



Heartstrings

The Official Newsletter of Heart Havens

Fall 2021

Out for Adventure

As the weather got warmer, Heart Havens residents had many adventures in the community. Elizabeth, Hunter, Beth, and Jean from the Bonnie house in Stuarts Draft had picnics in the park, participated in Art in the Park, and went swimming in the local lake. Stephanie, Lyvette, Waynetta and Jasmine from the Garber Morris house went shopping, visited the pet store, and tried new recipes. Dennis, Collin and Luke from the Tate house visited the Metro Richmond Zoo on a sunny day and Luke attended a Randolph Macon College football game. Charles, Barry and Thomas from the Marybeth Graff house explored nearby Rockett's Landing and took a ferry ride to Surry. Thanks to our generous donors, residents of Heart Havens had the opportunity to explore their communities and had a blast doing it!



Elizabeth at the local park



Stephanie shopping in the community



Luke attended a college football game



Thomas, Barry and Charles in Richmond

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From our CEO:

Dear Friends,

In this newsletter, I chose to write a love letter to the Direct Support Professionals of Heart Havens. You are unsung heroes. You continue to meet the needs of Heart Havens residents during a pandemic. And, you adapt your lives to ensure that the care, encouragement and support are present during a staff crisis.

Over the years I have had the opportunity to work with many wonderful and dedicated people. I have also navigated many challenging situations. Throughout these years and experiences, my appreciation for the extraordinary work of DSPs has deepened. With employees working various hours around the clock and holidays, the job has always been very demanding.

The pandemic only added to the demands. Recently with the staff shortages, the stresses have been extraordinarily high with staff cancelling family vacations and changing work times to meet the residents' needs while relying on family members and friends to help with their personal commitments. I want to say thank you for that. In addition,

- Thank you for caring.
- Thank you for working your shift – and the extra ones you picked up.
- Thank you for encouraging residents and coworkers.
- Thank you for your creative ideas.
- Thank you for wanting the best for the residents.
- Thank you for always bringing your best and being your best.
- Thank you for staying on top of health and safety needs- and the many memos sent out providing guidance over the past 18 months.
- Thank you for being a part of the answer.

On behalf of the Board of Directors, administrative team and myself- thank you! We know we are blessed to have such a wonderful group of DSPs!



House Manager Nicole with Lyvette
at the Garber Morris home in Varina.

Warm regards,



Jennifer Boyden, MA, QDDP
Chief Executive Officer

Volunteer Days

Heart Havens hosted a spring volunteer work day at each home earlier this year and will be hosting fall volunteer work days in October and November. Maintenance and upkeep of our homes is a big expense for Heart Havens. Just like your home, our homes need painting,



yardwork, and regular maintenance. Volunteers who help us with these tasks reduce our maintenance cost and get a chance to see local homes and meet our amazing residents and house staff.

If you or your organization is interested in sponsoring a volunteer work day to pay for supplies like paint or mulch or if you would like to join us as a volunteer, please contact Jennifer by email at jennifer.boyden@hearthavens.org or phone by 804-506-8667.

Meet Philip

Philip lives in the Lynchburg Heart Havens home. He has the biggest and most contagious smile. Philip likes going out to the store and working on puzzles. He loves to watch trains and bulldozers at work.

Philip loves music and seems to know every songs that comes on the radio no matter the genre and he will sing and dance along. He likes to look his best and prefers to dress in slacks and button down or polo shirts instead of t-shirts when he goes out.

His favorite thing about Heart Havens is the friends he has. Relationships with friends and family are the most important things to Philip.



Heart Havens supports people with the Community Living DD Waiver in four bed group homes and we currently have openings. Please direct referrals to: Rebeca Huff at 804-463-1584 or rebecca.huff@hearthavens.org.

Stay connected with us!

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



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Save the Date

Together we give.

SAVE THE DATE

**GIVING
TUESDAY**

November 30, 2021

Save the Date for Giving Tuesday! Tuesday, November 30th is Giving Tuesday, an online day of giving that celebrates global generosity. Check our social media pages and your email for more information.

Scan the QR code to sign up for our e-newsletter or text "heart2heart" to (804) 207-8067



Holidays

Christmas is coming soon! Heart Havens takes pride in providing a joyful holiday for all our residents. There are people in our homes who would not otherwise receive gifts. Would you or your church or community group help us by sponsoring a Heart Havens home for Christmas? To learn more, contact us at jennifer.boyden@hearthavens.org.

