



**WELCOME COHORT 4
ECHO-LDPP FIELD INTERNSHIP TRAINING
PROGRAM
2020 Student Internship Field Training Program
Roster**

- Kamelah Akil, COMD**
- Lauren Bruns, COMD**
- Selene Caal, CHDV**
- Jesika de Jesus Corona, CHDV**
- Sarah de la Torre, CHDV**
- Madison Deans, NURS**
- Catherine Gemora, COMD**
- Katherine Gonzalez, CHDV**
- Ashley Hernandez, CHDV**
- Anicia Legarda, CHDV**
- Geraldine Marmolejo, PH**
- Jonatan Martinez, CHDV**
- Christian “Miles” Morales, COMD**
- Blanca Olmedo, CHDV**
- Maria Orellana-Noguera, PH**
- Amanda Rodriguez, COMD**
- Jennifer Romero, CHDV**
- Nancy Santiago, PH**
- Stephanie Vasquez, CHDV**
- Cristina Zetino, CHDV**



GREETINGS

Hello All,

We would like to extend a warm welcome to our newest cohort of ECHO-LDPP interns! You are joining a group of caring, thoughtful, and skilled students, staff, and faculty who have worked diligently to build and sustain a community dedicated to addressing oral health disparities in Los Angeles. Though the internship training program has been moved to an online environment, we believe that the strength of our community can transcend our physical distance and enable us all to engage in transformative learning experiences. We hope this experience will enable you to effectively engage in strengths-based, culturally-informed, interdisciplinary, and community-based practice to promote health equity and wellbeing.

Dr. Ledesma & Dr. Munger

Dear Students

I welcome you to our ECHO family. I am excited to get to know each one of you. If there is one thing I want you to learn and take with you at the end of this internship, it is to lead with your “heart”. I have chosen to work with students, because of my love for the community and to teach each student, the love that your community has for you. Each one of you will build a community that will guide your light. Be open to challenge, change and tears of joy as you embark in this new adventure. I welcome each one of you.

Mrs. Ramos, Field Internship Coordinator

Welcome Cohort 4 Interns!

You are about to learn, grow and challenge yourself as you embark on this journey with our ECHO-LDPP internship program. This is a challenging time with remote learning, but we know you will be successful and meet the unique opportunities to serve the community. Please know we are here to support and encourage you as you navigate this new path. We are excited for you to join our ECHO-LDPP family!

Dr. Ellis

Welcome to the ECHO Family, Cohort 4!

You have all been selected because of your unique strengths and perspectives. Your academic, professional, and personal experiences will contribute to our collaborative work this year. Get ready to learn and teach together! I am grateful that you have joined our team and am excited to start this part of your journey with you.

Dr. Kubalanza

Welcome to the ECHO family! As a newer member to ECHO myself, I want you to know that you have become a part of a team that is dedicated, passionate, and caring. I am excited about the opportunities and experiences you will gain throughout your internship. Through trust, commitment, and hard work, you will be part of a team impacting lives and addressing disparities. You are officially a path to make a difference. I look forward to building relationships with all of you.

Meredith Abbasi

Patrick Gaylican (Cohort 1): Hi everyone!! I just want to say that I am so excited to meet you and be a part of your internship experience. One thing that I want you to know is that our ECHO family is filled with love and support!

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*Monica Alferex (Cohort 3):* Welcome Cohort 4, I'm so excited to meet you all and get to work with you. Prepare yourself to learn and embark on a new great opportunity.

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Bryan Santamaria (Cohort 2): " Welcome to the internship program here at ECHO, I'm Bryan 'Santa' Santamaria from the second (and best) cohort year 18-19' and here's all you need to know. The internship program is what you make of it and more, best put, it is a learning experience that uses your academic skills to develop your professional aptitudes. Your learning will be supported by the best crew at Cal State who are all committed to community service. This internship will definitely help you become more involved in the community while creating long-lasting bonds with your cohort."



Anabel Rosales (Cohort 3): To our Cohort 4 interns, Congratulations and welcome to our ECHO Family! This internship is one of the best things that has happened to me, and I am so grateful that I had the opportunity to be part of it. You may be nervous or scared as you begin the internship, but know that you will be supported by the ECHO family throughout your time with us. So, if you have any questions, comments, or want to chat, do not hesitate to talk with any of us, we welcome you with open arms!

alumni

WELCOME FROM ALUMNI

Karina (Cohort 3): I would recommend the following: Create an ECHO folder on your computer and save ALL documents there!
Bring positive energy and engage in the discussions.

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*Alejandra (Cohort 3):* My advice is to make the most out of every opportunity that this program presents to you. Come into every class ready to think critically about how the material applies to you, your future career, the communities you will serve, and the mission of ECHO-LDPP. The length of this program will fly by, so enjoy the ride, make friends, and most importantly; be present!

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Tanya Hahni (Cohort 3): Welcome to the ECHO-LDPP! This program is full of interesting and unique experiences. You get out of it what you put in, so I encourage you to dive deep and get as much value from it as you can.

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*Beatriz Coronado (Cohort 1):* Welcome! You are about to learn a lot of pertinent information and gain skills that impact the way you think and interact with others. Take the time to reflect and share ideas with those around you. You will be surprised at how much of a difference you can all make.

*Jessica Guerrero (Cohort 1):* Be open to other disciplines and their perspectives. You will learn so much from their information, professors, and students.  
Good Luck!

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Maria Vega-Cruz (Cohort 2): Welcome Cohort 4! This new internship will be VERY different as it'll be virtual, but please reach out to anyone from the ECHO family if you have any questions or feel confused with it all. I'm Maria from cohort 2 and now a Health Educator aka HE. Get to know the other interns, talk to each other, don't be shy talk some more! lol I know the Zoom meetings will be long so grab some snacks!

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*Jessly Rosales (Cohort 2):* Hello Cohort 4! Although, I have already the pleasure of meeting you all, I continue to look forward to all the task we will work on together. My advice to you all is to be open to new experiences. What you put into this internship is what you get out of it! Do not ever hesitate to contact me. Welcome to the ECHO Family!

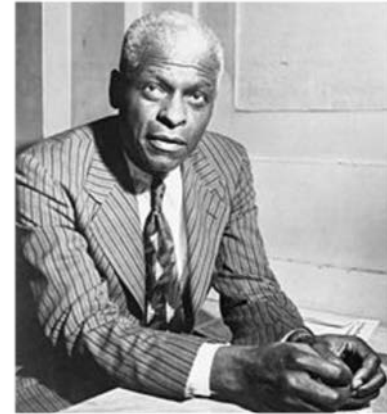
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Mehek Desai (Cohort 3): Congratulations!! You're here! Open your heart and you will learn with your soul. Make the most of this journey!

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*Wendy Hernandez (Cohort 3):* Welcome Cohort 4! You will all have an amazing time during this internship and learn so much. A piece of advice that I would give is to not hesitate in asking for help. We welcome you with open arms and will gladly help you all during your internship.

*Bunmi Orunesajo (Cohort 3):* Welcome to the ECHO family! You will learn that it is very important to work well as a team to succeed. The months ahead may not be easy, but the reward that lies ahead is great.



**God's Minute**

© by Benjamin E. Mays

I've only just a minute,  
Only sixty seconds in it.  
Forced upon me, can't refuse it,  
Didn't seek it, didn't choose it,  
But it's up to me to use it.  
I must suffer if I lose it,  
Give account if I abuse it,  
Just a tiny little minute,  
But eternity is in it.



ZOOM room links for our Wellness Activities:

**Exercise**

(361285823): <https://calstatela.zoom.us/j/361285823>

**Meditation**

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