



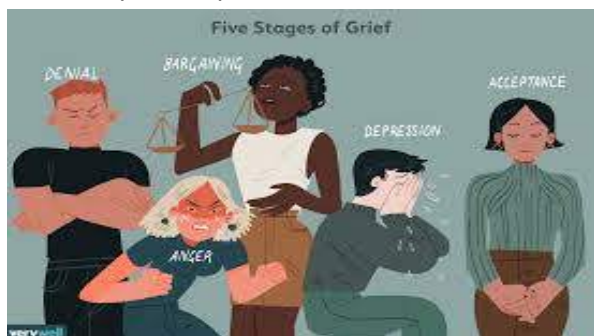
**October 5, 2020**

## A Message from Ruth Padilla-King

Dear ECHO Family,

During the ECHO Team Meeting, we heard about how people felt immediately after reading the email from Dr. Ledesma about the program. These “palabras” were offered: “anger, upset, shock, heartbroken, emotional, sad, devastated, concerned, scared”. It was interesting that there were a few moments of collective confusion when the activity started, with many sharing responses about feelings during the meeting, i.e. how everyone is feeling a week after receiving the news. This is an example about how grief/loss affect thoughts and feelings.

With the passage of time and during the meeting, the word, “grateful”, was repeated multiple times. “Palabras”, such as “transformed, courage, blessed, humanity, and journey” were also offered. There was a genuine sense of appreciation for the work and the growth that was supported by the program. Everyone made/makes a contribution! The shared feelings of concern, love and enjoyment for all that has transpired, came out strongly and clearly in your voices. You have truly created a wonderful work family! Many are familiar with the five stages of grief model can applies to any loss experience.



I’d like to take this moment to remind everyone that though you might feel some or all these feelings in the next couple of weeks, its ok, it’s normal. I spoke about the “3 C’s”. I share the “3Cs” to help you as you navigate this process:

- 1) *Compassion* – Hold compassion for yourself and others; whatever it is you are feeling/thinking be kind to yourself (this is significant); we sometimes want to minimize our emotions during stressful moments;
- 2) *Connect* – This is an important protective factor for our health; connect to who you are, what’s important to you and of course, connect with others. We are social beings. You have a great

support system within ECHO; use your ECHO family to help with whatever comes up for you.

- 3) *Come back* – Remind yourself daily to keep on course, remember what is important for you today and be present; this is important because we don’t want you to feel stuck or unable to resume your purpose not only at work, but in your life.



When we have challenges managing stress in a productive way, it can affect all areas of health. We may disconnect from feelings, reactions and behaviors. Stress can affect sleep, concentration, and eating. We can be more vulnerable to adopt unhealthy coping strategies. So, just a note of caution, as you face the coming days. We are all living and surviving in very stressful times. Take care of yourself, remember that you are not alone, and if you need to talk, reach out to those in your support system, who will allow you to feel and who understand this loss, and who are unconditional in offering support and kindness.

Sincerely,  
Ruth Padilla-King, LCSW; ECHO Consultant

### ECHO Wellness Activities on ZOOM:

Movement & Exercise: MW @8:00 am

Midday Meditation: T @12:00 pm and Thursday, October 8 @ 12:00pm; no Thursday call when MAPS II scheduled.

#### Zoom Link:

<https://calstatela.zoom.us/j/325327459>

**Meeting ID: 325 327 459**

UCLA MARC MAPS II class will be offered on each Friday, October 16 - November 20 from 1:00 – 3:00 pm. Contact Melissa to enroll.



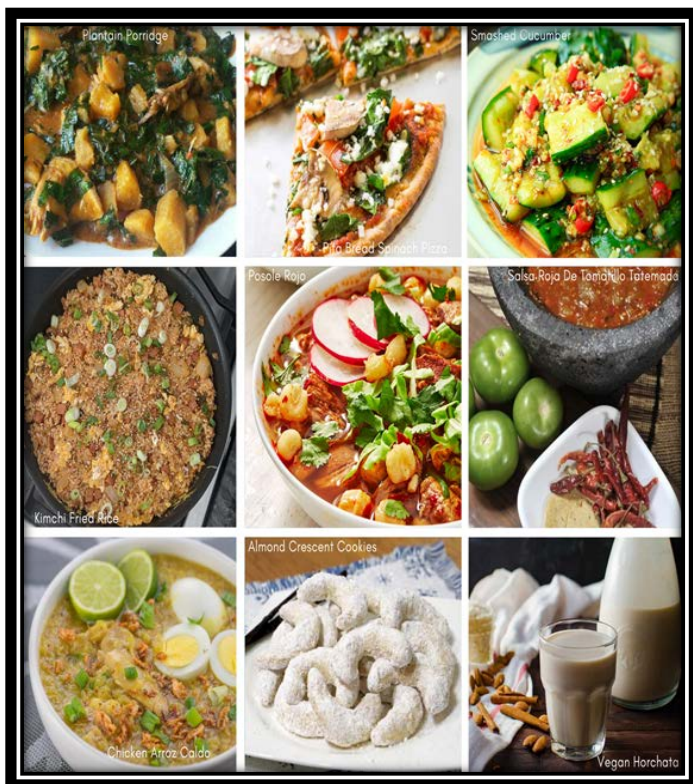


## **ECHO-LDPP TEAMS: BUILDING CARING COMMUNITIES**

In the next weeks, we will showcase the work of our ECHO-LDPP Teams. This week, the Nutrition Team provides an update: We are currently working on the Cookbook. We received 31 recipes and are conducting nutrient analysis so that we can make modifications as well as organizing the layout of the book. Additionally, we are working on developing a flyer for healthy Halloween Treats and Oral Health Tips. The Team Members include:

<i>Michelle Ilan</i>	<i>Albadalia "Abby" Munoz</i>
<i>Destiny Sepulveda</i>	<i>Alejandra Illingworth</i>
<i>Monica Alferez</i>	<i>Markeisha Jackson</i>
<i>Ashley Hernandez</i>	<i>Madison Deans</i>
<i>Lauren Bruns</i>	

### **Cookbook Photos:**



Hello ECHO Familia,

The Nutrition Team would like to formally thank every team member who has taken time this past month to share their special family recipes. Some team members even submitted more than one, and we are so grateful for every single contribution. We received a grand total of 31 unique family recipes! Thanks to everyone's cooperation, our Cookbook will truly embody the diversity and cultural richness that is within both ECHO and the Los Angeles community.

The winner of our Recipe Submission Raffle was our very own Student Assistant, Anabel Rosales! Anabel's raffle-winning recipe was for a ***Vegan Creamy Coconut Chickpea Curry***.

We have decided to share a sneak peek of what will be featured in our ECHO Cookbook, so here are the ingredients, directions, and a short piece shared by Anabel.

### *Vegan Creamy Coconut Chickpea Curry*

#### **Ingredients:**

2 teaspoons of oil or olive oil  
1 large onion diced  
3 cloves garlic pressed or minced  
2 teaspoons garam masala  
1 tablespoon curry powder  
Shake of cayenne pepper to taste  
1 can chickpeas drained  
1 can crushed tomatoes  
2 teaspoons of maple syrup  
1 can coconut cream or full-fat coconut milk see  
1 lime  
1 cup of chopped cilantro

#### **Directions:**

1. Heat a bit of oil in a large skillet over medium heat.
2. Sauté your chopped onion until it's softened and translucent
3. Add in the minced garlic and cook, stir constantly, until fragrant
4. Add all the spices (garam masala, curry powder, cayenne pepper) and mix with the onion/garlic for about 2 minutes.
5. Add in the chickpeas and can of tomatoes.
6. Simmer about 5 minutes, stirring occasionally, until chickpeas are softened and tomatoes are reduced slightly.
7. Add in the coconut cream, maple syrup, and some salt for taste.
8. Whisk until the coconut cream is smooth and incorporated. Simmer 5 minutes.
9. Add the fresh lime juice and chopped cilantro.

***\*PLEASE NOTE THIS MEAL IS BEST SERVED OVER RICE\*\****

#### ***Anabel's story about this recipe:***

"This is one of my fiancé's favorite vegan dishes. I usually make this for her once or twice a week and it is absolutely delicious."



Try this on a hot day while you relax, cheer on your favorite team or social distance with friends/family.

## RASPADO RECIPES!

Make your own raspados (snow cones) with real fruit:

1. Blend 1 cup ice cubes in blender to a fine shaved consistency.
2. Spoon into a cup.
3. Top off with 100% fruit juice of your choice or blend fresh, frozen, or canned fruit with water to a juice consistency. (See recipes below)

**Did you know?**

The flavoring in many raspados/snow cones is made of sugar, food coloring, and preservatives. This type of sugar contributes to the development of cavities and should be minimized. Instead, choose fruit which provides vitamins, minerals, and fiber.

### Frozen Mango

1. Blend 1/3c (~4 chunks) of frozen mango + 1/3c of water to a juice consistency.
- Add small amounts of water if juice is too thick.
2. Pour over shaved ice.

**Nutrition (per 1/2c serving):**

- 25 calories
- 1g fiber
- 4g sugar
- Vitamin A 8%
- Vitamin C 8%

### Fresh Watermelon

1. Blend 1/2c watermelon chunks to a juice consistency.
- No need to add water.
2. Pour over shaved ice.

**Nutrition (per 1/4c serving):**

- 25 calories
- 5g sugar
- Vitamin A 8%
- Vitamin C 10%

### Pineapple-Banana

1. Blend 1/4c canned pineapple (crushed) + 2-3 slices of banana with 1/4c water to a juice consistency.
- Add small amounts of water if juice is too thick.
2. Pour over shaved ice.

**Nutrition (per 1/2c + 2 Tbsp serving):**

- 50 calories
- 1g fiber
- 11g sugar
- Vitamin C 15%

**Note: The recipes yield 1 serving**

### Helpful Tips:

- Use water-packed fruits: melons, strawberries, peaches, pineapple, and oranges.
- When buying frozen or canned, fruit should be the only ingredient.
  - Avoid fruit with added sugar or syrup, including "light."
  - For canned fruit, choose those in 100% fruit juice.
- For added sweetness, add 1 teaspoon of sugar or a drizzle of honey to fruit and then blend.
- If blender has difficulty blending ice cubes, add a few drops of water.
- Refrigerate any remaining juice for later use or pour into an ice tray and freeze.
  - Flavor your water with frozen fruit juice cubes.

## RECETAS DE RASPADOS

Haga su propio raspados con fruta natural:

1. En la licuadora, licúa una taza de cubitos de hielo hasta lograr una consistencia fina.
2. Pon el hielo fino en un vaso con una cuchara.
3. Luego, agregue cualquier jugo de fruta que sea 100% natural o licúa fruta fresca, fruta congelada, o fruta enlatada con agua hasta que tenga una consistencia de jugo. (Véase recetas más adelante)

**¿Sabía?**

El condimento usado en muchos raspados está hecho de azúcar, colorantes artificiales, y conservantes. Este tipo de azúcar contribuye al desarrollo de caries y el consumo debe ser mínimo. Mejor escoge fruta natural que provee vitaminas, minerales y fibra.

### Mango Congelado

1. Licúa 1/3 taza (~4 pedazos) de mango congelado y 1/3 taza de agua hasta lograr una consistencia de jugo.
- Si el jugo está muy espeso, agregue poca agua.
2. Vierta el jugo sobre el hielo raspado.

**Datos de Nutrición (tamaño por porción, 1/2 taza):**

- 25 calorías
- 1g fibra dietética
- 4g azúcar
- Vitamina A 8%
- Vitamina C 8%

### Sandía Fresca

1. Licúa 1/2 taza de sandía en trozos hasta obtener una consistencia de jugo.
- No es necesario añadir agua.
2. Vierta el jugo sobre el hielo raspado.

**Datos de Nutrición (tamaño por porción, 1/4 taza):**

- 25 calorías
- 5g azúcar
- Vitamina A 8%
- Vitamina C 10%

### Piña y Plátano

1. Licúa 1/4 taza piña de lata machacada y 2-3 pedazos de plátano con 1/4 taza de agua hasta obtener una consistencia de jugo.
- Si el jugo está muy espeso, agregue poca agua.
2. Vierta el jugo sobre el hielo raspado.

**Datos de Nutrición (tamaño por porción 1/2 taza + 2 cucharadas):**

- 50 calorías
- 1g fibra dietética
- 11g azúcar
- Vitamina C 15%

**Nota: Las recetas producen 1 porción**

### Consejos Prácticos:

- Use frutas que contienen mucha agua: melón, fresa, durazno, piña, y naranja.
- Cuando compre fruta congelada o enlatada, asegúrese que la fruta sea el único ingrediente.
  - Evite fruta con azúcares añadidas o jarabe, incluyendo jarabe ligero.
  - Para fruta enlatada, escoga la que está en jugo 100% natural.
- Para endulzar más, agregue 1 cucharadita de azúcar o poquito miel a la fruta y luego licúe.
- Si tiene dificultades licuando cubitos de hielo, agregue unas cuantas gotas de agua.
- Refrigere el jugo que sobra para usarlo después o vierta en una bandeja para hacer hielos y congele.
  - Agregue sabor a su agua con cubitos de jugo de fruta congelada.

**Wishing the ECHO-LDPP Family health, safety and comfort!**

