



# Heartstrings

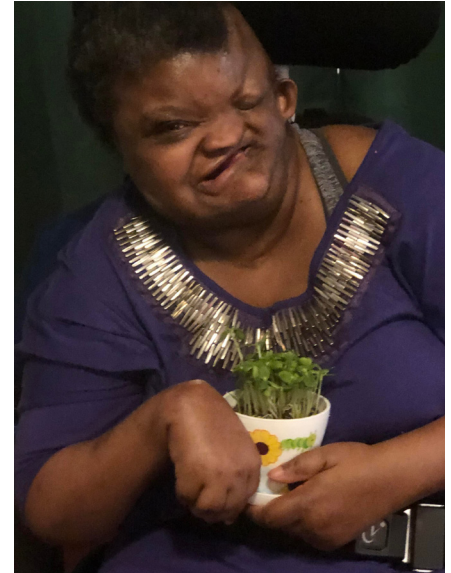
The Official Newsletter of Heart Havens

Spring 2022

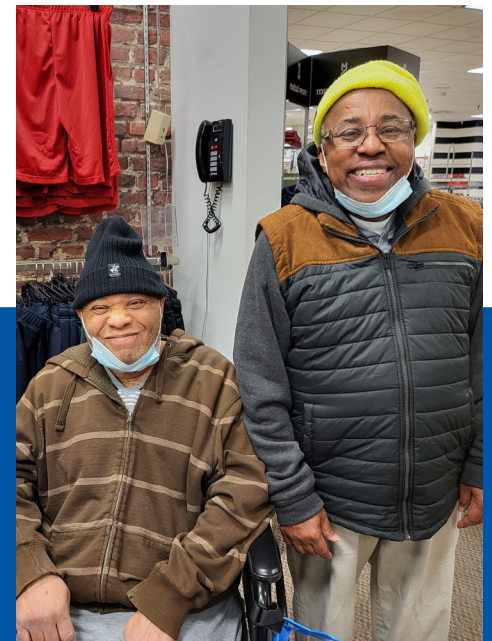
## Spring Planting

**Spring** brings the new life, growth and change each year. This spring, Lyvette planted sunflower seeds. She was proud to see how much they sprouted after only 10 days!

As the weather continues to warm, residents will plant more flowers and even small vegetables gardens. What will you be planting this year?



## Life in the Community





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# From our CEO:

**Dear Friend of Heart Havens,**

Happy Spring! As the flowers appear and buds on the trees emerge, Covid is moving to an endemic stage. It feels like we, too, are all reappearing and emerging. What a welcomed transition!

As we come out of the pandemic, Heart Havens is "refreshing." We have plans for expansion and are assessing details and feasibility for this proposed growth. There are two strategic focal points- expansion by adding two additional homes and the exploration and development of other service options. This is a multi year plan with groundwork that is underway. To achieve our goals, we are conducting feasibility studies, exploring potential collaborations, and will be executing a capital campaign. While time seemed to stand still and race along-at the same time- we were hard at work building more depth to our quality improvement processes, organizational oversight, and training program. And, given the space of workforce shortages and "The Great Resignation", we are expanding our endeavors to constantly raise our employee engagement.

We also established a volunteer workday program. The commitment and energy from different UMCs and local companies has been amazing. This has been a time to see the UMCs and the community at their best- willing to engage, sharing their time, bringing their skills, and connecting with residents of Heart Havens' homes. Our homes have never been in better repair or looked so good! We are blessed.

Annual Conference is coming, and I look forward to connecting with many of you in person, showing my smiling face and seeing yours!

Warm regards

Jennifer Boyden, MA, QDDP  
Chief Executive Officer



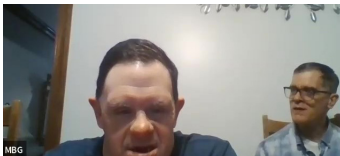
**Charles raking leaves and Thomas installing a mailbox with volunteers**

# Celebrate!

The Lynchburg house celebrated Valentine's Day and their Annual Night to Shine event all in one fun evening. They opened Valentine's Day Cards and ate a dinner from KFC and provided by a family member. They also opened special goodie bags provided through the virtual Night to Shine event, complete with crowns, and ended the night with some dancing.



# An Evening with Heart Havens



In February, we hosted a virtual event called, An Evening with Heart Havens to showcase Heart Havens for residents, family, supporters, and board members. It was awesome to see our residents interact with each other and share all their love for their DSPs. At one point there were over 50 people on the call! Follow us on social media to get the latest information on when the next virtual event will be held. Hope to see you there!

# Meet Christopher

We were excited to welcome Christopher into the Tate home in January. He loves watching Friends & The Ellen Show, sensory toys, being outside and taking walks. Christopher is often seen sitting with his staff and housemates reading and laughing. He is a spunky, outgoing guy and we are lucky to have him as part of the Tate family.



# 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!



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## Heart Havens Month

**February was Heart Havens month** in the Virginia Conference of the United Methodist Church. Thank you for all who celebrated Heart Havens by donating money, time and supplies or who organized special speakers and events to show your support. Your contributions are vital to continue our mission to “empower adults with a developmental disability to live and thrive in their community.”



Scan the QR code to sign up for our e-newsletter or text “heart2heart” to 804-207-8067 to donate to Heart Havens.

