



Heartstrings

The Official Newsletter of Heart Havens

Spring 2021

We Love to Celebrate

From Christmas to Birthdays, New Year's Eve to St. Patrick's Day, our residents love to celebrate each holiday with special food, decorations, crafts and sometimes gifts. At the Bonnie house in Stuarts Draft, Valentine's Day was celebrated with a large heart on each resident's bedroom door and residents wrote kind things about each other on small hearts and left them on each other's larger hearts. The ladies at Garber Morris in Richmond love to cook and bake festive meals and delicious treats. At Tate in Ashland, the guys love to play cornhole outside together. These holiday and birthday celebrations give the residents something to look forward to and greatly improve their quality of life. These celebrations are made possible by donations, so thank you to all who have donated to Heart Havens recently and thanks in advance for all the fun to come this year!





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From our CEO:

Dear Friends,

As you are reading this newsletter, I hope that you and your family are well. This past year brought significant challenges and pressures for everyone. Solidly grounded in our mission, vision and values, the Heart Havens' Board of Directors and staff double downed in our efforts to enhance the quality of life for the residents of Heart Havens.

How quickly the world we live in has changed. Regardless of where you stand with the Presidential election, situations of inequality, the pandemic, and the myriad of other significant news that was eclipsed by these issues, your perspective has changed. We experienced different things and some of the same things from a different viewpoint. When this happens, we begin to understand ourselves and situations on a deeper level. We are not the same as we were in 2019.

Our running theme for this year is "A Different Perspective." At Heart Havens, we are asking you to join us as we look at the lives of people with a developmental disability with a new perspective. This can range from considering the gifts and contributions of a person with a disability to considering things from another person's perspective. Does their bright smile bring a huge smile to your face? What do you like about a person? What interests do you have in common? What might it feel like to have someone talk about me and make decisions for my life without me? How does it feel to require staff to support me in daily activities?

Seeing things from many dimensions is the Heart Havens way of thinking and is embodied in our mission and vision where people with a developmental disability are woven into the fabric of everyday life. When we take the time to look at situations with a new perspective, we all can live the Heart Havens' values of empowerment, integrity, respect, empathy, and accountability more deeply.

As always, we believe that our work brings hope and opportunity to those we serve and their families. You partner with us so that the people supported by Heart Havens may have a meaningful life. We are grateful to know so many people like you who support Heart Havens are making our homes a fabulous place to live. Thank you!

Warm regards,



Jennifer Boyden
Jennifer Boyden, MA, QDDP
Chief Executive Officer

**Jennifer with Heart Havens resident Hunter
at the Bonnie house in Stuarts Draft.**

Meet Beth and Stephanie

Heart Havens is excited to welcome two new residents - one at the Bonnie house in Stuarts Draft and one at the Garber Morris house in Richmond.

Beth moved from Michigan to the Bonnie home to be closer to family, especially her sister Nancy. She enjoys getting her nails and hair done with friends. Beth likes to connect with family by talking on the phone to her brother in Washington and her sister in Front Royal. She loves to wind down by writing and journaling in her room and then socialize with her housemates during parties and activities. Beth expressed that she loves the Bonnie House and that the staff are so nice to her.



Beth in her new room at the Bonnie house in Stuarts Draft



Stephanie with a Valentine's Day craft

Stephanie has a great sense of humor!

She loves to draw, play Uno, and Connect Four. She also loves Elmo, and her ultimate favorite is Mr. Rogers Neighborhood. She loves car rides, and being outdoors. She loves birds, and the sounds they make. She is adjusting to the Garber Morris home well, and when asked she states she loves her new home and being with her new friends.

Special thanks to the Knights of Virginia (KOVAR) for their recent grant of \$15,000 to renovate a resident bathroom at Macleigh. Visit Heart Havens' facebook page to see pictures of the new bathroom.

Around town

Visiting Virginia's LOVEworks signs gives the Lynchburg residents a fun purpose for their drives around town. They made a goal for the year to visit as many LOVEworks signs as possible and take photos at them. Philip and Darlene posed with this sign near the Lynchburg house outside of a local restaurant.



Heart Havens supports people with the Community Living DD Waiver in four bed group homes. We currently have openings. Please direct referrals to Rebeca Huff at 804-463-1584.

Stay connected with us!

Stay connected with us on social media to see pictures, videos and lots of updates.



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Volunteers Needed

Interested in making a difference? Heart Havens is always looking for people who care about others and want to make a difference in the community. There are many ways to share your talents and interests- from gardening to painting to social gatherings. Join us in supporting people with a developmental disability live a full and vibrant life! Please contact Jennifer at jennifer.boyden@hearthavens.org.

Giving Heart

Become a Giving Heart with a recurring gift. Visit the donate page of our website to learn how you can support Heart Havens year round.

Heart Havens Month

Thank you to all the churches, groups and individuals who donated money or in-kind items during Heart Havens month. We appreciate your support!



Heart Havens hosted vaccine clinics at our homes in January through March for staff and residents who wanted to receive the COVID-19 vaccine. This provides another layer of safety for staff and residents during the ongoing pandemic.