



Heartstrings

The Official Newsletter of Heart Havens

Fall 2017



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From our CEO:

Dear Friend of Heart Havens,

The nights are getting longer, the days are getting cooler, and summer is officially over. While the people Heart Havens supports had an awesome summer (see some of their stories on page 4), everyone is excited for fall! Bowling leagues, choirs, and community theater groups are starting back up, and the folks Heart Havens supports are happy to be back at it. Thanks to your support, Heart Havens' residents are active in their communities as they learn new things and pursue their dreams.

After careful deliberation, we determined this spring that it was necessary to close our Colonial Beach home. During the last two years, the home has operated with vacancies. Recently, one of the remaining three residents moved out due to health concerns; just like we all need more supports as we age, he needed care Heart Havens is not licensed to provide. This left the home with only two residents. Despite our best efforts, we have been unable to fill the home. We actively worked with the two remaining residents and their families to ensure a smooth transition; one resident moved to our Tate home in Ashland, while the other elected to move to a different housing solution. We invite our friends in the Colonial Beach area and the Rappahannock River District to connect with our Tate home in Ashland.

February is Heart Havens Month! We're delighted to share that our theme for 2018 is "Life of the Party." You can learn more about Heart Havens Month and our theme on page 8. I also encourage you to contact Sarah Wilkinson to schedule a visit from a Heart Havens speaker. We have so many stories to share!



Jennifer spent some time catching up with Jasmine at our company picnic.

Thank you for your ongoing support of Heart Havens. Please feel free to contact us if you have any questions, or would like to schedule a speaker.

Warm regards,

Jennifer Boyden

Jennifer Boyden, MA, QIDP
 Chief Executive Officer



Lynchburg Celebrates Paint Night



Jennifer loved learning to create her own art! She enjoyed mixing the colors and seeing the picture come together on the page.

Have you seen paint nights advertised at local restaurants, where you and your friends can create works of art while painting along with an artist? The Lynchburg crew had their very own paint night! Working with local freelance artist Victoria Hauck, Lex, Jennifer, Phillip, Rose, and Darlene had a great time creating their very own autumn paintings, featuring a tree and a tire swing.

Jennifer loved mixing the colors together and seeing the picture come together on the page. She especially liked the way the colors came together on the leaves.

“It was awesome! I want to do it again,” she said.

Rose was also a big fan of paint night. While she enjoyed the actual painting, she also just really liked trying something new.

“It was relaxing and fun; it was like a coping skill to get your mind off of stuff.”

Special thanks to Lynchburg area artist Victoria Hauck for leading such a wonderful evening!



Joey, Danny, and Steve had a great time on their boat ride around DC.

So Many Summer Adventures

Summer just isn't summer without lots of fun adventures! Whether it's discovering something new in your own backyard or taking a trip to a new city, the possibilities summer brings are endless. Many of the people Heart Havens supports had some awesome adventures this summer, both locally and on trips!

The Tate home in Ashland spent a day at Kings Dominion. They had a great time exploring the park and watching the roller coasters. Lilli rode the carousel, and she loved waving to her friends as she went by them. Patrick really enjoyed seeing all the different people in the park that day, while Luke enjoyed watching the Volcano roller coaster. After a delicious lunch at the Country Kitchen, the Tate residents received a generous gift from the Kings Dominion staff: a \$100 game card! They had a great time playing all the



Lilli loved the carousel!

different midway games. Patrick in particular enjoyed a game of ball toss; he played several times until he won!

Meanwhile, the ladies who live at the Macleigh-Holland house in Virginia Beach were also discovering a new fun thing in their own backyard: the Norfolk Botanical Garden! They had never been there before, and they were so excited to experience this beautiful space not far from their home. For their very first visit, they wanted to explore the butterfly house and butterfly gardens. To get there, they took the tram, which took them through several other parts of the garden on their way to the butterfly house. Christina and Lisa loved hearing the tram operator talk about the different gardens and trees they were seeing.

Once in the butterfly house, the ladies got to experience all

sorts of butterflies up close and personal. Lisa pointed out every butterfly she saw, and was so excited when one landed on her shoulder just for a moment.

"I loved all the different colors on the butterflies," said Lisa.

Paige, meanwhile, was fascinated by the caterpillars and cocoons. She stayed inside the butterfly house longer than any of her friends looking at them!

Our Saratoga house in Winchester went a little further for one of their summer adventures. They took a boat cruise up the Potomac River and saw the monuments in Washington, DC! Everyone really loved being on the boat, but Charles and Steve especially liked feeling the

breeze on their faces.

"We could see everything from the boat!" said Steve.

"We saw the Washington Monument," said Danny.

"There were also memorials, like the Jefferson Memorial. I liked it, because there is a statue of Jefferson in it."

"I love how busy the folks Heart Havens supports have been this summer!" said Chief Operations Officer Brenda Sasser. "I love to see everyone exploring and trying new things, because that's exactly what we're about at Heart Havens."

Heart Havens residents will be just as busy this fall. Connect with us on social media to keep up with them year round!

"We saw the Washington Monument. There were also memorials, like the Jefferson Memorial."

On the cover: Lilli enjoys a day at Kings Dominion.



Christina loved seeing what all the different flowers smelled like.

Feeling Volunteer Love in Richmond

While we have awesome volunteers at all of our houses, we've welcomed some extra special volunteer groups to the houses in Richmond this summer!

We kicked off the summer by welcoming a group from **BB&T Capital Markets** to the Mary Beth Graff house in June, as part of the **BB&T Lighthouse Project**. These wonderful corporate volunteers spent the day cleaning out flower beds, spreading mulch, planting a raised garden bed, and getting the deck ready for summer. Thanks to the grant they received from the BB&T Lighthouse Project, they were also able to purchase a new patio set and grill for the house, as well as a cornhole set that they then enjoyed playing with Ronnie.



It was a privilege to welcome volunteers from BB&T as part of the BB&T Lighthouse Project to the Mary Beth Graff home in Richmond!



We partnered again with HandsOn Greater Richmond for their annual day of service, Give A Day RVA!

This summer, we also welcomed corporate volunteers from **SunTrust!** We made this connection through our relationship with the United Methodist connection in Virginia. After hosting a Heart Havens speaker at a lunch and learn, a small group of SunTrust employees came out to the Mary Beth Graff house for dinner and games at the beginning of the summer. They had such a great time that they decided to come back, bigger and better! Towards the end of the summer, we welcomed a larger group of SunTrust employees to the Garber Morris home where residents of the Garber Morris, Mary Beth Graff, and Tate homes were gathered to share in fellowship, food, and fun. Everyone had a great time. Thanks, SunTrust!

As we have in previous years, we participated in **HandsOn Greater Richmond's annual day of service, now called Give A Day RVA**. We welcomed several volunteers from Virginia Commonwealth University and the surrounding community to Garber Morris to get the house ready for fall. They planted new shrubs, spread mulch, made fall wreaths, and painted fall pictures with Jasmine and Lyvette! This day of service is always a wonderful opportunity for us to share our story with new folks. Thanks as always to Hands On Greater Richmond!



Patrick and Charles really enjoyed game night with our friends from SunTrust.



Terika Askew (standing) was our Lead Direct Support Professional of the Year.

Kicking off DSP Week with a Picnic

The beginning of September brings **Direct Support Professional Week**, a week in which DSPs are honored across the country for their work of empowerment. At Heart Havens, we've always celebrated DSP Week, but this year we kicked it off a little differently with the very first Heart Havens Company Picnic! Most of Heart Havens' residents and staff gathered at Pocahontas State Park for food, fun, and fellowship. Many residents know each other from Camp Rainbow and other events, so they really enjoyed seeing each other. Rose and Jennifer from the Lynchburg home even made a new friend in the park ranger who stopped by!

At the picnic, we honored **Roberta Riddick** from the Bonnie home in Stuarts Draft as our Direct Support Professional of the Year, and **Terika Askew** from the Garber Morris home in Richmond as our Lead Direct Support Professional of the Year. Both Roberta and Terika embody the Heart Havens mission, and we are proud to have them on staff.

Our First Cornhole Tournament



Thanks to everyone who supported our very first cornhole tournament fundraiser! We had a great time spending a fun Saturday playing and celebrating our mission. Special thanks go to **Chester United Methodist Church** for hosting us, and to **David Collins** from Community United Methodist Church in Virginia Beach for helping us run the tournament. Thanks also to our presenting sponsor, **Butler Woodcrafters**.

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



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Upcoming Heart Havens Events

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 28

Giving Tuesday

Giving Tuesday is a global day of giving, fueled by the power of social media. This year, SIL Insurance Agency and the Heart Havens Board of Directors are matching the first \$1000 in gifts Heart Havens receives on Giving Tuesday! You can participate

by giving through any of Heart Havens' donation options. After you've made your gift, post about it to social media to encourage your friends to participate, too!

Heart Havens Month

Join us in celebrating our mission of empowerment and inclusion by observing Heart Havens Month in February! The theme this year is "Life of the Party," after Luke 14:12-14. **Pastors of United Methodist churches will receive resources electronically in November and in hard copy in January.** If you would like to schedule a Heart Havens speaker to visit your congregation or small group during February, please call our office; we'd love to come!

If you are not a United Methodist pastor but would still like to be part of our Heart Havens Month mailing list, please contact Sarah Wilkinson at (877) 442-8368.



Life of the Party
Heart Havens Month 2018

February 2018