



Heartstrings

The Official Newsletter of Heart Havens

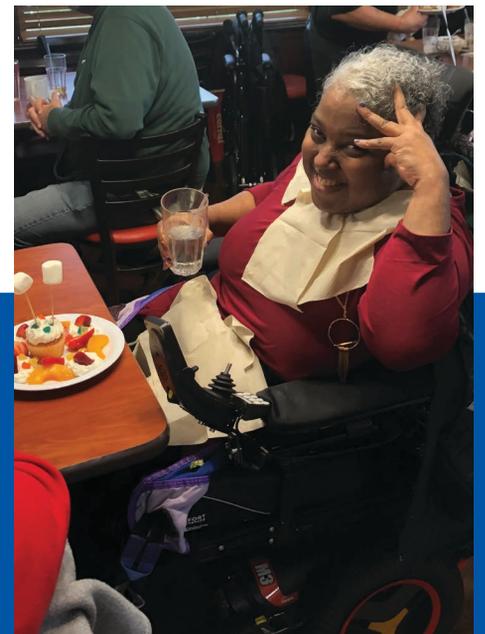
Spring 2020

A Night to Shine



A night to shine. Many Heart Havens homes participate in local Night to Shine proms organized by the Tim Tebow Foundation. This is an annual event they look forward to each February. They dress in their best and some local proms even offer limousine rides. It is an exciting night to gather with friends and dance the night away.

Life in the Community





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From our CEO:

Dear Friends,

Spring is a time of new beginnings and growth. Heart Havens is looking to the future as we are in the finishing stages of the day program opening and preliminary considerations for the next project. Our success and enthusiasm is a result of the community pulling together to make things happen. When we created a fundraiser to stock our day program shelves, you responded with such gusto that we were able to increase that goal to include three iPads that will support learning and socialization. With our new home in Chester, so many people came out to volunteer! From building a closet or ramp, laying down new flooring, painting, cleaning, and more to stocking the shelves- you showed up and made it happen! The funds raised and the relationships we have with you and the community allow us to continue our growth. We envision a world where people with a developmental disability are woven into the fabric of everyday life. I cannot thank you enough for your continued support as we move towards that a truly inclusive community. We are better together! Thank you again for your support of Heart Havens, and please contact us if you have any questions or need additional information.

Warm regards,

Jennifer Boyden, MA, QDDP
Chief Executive Officer



Jennifer with Heart Havens resident Lilli.

Meet Barry

At the start of 2020, we had a fourth resident, Barry, move into our Ashland Tate home! Barry loves to dress up like Santa, which he has done at different local events. He also enjoys drawing, cooking, and going bowling. Barry is very kind and loves to joke around with his housemates and staff. He has been a wonderful addition to the Ashland- Tate family.



Party at Elmwood

The Elmwood Heart Havens home in Chester opened in December and currently has two residents, Keith and Roscoe. The Elmwood home hosted a Valentine's Day social for the Richmond area houses. They decorated and prepared some fun holiday food. All the residents enjoyed time spent together and loved touring the new home.



New Day Program

Heart Havens is setting up a Day Program at the St. Michael's Episcopal Church in Bon Air. We have formed partnerships with organizations in the community to volunteer. By expanding services and offering different types of services, we hope to meet the need of more individuals. We held a Day Program Kickoff where we raised \$1,700 to stock the shelves with games, craft supplies and sensory items and our amazing donors helped us reach our dream goal of purchasing 3 iPads also. Look for more information about the program opening soon!



COVID-19 Response

Our residents need Heart Havens just as much as ever; we are their home so do we not shut down in a state of emergency. In response to Coronavirus Disease 2019 (COVID-19) state and federal guidance from the CDC, Heart Havens took swift action to protect our staff and residents and will continue to do so as necessary. How are the Heart Havens homes handling the changes? Heart Havens staff are faithfully working their shifts and supporting our residents, giving them a sense of normalcy and stability in uncertain times. House Manager Sharon at Macleigh in Virginia Beach said, "The change is stressful on our individuals but we are doing our best to take their mind off them not doing a regular routine." Residents are gardening, taking walks outside, enjoying meals outside, playing board games, and doing crafts with their direct care staff. Our urgent needs during this crisis are (1) Donations of disposable gloves, masks and goggles (medical or construction), bath towels, wash cloths, cleaning supplies, hand sanitizer and linens and (2) Donations to the COVID-19 Staff Crisis Fund. Heart Havens has an ongoing Staff Holiday Fund generally used for bonuses for direct care staff during the holidays. We are asking for donations to this fund to be used as a COVID-19 Crisis Staff Fund in the coming months. We will use funds for emerging staff needs and staff appreciation efforts related to COVID-19. Any undispersed funds will roll into end of the year bonuses. To donate, simply go to our website and Click **Donate Now** and select **Staff Holiday Fund** in the "Apply My Donation to" drop-down box or note "Staff Fund" in the check memo line. We are thinking of you and your family during this unprecedented time and hope that you are safe and well.

Stay connected with us!

Did you see our Valentine's Day video? Stay connected with us on social media to see pictures, videos and lots of updates.



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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 supported Heart Havens' residents this year by donating money, time and supplies or who organized special speakers and events to show your support. Your contributions during Heart Havens month and year round are vital to continue our mission to "empower adults with a developmental disability to live and thrive in their community."

