



Harmony Foundation Newsletter

Summer 2016

A Message from our CEO

Dear Friends - it is hard to believe that a year has passed since the grand opening of the new buildings on campus - the Howie Madigan Admissions Building and Health Center, and our beautiful, multi-purpose Pavilion. We are fully functional in providing enhanced detoxification services to clients who can benefit greatly from very closely monitored and medically managed withdrawal. This is not what comes to mind when people think of "detox"! So far from it, in fact, we are calling this our RED program - Residential, Evaluation and Detoxification. The RED program is a safe, short-term program complete with a full physical and health assessment, lab work, mental health assessment, therapeutic services, and more. RED is designed for individuals who, for various reasons, cannot enter residential treatment at the time. We have seen excellent results, including a large percentage of admissions to RED who choose to stay on in our Residential program.

We know that there are many, many, people in need of safe detox, regardless of what substance or substances

they have been abusing. Harmony's protocols are individualized to support comfortable, safe withdrawal, and all clients are assessed for mental health issues in addition to identifying other medical conditions that might be present. In the first year we admitted 87 clients into the Red program.

The Pavilion serves as the dining room for staff and client meals, and has also provided a wonderful and welcoming space for our Alumni Reunion, Saturday night commencement and speaker meetings, staff meetings, alumni events and more.

Speaking of Alumni events, I urge you all to make your reservations early for the 2016 Alumni Reunion and 47th Anniversary Celebration. We expect to sell out the available 300 seats in the Pavilion, for a wonderful weekend of fellowship and renewal. We are delighted that Mackenzie Phillips will provide the keynote message during our celebration. The dates are Friday and Saturday, September 23rd and 24th. Please don't hesitate to call us if you have questions about the weekend festivities.



Dot Dorman, CEO

If you can't make it to the anniversary celebration, remember that you can come back to campus on any Saturday evening. We have lots of space in the Pavilion and would love to welcome you home. And, the outstanding prime-rib dinner is only \$15! We encourage you to bring friends and family. The reunion, through our live and silent auctions, serves as our primary annual fund-raising event, creating scholarship opportunities for the still suffering addict and alcoholic who cannot afford treatment. If you can't join us and take part in the auctions, please add what you can to our much needed scholarship funding. Harmony turns away more than 200 people each month who lack the financial resources to come to treatment. We know there is much more need, and your generosity could provide a life-saving opportunity to one or more of these over 2,500 people, annually.

Harmony is here to serve you! Many of our current

Our Mission

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

Inside this issue:

New Additions	2
A Note from the Board	2
Community Connection	2
Ride For Recovery	3
Links to Recovery	3
Road to Happy Destiny	3
Reunion/Anniversary	4
Saturday Night Speaker	4
It Takes A Village	4
Matt W's Story	5

clients are family members of our previous clients. In some cases we are helping the third generation from the same family. Many of you have friends or family who have not yet found the path to recovery. Some of you may need a kind or supportive word along your journey. Call us, email us, [visit](#) us. We are here for you.



Welcome to Two New Senior Staff Additions

This year brought two new staff members to Harmony. We are very happy and fortunate that they have joined our team.

Welcome to the new Chief Operating Officer, Jim Geckler, and the new Chief Financial Officer, Dennis Cowper.

They both are excellent additions to Harmony and bring with them a wealth of knowledge and skill.

A Message from the Board of Directors President

Hello,
I'm Pat Nielsen, the new President of the Board of Directors of the Harmony Foundation. I've been on the Board of Directors for 7 years and have been President since June. To tell you a bit about myself, my day job is running my CPA firm. I have a husband, 4 children and 9 grandchildren, spread around the world. I was a Harmony client almost 30 years ago. To go from being here as a client to the President of the Board is truly a miracle! I owe so much to Harmony and AA and the entire recovering community.

This disease of addiction is truly a family disease. My mother and brother both died of cirrhosis of the liver and I have family members who still drink, despite my efforts at setting a different example. Getting sober is not about having a strong will or determination. To learn how to start on the road of sustained recovery, we need qualified, informed counselors, nurses and doctors, such as we have here at Harmony,

Harmony has been here for 47 years and has helped over 30,000 people get and stay clean and sober. The program was great 30 years ago and the amazing changes I have seen in the past 30 years have made it fantastic today. This doesn't happen by accident. Our 120-person staff is constantly updating its

education, both with classes and real-life experience. With the epidemic of opiate users in addition to the new problems posed by Colorado's legalization of marijuana, there is much to learn.

Each year the public's need for treatment services grows. Unfortunately, approximately 50% of our callers are turned away for lack of financial means to pay for treatment. To help increase the number of people who are able to receive treatment, we are conducting a financial campaign to raise money for scholarships to help the many people who need and want the treatment we offer, but don't have the money to pay for it. (Harmony is a 501(c)(3) organization, so contributions are tax deductible.)

A year ago, we completed the construction of two new, badly-needed buildings, the Howie Madigan Admissions and Medical Building and the Dining Pavilion. These have helped with medically-assisted detox (20 new beds), better medical practices and providing state of the art kitchen and dining facilities where clients and staff enjoy delicious meals. And, there is now enough space to hold our various events right on campus.

Just this July, we had a picnic on campus for over 200 people, and they were able to all eat in the dining pavilion. In September, we will hold our annual alumni

reunion and anniversary celebration in the dining pavilion. (And you don't have to be a Harmony alumnus to attend. It is for the entire community.) Every Saturday night, we have the best prime rib dinner around (\$15), Alanon meeting, an AA or NA speaker meeting and graduation for clients leaving the following week. In June, we held a charity golf event off-campus to raise scholarships for military veterans.

So, you can see that we have been busy and we would love to have your participation with your time, talent or treasure any time you can help. Just call Alice at (970) 577-3150 or send her a message at aburkholder@harmonyfoundationinc.com

If you would like any information from me, or just want to talk, please email me at patn@nielsencpa.com or call me at 303-579-1511.

Helping Harmony save and improve lives,
Pat



Community Connection

If you are interested in befriending a Harmony graduate as they are leaving treatment to return to their community, please call Heather Dines at (720) 2765389 or email her at hdines@harmonyfoundationinc.com





Ride for Recovery

Sunday, August 28th at 11:00 am. Harmony's 2nd Annual Ride



for Recovery. Riding from Louisville to Harmony over the Peak to Peak Highway. Then enjoy a delicious lunch together at Harmony.

The proceeds will benefit the Scholarship Fund.

If you ride, join in the fun and help

someone get the treatment they need.

You can help change a life.

For more information and to register,

www.harmonystation.org
[/calendar/](http://www.harmonystation.org/calendar/)

Please register by August 20th.

Links to Recovery Golf Tournament

Harmony's Annual golf tournament, **"Links to Recovery"** is a veteran's scholarship benefit in memory and honor of former Harmony CEO, avid golfer and veteran, Howard Clarke. This year's tournament was held on June

27th. It was lots of fun for everyone and was a very successful event raising over \$25,000 for Veteran and Active military scholarships. A big thank you to all of our sponsors and to those who participated.
You are making a difference!



Road to Happy Destiny

The magic that happens on the Road to Happy Destiny happened again on Pay-It-Forward Day, April 28th. The day is recognized around the world as a day of giving to others and making a positive difference, often through the kindness of strangers. Included in the 5 million people in 78 countries who participated this year was a group of fellow travelers who met Harmony's challenge to pay it for-

Tracy Reinhard, Director of Philanthropic Services



ward. The group showed gratitude for their recovery by generously giving \$1 for every month of their sobriety towards Harmony's treatment scholarships. In just one day we raised \$5000 which represents 416 years of sobriety! Harmony has been

helping people to build sustainable recovery since 1969, and throughout our history we have provided high quality treatment to over 30,000 people on their road to recovery. We strive to keep treatment costs within reach and to provide scholarships to those in need – thank you to all those who are a part of the solution!



47th Alumni Reunion & Anniversary Celebration

Broncos Game Tickets

September 23rd and 24th



Our speaker this year will be the very entertaining Mackenzie Phillips of One Day at a Time, American Graffiti, and The

New Mama's & Papa's fame. She will share with us her enthralling story of addiction and recovery.

There will be educational and spiritual programming, fellowship, and an all around great time.

The Saturday Evening Celebration will include a delicious dinner, music, auction, and of course, Mackenzie Phillips.

For more information and registration:



Football signed by the
Broncos Super Bowl Team



Together, Recovery Grows

[www.harmonyfoundationinc.com
/calendar/](http://www.harmonyfoundationinc.com/calendar/)

Space is limited, so don't wait;
register today!



Saturday Night Speaker

- Have you 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 Cathy Dorman at (970)577-3170 or email her at cdorman@harmonyfoundationinc.com



Recovery - It Takes A Village

Harmony is stronger when we all work together. We need your help. There are many ways you can help and give back to the Harmony Community, your fellow brothers and sisters. If everyone gives of their time, talent and treasure, there is no limit to what we can accomplish.

If you would like to volunteer your time or talent, give Heather a call or

an email. If you would like to give of your treasure, contact Alice or Tracy.

Heather: (720) 276-5389
hdines@harmonyfoundationinc.com

Alice: (970) 577-3150
aburkholder@harmonyfoundationinc.com

Tracy: (303) 882-7222
treinhard@harmonyfoundationinc.com

Have you considered naming Harmony in your legacy planning? This can be a wonderful way to make a difference.

For more information...
Call Tracy at (303) 882-7222 or
Call Alice at (970) 577-3150
Visit <http://plannedgiving.epnonprofit.org/>



Matt W's Story

September 2nd, 2015 was one of the best days of my life; I was finally able to have the opportunity to get the help that I have longed for since I was 16 years old. On this day I checked into the Harmony Foundation. At the time I didn't know it, but this would be the place that would help save my life. This was the best investment I have ever made in my life. I learned more in thirty days at Harmony, than I learned in my three years of college.

Since I was 16 years old I struggled with the disease of addiction. My disease surfaced after a sports injury, at the time I was prescribed narcotic pain medication, I was hooked from that day on. I would continue to abuse anything I could get my hands on that would alter my state of mind. The signs were not seen by anyone for a long time, I was very functional. I got good grades, excelled in baseball and football. I even ended up receiving a full ride scholarship to play baseball at the College of Southern Idaho. But inside I knew I had a serious problem and it was only getting worse.

I went from using narcotic pain meds, to being a daily heroin user. I was quickly self-destructing; I was also destroying everything and everyone in my path. I caused a lot of pain to my friends and family over the years while in my brutal addiction.

September 2nd, 2015 symbolized a day of hope, the first thing I was told was, I never had to use ever again if I

didn't want to. The first night of my stay at Harmony I felt so at peace and my obsession to use was lifted and hasn't come back since. I can't really find the words to describe, what I call my spiritual experience, but something happened that night that changed my life.



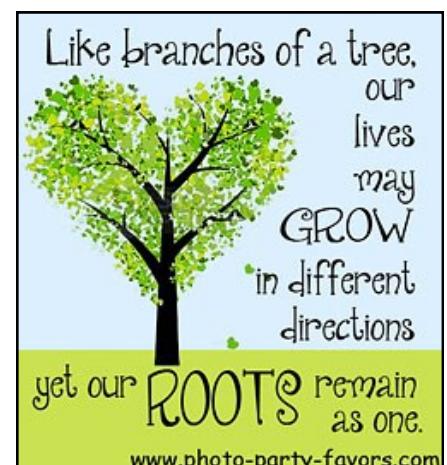
Over the next thirty days I began to regain my physical and mental health with the help of amazing medical doctors and nurses, as well as a state of the art detox facility. I can't say enough about the whole staff at Harmony that helped me through my rebuilding process; there are too many to name. Through the help of the counsellors, I learned so much about my disease, but more importantly they helped me learn about myself. They loved me until I could love myself again, and for that I will be forever grateful. I learned that I wasn't a bad person trying to get good; I was a sick person trying to get well.

I was given all of the tools that I needed to stay clean and sober for the rest of my life. But more importantly, I learned how to succeed in the game of life. I learned the tools to

live a better life, a more spiritual life. They taught me how to live a purpose driven life through the twelve steps. Today I am able to be present; I am able to participate in life. In order to continue this new life I have been given I must continue to clean house, trust God, and help others.

Another opportunity that Harmony presented to me was to be a part of the great fellowship of Alcoholics Anonymous. I thank God every day for bringing me to Alcoholics Anonymous, and I thank Alcoholics Anonymous for bringing me closer to God. Through the twelve steps I have learned how to live a more spiritual life, God is everything or He is nothing, and I chose for God to be everything in my life. There is nothing that will happen in my life today that is too big for God and I to handle.

I want to thank the Harmony Foundation and all of the staff members for giving me a second chance at life.



Harmony Foundation, Inc.

.....

FORWARDING SERVICE REQUESTED

1600 Fish Hatchery Road
Estes Park, CO 80517

Phone: 970.586.4491 or 866-686-7867
Fax: 970.577.0392
info@harmonyfoundationinc.com
www.harmonyfoundationinc.com



Recovery in the Rockies



Our fondest dream is to build an endowment fund so that there will be a steady income specifically for scholarships. 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.

BOARD OF DIRECTORS

Pat Nielsen- President
Leaf Van Boven,- Vice President
Paul D. Whittle - Treasurer
Susan Kitchens - Secretary
Tom McCarthy - Past President
Andy Johnson - Past Vice President
Mike Williams - Board Member

NEWSLETTER STAFF

Dorothy Dorman—CEO
Alice Burkholder—Editor

HARMONY MISSION

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

A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results.

Wade Boggs

.....