



"By the Sea, I'm alright"

Letter from the Executive Director

Dear Friends of Mary's Place by the Sea:

As we step into our 16th year and reflect on this Impact Report, we are reminded that every number represents a woman facing a life-changing cancer diagnosis. She was likely juggling a full life of responsibilities when she made the brave decision to pause and prioritize her own healing. It takes alignment and intention to carve out time for a retreat. Even making the trip to our quiet seashore town can be a challenge. But when she arrives at our doorstep, suitcase in hand and hope in her eyes, something begins to shift. It's almost a whisper:

"I choose me."

From that moment on, our team—staff, volunteers, and practitioners—gently guides her into stillness. Into breath. Into a space where she can release fear, anxiety, pain and isolation. Where healing begins.

When she departs, the transformation is unmistakable. There is joy. There are tears, hugs, laughter, exchanged numbers and heartfelt promises to stay in touch. She leaves with her head held high, grounded in a renewed sense of purpose.

THANK YOU to our dedicated staff for your compassion and tireless care.

THANK YOU to our volunteers, whether quietly maintaining the peaceful order of our home or serving as Ambassadors of Mary's Place at events—your presence makes all the difference.

THANK YOU to our practitioners who so generously offer your gifts—your healing touch is woven throughout these pages.

THANK YOU to our Board of Trustees for your thoughtful leadership.

THANK YOU to our donors, whose belief in this mission makes it all possible. And above all,

THANK YOU to our guests—for choosing Mary's Place as part of your healing path.

Much love and gratitude,

Michele

Founder & Executive Director



Is it time to grow?

Absolutely!



Guest Testimonials



"The memories of my time at this special place will forever remain in my heart. Mary's Place has touched my soul and inspired me to continue my journey with new hope & love to light the way."



"To everyone involved in the past & present with this amazing place... THANK YOU! Feeling the love and care that goes into every moment created here intensely. These few days helped me recharge and get ready for the next leg of my journey."



"Words can't express what Mary's Place did for my mental health after this dreadful medical journey. When I left, it felt like I was finally back on track after life had blown me so off-course. From the bottom of my heart, thank you to everyone who participated in the retreat that weekend."



"My stay at Mary's Place by the Sea helped remind me that we are never alone. Love follows us through the kindness of others. In each of the services I received, I was reminded of all there is to be grateful for: our senses, neighbors, environment."

Our Impact:

women served



229

Day Retreat
Guests



637

Two-Night
Retreat Guests



695

Active Virtual
Users



458

Virtual Classes
Held



"Two days down and a lifetime to go!

Thank you for this amazing gift. I came a shell of myself and left with a new found hope and five amazing ladies I now genuinely call my FRIENDS... Until next time!"

~ 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 January through December 2024. 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

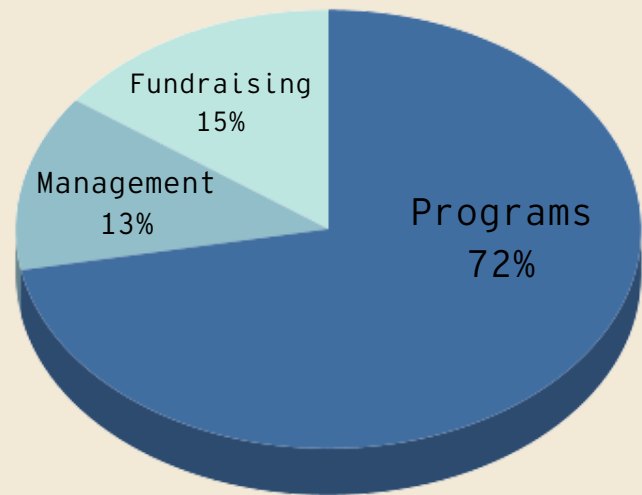
\$500

Cost of hosting a guest for a one-day retreat

\$0

Cost to our guest

2023-2024 Expense Breakdown



How Can You Help?



Donate

72 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, 3,409 volunteer hours were dedicated directly to helping our guests in our home. This translates to a \$118,599.11 cost savings in New Jersey, where the current value of a volunteer hour is estimated to be \$34.79.



Stay Informed

Our Guests 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.

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

Dr. Alison Ankiewicz, PT, Vice-Chair

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

Dawn Edwards, Secretary

Ginny Whipple Berkner, Trustee

Jill Govel-Gwydir, Trustee

Joseph Konzelmann, Trustee

Mark Wolfe, Trustee

Linda Roma, Trustee

Beth Fitzgerald, Trustee



Mary's Place by the Sea

Home Address: 22 Main Avenue, Ocean Grove, NJ 07756

Mailing Address: P.O. Box 86, Ocean Grove, NJ 07756

732-455-5344 | info@marysplacebythesea.org

marysplacebythesea.org



Mary's Place by the Sea

Home Address: 22 Main Avenue, Ocean Grove, NJ 07756

Mailing Address: P.O. Box 86, Ocean Grove, NJ 07756

732-455-5344 | info@marysplacebythesea.org

marysplacebythesea.org

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