

# THE SEASHELL

VOLUME VII





# 2023 IN REVIEW

Dear Friends + Families of Mae House,

Did we have fun celebrating our 5 years of Mae House ... I'll say!! In January, Members and Assistants and all had a party to celebrate and then in June we had a 5 year celebration, Open House style. We were so happy to have so many of you there. It was lots of fun enjoying an easy Sunday afternoon "tea party" with cookies and treats, iced tea and lemonade. It was such a wonderful opportunity for us all to gather and enjoy each other's company and conversation. Before we know it, Mae House will celebrate its 6 year anniversary on January 27, 2024. P.S. Many thanks to the bakers of the treats.

Mae House is excited to announce that we have expanded our Board of Directors and have four new Board Members. Jon Marchiorlatti, Ted Slater, and I continue on and we welcome Barbara Heffernan, Sam Pavoni, Susan Stiefel, and Ed Slater. We all have a passion for Mae House and look to make the next five years even better than the first five.

A few initiatives on our list in no particular order:

1. Expand the home to add another bedroom, bathroom, and enlarge the existing bathroom.
2. We will draft a plan for a Capital Campaign that would allow Mae House to purchase its current location on Fullerton Avenue and have an update of plan by summer 2024.
3. Once a Capital Campaign is launched and achieved, we would like to develop an Endowment strategy to eventually have Mae House be self-sustaining.
4. To continue to expand programs for the existing residents and to start to introduce other women from other parts of the community. Some ideas for program expansion are science projects, exercise classes, and expanding the gardening, arts + crafts, and cooking activities to name a few.

In order to achieve these goals, we rely on you, our friends and family, and we continue to be grateful for helping us accomplish what we have set out to do. Thank you in advance for your consideration to give to Mae House this Holiday season.

Mae House is blessed to have the wonderful care from our ten Assistants – Dina, Elvira, Jennie, Jessica, Luisa, Megan, Monica, Nathaly, Samara, and Sandra. They are caring, thoughtful, kind, and considerate. They take the time to listen to the girls and really provide a safe and inspired space for their personal development.

Leading the group of Assistants is Annie with her personal way of teaching and demonstrating the Mae House way. We have formed a strong and united team and will continue to build upon that positive leadership and energy.

As a reminder, our Notecards (Seashells, Flowers, Christmas, Collage) are always for sale, please visit our website [www.MaeHouse.org](http://www.MaeHouse.org) or email us at [info@maehouse.org](mailto:info@maehouse.org).



Carrie, Gina, Hannah and Tanette continue to grow as all young women do. Their relationship with each other and staff are really fun to observe and so rewarding for all.

I don't really know how to thank you all enough, so hopefully this update will do so.

Blessings!

Love,

Liz



# MEMBER UPDATES



## CARRIE

After being a volunteer at Cat Rescue for many years, Carrie was hired as an employee. Four days a week, she works there with Michelle, her job coach, by her side for support. She takes care of the cats by feeding them, brushing their fur, and her most favorite part, playing with her best cat pal, Peekaboo. Carrie finds so much purpose in being able to work and bond with the cats. There is a special connection that brings both sides comfort and love. She is able to practice her social skills by interacting with other staff and volunteers. This widens her circle of friendship and allows her to grow and learn within a safe environment.

After a busy week, there is a special time each Sunday for Carrie. Sunday walks around Balboa Island with her dad have been a part of Carrie's life since she was about eight years old. Unless it is raining, you can find Carrie with her dad walking throughout the harborside community side-by-side. This Sunday pastime is very special for Carrie to share with her dad. The sound of their steps keeps them in-sync with each other, and without many words needed, the father and daughter bond is strengthened.

Carrie's quiet ways speak volume through her gentle and sweet personality and her routines keep her grounded and at peace.



## TANETTE

Every year, Tanette takes two trips to Las Vegas to visit her older sister, Alicia. Going to the airport is still a novelty for Tanette, and she enjoys checking-in her suitcase, going through the TSA lines, and watching planes land and take off while waiting for her flights. Traveling to see her sister is so special for her, because spending time with Alicia are some of her most cherished times.

Summertime is also a special time because Tanette gets to attend a one-day surf camp with Surfers Healing. Taking place at Doheny State Beach in Dana Point, CA, she gets to spend the day at the beach riding the waves with a Surfers Healing's volunteer. With her wetsuit on, Tanette grabs a board, paddles out into the ocean, and tries to catch that wave with her volunteer helping her every step of the way. No matter how cold the water is, she comes out of the water energized and renewed. The healing power of the majestic ocean does wonders for the soul and heart.

Whether being with family or friends, Tanette loves to spend time with others and brings cheer to all those around her.



## GINA

In May, Gina received her 15-year pin for service at Vons Pavilion in Newport Beach, CA. This huge milestone was very special as it celebrated the pride and commitment Gina has for her job. Working at Vons allows Gina to develop her independence and growth in a professional setting. She practices her customer service skills while learning how to engage with her co-workers. As a courtesy clerk, some of her responsibilities include bagging groceries, taking out the trash, and cleaning check stands. Gina's dream job is to be able to manage her own grocery store.

Another highlight for Gina this summer was traveling by herself to visit family friends in Texas. She flew on her own and stayed with friends without her parents present. She had a blast and is ready to book her next trip. New York City is high on her list!

These experiences demonstrate how much Gina values being able to do things on her own. Her personal growth enables her to live a life full of possibilities and joy.



## HANNAH

Over the summer, Hannah enjoyed more time outdoors in the sunshine and ocean breeze. You can catch her riding her bike in the neighborhood, passing through the park and familiar streets while greeting neighbors and friends. Watching the sunset at the beach, meandering through shops at Fashion Island, and cruising down PCH in the Adventure Van brought her calm and ease. These simple moments filled her days and made her happy.

The highlight of every summer is going to the beach house with her family. She helps pack her bag and eagerly makes the drive to join them. Being surrounded by her most favorite humans in life, Hannah takes walks with her mom and dad, plays in the sand with her buckets and shovels, and watches life unfold at a slower pace and rhythm. She returns to Mae House after the week away refreshed, tan, and full of stories to share with the Members and Assistants.

Connecting with others is important in maintaining the bond with those closest to Hannah, as well as encourages her to engage with the larger community that surrounds her.



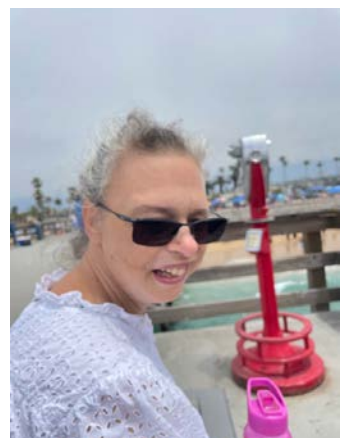
# 5 YEAR ANNIVERSARY PARTY!

June 4, 2023 was a day of community, fellowship and gratitude as Mae House celebrated its 5th Anniversary with an afternoon Tea Party. The Members welcomed their families, friends, Staff, community partners, Board Members, donors, volunteers, and neighbors to the house for some treats, fun conversations and special time being together. The Members were so proud to show off their home to all those who toured, highlighting the personal touches in how they decorated their rooms, the bountiful garden in the backyard, and arts and crafts they created with the Assistants. All those who passed through our door were gifted with Mae House merchandise (sweatshirts, t-shirts and hats) that Liz had prepared for everyone. New friendships were made along with old friends reuniting as stories of past achievements and upcoming plans and goals were shared.

Everyone had so much fun and did not want the party to end. Our hearts were full of joy and blessings knowing the big impact Mae House has for its Members, Assistants and all the lives that are touched by the Vision and Mission of this beautiful ministry. This celebration marked the actualization of what began as a dream for Ed and Liz and is now grounded in the love and support of the many people who believe in the important work of what Mae House represents to all those who we serve today and in the future.

Special thanks to our bakers, all of the treats were delicious and enjoyed by all!!







# GET TO KNOW THE MAE HOUSE GIRLS

**GINA** wants to share these fun facts with you:

- Favorite music: Hip/hop and rap
- Favorite movie: The Wizard of Oz
- Favorite horror movie: Lights Out
- Favorite things to do: amusement parks - would love to go to Six Flags one day
- Favorite holiday: Halloween - likes scary/creepy stuff including haunted mazes
- Favorite colors: hot pink, black, dark red
- Favorite dessert: ice cream and frozen yogurt

**HANNAH** wants to share these fun facts with you:

- Favorite snack: fruit
- Favorite place to get lunch: Pick Up Stix
- Favorite type of arts and crafts: stickers
- Favorite activity: likes to ride her bike to get snacks
- Her favorite song is "Layla" by Eric Clapton
- Likes to FaceTime with her sister
- Favorite color: pink
- Favorite birthday treat: pumpkin pie

**TANETTE** wants to share these fun facts with you:

- Dream vacation: cruise to Alaska with Alicia
- Favorite thing to do at Aspire: drawing and painting pictures to give as presents
- Favorite activities: walking, going to Knotts Berry Farm, playing with Pokémon cards
- Favorite Pokémon: Pikachu
- Favorite books: Twilight series and Amine
- Favorite holiday: Christmas because she likes to buy people gifts
- Favorite color: green

**CARRIE** wants to share these fun facts with you:

- Favorite thing about the Cat Rescue: playing with the cats
- Favorite activities: walking, hanging out with her dad and sister, going to classical music concerts
- Place she would like to visit: Big Bear (she used to go with her mom)
- Favorite color: red
- Favorite place to go with Stacy (her job coach): Pizza Bakery and the thrift stores



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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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HOME FOR LIFE

*Editors: Annie, Jess and Liz*