



P.O. Box 113, Earleville, Maryland 21919 (410) 275-2194
info@deeproootsinc.org Visit us online at deeproootsinc.org

Newsletter

Fall 2021

Ending Homelessness One Family and One Child at a Time

From the Director's Desk

“Most big transformations come about from the hundreds of tiny, almost imperceptible, steps we take along the way” (Lori Gottlieb, Author). Deep Roots is proud to provide the space, time, and supports needed for homeless families to make life-changing transformations; transformations that will impact their family for generations to come!

Ola Boswell, Executive Director

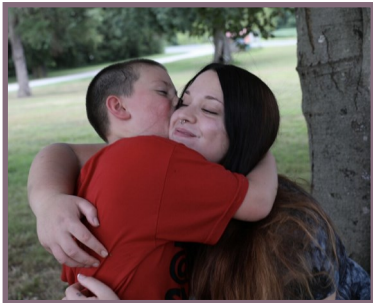


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Ending Homelessness One Family and One Child at a Time

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...

Resident Poet: KB (24 years old)

We hope you enjoy this profound and brilliant poem submitted by a current Deep Roots resident

*King Midas jumped over the lazy fox.
Before he got a chance to reach the fox,
he came across an apple.
Picking up the apple, he turned it into gold.
Biting into the apple, he broke a rotten tooth.
“What am I going to do now?”
- Xoxoxo*

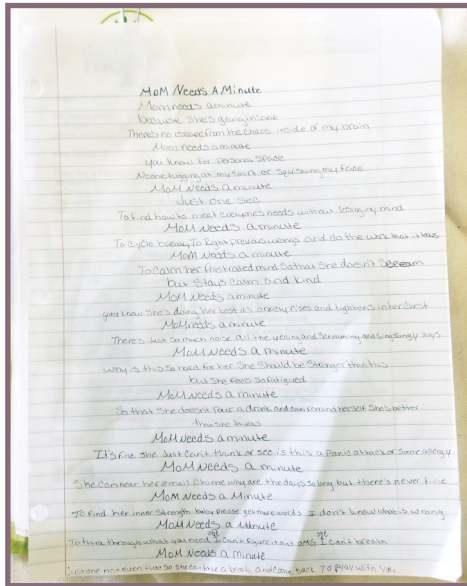


Would you be interested in becoming a Deep Roots volunteer?

Please email volunteer@deeproofsinc.org for additional information.

Resident Poet: JR (34 years old)

It is easy to relate to this Deep Roots resident mother's relatable sentiment in her charming poem below



Mom Needs a Minute

*Mom needs a minute
Because she's going insane
There's no escape from the chaos inside of my brain
Mom needs a minute
You know for personal space
No one tugging at my shirt or squishing my face
Mom needs a minute
Just one sec
To find how to meet everyone's needs without losing my mind
Mom needs a minute
To cycle break, to right previous wrongs and do the work that it takes
Mom needs a minute
To calm her frustrated mind so that she doesn't scream
but stays calm and kind
Mom needs a minute
you know she's doing her best as anxiety rises and tightens in her chest
Mom needs a minute
There's just so much noise all the yelling and screaming and singsongy toys
Mom needs a minute
Why is this so hard for her she should be stronger than this
but she feels so fatigued
Mom needs a minute
So that she doesn't pour a drink and can remind herself she's better
than she thinks
Mom needs a minute
It's fine she just can't think or see is this a panic attack or some allergy
Mom needs a minute
She can hear her email chime why are the days so long but there's never time
Mom needs a minute
To find her inner strength baby please get more words I don't know what is wrong
Mom needs a minute
To think through what you need she can't figure it out OMG she can't breathe
Mom needs a minute
Just one not even two so she can take a breath and come back to play with you*

Yoga in the Chapel



Talk about a power couple! Volunteer team, husband and wife Beckie and Michael, have worn many hats at Deep Roots ranging from mentoring to grounds keeping. But for the last year, Beckie has engaged the Deep Roots families via her professional expertise as a certified yoga instructor for adults. Beckie has come to the Deep Roots chapel weekly offering an afternoon yoga class for moms and dads, as well as leading the children in mindful breathing activities. The mindful breathing activities for the kids have been both indoors and outdoors, including outdoor trail walks and nature explorations. Fun!!!!



To the Ball Game!

With thanks to Dippold Marble and Granite, our families were treated to a luxury suite at Frawley Stadium on a beautiful Friday evening. The sunset over the ballfield was a picturesque setting and added to the overall perfect outing. Our Deep Roots kids and their parents enjoyed an evening of Wilmington Blue Rocks baseball and postgame fireworks! Several of the children and parents had never attended a baseball game before, so it was a night of firsts for many. They got to experience America's favorite pastime and created lasting memories.



Staff: What was your favorite part of the ballgame?
William (age 12): It starts with E and ends with G...
Staff: Eating?

William: No, EVERYTHING!!!

Wow! We thought the Chickie and Pete's Crab Fries, Hot Dogs, Chicken Tenders, and Cookies for dessert would have been his first choice! However, William was wise enough to remember the bigger picture. Words of wisdom from a 12 year old. We loved our baseball field trip, and even though the Blue Rocks didn't win the game, Deep Roots felt like winners!



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

Please send checks to:
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Earleville, MD 21919
or to donate online, please visit the Donate page on our website:
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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.