

Greetings from Dr. Allison Fuligni

What's going on with time?

Have you noticed time seems to be moving in funny ways these days? My last day in the classroom on campus seems like ages ago, but I also find myself thinking "it's June already?" Days seem to last forever but weeks fly by as we maintain our social distance.

When I was in high school, I became enamored with the phrase "time marches on." It meant to me that if I was going through a difficult time, there would come a day when it was past and I would be able to look back and recognize that I was not in that tough time anymore. It also meant that a great day or a precious moment would also not last, and reminded me to make note of it, remember it.

More recently, a similar idea emerged as I learned about mindfulness practices. Mindful meditation teachers encourage us to be present in this current moment, not stuck in the past or worrying about the future. A former colleague of mine just published a children's book titled "Not Forever But For Now," to help children process their experiences during the Covid-19 crisis. This title also speaks to me. We are here, living through this moment and all its challenges (and maybe even occasional precious joyful moments), but it is not forever. We will be able to look back and remember this challenging time. But for now... focusing on the present is helpful for me, acknowledging that it is uncomfortable to not know exactly what the future will look like, or when things will change. I am inspired by the ways you are all using this moment to care for yourselves and each other and promote the work and the values of ECHO.

Be well ~ Dr. Fuligni

Children Book Recommendation:

[Not Forever But For Now](#)

[No Para Siempre Sino Por El Momento](#)

A Poem from Marian Wright Edelman

This moment provides the opportunity to practice our values and commitments to eliminate all disparities and to use the power of our caring hearts and commitment to advance social justice through service.

Marian Wright Edelman, 79, has been an advocate for disadvantaged Americans for her entire career. She founded the Children's Defense Fund 46 years ago and serves now as the president emerita. She was the first Black woman admitted to the Mississippi bar and received the Presidential Medal of Freedom in 2000. Her activism for the civil rights movement and issues of racial justice



I Care and Am Willing to Serve

© by Marian Wright Edelman

Lord I cannot preach like Martin Luther King, Jr. or turn
 a poetic phrase like Maya Angelou
but I care and am willing to serve.

I do not have Fred Shuttlesworth's and Harriet
 Tubman's courage or Franklin Roosevelt's political skills
but I care and am willing to serve.

I cannot sing like Fannie Lou Hamer or organize like Ella
 Baker and Bayard Rustin
but I care and am willing to serve.

I am not holy like Archbishop Tutu, forgiving like
 Mandela, or disciplined like Gandhi
but I care and am willing to serve.

I am not brilliant like Dr. Du Bois or Elizabeth Cady
 Stanton, or as eloquent as Sojourner Truth and
 Booker T. Washington
but I care and am willing to serve.

I have not Mother Teresa's saintliness, Dorothy Day's
 love or Cesar Chavez's gentle tough spirit
but I care and am willing to serve.

God it is not as easy as the 60s to frame an issue and
 forge a solution
but I care and am willing to serve.

My mind and body are not so swift as in youth and my
 energy comes in spurts
but I care and am willing to serve.

I'm so young nobody will listen; I'm not sure what to say
 or do
but I care and am willing to serve.

I can't see or hear well, speak good English, stutter
 sometimes and get real scared, standing up before
 others
but I care and am willing to serve.

Lord, use me as Thou will to save Thy children today and
 tomorrow and to build a nation and world where no
 child is left behind and
everyone feels welcome.

ECHO-LDPP Reunites with Community Partners

The Health Education Team is preparing oral health supplies for distribution to community partners. It has been a long journey to get to this point. Melissa Sanchez and Yvonne Razon worked many hours to prepare supplies for on-campus pick-up by Health Educators, who will pack/prepare supplies for distribution! Thank you for your work!!!



Melissa moving oral health supplies.



Ivonne delivering boxes of supplies to Health Educators!

ON-LINE Resource for Reading

The EPIC! Website offers over 40,000 titles on many subjects for children 12 and under. If your district does not offer access, there is a free 30-day trial. [EPIC](https://www.epicbooks.com/)



Where are They Now?

Sharlene Gaspar, BA Child Development, Cohort 2

I am currently working at an agency called Foothill Family as a Family Support Specialist for high risk/high needs prenatal and postpartum women. I have recently received acceptance into the Master of Social Work program at USC and Cal State LA, so I will begin my graduate career at one of these campuses starting Fall 2020. My experience in ECHO had a huge impact on where I am in my education and working career today. ECHO was a great source of support for me and taught me about the work field. I use a lot of what learned during my time there. This internship gave me experience doing community-based work, and those working there guided me through it. The trainings that I received while I was there such as the ones on cultural competency vs cultural humility, working with families with children who have special needs, Black maternal health, working with LGBTQIA+ community are also something that I use in my current profession as well as my everyday life.

I made several memories while at ECHO-LDPP. Among these are the relationships that I built and continue to keep to this day. When I think of ECHO and the amount of support and guidance I received, it reminds me that nobody truly accomplishes anything alone.

Una Palabra: Grateful