

THE SEASHELL

VOLUME I



MAE HOUSE
HOME FOR LIFE



MEET OUR MEMBERS



LAUREN HATFIELD

Lauren is the second member of Mae House, joining in March 2018. Lauren is a valued associate at Ralph's, where she is a dependable team member at the check out lines. In her free time, Lauren volunteers at a local farm, where she participates in the many responsibilities of farm life, including harvesting fruits and vegetables. Lauren is 29 years old and likes to hang out with her friends and go on walks. She also loves spending time in the raised garden beds in the back yard, picking lettuce, kale, tomatoes, and herbs to make fresh recipes for dinner. On several occasions, Lauren joins Ed, Liz and Hannah for a cruise in one of Ed's classic Chevys, which almost always end with a stop at the local frozen yogurt store for a sweet treat. Such fun!!



ELLEN SHURTLEFF

Ellen is the most recent member of the Mae House family, joining early November of this year. In her first few weeks with us, she is proving to be a bright and shining light to everyone she meets. Ellen is kind and caring, and likes to make sure everyone is safe and buckled in for car rides and often reminds others to follow directions ... we already don't know what we would do without her! Ellen just turned 31 years old and was referred to Mae House by Casa de Amma. She spends her days at Harbor House where she has developed many lovely friendships. Her goals for 2019 are to join the Goodwill team and the J.F. Shea Center for Therapeutic Riding. Ellen likes to read, do word puzzles, and watch movies. She is passionate about animals and helping others. We are thrilled to have Ellen join us and look forward to seeing her grow in many ways at Mae House.



HANNAH SLATER

Hannah Mae is the inspiration behind Mae House and without her we wouldn't be where we are today. Hannah loves living at Mae House with Lauren and Ellen and especially enjoys the fun outings they go on as a group. Hannah is a loving young woman – always with a big smile on her face and a compliment to give. Hannah loves music, arts and crafts, walking Balboa Island, cruising in one of Dad's old cars, playing Connect Four, and chatting with everyone! She has lived at Mae House since January 2018 and we are so happy to see her thriving and improving on her communication skills and independence. Hannah has been a weekly rider at the J.F. Shea Center for Therapeutic Riding since 2005. There, she has learned to care for her horse (brushing + washing him), learned to ride on the trail, trot in the arena, and mastered hand-eye coordination techniques while riding.

Lauren's feelings about Mae House are: *"Being Happy!"*

What Lauren likes about Mae House: *"Mae House is coming home and seeing friends."*

What Lauren looks forward to about Mae House: *"Can't wait to see what happens in the future."*

Ellen's feelings about Mae House are: *"I love it!"*

What Ellen likes about Mae House: *"I love the staff and getting to know them, the great food, it is really peaceful and I love the neighborhood."*

What Ellen looks forward to: *"I look forward to coming home. I think of Mae House as my home. I love doing the activities that we do. I love the activities that we do with the staff."*

Hannah's feelings about Mae House are: *"Gooooood!"*

What Hannah likes about Mae House: *"Living with Lauren and Ellen and doing activities like walks on Balboa Island and going to horseback riding."*

What Hannah looks forward to about Mae House: *"Coming home to see my friends."*

OUR MISSION STATEMENT

To foster a full and abundant life for adults with developmental disabilities within a supportive and loving residential community.

OUR VISION STATEMENT

To provide a residential community and home for adults with developmental disabilities to live active engaging lives.

Dear Friends of Mae House,

We are thrilled to report that as our first year in operation comes to an end, we have three fantastic members and a wonderful group of Assistants. Mae House has proven to be a home where truly everyone cares about everyone else. All are loving the delicious meals, having fun at their outings, and enjoying the time getting to really know each other. We are in the process of considering a few women for the fourth and final spot at the house and look forward to the day she moves in to Mae House.

We are excited to continue to grow and build upon the momentum that has begun this year. Ed and I can say that this is a dream come true and we are so grateful to everyone involved in bringing this dream to a reality. Thank you to Lauren, Ellen, and Hannah for being with us. Thank you to our incredible Assistants - Pam, Kim, Tina, Abigail, Tinna, Erica, Mary, Angie and Jenise - we simply could not be doing this without you and we thank you for treating your positions with such respect and kindness. To our wonderful Administrator/Executive Director, Annie, who spends countless hours bringing her thoughtfulness and care to Mae House - we are extremely grateful. We are very appreciative of our Board Members for all of their support and to the Mae House Benefactors that have been and continue to be so generous.



For those wanting to meet the girls or become involved in some way, please let us know when you would like to come over for a visit. We would love to have you! Please contact info@maehouse.org.

Thank you to everyone for all of your prayers and your support of Mae House. Please watch for updates and upcoming events in the early part of 2019, which I have no doubt in my heart will be a blessed and successful year for the Mae House family.

Blessings.

Love, Liz



KITCHEN CORNER

Mae House is dedicated to healthy living for all of our members and there are many ways in which we promote this mindset and offer support of healthy eating, getting daily exercise and drinking plenty of water.

Mae House developed a nutrition program with our recent hiring of Mary Nealey, who joined the team in September of this year as our Head Chef and House Nutritionist. Mary makes healthy eating nutritious and delicious through her mindful meal planning. She goes grocery shopping for fresh, seasonal ingredients and prepares meals daily to ensure that the members are nourishing and fueling their minds and bodies. Some of the members' favorite dinners are turkey with green beans and yams; taco bowls with grilled chicken and cauliflower rice; and zucchini noodles with meatballs.

The girls, as they are fondly called, get consistent daily exercise from their afternoon fun. Some of these outings include hikes at Castaways trails, walks around Balboa Island and the Newport Heights neighborhood, kicking the soccer ball in the yard, and dancing around the house. Also, Hannah loves the three-wheeled bike that she

has had for many years. The time she has spent riding her bike around the neighborhood has allowed her to make many new friends over the years. It is our hope to purchase two additional bikes like Hannah's so all of the girls can go on bike rides together around the neighborhood. These bike cruises will allow the girls to connect with their community, build social skills and awareness and all the while as they are staying healthy.

Mae House recognizes how important healthy eating and daily exercise are to overall health, and we are committed to providing opportunities for our members to thrive in every aspect of their development while living at Mae House.





For more information, visit us at www.maehouse.org
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 Mae House is a 501(c)3 Non-Profit Organization
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