of your experience, strength and hope. There are some emotional ups and downs that seem to come hand in hand with the Holidays, and I would like to share some ideas on how to better deal with any holiday stress

you might experience. Of course, beginning with an attitude of gratitude helps us all; make a list of the things you are grateful for, and share it with someone.

Take it one day at a time - it is good to remember that within a program of "one day at a time" – the holidays are just another of those "one" days, and we only have to deal with today.

This is definitely a time to rely on our support systems as much as possible! Take in an extra meeting here and there, socialize with other recovering people, and check in with your sponsor or your spouseees more frequently. Don't put your program on hold, keep working it!

Be a little kinder to yourself and be sure to take time for yourself, get enough sleep, exercise and eat well.

All of us at Harmony wish all of you – blessed, serene Holidays!



Dr. Kevin McCauley



Hank Valentine accepts Starfish Award from Tom McCarthy



Volunteers hard at work



Shawn Hagler, Auctioneer



Scott made a new friend in Myrna



Setting up the room



Closing Ceremony



Sunday Brunch Team

Harmony's First Referent Weekend

Harmony hosted its first ever Referent Weekend on October 22nd and 23rd. This weekend is designed to inform invited guests about Harmony and what we do here, and to let them "experience" Harmony with the hope that they will like what they see and learn here, and spread the word out in the community.

We started at 9:30 with introductions and then Dale Maugans, Director of Admissions, gave a very inspirational talk on Harmony. She gave lots of credit to Dr. Murphy, Medical Director, Kay Rosenthal, Director of Nursing, and all of the medical team. She went into detail about fighting for days for clients with insurance. Then Chris Desizlets, Clinical Director, spoke about her clinical team and impressed everyone with what we do and how we help addicted people. Our family program and aftercare were very important to this group. Then, Nurse Kim Tapia came into

the boardroom and had a power point presentation and lots of handouts on our medical stabilization protocol. She answered lots of questions and had a great inspirational story of her own. Mara Lehnert, Manager of Marketing and Intervention, gave the last presentation of the morning, discussing the stages of intervention and ways the therapists could help talk their clients into doing something about their or their loved ones addictions. I received lots of positive feedback on her presentation. One group felt like they were now able to understand how to pass more people on to Harmony through interventions, and another person was blown away by Mara's passion for intervention and helping families get their loved one into treatment.

We had a great day for a walking tour of Harmony, enjoyed a welcoming lunch in

Contributor: Duke Rumely

the dining hall and then 8 of the group enjoyed a two hour guided horseback tour of RMNP out at YMCA Jackson's Stables. All of the guests enjoyed their cabins at Antlers Pointe, with great gift bags waiting for them. Saturday evening, the weekend guests reconvened back at Harmony for the prime rib dinner and the AA Speaker Meeting.

All of the participants had nothing but great comments about the event. Some of the referents knew of Harmony but were very impressed and said they were now more comfortable sending more clients to Harmony because of the medical stabilization protocol and the medical team.

I believe we will be getting referrals from these participants for rest of their professional lives and they will be talking about this weekend with their colleagues for years to come.

Colorado Gives Day December 6, 2011

Announcing Colorado Gives Day sponsored by Community First Foundation and First Bank!

Harmony Foundation is proud to be a part of Colorado Gives Day this year as one of 400-plus nonprofits currently on a Colorado-based website known as givingfirst.org. GivingFirst is an online donation program that features the profiles of many of Colorado's most successful nonprofits. Last year, the first Colorado Gives Day was launched with the hope of raising \$1,000,000.00 for Colorado Charities. With the generosity of Coloradans, \$8.7 million was donated to their favorite charities!

What is Colorado Gives Day?

It is an initiative to increase philanthropy in Colorado through online giving with a goal to inspire and unite Coloradans in supporting local nonprofits.

When:

24 hours starting at 12 a.m. on Tuesday, December 6, 2011

How:

Online, through GivingFirst.org

Why: To support the nonprofits who protect and nurture quality of life in Colorado.

First Bank is covering all the fees involved in online donating so that 100% of your dona-

tion goes to the charity of your choice. (We hope your choice is Harmony Foundation, of course!)

***First Bank is also offering an incentive fund. Depending on the amount each nonprofit raises, a percentage of the fund is awarded thus increasing the donation amount.**

***Bonus Bucks are prizes in the amount of \$1000 each. At the end of each hour on Colorado Gives Day, a donor will be randomly chosen and the nonprofit associated with his or her donation will receive the cash prize. So Donate Early to give Harmony more chances to win \$1000!**

***High Five Prizes, at \$5000 each, sponsored by First Bank.**

- 1 Most Dollars Raised
- 2 Most Donors
- 3 Most Dollars Raised through GivingFirst 'Fundraising Pages'
- 4 Largest Percent Increase in dollars compared to CO Gives Day 2010

While it is not necessary to create an account in order to donate, there are benefits to creating an account.

Creating an account allows you to enjoy advanced features such as 1) Setting up recurring donations, 2) receiving recommendations on other charities you may like, 3) creating a "My Favorites" list of your

Contributor: Alice Burkholder

most cherished causes, 4) customizing how charity profiles are presented to you, 5) viewing a history of your donations, and 6) creating **Fundraising Pages** for your favorite nonprofits.

When you create a fundraising page, you can:

- * Add a personal appeal.
- * Upload photos and video.
- * Make a custom link to your page.
- * Import contacts from Gmail or Yahoo!
- * Explain why you'd like people to support this effort.
- * Set a goal and track your progress.
- * Determine when you want the campaign to end.

Please consider making a donation to Harmony Foundation on Colorado Gives Day. Help spread the word. Tell your friends.

Check out CO Gives Day at GivingFirst.org

Donate on Dec. 6, 2011

12 a.m. to 11:59 p.m.

Do you have snowshoes you no longer use?
Consider donating them to Harmony.

We would like to start a snowshoeing activity for the clients to enjoy the long winters here.

Donate new or used (in good condition).

Contact Chris at 970-577-3163 or email at cdesizlets@harmonystation.org

All donations are 100% tax deductible!

A Letter from an Alumnus

Driving up the beautiful winding road from Boulder to Estes Park, the windows down, the radio on, the fresh mountain air, it looks like misty mountain rain ahead. My friend turns to me and says "Are we really going to dinner at the YMCA? Maybe we should stop and enjoy Estes Park and grab an appetizer at a little cute bistro beforehand."

Childhood memories come back to me, big red brick building, the smell of strong chlorine from the Y pool, cold tile floors, bag lunches, "Camp Crooked Arrow" where I had summer day camp and after school craft workshops.

"That sounds like a great idea. We have plenty of time," I reply. I am clearly in no rush to get to the YMCA.

We arrive in town, the rain has stopped, there is a rainbow near the lake, a breathtaking moment, we have one hour. "Hey there is a craft fair, let's check it out!" she says.

"Ok, but we have to hurry. I would like grab a snack too," I reply.

Running a little late, the sign says YMCA with an arrow to the right. We come around the corner; I see a beautiful mountain view, little cabins, a mini golf course, and a couple of main buildings. My friend turns to me and said "Is this the Y"? Ahead a sign read, "Welcome to the YMCA" and next to it, the biggest, most stoic elk I have ever seen. I thought to myself, "Stay in the middle of the herd", a saying my

counselor Rick said almost every day. "This is the right place", I tell my friend. The dining room was huge, full of familiar faces. I recognized staff from Harmony, a guy from aftercare, people from the pro-



gram outside of Harmony. Although I had never seen them before, I recognized the faces of the clients of Harmony. Eight months ago, I was one of those faces. People recognized me as well; I was greeted with warmth and kindness, something pretty new to me. The food was great, the people I sat with were even better. Most of us had never

met each other before but we were laughing like old friends in no time. The auctioneer was pretty entertaining, he raised a lot of money, in very little time; enough to provide scholarships for at least two people in need of help.

I was really looking forward to hearing the speaker, Dr. Kevin McCauley. He shared an amazing story of being a flight surgeon, living in his addiction, the consequences, and his solution. He spoke a lot about the disease, and his mission to understand the cause and the solution. He is a huge advocate for the rights of addicts as patients. Overall, my friend and I had a great time. The setting for the dinner could not have been more perfect, the food, the chance to give back, the company and the education were worth much more than the price of admission.

I have been to every Harmony event this summer, and I look forward to many more. I strongly encourage everyone to "stay in the middle of the herd" and attend the next Harmony event. Super Bowl anyone?

Mark Your Calendars!

2nd Annual

Golf Tournament

June 25, 2012

Sponsorships Available

Contact Duke Rumely 303-888-9019



Harmony Co-Hosts Luncheons

Contributor: Alice Burkholder

On September 22nd in Colorado Springs and again on October 27th in Denver, Harmony co-hosted networking luncheons with Hazelden Springbrook, Las Vegas Recovery Center, and Timberline Knolls. These luncheons were very successful in getting information about Harmony Foundation out into the recovery services community and in fostering good will and fellowship within this community.

All 4 centers were very pleased with the full house attendance and all of the networking that took place, not to mention a couple of very delicious lunches.

42nd Anniversary Highlights

Contributor: Dot Dorman

Harmony Foundation was incorporated in September, 1969, and in September, 2011 we had a wonderful celebration of our first 42 years! Over 250 people attended the event this year and we had a great time!

On Saturday evening, we were inspired by a moving talk by Dr. Kevin McCauley. If you are not familiar with Dr.

McCauley or his work, check out his website, www.addictiondoctor.com or his DVD, "Pleasure Unwoven". He has a fascinating personal story and is considered an expert in the field of addiction and brain chemistry.

Dr. McCauley is a devoted advocate for the rights of addicts as patients.

The Saturday evening event also included fundraising opportunities – a live auction and a paddle raiser. After hearing the personal story of a Harmony scholarship recipient, the reunion guests generously gave over \$35,000 towards the scholarship fund.

Sunday's activities included brunch and fellowship at Harmony, a spirituality session, and the 2nd annual "Recovery Rock" ceremony on the front lawn. Nearly 700 years of recovery were present in the closing circle.

Healing Trees of Life

Contributor: Alice Burkholder

This season's highlight is on the Healing Trees of Life. The trees are a part of the "Gift of Recovery" scholarship program. As you enter the Harmony campus, the drive is bordered by 24 stately pine trees; 12 on each side of the drive, signifying the Twelve Steps and Twelve Traditions. Your donation of \$2,500 provides you with a personalized plaque positioned at the base of the tree, and shows your dedication to helping others find recovery.

Struggling with what to get a loved one for the Holidays? How about honoring them on a Healing Trees of Life Plaque. What better way to say, "I'm proud of you, I love you, Keep up the good work," etc.

Visit our website at www.harmonyfoundationinc.com/donate for more information or to donate easily and securely online....Pick up a brochure next time you are at Harmony...Or, call Alice at (970) 577-3150 to place your order over the phone, or have a brochure mailed to you.

Thank you. The generosity and loyalty of our donors, alumni, family and friends is what makes Harmony great!

Be a part of the miracle...Give the gift of recovery.

Share Your Holidays

If you would like to brighten the holidays for the clients at Harmony, please send a card or note to:

**Harmony Clients
Box 1989
Estes Park CO 80517**

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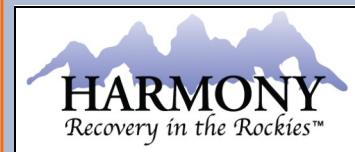
Our mission is to provide the foundation for sustained recovery from chemical dependency.



Would you like to work at Harmony? Visit our website for new job postings. www.harmonyfoundationinc.com/Jobs

Living in the Present

One day at a time,
This is enough.
Do not look back and grieve over the past.
For it is gone...
And do not be troubled about the future,
For it has not yet come.
Live in the present, and make it so beautiful
That it will be worth remembering.



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