



Greetings

This week the ECHO-LDPP Wellness Bulletin highlights the work of the Health Education Team. We celebrate the hard work and the dedication to service of the entire HE Team. Many of the activities that the HE Team led include the participation of Student Assistants in Cohort 3 and Cohort 4. Thank you!

Support Local Dental Pilot Projects (LDPP)

ECHO is participating in an advocacy campaign to request a funding extension through 2020 with the other LDPPs. Information on the campaign is available here:

<https://ca-open.org/policy-priorities/support-local-dental-pilots/>

All staff are encouraged to support these efforts by participating in the DHCS public hearings that are scheduled:

- **August 7, 2020, 3:30 p.m. – 5 p.m. – [First Public Hearing](#)**
- **August 10, 2020, 2 p.m. – 3:30 p.m. – [Second Public Hearing](#)**

You must register to attend. More information will follow, if you would like to submit written comments about the importance of LDPP to the community and why it should be continued. Written comments must be sent by August 21 and emailed to: 1115waiver@dhcs.ca.gov.

A Message from the Nutrition Team

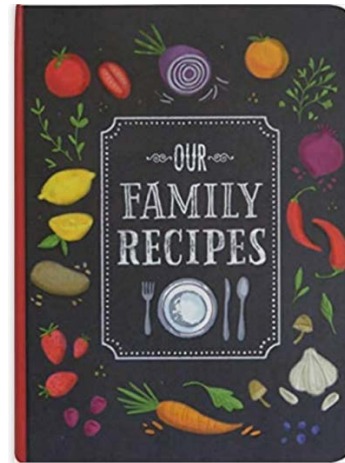
The Nutrition Team is gathering recipe ideas for ECHO’s first cookbook that will reflect the cultures of the ECHO family. We want to feature recipes from our ECHO family to share with the communities we serve. ECHO promotes oral health and we want to create a connection between our mission to promote community wellness and the various cultures our team represents by sharing healthy recipes.

We invite you to share a favorite family recipe that can be showcased in this cookbook. To inspire, you can share a favorite snack, cultural dish or beverage that invokes a special memory. By sending your recipe, please note that it may be modified in an effort to align with our commitment to oral health and community wellness.

Requirements:

- Send recipes that include step-by-step instructions and ingredients that are needed.
- Please attach a story or memory relating to this recipe.
- Please include the recipe’s place of origin (e.g., Madrid, Spain)

- Include a picture of an item related to the recipe or a family photo.
- Detailed instructions for submissions can be found in the email sent by Melissa Sanchez on July 31 and.
- Submit by Friday, August 7th, 5:00PM.



Please contact the team in you if you have any questions, comments, or concerns to [cookbook echonutritionteam@gmail.com](mailto:echonutritionteam@gmail.com). Thank You!!

Special Project

ECHO Monthly Picnic, Patrick Gaylican

Once a month, Albadalia and I host an hour luncheon (12 pm - 1 pm) for our ECHO family, where we take a break from work and chat with everyone. Albadalia and I prepare themes and activities that we know are going to be fun for everyone. The goal of this project is to create and maintain a happy, positive relationship with our team.





Pregnancy Flyer: Cabrina Nelson

Miss Cabrina Nelson has created a flyer for pregnant mothers to provide information about the importance of oral health during pregnancy for mother and baby. The flyer includes recommendations for expectant mothers to consider during pregnancy and leading up to the child's first birthday. The flyer addresses how hormonal changes can affect their oral health and how to properly take care of their teeth and baby's teeth buds and teeth during the first year of life.



Resource Management Team

The Resource Management (RM) team is led by Jocelyn, Alma, and Cabrina. The RM team includes Anabel, Brianna, Anicia, Karina, Tanya, Bunmi and Kaitlin. The RM team focuses on gathering resources on COVID-19, developmental disabilities, AIAN, oral health, transportation, housing, food/nutrition, family and child activities, education, mental health/wellness, expectant mothers, utilities, employment/financial assistance, general health, child care, legal services, domestic violence, and social justice/civic engagement. These resources are then distributed through online outlets such as the Cal State LA ECHO website and Instagram. Our goal is to also provide this resource database to the ECHO staff so that it can be used for other students, organizations or community members.

Parent Education for Parents: Cabrina Nelson

This flyer is designed for parents and provides oral health information that is organized by developmental stages. This knowledge can support parents in caring the oral health of children at each stage. The flyer includes graphics to provide an overview of oral health development and key issues. This is a focused and comprehensive flyer with tips for parents.

Substance Abuse PowerPoint: Cabrina Nelson

This substance abuse project was created by Dr. Smith and Miss Nelson for UAll to discuss the importance in oral health education for clients with a substance abuse addiction. We created a PowerPoint to reach out and speak with UAll clients about the effects of drug use and the harm to their oral health. We plan to reach out to teens/adolescents, parents with children enrolled in a

substance abuse treatment and recovering substance abuse users.

Nutritional Project: Cabrina Nelson and Michelle Ilan

Michelle and I created a nutritional project during COVID-19 to help families at home learn about nutritional intake during quarantine. We recognize that quarantine restrictions, such as "stay at home" orders can impact normal daily routines and health. We want to share healthy nutritional tips for parents and children to support oral health and wellness.

Activity Teen Book: Albadalia Munoz-Ramos

I am currently working with team leader, Michelle and student assistant, Markeisha. We are creating an activity book for teens to learn about oral health topics while also having interactive worksheets such as word puzzle, mindful eating journal, crossword puzzle, and other fun activities. The goal is to make an activity book that teens can use to reinforce what they learn with the Oral health for Teens presentation.



Podcast: Steven Alvarado

ECHO Podcast coming soon, through the earphones nearest you! ECHO will launch its first podcast to provide another medium for connecting with the communities we serve. This platform will support discussions about oral health, current issues, and available resources during these uncertain times. We will meet with distinguished professionals from across Los Angeles County to talk about challenges that are affecting our communities, the history of ECHO, and the work that is being done to increase oral health awareness. We'll also talk about how COVID-19 has affected our way of life, and provide updated information on the virus. From California State University.

John Lewis, Warrior for Non-violence and Social Justice

John Lewis, who passed on July 17, served in the US Congress, was a fearless leader and advocate for civil rights, social justice, and non-violence. He was celebrated last week in different ceremonies.



ECHO-LDPP recognizes that the contexts, including the historical acts that give rise to disparities, inequalities and injustices must be examined and understood. The lifework of Mr. Lewis inspire and resonate with ECHO-LDPP values, as we recognize strength, acknowledge suffering, and approach service with love, compassion and caring. I encourage you to learn more about Mr. Lewis and to share your thoughts. The New York Times has published multiple articles about him and a new documentary, John Lewis: Good Trouble, is available on various media platforms.

Mr. Lewis wrote this essay, Together You Can Redeem the Soul of our Nation, shortly before his death, and requested that the NY Time publish the article on the day of his funeral, July 30, 2020. It is reprinted without permission below and it can be accessed at the NY Times - [Together, You can Redeem the Soul of Our Nation.](#)

Good Reading, Dr. L

Together, You can Redeem the Soul of Our Nation

John Lewis

While my time here has now come to an end, I want you to



know that in the last days and hours of my life you inspired me. You filled me with hope about the next chapter of the great American story when you used your power to make a

difference in our society. Millions of people motivated simply by human compassion laid down the burdens of division. Around the country and the world you set aside race, class, age, language and nationality to demand respect for human dignity. That is why I had to visit Black Lives Matter Plaza in Washington, though I was admitted to the hospital the following day. I just had to see and feel it for myself that, after many years of silent witness, the truth is still marching on.

Emmett Till was my George Floyd. He was my Rayshard Brooks, Sandra Bland and Breonna Taylor. He was 14 when he was killed, and I was only 15 years old at the time. I will never ever forget the moment when it became so clear that he could easily have been me. In those days, fear constrained us like an imaginary prison, and troubling thoughts of potential brutality committed for no understandable reason were the bars.

Though I was surrounded by two loving parents, plenty of brothers, sisters and cousins, their love could not protect me from the unholy oppression waiting just outside

that family circle. Unchecked, unrestrained violence and government-sanctioned terror had the power to turn a simple stroll to the store for some Skittles or an innocent morning jog down a lonesome country road into a nightmare. If we are to survive as one unified nation, we must discover what so readily takes root in our hearts that could rob Mother Emanuel Church in South Carolina of her brightest and best, shoot unwitting concertgoers in Las Vegas and choke to death the hopes and dreams of a gifted violinist like Elijah McClain.

Like so many young people today, I was searching for a way out, or some might say a way in, and then I heard the voice of Dr. Martin Luther King Jr. on an old radio. He was talking about the philosophy and discipline of nonviolence. He said we are all complicit when we tolerate injustice. He said it is not enough to say it will get better by and by. He said each of us has a moral obligation to stand up, speak up and speak out. When you see something that is not right, you must say something. You must do something. Democracy is not a state. It is an act, and each generation must do its part to help build what we called the Beloved Community, a nation and world society at peace with itself.

Ordinary people with extraordinary vision can redeem the soul of America by getting in what I call good trouble, necessary trouble. Voting and participating in the democratic process are key. The vote is the most powerful nonviolent change agent you have in a democratic society. You must use it because it is not guaranteed. You can lose it.

You must also study and learn the lessons of history because humanity has been involved in this soul-wrenching, existential struggle for a very long time. People on every continent have stood in your shoes, through decades and centuries before you. The truth does not change, and that is why the answers worked out long ago can help you find solutions to the challenges of our time. Continue to build union between movements stretching across the globe because we must put away our willingness to profit from the exploitation of others.

Though I may not be here with you, I urge you to answer the highest calling of your heart and stand up for what you truly believe. In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring.

When historians pick up their pens to write the story of the 21st century, let them say that it was your generation who laid down the heavy burdens of hate at last and that peace finally triumphed over violence, aggression and war. So I say to you, walk with the wind, brothers and sisters, and let the spirit of peace and the power of everlasting love be your guide.