



Heartstrings

The Official Newsletter of Heart Havens

Fall 2025

Celebrating DSPs



Heart Havens celebrated our Direct Support Professionals (DSPs) during DSP week in September. DSPs are the heart of our organization and we are so appreciative of their year-round hard work and dedication to support adults with developmental disabilities at Heart Havens. To celebrate our team during DSP week, Heart Havens gifted them tshirts and cups, delivered free lunch to each home, and held a daily gift card drawing. In addition, Heart Havens hosted an afternoon luncheon at Kings Corner Crossing. At this event, DSPs of the year awards were announced and everyone enjoyed good food and a couple rounds of bingo. Heart Havens DSPs embody the spirit of advocacy, patience, and genuine care, empowering individuals not just to live—but to flourish, connect, and belong.



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From the CEO

Resilience in Action

Dear Friends of Heart Havens,

Welcome to the latest Heart Havens newsletter. As you know from my last letter, the conversation around federal funding, particularly for essential services like Medicaid, remains one of complex uncertainty. Today's headlines continue to reflect this reality, showing a challenging financial landscape for non-profits that, like ours, serve those who rely on a strong safety net.

This environment reinforces the absolute necessity of the strategic planning process we began last fall. I'm pleased to report that we are moving from planning to Resilience in Action as we implemented our three-year strategic plan in July 2025. Our strategy centers on three core pillars to build a sustainable haven:

- **Expanding Choice:** We are actively developing new residential options across different communities to ensure every individual has greater choice in where they live.
- **Investing in Our People:** We are driving service quality by creating a comprehensive training program and enhancing benefits for our Direct Support Professionals (DSPs), recognizing that a supported team is the cornerstone of exceptional care.
- **Securing Our Future:** We are working hard to diversify funding streams and strengthen our community network to build long-term stability against future regulatory changes.

Thank you for standing with us as we build a more resilient Heart Havens, ensuring a consistent place of belonging and opportunity for every person we serve.

With gratitude,

Rebecca Huff

Rebecca Huff



A Legacy of Love

Your legacy can make a lasting difference in the lives of adults with developmental disabilities. By including Heart Havens in your estate plans, you help ensure that individuals with disabilities will always have a safe, supportive home and the opportunity to live with dignity, independence, and joy.



Planned giving is a powerful way to align your personal financial goals with your charitable values. Whether through a bequest in your will, a beneficiary designation on a retirement or life insurance plan, or another type of planned gift, you can make a meaningful impact while also realizing potential tax advantages. Those who make provisions for Heart Havens through their estate plans are honored as members of our Legacy Society—a special group of supporters whose generosity sustains our mission for generations to come. If you would like more information about including Heart Havens in your estate plans, please contact sara.becker@hearthavens.org or visit hearthavens.org/give-here/planned-giving/.

Grant Support

Heart Havens is so grateful to have the support of community grants to strengthen our mission. The Greater Lynchburg Community Foundation grant of \$1,000 for client recreation allowed the Lynchburg clients to go on a drive through Safari at Natural Bridge, the Virginia Dare Cruise on Smith Mountain Lake, spend an afternoon at the movie theater and attend the Blind Boys of Alabama Christmas concert. The Virginia Department of Rail & Public Transportation awarded Heart Havens four new 9-passenger vans with lifts to replace aging vehicles. In addition, the Commonwealth Community Trust grant provided individual grants for community recreation center memberships and LCD writing tablets for communications.



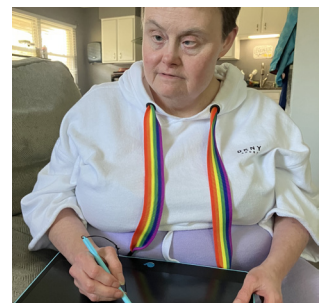
Lynchburg residents at the Virginia Dare Cruise on Smith Mountain Lake



Philip at the movie theater



Heart Havens has received multiple 9 passenger vans with wheelchair lifts



Paige drawing on her LCD writing tablet

Heart Havens Openings

Heart Havens supports adults with a developmental disability through the Community Living Waiver. Current openings include: 3 female group home openings in Virginia Beach, one male group home opening in Ashland, and sponsored residential home openings.



Stay connected with us!

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



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Resident Christmas Gifts

Sponsor a resident \$125

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Scan the QR code to donate



Or visit

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Deadline - December 1st



Save the Date

Heart Havens will be participating in Giving Tuesday and we need your help! **Mark your calendars** for Tuesday, December 2nd, Giving Tuesday, an online day of giving to celebrate global generosity. **Give on Giving Tuesday** to help us reach our goal. **Share** about why you give on social media and with friends and family. Check our social media pages for more details as the date gets closer.