

Please find below Epworth's Monthly CARE story for the purposes of printing in your bulletins and/or newsletters. You are welcome to copy and paste as is. Thank you!

### **May 2013 Care Story**

"I've never run that far. I can't do it," said Danielle, a 3<sup>rd</sup> grader who lives in Stokes Cottage, to Mrs. Jessica Warble, Coordinator of Social Services. Danielle and her siblings came to Epworth from a broken home. Her mom was never around and she didn't know her dad. Danielle has grown up without anyone to teach or encourage her. When it came time for Girls on the Run this January, Danielle refused to try it. "We'll practice for months before the big race, Danielle. You can do it! I know you can," Mrs. Warble told her. Danielle hung her head and agreed to go to the first practice.

Providing exceptional role models for the residents of Epworth Children's Home is an integral part of the comprehensive care plan that surrounds each child. Girls on the Run is an example of the amazing volunteers who fill that position. Practice began on campus in January. This year 22 of Epworth's younger female residents were out practicing every Friday. Many of them were like Danielle; they didn't think they had the ability to run for practice, let alone for the big finale 5k race in April.

So often the children at Epworth have a bleak outlook on life before they arrive. They are scared or too intimidated to try anything new or different. They didn't have the positive role models in their lives who would encourage them to join a sport or get all A's. Epworth Children's Home strives to provide staff and volunteers to be those role models who will teach the children how to be confident young adults, able to tackle life and its many challenges.

Training was hard for Danielle, but she stuck through until the end. The coaches gave prizes for laps, trained alongside her and encouraged her every day. On the day of the race, all 22 girls, including Danielle, were at the start, ready to go. Each one of those young ladies crossed the finish line with a smile. Epworth staff, the Girls on the Run volunteers and all of the runners were so proud of their transformations!