



Heartstrings

The Official Newsletter of Heart Havens

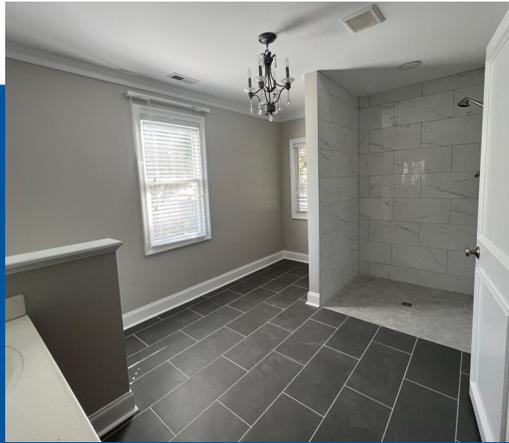
Spring 2023

Opening our 8th Home



At the end of 2022, Heart Havens purchased **Meadowbrook**, our newest home in the Glen Allen west end area of Richmond near the Virginia Conference Center of the United Methodist Church. Heart Havens is excited and looking forward to opening this home with your help. To prepare a home like this from the time of purchase until opening the home to residents there is a massive list of things to do. With this home, in particular, the preparations included adding an addition that included a 4th bedroom and accessible bathroom to better serve our residents. Heart Havens is also reconfiguring the laundry and pantry area and remodeling an existing bathroom to better meet the future residents's needs.

Our goal to fund the opening of this home is \$200,000 to fully fund these renovations as well as other tasks such as replacing appliances, purchasing furniture, repairs recommended by the home inspection and health and safety additions such as AEDs. Will you join us in this important endeavor to open our 8th Heart Havens home?





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From our CEO:

Dear Friend of Heart Havens,

What a difference 6 months makes! In October 2022, we opened another home in Virginia Beach. In November, we purchased a house in Glen Allen. We put on an addition, and we are planning an open house and starting operations at that location in April.

Whether we are in a stabilization or an expansion phase, we are blessed by all who support us. We are especially thankful to our dedicated staff, board members, volunteers, community partners and donors with whom we are creating a more inclusive world and making an impact on the lives of people with a development disability. Together, we are creating a world where people of all abilities are fully accepted, respected and included!

Warm regards,

Jennifer Boyden, MA, QDDP
 Chief Executive Officer

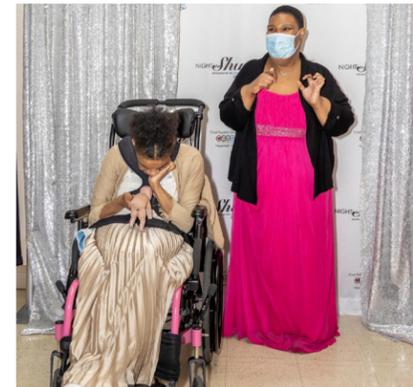
Meet Dorothea

We are so excited to welcome Dorothea into the Post Oaks Home. Dorothea has been a great edition to Post Oaks. She is very friendly and loves to help her house mates. Dorothea enjoys fashion, music (RnB oldies, Gospel), and playing board games with her house mates and staff. Dorothea said, "My favorite game is *Trouble* because I always win." Dorothea is very sociable and loves to meet people. She regularly goes to church on Sundays with her sister. Dorothea also loves sitting outside in the sun and taking in nature.



Shining on

Many of our residents look forward to the annual Night to Shine event in their area. They get to pick out a special outfit and get dressed up, ride in a limousine, take special pictures, eat party food, meet old and new friends, and dance the night away. The pictures below best describe it better than any words could!



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. Heart Havens has been blessed by many churches and church groups creating space for us to share our story. In most cases, we have been able to share our new video where viewers have the opportunity to learn about Heart Havens from different perspectives: Residents; family members; volunteers, staff; and board members. In the month of February, there were 12 engagements with another 7 scheduled for March. We have connected with old friends and made many new friends, in person and virtually like through our Heart Havens online event held in February. For your support during Heart Havens Month, we thank you!



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

