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# Newsletter

*Spring 2021*

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

## *From the Director's Desk*

Families are everywhere! Most of us belong to at least one family, if not to multiple families. Families come in many different forms and configurations including large, small, nuclear, single-parent, blended, and even “chosen” family. Typically, families provide support and help to meet basic needs for those family members who — for whatever reasons — cannot provide for themselves. Oftentimes for the families that come to Deep Roots, there is no available family support network to speak of. The good news is that Deep Roots clients — like Deep Roots donors, staff, volunteers, and supporters — are forever part of the Deep Roots family. Our program provides additional supports and safety nets needed for homeless families to continue moving forward. The Deep Roots community is an extended family for those in need of extra help. We do this first by providing for basic needs such as safety, food, and shelter. From there we provide other supports ranging from an employment program for parents, children’s programming, a rehousing program, and more to help families recover from the trauma of homelessness. On top of that, we currently give ongoing supports to more than 300 active alumni individuals. These

services range from case management, rental assistance, eviction prevention, mediation, employment program support, educational programming, family fieldtrips, events, Christmas gift adoptions, resource referrals, and more. Deep Roots has been changing lives and successfully ending homeless for the last 8 years. We are proud of our success, and are blessed to represent the extended family of the Deep Roots community. Thank you for your support!

*- 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 — Would You Rather?

Leo listens to his big brothers, Braden and Jacob, answer Springtime questions



*Would you rather jump in a BIG puddle of mud or rainwater?*

Jacob: Rainwater

Brayden: Rainwater

*Would you rather plant a garden full of vegetables or a garden full of flowers?*

Jacob: Flowers

Brayden: Veggies, so I can grow strong when I'm 53.

*Would you rather dig in the garden for worms or search a pond for tadpoles?*

Jacob: Tadpoles

Brayden: Search in the garden for worms so I can go fishing.

*Would you rather fly like a butterfly or jump as fast and far as a bunny?*

Jacob: Jump like a bunny

Brayden: Fly as high as a butterfly, it can fly all the way to Mexico!

*Would you rather raise a caterpillar to a butterfly or raise a tadpole to a frog?*

Jacob: Raise a tadpole to a frog

Brayden: Raise a caterpillar to a butterfly.

*Would you rather play in the rain or play in a snowstorm?*

Jacob: Snow

Brayden: Play in a snowstorm because I like making snowmen!

*Would you rather live as a butterfly or live as a caterpillar?*

Jacob: Butterfly

Brayden: Caterpillar so I can grow into a butterfly.

*Would you rather live in a bird's nest or live in a beehive?*

Jacob: Nest

Brayden: Bee hive, I'd like to get flower nectar into the hive.

*Would you rather have to eat nuts like a squirrel or eat bugs like a baby bird?*

Jacob and Brayden: Eat nuts like a squirrel.

*Would you rather have a pet baby chick or a pet baby bunny?*

Jacob: Baby bunny

Brayden: Baby chick, because I like the birds flying and I like taking care of them.

*Would you rather spend the day climbing trees or spend the day flying kites?*

Jacob: none of them

Brayden: Spend the day swingin' in the trees.

*Would you rather spend recess on a rainy day, inside school or outside playing in the rain?*

Jacob: Playing in the rain.

Brayden: Inside, because I don't wanna get myself wet.

*Would you rather make mud pies or bake apple pies?*

Jacob: Apple pie - duh

Brayden: Apple pies, mud pies not everyone likes.

[www.kitchencounterchronicle.com](http://www.kitchencounterchronicle.com)



**Would you be interested in becoming a Deep Roots volunteer?**

Please email [volunteer@deeprootsinc.org](mailto:volunteer@deeprootsinc.org) for additional information.



# Full Circle

By Deep Roots Volunteer, Rachael Klevis



It was the early 90s when my family came to Clairvaux Farm, the property and location now owned by Deep Roots. I was about to start elementary school and too young at the time to know the details surrounding our situation. After living a while in the Big White House, as I knew it, my family was able to rent a house a few miles away. My mom, who was a very active resident at The Farm, ended up getting a job as one of the coordinators and began to assist families in the same way we had been assisted; helping them to find jobs, housing and resources to be independent. As a kid, The Farm felt like a cross between a summer camp and a loving commune. There were tons of kids to play with, bikes to ride, space to roam, woods to explore, work groups to bother and lots of people from different cultures and backgrounds (who weren't afraid to tell your mom if they saw you acting up). It was here that I learned to tie my shoes, ride a bike, shuck corn and sing church songs in the little chapel at the back. I am blessed to say that I have lasting memories and friendships from my time there. As I got older I was able to see The Farm in a different light; a place of refuge, sanctuary and new beginnings for families who just needed a little time and help to get back on their feet. I'm sure it wasn't easy for my parents but it was the step up that they needed. Despite the ups and downs my family was able to combat the cycle of poverty that is all too familiar. My sister and I became the first generation of our family to finish college and own a home.

Looking back I can think of all the people that volunteered their time at The Farm to help others and keep things running smoothly. There was always work to be done, from cooking, maintenance, grounds keeping, donation sorting, transportation, mentoring, and so much more. It was through their hard work and dedication that families like mine and so many more were able to receive the help they needed. As a volunteer, I hope to be a part of that work, whether it is making a meal, giving a ride or helping in the garden. In a world that finds it so easy to knock others down, I want to be a part of something that lifts people up. I am grateful for the opportunity to give back to a community that helped raise me and I look forward to making new friends at Deep Roots.

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## Live from Deep Roots:

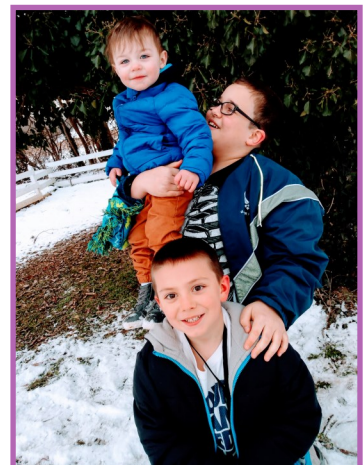
*Resident parents, Becca & Justin, in their own words...*

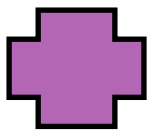
### **Five Hearts from Different Places, One Fortunate Family by Becca (Mom)**

Through rough times, together and apart— we have kept truckin' forward by remembering that we are in fact fortunate. It's easy to forget what to keep a sight on when it seems like all hopes are lost. Although, I'm so grateful this family didn't lose sight. We focused on a much better tomorrow, and sure enough, one day, we received a very welcoming call. Every day since, we have built plentiful relationships with staff and residents here at Deep Roots. With the help of Case Management, staff, donations and being motivated- or as I call it being "gracefully stubborn", we are now much more complete. A blessing like Deep Roots allows us to be able to focus more on our family's happiness and independence. The word "independence" has made all of us think one time or another. For our family the one thing that comes to mind when we hear that word has been for the longest time "we need a car!". For many, having a vehicle is one of their very first independent moves- a move that can take you anywhere and we are no different. Donations and Deep Roots have shown us that good things do come your way. The belief that good things do come your way doesn't feel so difficult to come by these days. The hardest thing to believe, these days, is just how quickly those good things came and persisted. We now have that independence on four wheels, we now have the freedom to do better for our family. We know we have lots to be grateful for, with more to look forward to.

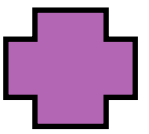
### **Our Story by Justin (Dad)**

In the Fall of 2020 our family of five became homeless. We were forced to live in a tent, due to loss of work. For a while we were hopeless, until we heard about Deep Roots. Once Deep Roots accepted us, our luck began to change. Our family of five is now looking forward to the future rather than huddled in a tent scared, living day to day. The staff here at Deep Roots are very helpful, and caring. With their support and guidance we have had multiple extraordinary things happen. With the help of Case management and other staff members, we now have a vehicle and a very promising lead on permanent housing. Because of Deep Roots we are now a much happier and prosperous family. Thank you Deep Roots staff for believing in us and being here for everyone.





# Bon Appetit: Helping Our Kids Eat Healthier



Did you ever think about using reverse psychology to encourage kids to eat healthier? Such as saying, “Only grown-ups get to eat this salad?” Getting kids to eat healthy foods and snacks can be a challenge riddled with constant temptations for junk food, exposure to advertising for empty-calorie snacks, sugary cereals, processed foods, candy, etc. There is an established link between poverty and increased intake of processed foods. Grocery stores keep candy and other junky snacks near the check-out counter for a reason. Our busy lives are filled with many priorities, and fast-food chain stores are on every corner. Deep Roots is proud to provide families with wholesome meals, including locally grown produce! Families at Deep Roots are given the chance to participate in many aspects of meal preparation — including opportunities in our onsite garden and greenhouse or in our commercial kitchen and dining hall. Deep Roots children love to help out in the garden as well, but getting them to eat their fruits and veggies sometimes takes creativity. For example:



Hide veggies and other ingredients in smoothies, or pair them with healthy dips

Minimize access to unhealthy snacks. Better yet, don't keep them in the house at all!

Keep healthy, fun, and ready-to-eat snacks on hand and accessible to your kids: popcorn, fresh fruits – cut up and ready to go, carrot or celery sticks, cherry tomatoes, healthy trail mix, and so much more.

Limit your child's intake of sugary drinks and sodas. Or try making homemade fruit soda with juice & club soda.

Encourage your child to drink water instead

Make a big deal of trying new foods, and introduce them gradually over time. If at first you don't succeed, wait a few weeks and try again.

For picky eaters, try a “one bite” rule, and be sure to praise the effort!



Try using reverse psychology: “Only grown-ups get to eat this salad...!”

Praise your child whenever he/she makes a healthy choice

Involve your kids in food preparation and meal planning, and make it a fun activity

Teach children to eat colors – create a “rainbow plate” with different colored foods

Power struggles over food, like insisting on a “clean” plate, often don't work well. Kids can be stubborn, and they don't care about “losing face.” Our children look to us for guidance – even when we don't think they're paying attention, so being a good role model when it comes to food may be one of the most important things you can do to help your child eat healthy.

**Got Stock?** For information on stock transfers or bequests to Deep Roots, please contact our office or visit the Donate page of our website for details... *Thank you for your support!*

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

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 Deep Roots, Inc. P.O. Box 113  
 Earleville, MD 21919  
 or to donate online, please visit the Donate page on our website:  
**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](http://deeproootsinc.org/ongoing-needs). Donations are tax deductible. Please call or email us at: (410) 275-2194 or [info@deeproootsinc.org](mailto:info@deeproootsinc.org) for additional information.