

Chatham

# Mrs. Wilson's helps women in need

BY JENNIFER DEWITT  
MADISONCHATHAM  
THIS WEEK

CHATHAM — Self-proclaimed “volunteer junkie” Rachel Weygandt of Chatham has been helping out the last six months at Mrs. Wilson's Halfway House in Morristown.

“I was looking for things to do, and they are a good organization,” she said. “It is close to home, and I really love groups that empower women.”

Mrs. Wilson's was founded as a private, nonprofit organization in 1976 and is named after the wife of the Alcoholics Anonymous co-founder. It provides a roof over the head and treatment services to women who are trying to recover from alcoholic and drug dependency.

The three women who founded the organization; Judy Knowlton, Ethel Finley and Doris Vandeven, sought to have a home that provided discipline, guidance, support and structure for women who are in the early recovery stage from substance abuse.

About one to three hours a week, Weygandt volunteers to aid in whatever needs there are at Mrs. Wilson's. She may help with driving the residents to places they need to go or even have them join her friends for social events.



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Rachel Weygandt of Chatham has been helping out the last six months at Mrs. Wilson's Halfway House in Morristown.

“They are a young and fun group of women who want to get out and do things like go to dinner,” she said.

Weygandt works for Triad Security Systems in Union. She is in business development, where she does sales and marketing for client relations, so it's no wonder that she helped to get the word out about the recent spring fundraising event to benefit Mrs. Wilson's.

“There are a lot of different projects you can volunteer for at Mrs. Wilson's,” she said. “The

outside of the building needs painting, and they are looking for volunteers and donations. I will probably get involved in some way with that.”

Weygandt said she looks at volunteering as a way to give back and help women in her own community.

“I want them to know that they can do this, that someone cares. It may just be a ride, but it is something,” she said.

“I get to know them driving them back and forth and see the progress they make in just as little as a month, and it's really neat. Someone who is new is unstable, but there is camaraderie among the women. They have each other's backs.”

Weygandt said others can get involved even if it's just for a one-day event.

Don't forget to think outside the box for creative ways to help others, she said.

“Everyone is wearing seven different hats these days, but there are so many things you can do to help out. Get people you work with to get involved. You can pitch in all year long. Just do it.”

“Think about having a Christmas in July drive because nonprofits need support all year long, not just at holiday time. You can do a little or a lot. Even if it's just an hour or

a week, it helps out that organization.”

Weygandt said she is very grateful to all the people in her life who have been there for her. Giving service to other people is her way of saying thank you.

“Addiction is a disease like anything else,” she said. “You need to recover from it, and you need support to do that. When a woman completes the program at Mrs. Wilson's, she goes to a transition house next door. They do not shove them out the door. Every time I go there the women are determined and so inspiring. They are a good bunch.”

For more information on Mrs. Wilson's, visit [www.mrswilsons.org](http://www.mrswilsons.org) or call (973) 540-1781.

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and much more