



Heartstrings

The Official Newsletter of Heart Havens

Fall 2016

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Heart Havens empowers adults with a developmental disability to live and thrive in a safe and nurturing environment.

From our CEO:

Dear Friend of Heart Havens,

As the days get shorter and the nights get cooler, I can't help but wonder where the summer went! It seems like everyone was busy this year with fun gatherings and special trips, to the beach and other cool places. The people we support had so much fun this summer, and many of them are still talking about their trips and special days! Thanks to your generous support, they can enjoy everything their communities have to offer, both big and small.

After careful deliberation, we determined over the summer that it was necessary to close our Morrison home in Newport News. Just like you and I require more intensive medical treatments as we age, so do people with a developmental disability. Previous residents had moved out due to health concerns, and we had serious concerns about the remaining two residents' ongoing health support needs. In September, we worked with their family and the local Community Service Board to help them transition to other housing options. This closure does not and will not affect our Macleigh-Holland home in Virginia Beach, or any of our other group homes. I encourage our friends in the Newport News area to continue their friendships with the ladies of the Macleigh-Holland home.

February is Heart Havens Month! We're delighted to share that our theme for 2017 is "Part of the Body." You can find out more on page 8 about our theme and when to look for Heart Havens Month resources, but I do want to encourage you to contact Sarah Wilkinson to schedule a visit from a Heart Havens speaker. We have so many stories to share!



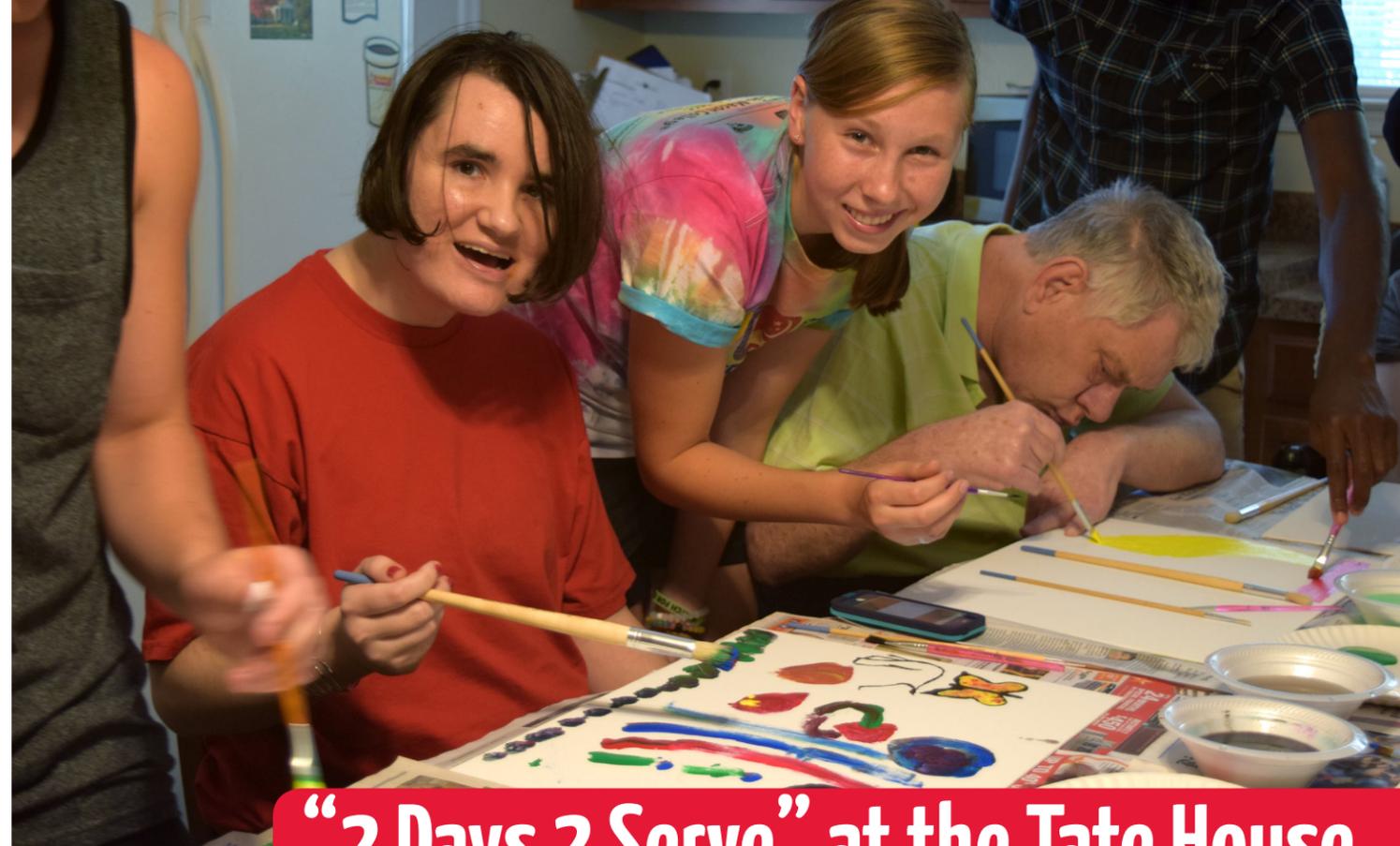
Danny, Jennifer, and Steve at our Saratoga home in Winchester.

Thank you again for your support of Heart Havens! As always, please feel free to contact us if you have any questions or if you'd like to schedule a speaker.

Warm regards,

Jennifer Boyden

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



"2 Days 2 Serve" at the Tate House



Barry drew the sun with sidewalk chalk, since it was a hot day. See a video from this event on our Youtube channel!

We were delighted to welcome the youth and leadership of the "2 Days 2 Serve" event to the Tate house in July! The "2 Days 2 Serve" event was held at Randolph-Macon College and was put on by the Office of Clergy Excellence of the Virginia Conference of the United Methodist Church. The event featured several service experiences to help the youth discern their callings, whether to ministry or something else.

At Heart Havens, the youth came to the Tate house where they shared a time of art and music with the residents of Tate, Mary Beth Graff, and Garber Morris. The event opened with a lively sing-along, where Ronnie led the perennial favorite "Jesus Loves Me," and Sandra clapped and danced in her chair. Everyone then moved into the kitchen, where the youth worked with Heart Havens residents to paint pictures for their rooms. Lilli loved painting with all the different colors, while Luke had a great time with the young ladies who painted his football-themed picture!

As people finished painting, they were also able to decorate the driveway with sidewalk chalk, which brought the event to a very cheerful conclusion. We're so thankful we could be part of this!



Lisa and Christina enjoyed walking on the beach together several times this summer.

Summer Fun at the Beach

For many people, summer isn't summer without a trip to the beach. Whether it's watching the sea birds, standing in the surf, or building a sand castle, many people love all sorts of beach activities. The people Heart Havens supports are no different; they love the beach, too! Many Heart Havens residents were able to spend some time with the sand and waves this summer.

“The sand and the ocean felt so good! We went in some really neat shops and ate some good food.”

The ladies of our Rappahannock home in Kilmarnock were very excited to make their trip to Virginia Beach, as the beach is easily their favorite place to spend time away from home. Barbara loved feeling the sea breeze on her face. Jennifer and Diane walked down the beach together, and loved feeling the sand between their toes and watching the seagulls and other birds run around in the

surf. Mary is always fascinated by the waves of the ocean, and loved just sitting and watching the tide come in. All

four ladies were also very excited to visit a neat seaside park with statues of different ocean animals and then go out for a special seafood dinner while they were there.

Our Bonnie home in Stuarts Draft also made a special trip to Virginia Beach, after careful deliberation over where to take their summer trip. They were excited to spend time in such a different environment than their home in the mountains of the Shenandoah Valley!

For Polly, the trip was extra special, as she had never walked in sand before. She loved feeling it between her toes and how

she left footprints as she walked, and watching the surf come up around her ankles.

“The sand and the ocean felt so good! We went in some really neat shops and ate some good food,” said Polly.

Another highlight from the Bonnie house trip was the Virginia Aquarium. Everyone marveled at the huge tanks of colorful fish, sharks, and coral. Jean and Elizabeth were over the moon at the touch tank, where they were able to touch small rays and horseshoe crabs.

Naturally, our Macleigh-Holland house in Virginia Beach spent a good bit of time at the ocean front this summer. They had several picnics at the beach, and everyone enjoyed walking on the beach and seeing all the people swimming, surfing, and fishing. Lisa always laughed as she tried to dodge the surf, and then loved it when she finally got her feet wet. Melissa and Christina were especially excited to pick up

sea shells.

“I love finding seashells! Big shells, small shells, I love them all,” said Melissa.

“Trips to the beach might seem silly or like luxuries, but at Heart Havens, we believe in empowering people to do what they want to do; if that's a trip to the beach, then that's what we're going to find a way to make happen,” said Heart Havens Chief Operations Officer Brenda Sasser. “Having a disability doesn't mean that someone doesn't enjoy the beach.”

Program Director Cindy Gwinn echoed Sasser's comments. “The people that Heart Havens supports want a life as close to yours or mine as possible, and that includes trips to see other places and have new experiences. It's wonderful that everyone had such a good time at the beach this summer. Many people are still talking about it!”

On the cover: Melissa enjoys a day at the beach.



Jean and Elizabeth loved the touch tank at the Virginia Aquarium.

Oak Grove UMC Steps Out for Heart Havens

Our friends at Oak Grove UMC in Chesapeake brought back their popular Step Out Oak Grove campaign to raise money for Heart Havens! This fun campaign challenged members of the congregation to get out and walk, jog, or bike during a set period in the spring and early summer. Some participants had friends and family support their efforts with contributions per mile, and many members of the congregation made a donation based on the total number of miles reported by all the participants.

At the start of the campaign, Oak Grove set a goal for a total of 2500 miles. This year, the participants accomplished that goal and then some— they closed out with 3820 miles logged! With the donations people made to support the walkers, joggers, and bikers, this turned into a more than \$1500 gift for Heart Havens and our mission of empowerment. Thanks, Oak Grove!



Some of the participants of Step Out Oak Grove show off their miles. The campaign exceeded its goal of 2500 miles, and raised over \$1500 for Heart Havens!

Want to do a step out campaign at your church, but need some help to get started? Give us a call!

Harvest Festival Fun at the Bonnie House



Elizabeth and Jean had a great time at the Grottoes Harvest Festival!

Elizabeth and Jean from our Bonnie home in Stuarts Draft had a great time recently at the Harvest Festival in Grottoes! They had a great time walking around and seeing all the vendors. There was an antique car and truck show that they both really enjoyed, and another vendor had a miniature pony!

Jean was especially fond of the jewelry vendors, as she loves to accessorize her outfits. She also enjoyed seeing several friends and neighbors as they strolled through the festival.

Elizabeth loved striking up conversations with the different vendors and learning about the products they were selling. She also got to learn about the process of restoring some of the antique cars in the car show by talking to the owners.

Both Jean and Elizabeth finished up their day at the festival with some freshly squeezed lemonade, which was the perfect ending to a great day at a hometown festival!



Fun With Golf in Winchester

This year, the Winchester District United Methodist Men celebrated the twentieth anniversary of the Bill Owen Memorial Golf Tournament! This fun day of golf supports Heart Havens and other UMM ministries, and we love being a part of it every year. This year featured a new venue, and more golfers than previous years. The guys from our Saratoga house were of course in attendance, and loving it! Danny drove the refreshment cart with his brother, and then later got in some practice time on the putting green. Steven made the rounds and visited with his many friends in the Winchester UMM, and especially enjoyed the buffet lunch in the club house. Charles liked looking at the beautiful golf club scenery.

We're so thankful for the support of our United Methodist Men friends in the Winchester District!

We Have a New Website!



If you've been to www.hearthavens.org lately, you might have noticed a big change-- we have a new website! Thanks to **The Scylla Group** in Winchester, the Heart Havens website has a fresh new look with easier navigation. We were delighted to honor The Scylla Group for this generous gift with a special reception in September at the Saratoga house. We would like to especially thank Mark Drake, who reached out to us about this partnership. Thank you, Scylla Group!

Stay connected with us!

Join us on social media for year-round updates, photos, and videos of all the wonderful things the people we support are up to!



facebook.com/heart.havens



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Upcoming Heart Havens Events

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 29

Giving Tuesday

Giving Tuesday is a global day of giving, fueled by the power of social media.

This year, SIL Insurance Agency and the Heart Havens Board of Directors are matching the first \$1000 in gifts Heart Havens receives on Giving Tuesday! You can

participate by giving through any of Heart Havens' donation options. After you've made your gift, post about it to social media to encourage your friends to participate, too!

Heart Havens Month

Join us in celebrating our mission of empowerment and inclusion by observing Heart Havens Month in February! The theme this year is "Part of the Body," after 1 Corinthians 12:12-27. **Pastors of United Methodist churches will receive resources electronically in November and in hard copy in January.** If you would like to schedule a Heart Havens speaker to visit your congregation or small group during February, please call our office; we'd love to come!

If you are not a United Methodist pastor but would still like to be part of our Heart Havens Month mailing list, please contact Sarah Wilkinson at (877) 442-8368.



February 2017