



Heartstrings

The Official Newsletter of Heart Havens

Spring 2016

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From our CEO:

Dear Friend of Heart Havens,

As I sit at my desk writing to you, there is a cherry tree in full bloom outside my window. The pink blossoms are absolutely gorgeous, and fill me with excitement for the warm weather and beautiful springtime to come. The flowers make me think also of the way many of the people we support have blossomed with the empowerment you make possible by your gifts to Heart Havens. Thanks to you, the people we support have been able to participate in community theater, attend proms, try new things, and make new friends. Talk about blossoming! While the blooms on the cherry tree will fade, however, the empowerment you make possible lasts all year round, and gets better and better as time goes on. Thank you!

I hope you had a safe and warm winter. It seems like this year featured more storms than years past. We would like to thank the volunteers who helped us with snow removal during Winter Storm Jonas back in January at our homes across Virginia. Your efforts were greatly appreciated and ensured safety during the weather for Heart Havens residents and staff. Thank you! We would also like to thank our friends and neighbors who checked in with our Kilmarnock home before and after the recent thunderstorms that brought tornadoes. While we made it through the storms unscathed, we know many didn't. To our friends in Waverly, Tappahannock, Appomattox, and other localities touched by this destruction: our hearts and prayers are with you.

As always, thank you for your ongoing support of Heart Havens. If you would like to schedule a Heart Havens speaker to visit your church or group, please give us a call toll-free at (877) 442-8368, or email Sarah Wilkinson.



Jennifer and Paige at our Macleigh-Holland home in Virginia Beach.

Warm regards,

Jennifer Boyden, MA, QIDP
Chief Executive Officer
Heart Havens, Inc.



Easter Comes to the Bonnie House



Marshall and Jean had a great time feeding the ducks and swans at the park on Easter Sunday! (Jean loved wearing her bunny ears all day, too.)

Easter was a wonderful time for our Bonnie home in Stuarts Draft! The festivities started early with an Easter egg hunt the Wednesday before Easter. Cindy, Polly, Marshall, Elizabeth, and Jean all had a great time spending an afternoon with their friends from the Stuarts Draft and Fishersville communities gathering as many eggs as they could.

"The food was really good at the egg hunt," Cindy said.

Back at the house, to get decorated for Easter, they did an assortment of Easter crafts and dyed eggs. The Bonnie home was truly festive for the holiday thanks to their efforts!

On Easter Sunday, after church, Marshall and Jean decided to carry on the celebration by visiting the local park to feed the swans and ducks. This is one of their favorite Sunday afternoon activities, but it was extra-special on Easter as they watched the ducks swim in the pond. Jean wore her favorite bunny ears to church on Easter morning in honor of the day, and kept them on at the park so that everyone would remember that it was Easter.



Barbara and Diane enjoy the nice spring weather while checking the mail.

Empowered in Kilmarnock

In Virginia's beautiful Northern Neck area lies the bustling small town of Kilmarnock. Located near the mouth of the Rappahannock River, Kilmarnock features a number of nice restaurants and small shops in a lovely portrait of Americana.

Kilmarnock is also home to Heart Havens' Rappahannock home, where four ladies live and enjoy this wonderful community.

"These ladies love this community," said house manager Tomeka Fauntelroy. "They're involved in so many things, from local shops to the YMCA. We always have something going on!"

Mary loves living as independently as possible in her home in Kilmarnock.

"I like my room. I like being close to my brother," she said.

One of Mary's hobbies is making rugs with her latch hooks.

She loves to have the finished product to show off. She also recently bought

a tablet and is learning to

use email to keep in touch with her brother and her

friends. When she's ready to relax, Mary loves to watch

the Game Show Network;

her favorite game show is "Chain

Reaction," which is a word association game. She loves to play along with the puzzles!

Diane is the resident fashionista of the Rappahannock home. She loves to shop for new shoes, jewelry, and purses, and then create fabulous outfits out of her finds. She loves to put the radio on in her bedroom and relax by listening to music

"This is my home, and the people here are my friends."

(Michael Jackson is her favorite singer).

"This is my home, and the people here are my friends," Diane said, referring both to her housemates and the staff who empower her to do the things she loves to do.

Barbara loves being outside any time she can, even just sitting out on the back deck of her house. However, hands down, Barbara's favorite place to be is the beach. She loves to feel the breeze coming off the ocean on her face; feeling that breeze fills her with joy. When she's relaxing at home, she loves to sit and rock in her favorite chair and listen to country gospel music.

All of the ladies in the Rappahannock home are connected to the local churches, and they enjoy the time they spend with different church groups in town, whether at church or at their house. Most recently, they created flower arrangements with ladies from White Stone United Methodist Church while

enjoying cupcakes and singing songs. They also recently took a class with The Crafty Christians at Kilmarnock United Methodist Church, where they created St. Patrick's Day and Easter cards to send to their friends and family.

The ladies also enjoy a weekly Bible study led by another local church member.

"The weekly Bible study is something they all really look forward to," said Fauntelroy.

"Heart Havens is all about providing person-centered supports, which simply means that we look to empower people to live the kinds of lives they want to live. It's all about providing full, vibrant lives with as much independence as possible. The ladies at our Rappahannock home are perfect examples of person-centered supports in action, because they are true members of their community," Cindy Gwinn, Heart Havens' Strategic Excellence Director said.

On the cover: Diane and Mary pause for a portrait in front of their home in Kilmarnock on a beautiful spring day.



Diane uses a self-checkout machine to buy herself a few treats.

Heart Havens Month was Awesome!

February was **Heart Havens Month**, and this year, it was awesome! Churches, United Methodist Men, and United Methodist Women all across the Conference embraced us and our mission of empowerment. We visited so many congregations that we can't fit all the stories here, so this is just a sample.

Heart Havens Month started off with a bang at the **Good Shepherd United Methodist Church** Shrove Tuesday Pancake Supper. The guys from our Mary Beth Graff home had a wonderful time participating in pancake races and flipping



Ronnie had a great time playing pancake games at Good Shepherd United Methodist Church in Woodbridge on Shrove Tuesday.

contests, and everyone got some beads to wear! Ronnie even serenaded us with his favorite song, "Jesus Loves Me."

In Stuarts Draft, residents of our Bonnie home attended a Valentine's Lunch at **Calvary United Methodist Church**. They loved having fellowship time with their church friends, and Marshall and Pastor Charlie treated everyone to a mini-concert featuring "Old Man River" and "How Great Thou Art."

Towards the end of the month, our United Methodist Men friends



Marshall really enjoyed singing with Pastor Charlie at Calvary United Methodist Church on Valentine's Day! (He thought the lasagna was pretty good, too.)

at **Oak Grove United Methodist Church** in Chesapeake held their annual Agape Dinner, and the ladies from our Macleigh-Holland home in Virginia Beach attended. This event is always a lovely time, with a wonderful meal and beautiful music provided by the Strolling Silver Strings from Norfolk Public Schools. Christina loved singing along to her favorite songs as the Strolling Silver Strings played them. Meanwhile, Melissa, Lisa, and Paige loved smelling the roses they were given and chatting with their Oak Grove friends.

Check out a video of Heart Havens Month highlights on our Youtube Channel!



Melissa enjoyed the ambiance at the Oak Grove United Methodist Men's annual Agape Dinner.



Bowling Fun in Winchester

For the twenty-third year running, the Winchester District United Methodist Men held their annual Bowl-a-Thon fundraiser for Heart Havens. This wonderful event brings together friends and neighbors from across the Winchester District to share a fun afternoon of bowling and friendly competition (and, of course, bowling alley food). Danny and Steven had a great time bowling with their many friends from across the District, and Charles enjoyed some fries and watching everyone bowl, smiling as people came to visit with him.

We had a wonderful time catching up with all our friends in Winchester! We are so thankful for the Winchester District United Methodist Men and all they do to support our mission of empowerment for adults with intellectual disabilities.

Thanks, Facebook Fans!



Thanks to all our Facebook fans, we just received a great big check for \$500 from Conquest Graphics. Your Facebook "Likes" on the Conquest Graphics website helped us earn a top spot in a contest of about 325 charities for the 2015 Conquest Graphics Nonprofit Print Grant. Like Heart Havens on Facebook for more details on how to help us win again in 2016!

We're on social media!

Follow us on Facebook and Twitter for photos and videos of all the wonderful things going on in our homes!



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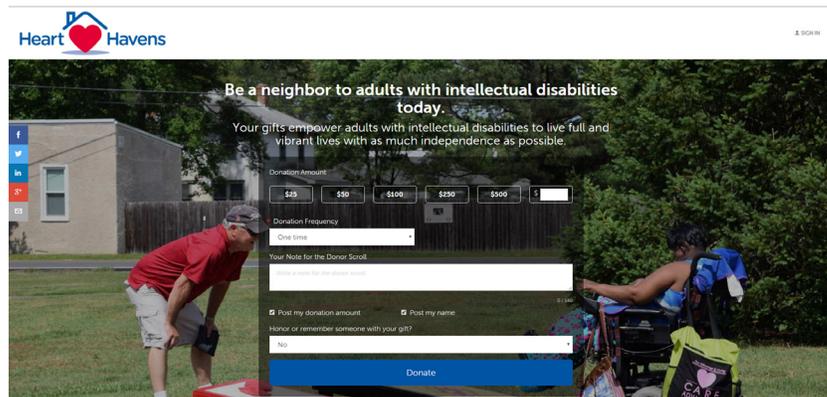


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New Ways to Support Heart Havens

Did you know that there are many ways you can give to Heart Havens?

Join the **Legacy Society** by making a gift to Heart Havens through gifts of stocks and bonds, real estate, retirement assets, cash and insurance. Through planned giving, you can increase your current income or provide additional retirement income, all



while earning a current tax deduction and providing for a future gift to Heart Havens. In December, Congress permanently renewed the **charitable IRA rollover**, also called a qualified charitable distribution. That means that if you're over 70 1/2, you can transfer money directly from your IRA to qualifying charities like Heart Havens. This gift is excluded from your taxable income AND it counts toward your required minimum distribution.

Want a sneak peek at one of our newest projects? Heart Havens has a new convenient and streamlined online giving page. Personalize your giving by amount, frequency, and even add a note about why you give. Check it out now at [https://heart-havens.networkforgood.com/!](https://heart-havens.networkforgood.com/)