

Let's get to know Mary Ellen McCarthy

Let's get to know our president, a former spinning instructor and coffee shop owner.

Where did you grow up and go to school? Mary Ellen grew up in Suffield CT and attended McDuffie School for Girls in Springfield, MA. She graduated from Hartwick College in Oneonta NY in 1973 with a degree in literary and visual arts, making her a very unemployable individual at the end of the Vietnam War! Consequently, she opted to move to southern France as an au pair. At the end of the year, she took a bike tour from Toulon, France through Switzerland, Germany, Czechoslovakia and Belgium. In 7 weeks, she biked 1,500 miles!

Tell us about your family. Mary Ellen met her husband at work. She admits she didn't particularly like him at first, but that evolved into marriage for 34 years and three children. After retiring from the lumber business, they moved to Stonington, CT, where in 1995 she opened a coffee shop with full breakfast and lunch that she ran for 11 years. In 2013 they moved to Vero, after Mary Ellen had spent time here taking care of her parents.

What are your hobbies? Mary Ellen loves to ski, play golf, travel, listen to local musicians at outdoor venues, and attend concerts.

What is something about you most people don't know? She is a certified spinning instructor and worked at the Jungle Club before it became Vero Fitness.

If you could invite one person, living or deceased, to dinner, who would it be and why? Mary Ellen is a John Meacham fan. She went to a lecture at Riverside Theatre and wanted to invite him over to hear much more!

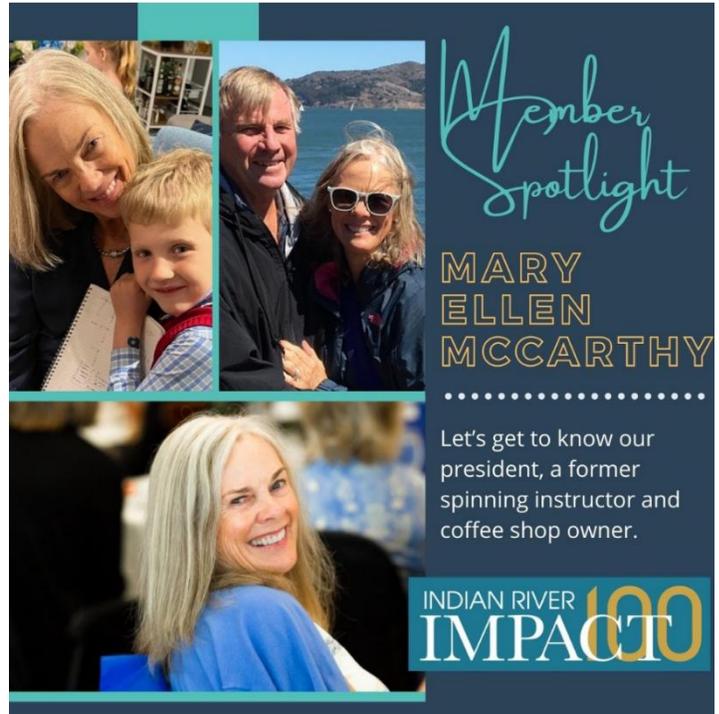
Where's your favorite vacation? New Zealand. She loved every minute of those 3 weeks!

What's the last book you read? "This is How it Is" by Laurie Frankel. Great reading about gender identity

What three words best describe you Fun, quirky and happy.

What one food can you not live without? Is Vodka a food?

Why did you join Impact 100? Did someone refer you? Like many members, Mary Ellen was invited to an afternoon tea at Orchid Island by her friend, Carol Lincoln, in 2011. She wrote a check that afternoon.



You've been a member of Impact 100 for 11 years. What do you love most about being a member? I love having met so many great women and being able to call them true friends, and I also love learning so much about the work of area non-profits and the hard-working people who work for them.

What do you want to accomplish this year as president of Impact 100? Mary Ellen wants to encourage more casual get-togethers with other members, both new ones and our long-term ones. She also wants to create more conversations between members new and old, the board and the management team.

Do you have any advice for new members? Get involved! Even if it is just as a committee member. It is so worth it!

What is your superpower? HMMMM.... She's not sure, but does try to be as open and available as she can!