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# Headwaters

RELIEF ORGANIZATION

## Quarterly Newsletter

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May-August 2020

### The COVID-19 pandemic and our updates

The beginning of 2020 has reminded us that despite all of the advances of modern science and technology, we are vulnerable. Within a span of a few months COVID-19, a Coronavirus infection managed to spread to more than 188 countries and regions, with more than 670,000 confirmed deaths through the end of July (Johns Hopkins).

The impact of the disease has been universal. No race, gender, or socioeconomic group is exempt from the burden. While families are struggling to take care of their frail and elderly and managing to home school their children, nations are straining to save their economies from recessions, their health care systems from collapsing.

There are many unanswered questions about the virus, a global race for a vaccine, and the fear of second wave of infections. Although there are many attempts to politicize the pandemic, the best solution (as of today) is to follow simple principles of hygiene as well as practices of "safe" distancing and mask-wearing.

Headwaters Relief Organization has been with you every step of the way and will continue to be a strong supporter of sound public health measures. Our efforts to improve the general health of the public are stronger today than ever. We have created multiple opportunities to help you and your community and with the help of our volunteers, we will keep growing stronger, together!

Dr. Roshan Khatri  
Executive Director/Medical Director

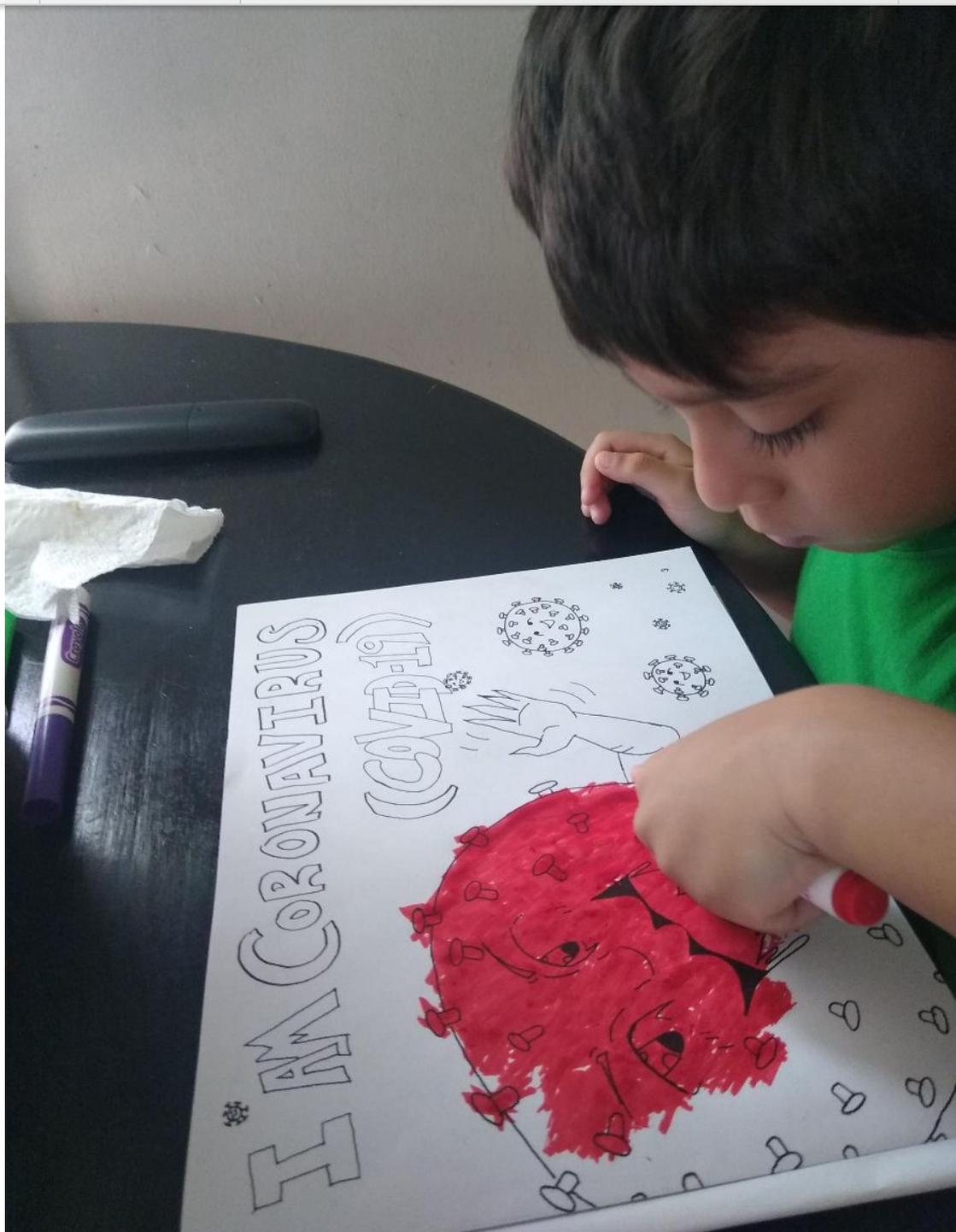


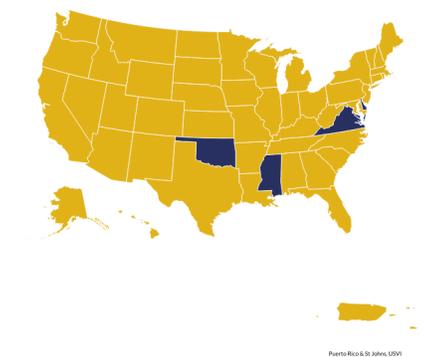


Photo Credit: A special thank you to one of our partner organizations "Way to Grow" who helped in distributing books to children and their families.

### When We All Stayed Home

Our coloring book was a huge success due to your support, donations, and all the children and families who requested our coloring book. Due to the generous donation by Dr. DelRae Messer, our board member, a team lead, and long-term volunteer, provided for the funding the printing of the coloring book for children. Another board member, Kathy Holz, and her daughter Nina and granddaughter Kayla came up with the idea of helping children at home during the pandemic and did all the artwork for the book. This book was unique for us in many ways. It was the first time we created a coloring book. We also asked for a donation. There were 5,000 books in the first printing, half of which were offered for a donation of \$5 each. For each donation of \$5.00, we were able to donate a book to another child/family, cover the cost of postage and pay it forward in printing a Spanish version of the book.

Because of your help, our books were able to reach 46 states, the District of Columbia, Puerto Rico and the US Virgin Islands and internationally to 4 countries. Due to the incredible generosity, we had many people donating multiple books which then multiplied what we could then donate. We had more books donated than purchased.

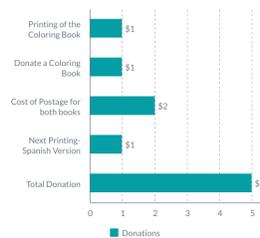


● When we all Stayed Home Books Distributed  
● No Books Distributed

Coloring Books Also Distributed to:  
Germany  
Greece  
Netherlands  
United Kingdom

Headwaters Relief Organization is a 501(c)3 non-profit organization

100% of your donation goes to support the projects and people we serve.



Our 100% promise that all proceeds will go to the programs we support held true. We used all the funds collected from the donations to print a second edition of the book. This time, we have translated the coloring book into Spanish. Our goal is to reach our Hispanic population, and friends and partners in Puerto Rico and South America.



### Our coloring book translated in Spanish

A special thank you to Elisabete Miranda, Alex Pereira, and Kelsey King for their work on the Spanish version of this book.

Our other efforts, **Mask Sewing, Phone Pal program, and Homeschool Assistance program** are still ongoing. Thank you, everyone, who made those beautiful and colorful face masks. We were able to distribute them to front line workers when there was a scarcity of masks in the market. Now with mandatory statewide mask requirements, it has been helpful to have a large supply.

Thank you all for helping us create opportunities to help families and our communities. A special note of thanks to our Headwaters team members who have been working day and night to create these opportunities. With your help and our volunteers, we will keep growing stronger, together!

**100% of your donation goes directly to those we serve.**

[DONATE NOW](#)

### Volunteer Highlight

Headwaters responded to help with efforts that would rebuild and restore our community. Our organization was founded on the principle of giving back to the community through acts of service. In response to the tragic events related to the death of George Floyd, our community volunteers helped with food and supply distribution in the Midway area of St. Paul.



We asked one of our volunteers to share his volunteer experience.

### **Tanner Papa**

Program Director  
Meridian Services

#### **What made this volunteer experience meaningful?**

*The volunteer event was during the mass protests following the police incident with George Floyd. During that time, I was doing my best to find ways to get involved by attending protests and the memorial, but I really didn't feel like I was doing my part to be a partner in such a large social justice movement. This event came at such a great time as I was able to be apart of something that was so positive for the community. Being there was so awesome. The coordinator was such a positive and powerful voice discussing how the work we were doing was going to help people in need. Completing volunteer events obviously shouldn't be about the self-gratitude you receive from it, but I definitely walked away feeling like my friends and I really helped be apart of a movement that made a difference during such a difficult time for our city and nation.*

#### **What were some of the activities you did?**

*There was such a wide variety of activities that were available. I chose the part of the runner. We primarily unloaded cars and brought the items to sorting rooms where they were packaged into dispensable bags.*

#### **What surprised you most about this volunteer experience?**

*When we got there I honestly thought there were too many volunteers; it was packed! However, once things got going there was an overload of support from the community with a constant flow of packed cars, trailers, and even busses with supplies. When pick up started, the tide shifted and the volunteers were outnumbered by the number of people dropping off and picking up items. Throughout all of that though, the setup was so well organized that things stayed efficient! So basically, what surprised me was the support from the community and volunteers as well as the organized setup that the volunteer organization running it had.*

***Are you interested in volunteering with us? Fill out the [volunteer interest form](#), and we will reach out to you with volunteer opportunities.***

## Welcome New Board Members

**Meet the newest members of the Headwaters Relief Organization Board of Directors.**

Welcome, Dr. DelRae Messer and Kelly Trolander.



Dr. DelRae Messer, DC is CEO of Free Life Global, a global health and wellness company committed to helping people transform their lives through nutrition solutions. DelRae has been extremely active at Headwaters, hosting multiple fundraising events, she has been a great support with our children's books Together Again, When Puerto Rico Shakes, and our coloring book about COVID-19, When We All Stayed Home. DelRae has responded to disasters in Puerto Rico, Texas, Iowa, and Nebraska.



Kelly Trolander's primary job is counseling and helping residents of Massachusetts who are in need. Kelly has also volunteered nationally as a disaster relief worker for Headwaters Relief Organization. She began volunteering after Hurricane Katrina in New Orleans in 2005 and more recently volunteered in Houston after Hurricane Harvey and Florida after Hurricane Irma. Through Headwaters, Kelly has also volunteered internationally with multiple trips to Haiti, Puerto Rico, and Nepal, and has served as a team lead.

## Haiti

Headwaters responds to disasters nationally as well as internationally. Since the earthquake in Haiti in 2010, we have worked with multiple schools and orphanages in Haiti, providing educational support, public health, medical support, some construction, research, and mental health support. Monthly, we ensure that we are meeting the needs of the children through food, water, and educational support that are supplied directly to the orphanages. Our volunteers created a children's book, which was supported by the Ministry of Education and distributed to summer camps as well as placed in their libraries. When Haiti Shakes, helps children affected by the earthquake to prepare, should another earthquake occur. In 2015, we visited summer camps to use our books to teach the children.

In 2015, we also started our child sponsorship program at New Grace School, and in 2017 extended this program to the children at Lifer Christian Orphanage. The program at New Grace School provides for a child's tuition, books, and school uniform. The Sponsorship at Lifer Christian covers tuition, school books, uniforms, food, and clean water. We currently have openings for sponsors at each location and have many children waiting to be sponsored. If you or anyone you know are interested in sponsoring a child's education, please [email us](#) for more information.



## Upcoming Responses

### Headwaters Responses

We are focused on our response to COVID-19 and the safety of our volunteers. We continue to maintain our connections and other work in the following countries: Jordan, Greece, Nepal, Puerto Rico, India and Columbia. We are monitoring the travel recommendations of the CDC, WHO, and the US Department of Health and Human Services and are planning to take teams when we can safely do so.

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## Upcoming Events

Sleigh Ride



Save the date for our 2nd annual sleigh ride event at Royal Golf Club

## Headwaters Mardi Gras Gala Saturday, February 6, 2021

Laissez les bons temps rouler. Our 3rd Annual Mardi Gras Gala will take place on Saturday February 6th, 2021 at Watson Block.



## Headwaters Golf Tournament Date TBD

We were sad to have to cancel our 2020 Golf Tournament. We are planning on coming back next year and will keep you up to date.

## Disaster Response

We are closely monitoring the hurricane and storm season and will respond appropriately. If you are interested in volunteering please fill out our [volunteer interest form](#).



## Did you know we have a store?

Help support artisans in Haiti, Nepal and Liberia. 100% of the sales go back to the programs in Haiti, Liberia and Nepal.





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