



# Heartstrings

The Official Newsletter of Heart Havens

Spring 2026

## Josh's Taco Birthday Bash



**Josh celebrated his birthday** with a taco party. They had a delicious spread of chips, tortillas, ground beef, lettuce, tomatoes and cheese and the house was decorated for the event. Josh said, "Don't be tardy to the party!" Birthday celebrations like these are thanks to your donations; thanks for helping Josh celebrate!



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# From the CEO

## A Message from Our CEO: Join the Heart Havens Family

Dear Heart Havens Family,

At Heart Havens, "home is a feeling." You can see that feeling in this month's updates—from Macleigh heading out to a dance to Josh celebrating a birthday. These aren't just activities; they are the moments of belonging and joy that define our community.

My "why" for leading this organization is deeply personal. Having a family member who has intellectual and developmental disabilities, I know firsthand how difficult it can be to find quality services and a provider that truly shares a family's values. I came to Heart Havens to ensure we never lose sight of that perspective. We make every decision based on how it enhances the quality of life for our residents and provides lasting peace of mind for the people who love them.

Right now, we have a unique opportunity: four residential openings in our community.

We are looking for four new residents to join us and find their "forever home." Our team is here to meet families exactly where they are—helping explain the system, solving problems, and finding the right path forward.

If you know someone who could benefit from the stable, person-centered care we provide, please reach out. We would love for them to be a part of the magic happening here every day.

With gratitude,

Rebecca Huff  
CEO, Heart Havens

# Snowball Dance

The ladies at the Post Oak and Macleigh Virginia Beach homes attended the Snowball Dance at Thalia UMC. To find the perfect dress for the dance, they each went shopping, a fun experience as they tried on different dresses and picked out their favorites. On the day of the event, the ladies were supported with getting their hair done, including half-up, half-down styles, curls, and buns to match their outfits. At the dance, they enjoyed spending time on the dance floor, mingling and socializing with others. Melissa requested her favorite song by Justin Timberlake, "What Goes Around... Comes Around," and everyone enjoyed dancing to a variety of music throughout the evening.



The event also included a fun snowball fight using soft balls, which the ladies really enjoyed as they threw, dodged, and laughed together. There was music, raffles, and photo opportunities throughout the evening. Overall, it was a wonderful night filled with music, laughter, connection, and great memories for everyone who attended.

# Creating a Lasting Legacy with Heart Havens

By including Heart Havens in your legacy planning, you help ensure that adults with developmental disabilities will continue to experience safe homes, meaningful support, and communities where they truly belong.

One of the most impactful ways to support Heart Havens is through a planned gift. Planned gifts allow you to make a lasting difference while also providing potential tax and estate planning benefits for you and your family.



A planned gift is a meaningful way to express your commitment to Heart Havens and its mission of empowering adults with developmental disabilities to live full and meaningful lives. At Heart Havens, we believe every individual is uniquely created with dignity, gifts, and purpose, and your legacy gift helps ensure that this work continues for generations to come.

You can support Heart Havens by designating the organization as a beneficiary of your will, trust, retirement account, or life insurance policy, either through a fixed amount or a percentage of your estate. These thoughtful gifts help provide long-term stability for our programs, including our group homes and Sponsored Residential services.

Heart Havens is a 501(c)(3) nonprofit organization, and planned giving can be structured in ways that align with your personal, financial, estate planning, and philanthropic goals. Your legacy can help build a future where every individual is valued, supported, and empowered. For more information about planned giving opportunities with Heart Havens, please contact us at [rebecca.huff@hearthavens.org](mailto:rebecca.huff@hearthavens.org) or 804-463-1584.



## Stay connected with us!

Join us on social media for year-round updates, photos, and videos!



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## Heart Havens Month Recap



Thank you to each church, group and supporter of Heart Havens month in February. Our residents especially enjoyed being invited to your events like New Song church's spaghetti dinner.

Heart Havens has so far raised about \$20,000 toward our goal of \$200,000. With your support, Heart Havens will continue raising funds to open the new Heart Havens men's home in Virginia Beach. Scan the QR code below to contribute to this ongoing campaign.



Scan to Donate



## Join Us

**We've Saved Space in our Hearts - and a room in our home.**

Heart Havens has space available to welcome new members into our family. We currently have openings in Stuarts Draft, Ashland, and Virginia Beach. Please feel free to share with your network and if you or anyone you know would like to make a referral, please contact Operations Director Lisa Meyer at [lisa.meyer@hearthavens.org](mailto:lisa.meyer@hearthavens.org) or 804-933-5823.