Heartstrings

The Official Newsletter of Heart Havens

Fall 2023

Soaking up Summer



Chris, Charles, Thomas and Barry visited the Virginia Beach oceanfront this summer. Together, they walked the boardwalk, visited some shops, and splashed in the water. Barry stated, "I had fun today, thank you for taking me," and, "It was good to take a trip, something new." Charles said, "I had fun, it was a fun day for us, the beach is just beautiful, and people are so nice."

As they walked, the guys talked amongst themselves, with staff, and other beach goers. They had dinner at the 21st grill and Thomas commented, "This chicken sandwich is the bomb, you guys need to try this". On the way home, Chris asked, "Can we do it again, come to the beach?"

Landscaping Refresh

The front of Post Oak home has received a facelift! Thanks to a generous anonymous donor, Post Oak received landscaping services to freshen up the look around the front of the house. Doesn't lit look fantastic?





Fall 2023 Newsletter 4pg.indd 1 9/27/2023 4:09:57 PM

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From our CEO:

Dear Friend of Heart Havens,

First and foremost, I hope you all had a fantastic summer filled with joy and fun. Whether it was a relaxing beach vacation or a simple backyard barbecue, I hope you had the chance to recharge and spend quality time with your loved ones.

As we approach the holiday season, we have plans for our residents to have a truly magical Christmas. Thanks to the generous support of our sponsors, we have been able to have gifts under the tree for every resident. Once again, we are connecting with groups and individuals to sponsor a home or a resident. It is with this kindness and dedication that it is possible for us to spread holiday cheer and create memorable experiences for those in our care. I'm also delighted to share that our volunteers continue to put in many hours of their time to help us maintain and beautify our houses. These transformation not only enhances the aesthetics of our community but also creates a more inviting and comforting environment for our residents. This newsletter features a beautiful landscaping refresh that an anonymous donor made happen through a gift and connections.

Jennifer Boyden

Jennifer Boyden, MA, QDDP
Chief Executive Officer

Meet Joshua



Josh is quiet and he enjoys spending time on his YouTube channel. He is very friendly and supportive to his housemates. Josh loves shows from the 90's and watching movies from childhood. In his free time he interacts with his fan-base on his social media sites. Josh loves doing new activities out of his comfort zone and coming up with new ideas for YouTube videos. He also enjoys learning new easy recipes with staff and recording it for new content on is channel. Josh loves to talk about his family and very proud to be an uncle. He often expresses that he loves living in a home where his feelings are considered and staff really cares about him. He enjoys being able to choose activities that he likes as well as having a choice in what he eats.

Thanks to Donors Like You

Here are a few examples of community support for Heart Havens' mission. Thanks to the Virginia Department of Rail & Public Transportation and Federal Transit Administration Section 5310 funding, Heart Havens received three 9 passenger vans equipped with wheelchair lifts (bottom left). Meadowbrook received a basketball hoop and outdoor furniture from a generous anonymous donor (center). Good Shepherd UMC donated their time, hard work and the funds to install a new fence at the Meadowbrook home. Other recent major donations include donations from KOVAR and the Mary Morton Parsons Foundation toward the Meadowbrook campaign. Each birthday present, community trip, and meal out is thanks to donors like you!







Fall Decorating





Fall decorating has begun at the Bonnie home in Stuarts Draft. To celebrate the beginning of the season, the residents including Jean (far left) were part of the proess as staff and clients worked to create a fall hanging gnome wreath for the front door (left).

Save the Date

Save the Date for Giving Tuesday.

Heart Havens will be participating in GivingTuesday and we need your help! **Mark your calendars** for Tuesday, November 28th, 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.

Fall 2023 Newsletter 4pg.indd 3 9/27/2023 4:10:00 PM



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