

Dear ECHO-LDPP Family,
 I wish you blessings, happiness and health as we approach the holiday season. My heart is filled with gratitude for you.

It is such an unusual time, as we have been living with loss, threat, anxiety, worry and grief for months. We live with anticipatory loss, because we know that the LDPP program will end. Our ECHO values can provide comfort and hope, when we confront the reality that the LDPP is time-limited in a way that is quite different from November 2017.



Field Internship Cohort 1 – August 2017

We worked diligently to build a foundation for the program that rests on values and theories, since the grant received funding. We adopted a particular orientation that integrates a relational stance, respects the significance of culture, contexts and attachment and builds on the strengths, resilience and capacities of each member of the ECHO team as well as the children, families and communities we serve. We are rooted in a deep commitment to address oral health disparities, and we recognize all disparities are connected and rooted in structural and historical inequities. We see continuing evidence of health disparities when we consider the impacts of COVID-19 on communities of color.

When we experience loss, we must examine and explore the source of the grief, the impact of the loss on our life, our thoughts, and our

feelings to uncover the meaning of the loss. This process and our values support capacities to “keep swimming” and to rebuild. We can deepen our understanding about what is important and what matters, as we understand the emotions and thoughts that result from the loss experience.

In ECHO-LDPP, we built a caring community that allowed us to achieve grant deliverables, to laugh, to struggle and to celebrate! Our identities are informed by the values, orientations and experiences associated with the building of this caring community. We learned to engage with respect for strengths and with behaviors informed by kindness, compassion and caring. At a profound level, these experiences can enter our DNA. At an experiential level, these experiences inform our practice and professional development.

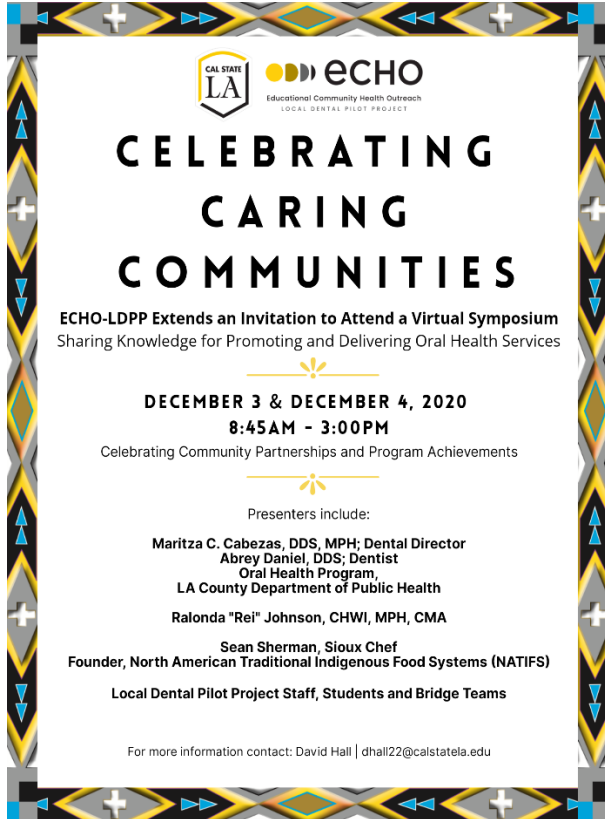
Last week, I had an interesting experience in meditation practice. I started to think that building the LDPP and the ECHO community was like climbing a mountain. It required a lot of work, planning, thinking, problem solving, and trusting. I realized, we got to the top of the



mountain and I did not notice that we were there. Now, we are on the way down the mountain. Mrs. Abbasi reminded me that we should stop as we are on the way down, to take in the view. I invite you to join me in pausing to “to take in the view” and to celebrate our relationships and our work!

As we approach this holiday season, I send my deepest gratitude that we climbed this mountain together. Thank you for your contributions and commitment.

Mucho love and appreciation,
 Dr. L



many forms—waterfalls and rain, mists and streams, rivers and oceans. With one mind we send greetings and thanks to the spirit of water. Now our minds are one.

We turn our minds to the all the fish in the water. They were instructed to cleanse and purify the water. They also give themselves to us as food. We are grateful that we can still find pure water. So we turn now to the fish and send them our greetings and thanks. Now our minds are one.

Now we turn toward the vast fields of plant life. As far as the eye can see, the plants grow, working many wonders. They sustain many life forms. With our minds gathered together we give thanks and look forward to seeing plant life for many generations to come. Now our minds are one.”

Full article can be found on link below:
<https://www.smithsonianmag.com/blogs/national-museum-american-indian/2018/11/22/haudenosaunee-thanksgiving-address/>

Giving Thanks

"Words Spoken Before All Others," the Ohnten Kariwatekwen or Haudenosaunee Thanksgiving Address (Excerpt from source)

“Today we have gathered. We have been given the duty to live in balance and harmony with each other and all living things. So now we bring our minds together as one as we give greetings and thanks to each other as people. Now our minds are one.

We are all thankful to our mother, the earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. To our mother we send greetings and thanks. Now our minds are one.

We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in

Thank you for building a caring community!
We wish everyone peace and love!



Important Dates: All Staff Meetings

Tuesday, December 8th, 2020
1pm to 3pm

Wednesday, December 23rd, 2020
9:30am to 12pm