



# Headwaters

## RELIEF ORGANIZATION

Quarterly Newsletter  
Volume 1, Issue 3  
September - December 2020

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We are resending the Headwaters Relief Organizations' quarterly newsletter. The earlier version went out in draft form. We hope that you will read this final version and forgive all previous errors and omissions as well as any current errors and omissions.

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Happy Holidays Everyone !

Welcome to the final quarterly newsletter for 2020.

This year has certainly been chaotic for all of us. At the beginning of the year we had plans laid out, trips scheduled and we were ready to respond to disasters as they happened.

The stories of mysterious pneumonia-like cases started emerging in early January and by the end of the month, the World Health Organization had issued a Global Health Emergency. The world quickly started changing as we learned more about the virus, and restrictions were implemented that limited travel and social interaction. The Coronavirus was here.

In early March, we had scheduled a volunteer trip to Nepal, to work with children, teachers and caregivers to educate them about human trafficking, when shutdowns started. There were stay at home orders, schools were closed, offices had to manage sending people home to work. We could no longer meet our extended family members, restaurants and gyms were closed and a new daily life evolved.

Despite these challenges, Headwaters Relief Organization continued our mission to serve others. We launched Covid-19 pandemic relief efforts

including a Face Mask Sewing Initiative, a Phone Pal Program, a Home Schooling Assistance Program, and our first coloring book, *When We All Stayed Home*.

Through our coloring book, we were able to reach all 50 states and five countries internationally. We reprinted the book in Spanish and now have printed an updated edition of the book, *When We All Wore Masks*. In addition our Phone Pal Program recently received funding from the Minnesota Department of Human Services. Headwaters currently has more than 20 temporary phone pals and managers to support people who are elderly and isolated at home.

The year 2020 brought challenges in all forms. The hurricane season was one of the worst in history. Despite the pandemic, our team of volunteers responded to Hurricane Laura in Lake Charles, Louisiana. We also started tele-counseling support on St. John's US Virgin Islands and received grants and sponsorship for our children's books. We did multiple presentations of our work, at various forums nationally and internationally, and received several awards.

We have endured the worst, now we are hopeful for the future. Thank you to all of our volunteers, friends, donors, board members, and the Headwaters team; you all make it possible to continue our work in supporting those impacted by disaster!

Happy holidays, stay safe and healthy,

Dr. Roshan Khatri  
Executive Director

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### Season Greeting to All Friends, Supporters, and Volunteers,

As we near the end of this most difficult tumultuous year, let's all first be thankful for what we still have rather than the many losses people have experienced. During my lifetime the reference to "20/20" has been defined by good eyesight and clear vision. However, for the most part, during the 2020 year, there has not been all that much visible for which we are able to cheer and applaud. Yet, if we are able to keep spirit levels on the high ground to channel and direct our vision to the future, I believe that I am not alone in thinking the best is still to come. When I look back from my early childhood to becoming a senior citizen, I can clearly see and say that each and every dark period in my life was followed by the brightest of days. I now realize in hindsight that maybe I needed to experience some darkness in order to fully appreciate and embrace the daylight that faith brings. Thus the key I wish to share is to be a survivor and use the darkness of night to make tomorrow a better day. As for Headwaters Relief, as we all know the original plans and goals were impacted by the pandemic during 2020. The inability to execute a plan should not be construed as a failure but rather the opportunity to envision and develop a new plan. In the case at hand, our internal team has been hard at work to refocus to deliver support in alternative ways such as COVID 19 support assistance and education, Phone Pal Program for outreach to seniors & folks who have been isolated from family/friends, and recently two additional children books *When we all stayed home* and *When We All Wore Masks*. I would like to encourage all to visit the Headwaters Relief Organization website to learn more about these and the other initiatives that in are place.

Best Wishes and God Bless,

Daniel G Leitner, Board President



**We are happy to announce we have updated and revised our coloring book *When We All Stayed Home*, based on the valuable feedback we received from our survey on the first printing and the current guidelines. *When We All Wore Masks* helps to explain Coronavirus to children and teach health, safety, and coping skills. The story in the coloring book is used to teach safety measures like wearing a mask, washing your hands, and covering your mouth. At the end of the coloring book, there are tips and tools for caregivers to assist with talking to your child. Through this coloring book we are able to educate children and their families, develop coping techniques and promote resiliency.**

Just as *When We All Stayed Home* and its Spanish version was supported through the fundraising of Dr. DelRae Messer. *When We All Wore Masks* would not have been possible without the support of the Isa Foundation. The ISA Foundation focuses on volunteer opportunities and financial support to organizations that share their mission of creating healthy nutrition and support for underserved children, wellness education for all, and aid for those affected by natural disasters, and the pursuit of racial equality.



We are excited to partner again with award-winning author Shamim Sarif on her



new book the *Shadow Mission*. *The Shadow Mission* addresses topics such as the loss of educational opportunities for girls and arranged marriage. A portion of the sales of *The Shadow Mission* and *The Athena Protocol* are donated to Headwaters to support our work with Sustainable Development Goal's, Goal 4 Quality Education, and Goal 5 Gender Equality.

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## Support for Haiti

We work with children and communities after disasters in the United States and internationally. One way we support communities is through helping children obtain an education. Education, we believe, is a key element in the growth and development that leads to a self-sustaining community.

We have had a presence in Haiti since the tragic earthquake of 2010. We have been helping more than 50 children to go to school, through donations and individual sponsorships. We have helped by paying part of their tuition, providing school supplies, and ensuring a good meal each day. Funds raised by our volunteers have also been targeted to support the orphanages in specific ways such as the purchase of beds and mattresses and the development of a water filtration system.

This time amidst the Covid-19 pandemic, there has been a request for 50 pairs of shoes and bag packs for the children in orphanages, between the ages of 5- 15 years. We supplied the children shoes and bag packs previously donated by friends like you, but it has been 2 years since the last donation. The backpacks are used by the children to store their individual school supplies and personal items given they have no dressers or personal storage. When you have so little, these possessions are very important. We are reaching out to you with the request for assistance. **The cost of a backpack and shoes is \$30.00 per child**

We understand it has been a difficult time for all of us. Arguably, the impact is more significant for those who were already suffering. In addition to the pandemic, the people of Haiti have endured crushing poverty as well as the violence of civil unrest.

I would be happy to discuss the possibilities and provide you with more details. I can be reached at 612-400-6429.

Thank you,  
Dr. Roshan Khatri  
Executive Director

[rkhatri@headwatersrelief.org](mailto:rkhatri@headwatersrelief.org)

Throughout 2020, we have been working with community partners in St. Johns Virgin Islands to provide people with access to mental health counseling. In September and October, we were able to provide training on the equipment with their social workers. We are excited about this opportunity to provide quality mental health care to areas that lack access.

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## Awards and Presentations

This year, although challenging, has been fulfilling and rewarding for Headwaters Relief Organization. On September 26th, we were featured on the Points of Light Honor Roll. On November 18th, 2020, we were awarded the Public Awareness Award from the International Association of Emergency Managers - IAEM. Headwaters Relief Organization was awarded this for our work in Nepal on our Human Trafficking Project. This year we also won two bronze International Stevie Awards for When We All Stayed Home, a Children's Coloring Book. One was for the Most Valuable Non-Profit Response, and the second was for Communications or PR Campaign of the Year - COVID-19-related Information. Headwaters and Dr. Roshan Khatri were also featured as MN Viking's frontline heroes.

Dr. Roshan Khatri, Headwaters' Executive Administrator was invited to present on our COVID-19 responses. He presented at The Network: Towards Unity For Health on September 23rd and September 25th. The September 23 presentation was on innovative ways to battle and continue work during the Covid-19 pandemic. This also took place on September 25 at the TUFH 2020 Conference- Health Promotion and Prevention.

Dr. Roshan Khatri also presented at the world's largest public health conference held by the American Public Health Association. This presentation was on Community Resilience- Climate Change- Storytelling in building post-disaster community resiliency: Impacts, challenges, and lessons learned. To view this presentation visit <https://apha.confex.com/apha/2020/meetingapp.cgi/Paper/473611>

We were able to accomplish so much this year because of our Friends, Donors, Partners, and Volunteers. We are incredibly grateful for you and without your support, time, talent, and donations, our work would not be possible.

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## Hurricane Laura Relief Trip

These are trying times for all of us but our volunteers showed up willing to assist those in need. Volunteers went to Lake Charles, Louisiana to assist with disaster clean-up after Hurricane Laura. While in Lake Charles, our team was able to clean up exterior debris of six houses and one local church. This work was incredibly important because Tropical Storm Beta was on the heels of Hurricane Laura, and could have created a secondary disaster for the homeowners.

Stay safe and healthy everyone!

Sincerely,  
The Headwaters Team

### Volunteer Highlight

Headwaters responded to help with efforts to clean up the Lake Charles area in Louisiana. One of our related organizations, Morning Sun Financial Services serves families in the state of Louisiana. We spoke with one of our volunteers who lives in Louisiana and works for Morning Sun Financial services, to hear her story.





## Laci Poletzola

Program Administrator

Morning Sun Financial Services

### What made the volunteering experience meaningful for you?

*This experience was very meaningful to me because of the location. The areas hit by the storms in Louisiana were devastated. Being that I am from Louisiana and I was not personally affected by the storm, I knew I was blessed and I needed to help my neighbors. Some of the residents had been without power and water for weeks and were physically and emotionally tired. It was a rewarding experience to see the relief on their faces and smiles just knowing that we gave them one less thing to worry about.*

### What were some of the ways you felt you made an impact?

*I think we made an impact by helping multiple people of all ages and backgrounds. We were able to help them complete tasks that would have been delayed or impossible for them to complete alone. I think the biggest impact was helping a Pastor and his family. This Pastor was continuously putting others first by helping them and providing daily meals. I feel that since we were able to help his family, it allowed him to continue helping others.*

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

*I was most surprised by the passion of the volunteers and the relationships built with the residents. The other volunteers I worked with traveled from far distances and were exhausted by the end of the day. However, they woke up with a smile each morning and got right to work. Volunteering with Headwaters allows volunteers and*

*residents to build lasting relationships while helping each other along the way.*

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

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## **Do good while getting what you need—Shop online and support Headwaters Relief Organization**

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As we take precautions for our safety, stay out of public gatherings, and limit activities, there are ways you can still support Headwaters from the comfort of your home this holiday season. Please email [info@headwatersrelief.org](mailto:info@headwatersrelief.org) for more information.

- Sponsor a child—choose to give back in the midst of global need
- Give to Headwaters through AmazonSmile
- Donate a portion of eBay purchases or sales to Headwaters

**Sponsor a child**—There are currently 25 children in need of sponsors at locations we support. For less than \$1 per day, you can help keep a child healthy and safe.

Steps to sponsor a child:

1. Go to [Headwatersrelief.org/donate](https://headwatersrelief.org/donate)
2. Select Sponsor a Child
3. Select \$30/month
4. Enter information
5. Sponsor now

We have highlighted 3 children below that are in need of sponsors.





**Jean Marc Ferolis**

**Birthday: January 22, 2008**

**Jean-Marc likes football (soccer). He is in 5th grade and likes going to school. wants to be a banker when he grows up.**



**Minouche Antoine**

**Minouche is an orphan her father and mother have not been found. She is in 4th grade; Minouche is very studious and is at the top of her class. She wishes to become a pilot when she grows up.**

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**Lubin Dorssaint**

**Birthday: January 6, 2006**

**Lubin's favorite activity is football (soccer). Lubin is in 6th grade and is a very smart and promising student. He wants to become a teacher when he grows up.**

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**AmazonSmile**—A portion of your purchase on Amazon can be directed to the charity of your choice, just by doing your normal shopping. So, as you order provisions from the comfort of your home you can help support Headwaters.

Steps to set up AmazonSmile:

1. In your internet browser go to [Smile.Amazon.com](https://Smile.Amazon.com) and login using your Amazon credentials
2. Under the heading “Pick your own charitable organization” enter Headwaters into the search bar then click “search”
3. From the list of charitable organizations, select Headwaters Relief Organization Incorporated
4. A page will pop up asking you to confirm, check the box next to “Yes” and the click “Start Shopping”
5. You will be redirected to Amazon’s homepage that adds a disclaimer about how to add Amazon Smile to your toolbar, should you want to add a particular bookmark for it
6. You’re all set! Doing good while getting what you need. Thank you!

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**eBay**—Benefit Headwaters when you buy or sell through eBay! You can select headwaters to receive a portion of sales or purchases you make through eBay.



## Steps to give through eBay:

1. Go to [www.charity.ebay.com](http://www.charity.ebay.com)
  2. Search for Headwaters Relief Organization
  3. Donate a portion of purchases
  4. Or donate a portion of sales to Headwaters
- 



**Headwaters**  
RELIEF ORGANIZATION



## Upcoming Events

All of our upcoming events will use the most up to date COVID-19 protocols to ensure the safety of our participants and volunteers.

### Headwaters Golf Tournament July 23rd, 2021

We were sad to have to cancel our 2020 Golf Tournament due to COVID-19 safety standards. We are planning on coming back in 2021 and will keep you up to date with plans.

## Disaster Response:

We are considering possible trips to Puerto Rico and Nepal in 2021. We are following guidelines from the CDC, WHO, and the State Department to determine travel safety. Please fill out our volunteer interest form to state your interest or



contact [info@headwatersrelief.org](mailto:info@headwatersrelief.org)

with questions.

### Did you know we have a store?

We have items purchased while responding to disasters globally, that help support Headwaters.



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#### Our mailing address is:

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