



Heartstrings

The Official Newsletter of Heart Havens

Fall 2018

50s Style Sock Hop

Residents of the **Mary Beth Graff** house capped off the summer with a summer sock hop! Dressed in 50s attire, there was music, dancing, snacks and friends.



Life in the Community





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From our CEO:

Dear Friend of Heart Havens,

2018 has gone by so swiftly. While it was not without some challenges, it was a great year for Heart Havens, full of change and progress. We welcomed new staff and new Board members and there was the implementation of a new human resource system. Most recently, we have been building partnerships with the goal of creating new pathways and innovations for the people we support. Our program directors have been working diligently with the direct support staff to prepare for upcoming regulation changes. These behind the scenes activities are essential to the quality of the services we provide.

At the heart of these changes are the people we support. Through these changes we are seeing impact! In an employees' market, we are hiring employees with the right mindset and once here, we are better at training employees from the point of hire and throughout their employment. These employees are offering new and interesting opportunities to the residents of Heart Havens. One house regularly has a paint instructor provide guided paint nights, while some others are enjoying farmers' markets and food festivals. Others are going to see blue grass and other bands. One man is going to kickboxing classes. The list is so varied and full of fun.

With the ongoing support of our donors, volunteers, partners, and Board of Directors, Heart Havens is ready for the challenges and expansion ahead in 2019. Thank you for all you do as a member of the Heart Havens' family. If you want to know more about any of the "behind the scenes" activities from 2018, please give me a

call, I would love to share. It's been a busy year and one that is laying a strong foundation for our future.

Warm regards

Jennifer Boyden, MA, QIDP
Chief Executive Officer



Lead DSP Alecia with Waynetta

Give a Day RVA 2018



Thanks to the volunteers as part of Give a Day RVA 2018, a city-wide day of volunteer service, the Garber Morris home has freshly mulched flower beds, trimmed bushes and is looking forward to seeing the spring blooms from the bulbs they planted. Waynetta, Jasmine, Lyvette and Lilli each enjoyed interacting with the volunteers and helped with some of the yardwork.



Thanks to St. Andrews United Methodist Church in Richmond for organizing a picnic for the people at the Mary Beth Graff and Garber Morris homes, carrying on the tradition in memory of faithful Heart Havens supporter, Cliff Tiller.



Grant Update

Heart Havens would like to thank the following organizations for recent grants to support our mission:

The Greater Lynchburg Community Trust

\$240 for annual membership to Special Friends Exchange Club

Commonwealth Community Trust's Charitable Fund Award

\$575 for camp fees

Stay connected with us!

Join us on social media for year-round updates, photos, and videos of all the wonderful things the people we support are up to!



facebook.com/heart.havens



@HeartHavens



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Upcoming Events

Don't miss your chance to support Heart Havens! You won't want to miss these upcoming events.

Saturday, October 20th - Heart Havens Night at Panera

Join us at Panera in Virginia Beach (1397 Fordham Drive) from 4pm-8pm for a snack, smoothie, dinner or dessert! A printed flyer or an electronic version of the flyer on a mobile phone or tablet must be presented when ordering and then 20% of Panera's sales that night will be donated to Heart Havens. The flyer is available on the Heart Havens Facebook page.

Friday, October 26th - 1st Annual Heart Havens/Virginia Conference United Methodist Men Golf Tournament

You are invited to participate in a golf tournament to support Heart Havens. Men and women players are welcome and cash prizes will be awarded for 1st, 2nd and 3rd place team finishers. A BBQ lunch will follow the tournament. Make a hole-in-one and win \$20,000! (sponsored by Davis Golf). All are welcome, go to the Heart Havens Facebook page to register your team now.

Tuesday, November 27th - Giving Tuesday

An online international day of giving, Giving Tuesday this year features a matching gift that will turn your \$1 into \$3 PLUS your donation will give you the chance to win passes to the Lewis Ginter Botanical Gardens.