

# THE SEASHELL

W. SMITH





# 2022 IN REVIEW

Dear Friends + Families of Mae House,

2022 has been a wonderful year for Mae House. Everyone continues to be safe, healthy, and HAPPY. As we enter the season of holidays and festivities, Mae House celebrates many blessings and milestones. Our 5th Anniversary of the opening of Mae House is in January 2023 and we could not have grown as quickly and successfully as we have without the help of many people. We are so grateful to all of you donors and ask that you please consider your continued support.

Our focus throughout 2022 has been to establish deeper roots for each Member, every Assistant, and all of the Mae House community. We work on this by ensuring our foundation is grounded and true to the Mission and Vision of our organization.

2023 will be a year where we transition to building stronger branches. We hope to do this by celebrating with our circles of friendship while exploring new collaborations with our community partners. Some recent exciting news is that our Mae House Board last week approved initiatives for expansion of the home to be able to serve two more women at our site in Newport Beach. Thus, we are in the process of organizational restructuring to execute that plan.

These moments are highlighted through the achievements of our Assistants, volunteers, and Members - Carrie, Gina, Hannah, and Tanette. Our team of Assistants supports the girls with all their daily needs as they grow in sisterhood, learn to be more independent, and live in joy. There is mutual care and respect between the Members and Assistants, where self-reflection, positive communication, and mindful actions are practiced, building community and success as a family.

Our volunteer program continues to bring lots of fun for all involved. On page 4 of this newsletter, we have highlighted a few of our favorite Mae House friends who give through their time and care for the Members. Our newest volunteer is Donna S, whom we welcome with open arms. Donna has come to us from Suzi at St. Andrew's Church. Suzi was helping me to find the right person to help Mae House keep up our raised garden beds. Not only do our garden beds look fantastic, Donna has been involving the girls in the care of the gardens and using the fruits, veggies, and herbs to make some delicious meals together. Thank you, Donna and Suzi! In the short time she has been with us, our garden is thriving and looking so beautiful with her attention and efforts. There is nothing better than being able to use the bounty from the garden to add to the meals. The Members and Assistants enjoy watching seeds turn into food while finding a new friend in Donna. We are grateful and blessed for all of our Mae House volunteers....Thank you! And a big hug and many thanks to Annie, Mary, and our Assistants, too!

If you are interested in purchasing any of the Seashell, Spring flowers, or Christmas cards designed by the Mae House girls, please visit our website or email [info@maehouse.org](mailto:info@maehouse.org).



As always, we invite you to stop by for a visit or hop on a Zoom call to catch-up with our Members and Assistants. We thank you for your continued support and look forward to seeing you in the near future.

For more information about Mae House, please visit our website [www.maehouse.org](http://www.maehouse.org) and follow us on Instagram @maehouse\_.

Blessings!

Love,

Liz



# MEMBER UPDATES



## CARRIE

Over the past months, Carrie continues to thrive and grow in independence and resilience. She has developed deeper friendships while learning how to live with roommates for the first time in her life. Carrie is eager to help the Assistants with chores around the house and finds satisfaction in being able to perform tasks on her own. She has embraced Mae House's healthy lifestyle and enjoys walking stairs and going to the gym to keep fit and build strength. Carrie is now able to socialize with others for longer periods of time, while interacting with many people of different personalities. Her favorite outings are bowling and swimming. She still maintains her job at Cat Rescue Center, volunteering with Meals on Wheels, and riding her horse at Shea Center. Laughter and smiles have replaced worries and fear for Carrie. In September, Carrie celebrated her 1-year anniversary living at Mae House.



## TANETTE

Tanette enjoys music and knows most of the lyrics of the songs on the radio + will jump on stage and sings karaoke without hesitation. Tanette is our animal whisperer and genuinely is so good being around them. She commands control and confidence when interacting with them and the animals respond to her with ease. She loves riding her horse at Shea Center and walking Maisie weekly. She is a loyal and fierce protector of her friends. She looks out for her roommates and helps them work through their difficult moments. This summer, she flew on her own to visit her older sister in Nevada. She had so much fun while practicing this level of independence. Another huge achievement for her is how much attention and care she has committed to her health with exercise and healthy eating. Tanette has a courageous heart that is absolutely infectious to anyone around her.



## GINA

Gina applies herself to grow every day. She works hard and is dedicated to her job at Vons Pavilion. She is eager to help customers and colleagues at work as well as with her roommates and Assistants at Mae House. Gina continues to bring so much fun and humor to the house. She loves to joke around and laugh with the other girls. She is sensitive to the needs of others and tries to do things to help them smile. Working with the horses weekly continue help her build independence, confidence, and self-awareness. These attributes help her practice her social skills within different professional and personal settings. Gina is generous with her hugs and loves to cuddle. She enjoys going to amusement parks and riding rollercoasters, visiting her favorite eateries for a snack, and taking trips with her family.



## HANNAH

Hannah loves to talk and socialize with her roommates and the Assistants. Her vocabulary and ability to communicate her thoughts and feelings continue to develop and expand. She is attentive to the needs of those around her and can be heard asking her friends if they are ok when she recognizes they are hurt or sad. On her daily bike rides, Hannah greets everyone who crosses her path. We have designated her as the Mayor of Newport Heights. Her friendly personality lifts peoples' hearts wherever she goes within the community, from Target to the nail salon. Hannah continues to build her skills by helping the Assistants with chores and doing learning activities daily. She has adapted positively to both living with roommates and having Assistants support her needs. Now Hannah has two favorite groups of people in her life...her family and her Mae House clan.



# MAKING A DIFFERENCE



AJ, SOPHIE + AVA

AJ, Sophie, and Ava are siblings who have been friends of Mae House since before its opening. When they volunteer at Mae House, it's like a visit amongst good friends - a friendship based on mutual respect and lots of love. While AJ, Sophie, and Ava help the Members with chores and tasks around the house, each Member offers unconditional acceptance and kindness towards these 3 teenagers. There is a lot of laughter, jokes, and hugs shared as they play games, go for walks and bike rides while catching-up on life. There is a natural and special bond that is shared between them. They are each others' biggest fans and cheerleaders. Mae House fosters such beautiful friendships that all of them will cherish for life.



DONNA

It is the highlight of the Members' day when every Sunday afternoon, Vincent (Gina's younger brother) comes to Mae House. Vincent hangs out with the Members building puzzles, helping them with learning activities, and doing arts and crafts. He is patient and attentive to their needs with his calm demeanor. Vincent shows genuine interest in how they are feeling and takes time to listen to each Member without judgement. His encouragement uplifts their spirits and moves them to achieve their goals. A simple time sitting on the swing and blowing bubbles becomes something even more special when shared between friends. Vincent is a well-loved volunteer at Mae House.



VINCENT

Donna comes to us from our neighborhood church, St. Andrew's Presbyterian Church. Our garden beds were in dire need of some love and Donna came to our rescue with her green thumb. She brought new life to our garden and planted fruit, vegetables, herbs and flowers. She asked the Members what they enjoyed eating and considered their favorites in creating the new garden. Donna dedicates time to stop by throughout the week to water and care for the garden. The Members and Staff are enjoying watching the seeds turn into edible herbs, fruits, and vegetables. The colors and freshness of the garden bring so much happiness to all our senses. Thank you Donna for blessing us with your time and talents.



# ONE PERFECT DAY

Jess made a friend in Izzy of Surfers Healing via Instagram and the next thing we knew...Tanette was up on a board surfing waves with her instructor + new friend down in San Juan Capistrano. Tanette was so brave + strong out in the waves. She took four waves!! We can't wait for our next event with Surfers Healing.







# A SPECIAL BOND

Each woman that works at Mae House is so incredibly loving, talented, experienced and caring. They all have wonderful positive energy along with a calm demeanor, which makes the Members feel calm and confident.

Mae House has three sets of sisters on staff, which is really special to us, as a family oriented organization. The sisterly bonds that the Members feel with each other is carried out in the relationship with the Assistants. And over the years, we have seen how each and every one of the team cares for each other more and more as family.

All of our Assistants put our girls first in many ways...their mental, physical and emotional health. What a difference they make in Carrie, Gina, Tanette + Hannah's lives.



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## 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.



For more information, visit us at [www.maehouse.org](http://www.maehouse.org)

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