

# MARY'S PLACE BY THE SEA NEWSLETTER



**PROVIDING A PLACE FOR WOMEN WITH CANCER TO HEAL:  
MIND, BODY AND SOUL.**



## A NOTE FROM MICHELE

Hello!

I hope this note finds you all well and enjoying the end of summer with your loved ones. We are quite busy at Mary's Place by the Sea with a house full of guests each retreat, and a Virtual Program with more than 400 participants monthly. The gratitude from our guests is flowing freely as is the laughter and chatter we hear daily. Our guests are grateful to be with one another, they are grateful for the "pause" of their daily responsibilities and they are grateful for the self-care tips they learn in our program. We are becoming a part of the lives of women experiencing cancer and we couldn't be more grateful to all who make that possible.

On behalf of our Mary's Place Team, a heartfelt THANK YOU to our volunteers, our practitioners, our Board of Trustees and our donors for believing in our mission and making it possible to support nearly 500 women per month AT NO COST to them. You are just amazing!

We hope to see you at our **walk-a-thon October 15, 2022** so we can thank you in person! Enjoy all of the excitement that the month of September brings and don't forget to take care of yourself.

Much love and gratitude,

Michele Gannon  
Executive Director & Co-Founder

## "I AM RESTORED"

**This was the response from a guest as she sat on the front steps of Mary's Place by the Sea preparing to depart after a two-night retreat.**

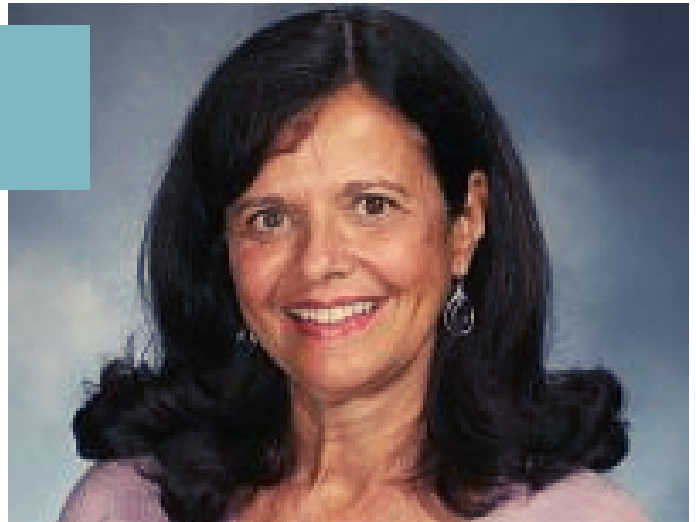
**I had asked her how she was feeling after being with us for a few days. Her face was relaxed, she had the most beautiful smile and I watched from the window as the guests said their "goodbyes" on the sidewalk. Tears streaming...**

# PRACTITIONER SPOTLIGHT

## ISABEL GACHKO

*Theology Teacher*

*Mary's Place by the Sea Yoga, Mindful  
Meditation & Healing Touch Practitioner*



### Q: WHAT DREW YOU TO OUR MISSION?

A: I lost my mom to cancer and my dad also struggled with cancer. I know some of the challenges of dealing with this illness. I believe that providing a holistic, caring, compassionate place where women can find peace, solidarity and kindness is instrumental in the healing process.

### Q: HOW WOULD YOU DESCRIBE WHAT YOU DO FOR OUR GUESTS?

A: I practice gentle yoga flow and mindful meditation which includes breathing techniques, mindful movement, body scans and guided meditation. I am also a Healing Touch practitioner.

### Q: WHAT HAS BEEN THE MOST REWARDING PART OF WHAT YOU DO?

A: Sharing time with these incredible women is the most rewarding part of what I do. They are so brave, strong, fun and loving. When I hear that someone has benefited from a practice that I offer or has incorporated one of the practices into their life I am so grateful!

### Q: IN WHAT WAY ARE YOU A DIFFERENT PERSON TODAY BECAUSE OF YOUR ROLE?

A: I think that I have become more aware of what others are going through in their lives and hope that I have become more compassionate and caring. I have also been inspired to learn more about what I can do to help others.

I AM EXTREMELY GRATEFUL FOR THE OPPORTUNITY TO WORK WITH THE MARY'S PLACE GUESTS. IT IS AN HONOR TO SHARE TIME WITH THEM AND ALL OF THE WOMEN WHO MAKE MARY'S PLACE SPECIAL.

### Q: WHAT HAVE YOU LEARNED FROM YOUR EXPERIENCE.

A: I have learned that all of us are deeply connected and can benefit from caring for each other. I have also learned that the practices of yoga, meditation, Healing Touch, and prayer, that have evolved from the many religions of the world, offer a path to healing, compassion and lovingkindness.

### Q: HOW DOES YOUR EXPERIENCE REVEAL WHAT MARY'S PLACE BY THE SEA IS ALL ABOUT?

A: Mary's Place is all about love, being loved and loving others. It's what you feel as soon as you walk in the front door or connect virtually with the women.

# FAREWELL BOARD TRUSTEES

**We are truly grateful to Dave and Jeanne who have dedicated significant time and talents over these many years, to help us navigate our past and present, and to sustain Mary's Place by the Sea for the future.**



## DAVE ARMSTRONG

Dave Armstrong has served as a Board Trustee for twelve years and the Founding Chair of the Board for 8 years, from 2009-2017. Throughout his time as Chair, Dave has provided consistent and thoughtful servant leadership; he has been instrumental in helping us to establish our non-profit structure, govern our mission, build a new home from the ground up, and serve over 12,000 guests. Dave's kind and caring influence has set the tone for our Board of Trustees and Staff. We are forever grateful to Dave for the clear-sightedness, sensitivity, and grace that have been the hallmarks of his tenure on the Board.



## JEANNE REICHARDT

Jeanne Reichardt has been a Board Trustee for 11 years. She served as Board Treasurer from 2009-2016, while also being our Accountant for Mary's Place by the Sea through the firm Donato, Hayes and Co. CPA's. Jeanne's expertise in financial literacy has been instrumental in our fundraising and strategic planning initiatives through the years. We have appreciated and are grateful for her insight, ideas, and dedication.

# WELCOME NEW TRUSTEES

Since our founding in 2009, the Board of Trustees has been instrumental in laying the foundation for our organization. The last 13 years have required very hard work by our Trustees as they put structure in place gradually and organically, helping our mission to become what it is today.

As Trustees, Dave and Jeanne have supported, guided, and understood the passion with which each staff member works, to best serve the Mary's Place Community. Their expertise and guidance has helped sustain and strengthen our mission through challenging times and will for many years to come. As we welcome these new trustees, we are grateful for the solid foundation that has prepared our organization for future growth and success in this next exciting chapter for Mary's Place by the Sea.



**DR. ALISON ANKIEWICZ**

**Owner and founder of  
Inner Dynamics Physical  
Therapy Pelvic Health  
and Wellness Center**

[Click here to read more  
about Alison.](#)



**JILL GOVEL-GWYDIR**

**Development and  
Communications  
Manager at Lunch Break**

[Click here to read more  
about Jill.](#)



**JOSEPH KONZELMANN**

**Partner and Global  
Head of the Client and  
Capital Formation  
Group at TPG**

[Click here to read more  
about Joseph.](#)

# FEATURED RECIPE: ORANGE SALAD WITH MEDJOO DATES AND PISTACHIOS

*Recipe and Photo from the Mary's Place by the Sea Cookbook Volume II: "From Our Home to Yours"; Recipe by Chef Cathy Russo*

## INGREDIENTS:

### Dressing

- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh orange juice, zested first and zest set aside for garnish
- 1 tablespoon fresh lime juice, zested first and zest set aside for garnish
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 4 tablespoons safflower oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper

### Salad

- ¼ cup raw unsweetened coconut flakes
- ½ red onion, thinly sliced
- 5 medium navel oranges
- 1 small container of baby arugula
- ¼ cup pitted and chopped Medjool dates
- ¼ cup pistachios
- ¼ cup fresh mint leaves, torn

## DIRECTIONS:

1. Put vinegar, orange juice, lime juice, Dijon mustard, garlic, salt and pepper in a small bowl. Slowly drizzle in oil while whisking continuously. Set aside.
2. Put coconut flakes in a dry sauté pan set over low heat and toast for a few minutes until lightly browned.
3. Put the red onion slices in a small bowl and cover with cold water. Let them sit for at least 10 minutes before draining. This will remove some of the bite and bitterness.
4. Using a very sharp knife, remove the rind and white pith from the orange. Slice into ¼ inch thick rounds.
5. Put the arugula in a bowl and dress lightly with 2 tablespoons of the dressing and a pinch of kosher salt. Toss gently to combine.
6. Place arugula on a serving platter and arrange orange slices on top. Sprinkle dates, nuts and coconut over the orange slices. Scatter the drained red onion slices and torn mint leaves over the salad. Drizzle a little more dressing over the whole salad and finish with a light garnish of black pepper and reserved orange and lime zest.



# NEWS & EVENTS

## 11TH ANNUAL WALK-A-THON & 4TH ANNUAL 5K RUN

SATURDAY, OCTOBER 15TH | OCEAN GROVE, NEW JERSEY



**11TH ANNUAL  
WALK-A-THON**  
SAT. OCTOBER 15, 2022

**4TH ANNUAL  
5K RUN**

*Mary's Place  
BY THE SEA*

**JOIN US**

Please join us for our 11th Annual Walk-A-Thon and 4th Annual Run on Saturday, October 15, 2022 on Ocean Pathway in Ocean Grove for Mary's Place by the Sea!

Since our founding in 2009, we have served over 12,000 women with cancer through day and overnight retreats and our virtual services program. These guests have experienced all services, accommodations and meals **AT NO COST**, thanks to the support of our Mary's Place community.

**[RUNSIGNUP.COM/MARYSPLACEBYTHESEAWALK2022](https://RUNSIGNUP.COM/MARYSPLACEBYTHESEAWALK2022)**

OCEAN AVENUE & OCEAN PATHWAY IN OCEAN GROVE, NJ  
9AM-12PM

**[CLICK HERE TO LEARN MORE AND SIGN UP!](#)**

# NEWS & EVENTS

## SEPTEMBER VIRTUAL SERVICES ARE NOW POSTED

All services are offered at no cost, via zoom, and are open to women with a cancer diagnosis and up to ten years post-treatment.

[Click here to learn more and register!](#)



WOULD YOU LIKE TO BECOME  
A VIRTUAL SERVICE PRACTITIONER?



Mary's Place is looking for Certified Practitioners of Yoga, Reiki, Meditation, (and more!) to volunteer for our Virtual Services Program!

[Click here to apply!](#)



# NEWS & EVENTS

from our home  
to yours



mary's place by the sea  
cookbook volume ii

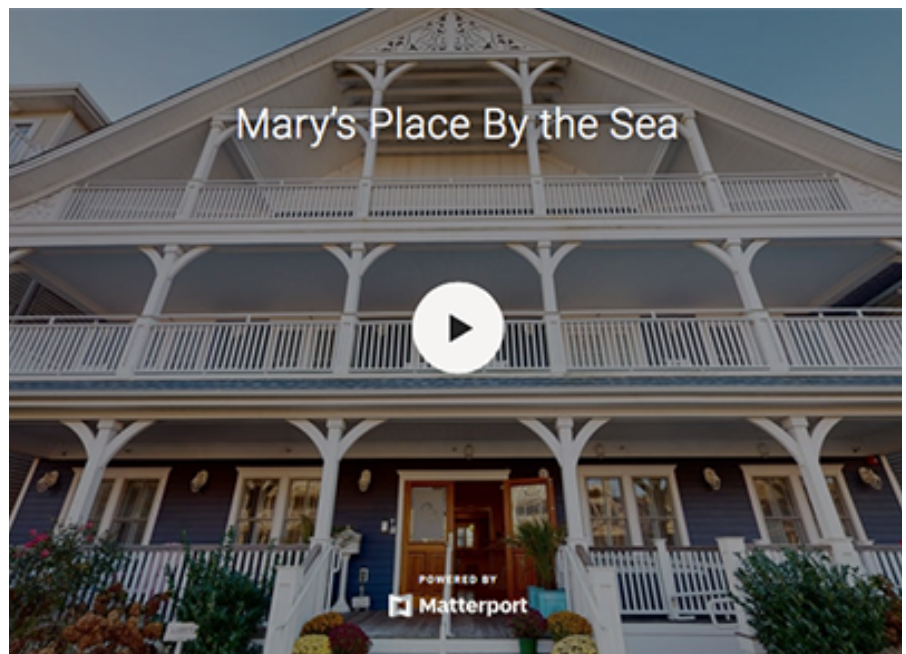
**MARY'S PLACE  
COOKBOOK VOLUME II  
"FROM OUR HOME TO  
YOURS" AVAILABLE FOR  
PURCHASE**

**\$45 per + \$5 shipping fee**  
**Click here to purchase!**

## TAKE OUR 3D HOUSE TOUR

**This 3d Tour is  
sponsored by  
Nicole and Joseph  
Konzelmann.**

**Click here to take  
the tour.**



# SUPPORTING OUR GUESTS



*Mary's Place by the Sea was founded in 2009 with the compassionate belief that women with cancer need a place to go to be surrounded by love and understanding. Located just one block from the Atlantic Ocean in Ocean Grove, New Jersey, Mary's Place by the Sea operates out of a 10-bedroom, custom built, state-of-the-art home. Since its founding, over 12,000 guests have been welcomed through the doors of Mary's Place - each treated with kindness and care that meets their individual needs.*



*Women facing cancer have the opportunity to step away from their treatment and daily responsibilities to experience integrative services that nourish the mind, body and soul. Serving women from across the nation, Mary's Place offers day retreats, overnight retreats (up to two nights) and virtual services. All services, accommodations and meals are provided at NO COST to guests, thanks to the generosity of our Mary's Place community. Please consider supporting our mission by participating in our upcoming Walk-A-Thon and 5K, purchasing our fundraising Cookbook, or making a general donation. Your gift supports women with cancer through healing services for the mind, body and soul.*



[CLICK HERE](#)  
[TO DONATE](#)



**PROVIDING A PLACE FOR WOMEN WITH CANCER TO HEAL:  
MIND, BODY AND SOUL.**

**[MARYSPLACEBYTHESEA.ORG](http://MARYSPLACEBYTHESEA.ORG) | 732-455-5344**