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Newsletter



We Wish You a Merry Christmas!

Winter 2020

Ending Homelessness One Family and One Child at a Time

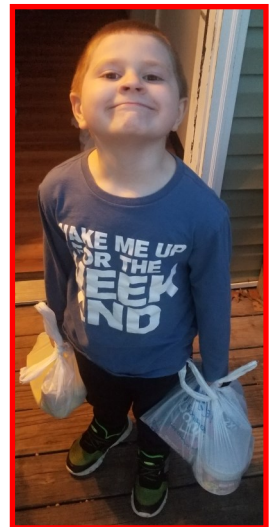
From the Director's Desk

“We find these joys to be self-evident: That all children are created whole, endowed with innate intelligence, with dignity and wonder, worthy of respect... children are original blessings, here to learn their own song. Every girl and every boy is entitled to love, to dream and belong to a loving ‘village.’ And to pursue a life of purpose.” — **Raffi Cavoukian**

A loving village... A beloved proverb states “it takes a village to raise a child.” At Deep Roots, we see – on a daily basis – the impact our village has on children and families, and what an important, essential role the support of the community plays in the lives of those who need a little help. As this year comes to a close, we hope you find time to enjoy the season.

Merry Christmas and Happy New Year from Deep Roots!

- Ola Boswell, Executive Director



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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...

Kids Corner — Christmas Wishlist for a Better World

If you could have one Christmas wish to make the world a better place, but it has to be something that costs NO money, what would it be?

I wish for the
Covid pandemic
to end.

-Kyle B., Age 11

I wish for there to
be more owls.

-Brantley H., Age 7

I wish for
LOVE!

-K, Age 9

I wish for a rainbow
big enough for the
whole world to see!

-Adrianna H.,
Age 9

I wish for drug
addiction to end.

-Kya B., Age 12

I wish my sister
was relieved from
cancer.

-L's Mother

I wish Jamaica would have
snow, and that I will never get
old!

I also wish I could fly because
then I could see around the
world and if I needed to walk
somewhere, I could fly!

-L, Age 7

I wish for ALL of
racism to become non
existent! I wish for
everyone to have a
family to spend the
holidays with.

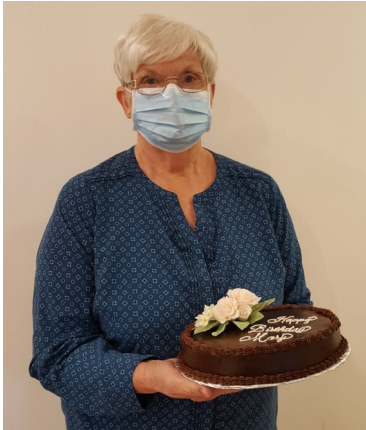
-Amanda S., Parent

Would you be interested in becoming a Deep Roots volunteer?

Please email our Volunteer Coordinator at volunteer@deeprrootsinc.org for additional information.

The Cake Maker

Deep Roots Volunteer, Martha Jarrell by Kelsey Eastman



Most of us celebrate our birthdays and those of our children. For Martha Jarrell, birthday celebrations, especially those of young children - whose parents want to celebrate and document every milestone - are particularly important. When Martha's three children were little, she was always left feeling dissatisfied with one of the most iconic parts of a birthday celebration - the birthday cake. Every year, she would begrudgingly spend money on birthday cakes from the bakery. One day, she decided that she could try to make her own. And so Martha enrolled in an Adult Education class for baking, and began practicing. Most of what she learned about making birthday cakes however, she credits to ICES - the International Cake Exploration Society. Once she joined ICES, she was provided with incredible trainings, classes, and attendance at their yearly conventions taking place in different cities each year. Soon, Martha opened her own cake and candy supply store (also beer and wine, but we can leave that out lol). Through the store, she provided any cake-making supplies you can imagine, and she even offered cake-making classes for people in the community. When she retired, Martha sold her store and, although her store never baked or sold cakes, she always has and still continues to make cakes for friends and family. One day, Martha's daughter, our Deep Roots printing vendor, told her about Deep Roots, and Martha began volunteering for Deep Roots nearly a year ago. While Martha helps us out in a variety of ways, including general office tasks, she soon found her niche: Baking beautiful birthday cakes for every child at Deep Roots on their birthday. Her cakes bring much joy and happiness to the children, and we could not be more thankful for the joy she brings to these children's lives. After all, as we all know, the most iconic part of a birthday is the birthday cake!



A Deep Roots Success Story:

Meet former residents Pamela & baby Nevaeh by Eileen Ondra

Pamela and baby Nevaeh came to Deep Roots in June of 2020, in the midst of the pandemic. Pamela had a background in drug addiction, living on the streets, and time spent in rehabilitation programs. Her daughter Nevaeh was 3 months old at the time. At first Pamela was distrustful of the Deep Roots staff and kept to herself. Gradually, as she learned to trust the staff, she became more open and began learning strategies to communicate more effectively. Pamela was also involved with Case Managers from the Cecil County Department of Social Services (DSS). Together, Deep Roots and DSS worked to place Pamela into housing. Calls were made to local landlords and an opening came up for an apartment on a fixed transit bus stop, across from a daycare, and just down the street from Pam's recovery clinic. With our support, the landlord allowed Pam to obtain housing first, before getting a job. Through grant support and rapid rehousing funds, Deep Roots was able to pay for Pamela's security deposit and several months' rent. In November 2020, and by working diligently through our employment program, Pam obtained a job in her neighborhood and has found childcare at a daycare center right across the street. We continue to help Pam with resources for clothing, diapers, and food, until she gets back on her feet. Also, Pam has become an avid local transit user as well as applied for the Taxi Voucher program which helps pay for one half of a taxi ride, until she can get her license and purchase a car. We tell Pam everyday how proud of her we are, as Pam does not have family who tells her those words. Pam beams all over and says how thankful she is for all the assistance she has received. Pam is a person who had been on the streets or in programs for over ten years and we are celebrating her success and her being on her own for the first time! Congratulations, Pam!



Stress Less — Helping Our Kids

Contributed by Deep Roots Volunteer, Frieda Metwally, MA Child & Family Development



Grown ups aren't the only ones who experience stress and anxiety. Our children can pick up on our feelings, our worries, and our frustrations. In these unsettled and unsettling times, our children can become unintended carriers of our stress. The good news? We can learn to recognize and reduce stress in our children: Is your child having trouble sleeping? Does he/she seem angry, irritable, or tense? Are you seeing unusual behaviors? Crying fits or temper tantrums? Difficulty concentrating? What about headaches, tummy aches, fatigue, or loss of appetite? Any sustained unusual behavior in your child is likely caused by stress. Children often feel powerless over their world. We can help them understand their feelings, and let them know that "it's okay." Here are some other concrete things we can do:

- * Answer their questions and talk about their worries and concerns – age appropriately.
- * Create a bedtime routine to help them get a good night's sleep.

* Help them feel in control of their lives with a consistent and predictable daily schedule.

- * Spend quality time together: Go for walks, play games, read together, work on a hobby, etc. Let them know you love them with all your heart and will always protect them.
- * If symptoms and behaviors persist, talk to your child's doctor to make sure to get the care he/she needs to continue growing up strong and healthy in every way.

And - finally - one of the most important things you can do for your child:

- * Take care of yourself, and find ways to reduce your own stress.

Be safe, be well, be healthy!



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***We are a United Way of Cecil County Partner Agency**

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www.deeproootsinc.org

Deep Roots is extremely grateful for all your contributions—*thank you!* In addition to monetary, food, and goods donations, please check out our *Current Needs List* on our website at deeproootsinc.org/ongoing-needs. Donations are tax deductible. Please call or email us at: (410) 275-2194 or info@deeproootsinc.org for additional information.