



# Newsletter

## Fall 2018

### Ending Homelessness One Family and One Child at a Time

#### From the Director's Desk:

“A single arrow is easily broken, but not ten in a bundle.” This insightful Japanese proverb rings true when used as a metaphor for the families at Deep Roots. It could not be more true that by uniting and coming together, we can be so much stronger and accomplish so much more. We see it often: family after family arriving at Deep Roots. Broken, heart-broken, hopeless, exhausted, afraid. We see families unable to move forward, often at the point of giving up. But they made it here, to Deep Roots. They made it to the loving arms of a community created to see them through this darkness. Little by little, a glimmer of hope begins to emerge.

Little by little, trust is formed. Little by little, bodies and, soon, souls are replenished. Families unite with us, with our volunteers and staff, with other families at Deep Roots, with support services in the community. And, amazingly, what was once alone, weak, and isolated, is now bound together with a small army of support, hope, resourcefulness, and love.

It is a powerful lesson for any of us to learn—when we bind ourselves to something stronger and bigger than ourselves, something headed in the “right” direction, we find that what was once broken, is now on its way to being unbreakable!

- Ola Boswell, Executive Director



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Deep Roots at Clairvaux Farm is a shelter for homeless families with children. We offer transitional housing and a program to break the cycle of homelessness. So far this year, Deep Roots has provided Over 18,500 meals and over 8,000 bed nights.

# Composting for the Future

By Athena Bradley, Northeast Recycling Council, Inc.

Deep Roots is embarking on a new adventure! We are going to be starting food-waste and garden-trimmings composting!

My name is Athena Lee Bradley and I am with the Northeast Recycling Council. I've been working with Jessica Stone, Deep Roots' Children's Program Coordinator, and other Deep Roots staff to plan for this exciting undertaking. My office is based in Vermont and I've made several site visits to Deep Roots to help get this project started. I am working in Cecil County through a USDA grant to provide training and assistance in developing composting projects.

Through this grant, I purchased a "tumbler" for Deep Roots to compost food scraps. A tumbler is an enclosed bin that will provide rapid decomposition of food scraps, with limited odor and vermin concerns. Also with this grant, I purchased supplies for construction of a Pallet Compost Bin for composting garden-trimmings.

During one of my summer visits to Deep Roots, I worked with staff and resident children, along with Master Gardener, Tom Hannum, to construct a pallet compost bin. Mr. Hannum graciously brought his tools and guided the youth through the construction process. The children embraced the undertaking and by the end of the afternoon, the pallet compost bin was completed! Mr. Hannum brought along some of his finished compost and his homemade screener to sift the compost. The youth took turns screening the compost. We also discussed how Deep Roots will turn its food scraps and garden trimmings into compost for use in the Deep Roots garden. The next day, Ms. Stone and I worked with several youth to remove weeds and garden trimmings from the raised beds in the garden for composting in the new pallet bin.

The next steps involved several more onsite meetings with Deep Roots staff including Kitchen Manager, Tammi Hagan, to discuss the initial collection of food preparation scraps for composting and also Eileen Ondra, Case Manager, about integrating composting tasks into resident duties.

Stay tuned for more updates on our new adventure into composting!



## A Call for the Holidays

Once again, Deep Roots is gearing up to provide those in and around our community with support for the holidays. As always, we couldn't do this without you!

Thanksgiving and Christmas Baskets provide holiday meals and joy to families who might otherwise go without. Last year, with the help of individuals and organizations both near and far, Deep Roots was able to distribute baskets to over 90 families in need. Thank you! The average cost per basket is \$50. We gratefully accept monetary or food donations—such as turkeys, hams, yams, and more!

In addition, Deep Roots hosts a Christmas "Adopt A Family" program. Last year, with the help of our extended community, 45 families—consisting of 117 children and 20 adults—were provided with Christmas gifts. Please call or email our Administrator, Lori Goldsmith, to adopt a family this Christmas. [Lori@deeprootsinc.org](mailto:Lori@deeprootsinc.org) or (410) 275-2194

# Thank You to Our Donors!

We want our donors to know how much they do for Deep Roots. You literally keep the lights on, you put food on our table, you provide transportation costs to take parents to work or on family fieldtrips. The list goes on and on but the essence is that we couldn't survive without you. Thank you so much! Many people think that we are a government organization, but we are not. Deep Roots is an independent non profit, relying on your kindness and generosity. Providing for a child costs Deep Roots approximately \$5 per day. Would you be able to help provide for a Deep Roots child for a month, \$155; for six months, \$930; for a year, \$1,825? What about a family with four children for a year, \$7,300? Your support makes a lifetime of difference. We welcome visits and visitors and would love to give you a tour anytime!



## Early Childhood Services with Tracy Stoner

*By Eileen Ondra, Deep Roots Case Manager*

Tracy Stoner, pictured in action below with a Deep Roots family, volunteers with families of infants and young children to provide guidance and suggestions for early childhood development. Tracy's hands-on approach with babies often includes walking games and assistance. Tracy is also the spouse of Chuck Stoner (an active Deep Roots Board Member and volunteer), and mother of two grown children, ages 22 and 25. She served 28 years as a professional Pediatric Physical Therapist. Tracy recognized the need for support services like hers, and has stepped up and into the lives of several Deep Roots families – including alumni families in our Outreach program that have moved offsite into their own housing.

Tracy works with children ages birth through 18 months at Deep Roots, helping families while the child is learning rolling, sitting, crawling, standing and walking skills. One strategy she uses is providing support to babies with emerging walking skills by using a towel. The towel serves to help the child and also to protect the parent's back from bending over too far. Tracy recommends that children not use shoes, until they are walking independently, and then to use soft, flexible shoes to protect feet when outside. Also, sandals that are open-toed, should be avoided. Tracy says there are many strategies, but it really depends on the specific needs of the individual child.

To best target the needs of our youngest residents, Deep Root's staff also coordinates with Cecil County Public School, The Judy Center, MRDC Head Start, Early Childhood Advisory Council, and the Abilities Network for additional children's support services. Providers work to connect parents of young children to resources, demonstrate play time for parents and children, and teach parents to "set limits" for young children.

Thank you so much to Tracy and all our community partners and volunteers, who assist our parents in creating a brighter future for their families!



## *Ending Homelessness One Family and One Child at a Time*

In addition to serving as a homeless shelter for children and families in the community, Deep Roots strives to break the generational cycle of homelessness. Our program encourages children and their parents to envision a brighter future, to sustain healthy relationships, and to navigate a course towards personal and social responsibility. Through better life experiences, with mentors, and by providing healthy life-models, education, and supports, Deep Roots seeks to show our families that homelessness is not destiny. Ending poverty and homelessness begins with the building of community, relationships, and in genuine human meeting – beyond barriers of race, class, and religion. Community enriches all our lives, and the lives of our children; it lays the foundation for the gentle and peaceable world we long for: One in which the violence of poverty and homelessness have no more place...

### *Wildlife at Deep Roots*

*Pictures and Text by Jessica Stone, Deep Roots Children's Program Coordinator*



To observe wildlife, you just have to be at the right place at the right time. If you visit Deep Roots, take a moment to look up to the trees and listen to the sounds of nature. With birds alone, you are likely to see Northern Cardinals, Chickadees, Goldfinches, Woodpeckers, Wild Turkey, Osprey and Bald Eagles, to name a few! Pictured here are two of my favorites, an Indigo Bunting and a Red-Bellied Woodpecker. Not only will you be in wonder of the avian species here, you might also catch sight of a quiet deer leaping through the woods. Perhaps even a quick fox darting across the grass. Frogs, butterflies and dragonflies (did you know there are different types?) are a few of the smaller creatures to be seen. You may not be a resident at Deep Roots, but to me it's obvious, when you visit us, you are at the right place, at the right time.

*Did you know....?* That donating money to Deep Roots is as easy as shopping with **Amazon Smile**? Amazon donates 0.5% of your Amazon Smile purchases to Deep Roots when you shop at **smile.amazon.com**. Designate "Deep Roots Inc." as your charity of choice!

**Please send checks to:**  
Deep Roots, Inc. P.O. Box 113  
Earleville, MD 21919  
or to donate online, please visit the Donate page on our website:  
**www.deeprootsinc.org**

Deep Roots is tremendously grateful for all your contributions—*thank you!* In addition to monetary, food, and goods donations, we are still in dire need of a reliable **Commuter Car** to help us affordably transport our residents to jobs and appointments of all kinds. All donations are tax deductible. Please call or email us at: **(410)275-2194** or **info@deeprootsinc.org**