



Mary's  
Place

BY THE SEA

2023 Impact Report



# A Letter from our Executive Director



Dear Friend,

Each day at Mary's Place by the Sea, I am honored to greet our guests and meet eight complete strangers who have been brought together by their cancer diagnosis. Today, I listen in as our guests make themselves comfortable in our living room and begin to share their stories over a cup of tea. One guest was recently diagnosed and will start treatment next week. Another woman has completed eleven rounds of chemotherapy and has two more to go; another guest completed treatment last year and is navigating her life as a cancer survivor...

These new friends will soon peel off to their individual services: counseling, reiki, oncology massage and guided meditation. These services have been chosen particularly for each guest; what each woman takes away from her experience will be individual and personal to her. Perhaps she will discover and release an emotion that has been buried deep down; another might exhale, realizing that she has been holding her breath for as long as she can remember; another guest might release a cry that sneaks up on her; one may dig down deep and find her strength and hope, when she thought they had been lost.

These women will meet up again around the dining room table for lunch and conversations will begin to shift a bit as glimpses of themselves start to surface after their sessions. Over the course of their stay, the protective layering will begin to fall away and the guests we embrace upon departure will be different.

Saying good-bye will be difficult; these women don't know it just yet, but an unbreakable bond will be formed during their retreat, through the moments when they discover themselves again. Each guest has decided to put herself first for the next 72 hours and in just two days they will depart knowing that they have found a community to lean on and **a place to be themselves**. I smile to myself as I cherish this scene that is repeated day after day at Mary's Place.

As one guest writes to future guests: ***"This was truly the best gift to have received! Thank you to everyone who made it possible. To those just arriving- be open to everything you're about to experience. And be grateful to yourself for showing up. ~ Love, K."***

As you read about the women we have served through retreats and services over the past year, please know that this is your impact; this is **OUR** impact. The mission of Mary's Place by the Sea would not be possible without your generosity and love. We look forward to celebrating 15 years and 15,000 women who put themselves first for just a moment. Don't forget to take care of yourself and we look forward to seeing you soon!

Much love and gratitude,

*Michele*

A Founder & Executive Director

# Nettie Thompson

A guest's perspective on self-care and self-love



“

“Mary’s Place by the Sea is a refuge. Women with cancer are given the opportunity to retreat from the world and all their worries, cares and responsibilities.

The volunteers and staff didn’t even let us pick up a dish. **And, you know, as women that is what we do. We are the caretakers.**

Even when I was going through my cancer treatments, I was still cooking. The wonderful thing about Mary’s Place is that they **take care of the caretaker**. As women, we are the doers, we provide for our families and no one takes care of us. If we don’t learn to take care of ourselves, we are always running at a deficit.

Truthfully, when I went to Mary’s Place **it was the first time in two years that I took time for myself** - and if it wasn’t for my stay I don’t know if I would have ever learned to take care of myself, or take time for myself.

I came to Mary’s Place extremely overwhelmed. I had been dealing with treatments, radiation, surgery and symptoms for a year and a half. Since my visit, I have become so much better at **putting myself on the calendar**. I make a lot more time for myself, and I am so grateful that **Mary’s Place by the Sea taught me to do that.**”

Nettie

”

# Our Impact:

women served



147

Day Retreat  
Guests



398

Two-Night  
Retreat Guests



4,893

Virtual Service  
Participants



14,000

Women served since  
our founding in 2009



"After spending time with other women in the same situation, I was reminded I could laugh, joke, cry and embrace my new normal with appreciation and a sense of pride for where I am at. I left restored."

~ Guest of Mary's Place by the Sea



# at a Glance

This Impact Report demonstrates one year at a glance at Mary's Place by the Sea, ranging from September 2022 through September 2023. This report shows the number of women with cancer we have served through our in-person and virtual programs, as well as the variety of integrative services they have participated in. Thank you for YOUR part in making this impact in the lives of our guests - your support offers them a place to press pause.



## minds renewed



## bodies refreshed



## souls restored



# Our Finances

Mary's Place by the Sea provides two-night retreats, day retreats and virtual services to women with cancer. Since our founding, we have never had to charge a guest a single dollar to participate in our program. All accommodations, meals and services are provided at NO COST to our guests, thanks to the generosity of our Mary's Place by the Sea community. You can find our most recent audited financials and our IRS Form 990 on our website. Below is a snapshot of our financials.

**\$1,000**

Cost of hosting a guest  
for a two-night retreat

**\$500**

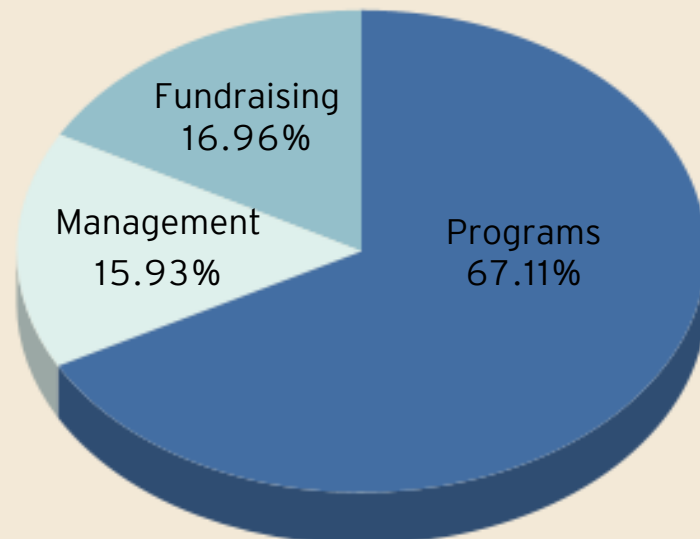
Cost of hosting a guest  
for a one-day retreat

**\$0**

Cost to our guest

## FYE 2022 Expenses Breakdown

● Programs ● Management ● Fundraising



## How Can You Help?



### Donate

67 cents of every dollar directly supports our guests with services, meals and accommodations that help them on their road to healing: mind, body and soul. We receive support largely through individual donations, corporate support and foundation grants. We also gladly accept matching gifts from employers.



### Volunteer

This year, 2,024 volunteer hours were dedicated directly to helping our guests in our home. This translates to a \$64,363 cost savings in New Jersey, where the current value of a volunteer hour is estimated to be \$31.80.



### Stay Informed

Women with cancer have come to Mary's Place by the Sea from 41 states. If you would like to stay informed about our mission or know someone who would benefit from a stay at Mary's Place, please sign up for our email newsletter at [marysplacebythesea.org](http://marysplacebythesea.org).



# Our Mission

Our mission is to support women with cancer through integrative services which complement their medical treatment and empower, educate and support their healing: mind, body and soul.

# Our Vision

We envision a world where every woman with cancer has a PLACE to feel whole.

# Our Values

Hope, Kindness, Humility, LOVE, Fairness, Creativity, Innovation,  
Progress, Integrity, Respect, Compassion, Humor, Patience,  
Authenticity

# Board of Trustees

Mary Ann LaSardo, Board Chair

Ginny Whipple Berkner, Board Vice-Chair

Charles H. Jones III, Ed.D., Treasurer

Dr. Alison Ankiewicz, PT, Secretary

Jill Govel-Gwydir, Trustee

Joseph Konzelmann, Trustee



**Mary's Place by the Sea**

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[marysplacebythesea.org](http://marysplacebythesea.org)

Mary's Place by the Sea, Inc. is a 501(c)3 IRS-recognized non-profit organization operating on donations. | EIN: 26-4736451



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