

MRS. WILSON'S NEWSLETTER

Treatment Services for Women

The Gift of Treatment:

- ❖ 85% Halfway House occupancy rate January-October 2020
- ❖ 11 Halfway House graduations January-November 2020
- ❖ 19 Halfway House admissions January-November 2020
- ❖ 17 IOP/OP admissions January- November 2020

Donor Spotlight:

Thank you to our caring community for your continued support! A special thanks to:

- ❖ The Willits Foundation
- ❖ The F.M. Kirby Foundation
- ❖ The Hyde and Watson Foundation
- ❖ The Presbyterian Church of Morristown
- ❖ First Presbyterian Church of New Vernon
- ❖ New Bridge Church of Morristown
- ❖ The Women's Club of Morristown
- ❖ Cycle Craft Bicycles, Parsippany
- ❖ Facebook special event donations

Facilities Update:

- ❖ Repair of Serenity Garden fence
- ❖ Gutter repair and replacement
- ❖ Purchase of new bedroom furniture for 6 residents



A Message from our Director:

As 2020 nears to an end and we reflect on the challenges we have encountered through the year, there is an overwhelming sense of relief, and of course, gratitude. Relief and gratitude in the deep understanding that Mrs. Wilson's has prevailed thus far, having started the year with a house full of healthy women and staff, and remaining that way through out the pandemic.

We are and will continue to learn together as we navigate through this uncharted territory. Everyday that our women remain virus free is a victory at Mrs. Wilson's.

11 women have successfully graduated the program thus far this year, allowing themselves to find strength in vulnerability while on their road to recovery. Their success has been the highlight of our year at Mrs. Wilson's, as it always has been.

I am immensely proud of our Mrs. Wilson's team for their unrelenting dedication in this past year! Providing a safe and healing recovery environment, while also facing health risks and social distancing protocols, has not been an easy feat, yet the support and encouragement of Mrs. Wilson's loyal friends and board of directors, has strengthened our efforts every step of the way.

Thank you and we wish you a healthy holiday season and New Year.

Sincerely,

Michelle Reyes
Executive Director

***Mrs. Wilson's Annual
Poinsettia Plant Sale***



Order online and pick up
December 12th from 9am- 1pm



***Make a difference this holiday
season.***

Shop for gifts at
smile.amazon.com/ch/51-0195683
to generate donations for
Alfre Inc.

A Note from the Women of Mrs. Wilson's:

I owe my life to Mrs. Wilson's house and all of the staff members there. I struggled to maintain my sobriety; I spent years trapped in a vicious cycle of institutions, programs, and jail due to continual relapses.

I learned so much about myself during my time at The Wilson House. The counselors truly care about their clients and offer so much help to address each individual's issues. I think what's different about this program is that not only did they bring me the awareness of what I needed to work on within myself, but they also guided me through the process every step of the way. In my experience, most other programs just pointed out my defects/struggles but then never actually told me how to fix those things. Since leaving the halfway house I have accomplished so many things in my personal life and have maintained my sobriety for the longest I've ever been able to.

Mrs. Wilson's House taught me how to live a successful, sober life and I will be forever grateful for my time there.

D.V.

Tips for this holiday season:

Is it the most wonderful time of the year?

Even if you are naturally resilient, these unprecedented times have tested us all.

As we roll into the holidays, we might find ourselves encountering stress about celebrating a little differently this year.

Here are some stress solution tools for the toolbox that we can draw upon as needed to help better cope with the curve balls that may come our way.

- Try to be flexible and adaptable. If you are not able to travel and be with family as usual, be creative and open to deviating from traditions for this year. It may mean calling upon a neighbor for a physically distanced get together, or connecting with family by Zoom instead of in person.
- Make the time for self care. Schedule an online yoga class, walks with friends, or do some breathing exercises.
- Get your zzzz's. Stick to a regular bedtime, nix screen time before bed, keep the bedroom cool, and use an eye mask if you cannot block light in your bedroom.
- Eat well. If you find yourself socializing a little less this year, take advantage of this time to nourish your body with nutrient dense foods to favorably impact the body's nervous system to better manage stress. Include a variety of plants to provide fiber to help keep blood sugar balanced. Choose foods high in omega 3 fatty acids such as salmon and avocado to support mood. Whole grains increase a "feel good" hormone called serotonin. Dark chocolate is rich in antioxidants that can help the body cope with stress. For a healthy sweet treat, try these dark chocolate cocoa truffles:
<https://www.tinamarinaccio.com/fudgy-chocolatey-5-minute-cocoa-truffle/>

However you celebrate this year, we at Mrs. Wilson's wish you a healthy and happy holiday season!

Tina Marinaccio, MS, RD, CPT
Board Member of Mrs. Wilson's

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