



Greeting from Dr. Ledesma

Dear ECHO-LDPP Family,

As we complete another month in the “work from home” environment, I am honored by the achievements of ECHO-LDPP community. We have remained focused on the mission of addressing oral health disparities as we have confronted two enormous challenges: managing concerns about COVID-19, our personal health and the health of loved ones and encountering, again, the brutal realities of institutionalized racism and police violence. These challenges deepen our understanding about the root causes of oral health and other disparities as the challenges also underscore the importance of our work.

Fifty-four years ago, in a September 1966 interview, Dr. Martin Luther King noted “I think that we’ve got to see that a riot is the language of the unheard. And, what is it that America has failed to hear? It has failed to hear that the economic plight of the Negro poor has worsened over the last few years.” While there has been progress made, the voices for equality, equity and justice, in the last few weeks, clearly express solidarity for social justice, criminal justice reforms and the elimination of health, education, social, economic, and other disparities. We know that “plight” of too many communities are invisible to those outside the community, even as lived realities create suffering in the lives of so many of our friends, families, neighbors and for the communities that we serve.

The Field Internship Training Program provided content that noted the importance of developing knowledge about the histories and contexts that create disparities; the cultural values and community strengths, assets and capacities that support resilience; and the role of caring communities in promoting health and wellness.

Thank you to all members of the ECHO-LDPP family for extending a caring and warm welcome to Cohort 4 and for sharing your knowledge and strength. And, thank you to the Field Internship Team for creating an opportunity for all to share meaningful representations of our cultural heritages.

Gratefully, Dr. L



Team Work Makes the Dream Work



We acknowledge with enormous **Gratitude** the efforts of the Field Internship Administrative and Faculty Team in developing the Field Internship Training Orientation Program. The Orientation Program included exceptional presentations that provide Cohort 4 with a strong foundation. Presenters included: Dr. Marvin Belzer, Mrs. Lenora Hathatlie, Mr. Sean Sherman, the Field Faculty Supervisors, the Health Education Team and Dr. Ledesma.

We celebrate the leadership of Mrs. Ramos, Mrs. Abbasi and Ms. Rosales in designing and managing this outstanding event!!



ECHO-LDPP is proud of and thankful for the amazing work of the Health Education team, who have prepared and packed over **1600 "Goody Bags"** for distribution to families. Each bag includes supplies for a family of 6, which totals 9600 individual toothbrushes, toothpastes and flossers and 1600 envelopes with resources, activity pages and crayons! Go Health Education Team! Your caring hearts and commitment to service represent ECHO-LDPP in the community! Thank you.





Agua de Sandia (Watermelon Water)

Courtesy of Michelle Ilan, MA,
Health Education Team Leader

*It is summer time and watermelon is in season!
This 4th of July weekend, enjoy this refreshing fruit as a
snack or beverage.*

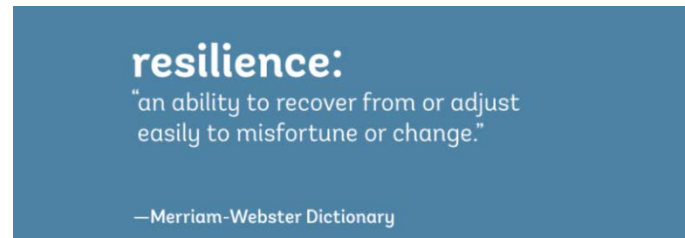
1. Slice watermelon into chunks, removing the rind.
2. Place watermelon chunks in blender.
3. Add water, ensure watermelon is completely covered (about double the amount of fruit)
4. Blend until liquefied.
5. Pour watermelon water in a pitcher and add ice cubes.
6. Sweeten as desired.



Building Resilience

“Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.”

Building Your Resilience. (2012). American Psychological Association. Retrieved from <https://www.apa.org/topics/resilience>



Strategies to increase your capacity for resilience

- Build connections
- Foster wellness
- Find purpose
- Embrace healthy thoughts
- Seeking help

Where are They Now: Student Intern, Cohort 1

Currently, I am about to begin my last semester as a graduate speech-language pathology student. ECHO-LDPP made a significant impact on my personal and professional life. Meeting students from other disciplines who share a goal of helping underserved communities was inspiring. It allowed me to learn about professions, I didn’t even know existed that provide valuable support to families in need. Thanks to ECHO, I was able to be a part of a community of professionals and students who continue to support and motivate each other. As a speech-language pathology student clinician, I need to obtain valuable information from my clients and/or their caregivers. ECHO provided me with the skills to interview families in an appropriate and mindful manner. It also provided me with the confidence to explain my mission and goals to other professionals. The most meaningful lesson that I learned was to consider the “whole child, whole family, and whole community”. This mindset allows me to take a more macro perspective, which leads me to provide better care.

Una Palabra: Thankful

Best Regards, **Beatriz Coronado**





Una Palabra/One Word

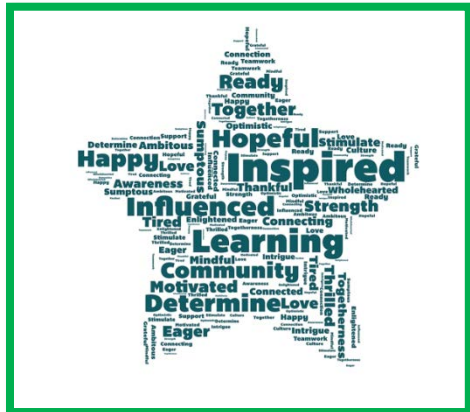
ECHO-LDPP has used the practice of “Una Palabra”, since we began delivering services. It is a tool that began as practice, to record the thoughts/feelings people, who were participating in clinical or other group experiences.

Here are the “Palabras” collected from the Cohort 4, Field Internship Training Program.

Una Palabra: Day 1



Una Palabra: Day 2



Una Palabra: Day 3



Una Palabra: Day 4



ECHO Wellness Activities on ZOOM:

Movement & Exercise: MW@ 8:30 am

ZOOM Link: <https://calstatela.zoom.us/j/361285823>

Midday Meditation: TTH@ Noon

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

University Holiday, July 3, 2020

The University will close in honor of Independence Day, July 4, 2020. Stay Safe, wear your mask, maintain social distance and **enjoy** the long weekend.

