

Dear ECHO-LDPP Family,

This is a historic moment which illuminates the deep inequalities of our society. The suffering of communities impacted by COVID-19 and police violence is a consequence of institutionalized health and social disparities. What is the role of program designed to address oral health disparities in this historic moment? Interrupting oral health disparities may not create widespread social change, but it may provide a foundation for overall health that supports individual, family and community development.

I suggest that the suffering and upheaval of the last months underscore the importance of small acts and cumulative effects. The “small acts” of engaging with families and providing toothbrushes, toothpastes, flossers and activity sheets/crayon, oral health education, and (eventually, oral health screening) may not correct all the injustices, but these “small acts” may still be meaningful. Comfort and strength may accumulate to those who receive and those who deliver supplies. Just as injuries and sufferings accumulate, and hope and caring can also accumulate.

In the last two weeks, Los Angeles County Supervisor Solis received 506 bags of oral health supplies and Los Angeles City Council Member Gil Cedillo received 500 bags of oral health supplies. Each bag contains supplies for a family of 6. Supervisor Solis and Council Member Cedillo will distribute these bags to agencies and families in the community. I am grateful to the members of the Health Education team, who packed supplies at home, to Ms. Reyes, who offered her garage as a warehouse, and to Mr. Armando Gonzalez, who arranged delivery of supplies. When I expressed my gratitude to members of the team, they replied with statements that articulated their commitments to support families and agencies, their eagerness to return to the community and to engage directly families, and their passion for the work and the children and families that are served by the grant. Small acts of caring can have positive cumulative effects.

ECHO-LDPP is committed to building a caring community that can address oral health disparities. What drives us forward? It is love and caring, love for family, love for community and love for justice. Take care and stay safe, Dr. Ledesma

Making
small acts that amplify

Team Work Amplifies Small Acts of Kindness



A Message from Los Angeles City Council Member Gil Cedillo, CD 1

Team Cedillo received a generous donation of 500 kits with family dental hygiene supplies and education materials from CAL State LA - ECHO Dental Project. Even though under our facial coverings you cannot see our smile, that does not mean we should stop taking care of our oral health. These kits will support our Youth Virtual Summer Camp and our CD1 food banks across the district. Thank you, CAL State LA, and Dr. Rita Ledesma, for being a great partner and bringing health and wellness to Council District 1.



From Dr. Ledesma:
The glory for this work belongs to the Health Education Team, who packed the supplies and Melissa Sanchez and Yvonne Razon, who prepped the supplies to packing. This was truly a team project that demonstrates the ECHO-LDPP caring heart and commitment to interrupt oral health disparities by supporting children, youth and families and the local community. We are grateful for our partnership with Council Member Cedillo!



My Journey to ECHO-LDPP



Hello everyone, my name is Dalila Georgestone, and I am a California State University, Northridge (CSUN) Alumni, and CSULA alumni. I want to share my journey with you and how I came to ECHO-LDPP. My undergraduate studies began at CSULA of Fall 2005 with a major in Psychology and a minor in Criminal Justice. My desire was to pursue a career in Forensic

Psychology. At that time, it was a quarter system. Even though CSULA was a commuter school, I wanted to live on campus to get away from my family/parents and so I could enjoy the dorm life experience.

During my time as a full-time undergraduate student, I was involved in a lot of personal and professional development. In my first year, I joined PALS (Partnership for Academic Learning and Success), a peer-mentoring program for first-year students and transfer students to get acquainted and adjust to campus life and succeed academically. The program had some similarities to ECHO-LDPP, like the open door for anyone to come to the office, hang with other people, and have downtime to work on school assignments. The PALS program was very precious to me because I had someone to mentor me and invest their time in me and I had a safe place to belong and be included in a group while doing events together.

My mentor, Carlos, helped me navigate services and resources such as financial aid, the writing center, and the career center to apply for jobs on campus. Additionally, he also tutored me with my assignments, particularly math, since he was a Mechanical Engineer major. One unforgettable moment was when Carlos and his friends invited two of my roommates and me to skateboard at a skateboarding park in Los Angeles. It was a great experience to share with my mentor.

My professional development began in the dorms with my first part-time job as a 1st freshman with the role of a Guest Housing Representative & Housing Mail Clerk. I delivered residents mail in the housing mail offices. After working in the housing department for a year, I moved up the ladder-changing departments to be part of the Athletics Department. I worked as a Student-Athlete Administrative Assistant until I graduated with my B.A. degree at the end of Fall 2009.

Why public health

My father was the one who told me about Public Health and that I should pursue it. Before my father's passing, he informed me that this was a new field and that it would be fulfilling. He said, "with your Psychology degree and passion, you can influence and encourage individuals to adapt to healthful behaviors." Besides my father, I also researched what Public Health is and what/how I can contribute once I obtained a Master of Public Health (MPH) degree. My Psychology degree made it beneficial to understand people's behaviors and educate individuals to adapt to evidence-based practices. Also, I wanted to make an impact in others' lives, whether individual, children, or families.

Graduate school

While in graduate school at California State University, Northridge (CSUN), I obtained my Master of Public Health (MPH) degree. I worked full time so the CSUN MPH online program allowed me to take classes part-time.

When I started the MPH program of Fall 2015, I applied to CAMINO, a program that provided graduate students who pursued fields in the College of Health and Human Development, a pathways to health careers for low-income, first-generation and Hispanic students. Though I was not Hispanic, but a person from a Community of Opportunity, I still applied for the program and got accepted.

Throughout the program, numerous collaborative projects and presentations were imperative training components, especially for the concentration of Community Health Education.

My journey to ECHO-LDPP and What I Love

My journey to ECHO-LDPP began in March 2019 as a Health Educator. A couple of years prior, I graduated with my MPH degree, and was looking for a job within the Public Health sector. I had applied to several jobs and though it was disheartening to hear and receive job rejections, each rejection brought me one step closer to a "yes," and here I am!

What I love about my work is the ability to serve others by providing information, resources, and time. I feel joy each time I receive a positive response from participants when they receive a toothbrush or ask questions and have it answered with reliable and credible information.



Where are they NOW?



Jessica Guerrero, Cohort 1

I am currently working with the Riverside County Adult Services division as a Social Services Practitioner.

How did your experience in ECHO affect you?

ECHO affects the way the I approach outreach and communication. There are endless resources and services for families, but outreach is the key to getting the information to them! Communication can also be done in various ways and face to face can sometimes be the hardest- but the most effective!

What experiences from ECHO do you use now in your current work/profession?

I am aware of different developmental delays that could affect a child and their family. I take into consideration their living environment, economic background, education level, cultural traditions etc. and I am sure to approach parents with the utmost respect and suggestions- not judgment and demands.

What is a meaningful memory/lesson/experience you learned from ECHO?

The connection and family feeling that Dr. Ledesma wanted us all to have.

Una Palabra: Grateful.

Hello Friends and Family!! I just want to share with you a great resource that I believe will be beneficial for all of us. Kaiser Permanente recently emailed me about a free membership of an app called Calm. It's been helping me with meditation which reduces my anxieties and relieves any stress that I am feeling. Calm is a guided meditation app to help reduce stress and enhance wellbeing. It has a daily meditation that helps me approach the day with full of positivity. The app also has a huge amount of music tracks that can help you with relaxation. Lastly, my favorite part of the app is the selection of white noises such as rain noises, forest ambiance, etc. So if you have Kaiser Permanente please take advantage of this free 1-year membership of the app. Just log in to your Kaiser Permanente account and search Calm, then click "Get Calm".

Best regards, Patrick Gaylican



ECHO Wellness Activities on ZOOM:

Movement & Exercise: MW @8:30 am
Midday Meditation: T/TH @Noon

ZOOM Link: <https://calstatela.zoom.us/j/325327459>
Meeting ID: 325 327 459