

Greetings

Dear ECHO-LDPP Family,

Members of the ECHO-LDPP Family have demonstrated great strength, creativity and commitment in the past months. Staff and students have developed new tools for sustaining the work and serving the community. The foundation for achieving grant deliverables can be found within our own community. Staff and student assistants join together to support one another, to nurture our ECHO-LDPP bonds, and to deliver oral health education and important resources for community partners. Student Assistants manage and provide logistical support for delivering the ECHO-LDPP Wellness Activities, Team Leaders provide content and consultation for the Wellness Bulletin, and Health Educators have organized monthly "Picnics". In lieu of the traditional "greeting", we are sharing the facts that we learned about one another at the "Picnic" last week, during the "ice-breaker". Thanks to Patrick Gaylican and Aby Munoz-Ramos for organizing this fun event! With gratitude to all on the ECHO-LDPP team, Dr. Ledesma

SERVING THE COMMUNITY



ECHO-LDPP Picnic, Penny Story Icebreaker

1. Find a coin from 2000-2020
2. Share an event that happened to you that year

Here are the results:



Patrick Gaylican: (2015) - This was the year where I bought my first car with my own money. It was also the year where I finished my Associate in Science for Transfer (AS-T) and getting ready for Cal State LA.

Nancy Santiago (2016) - A lot happened for me this year. This was the year I had my second baby, my first little girl. I also got married a few months later to my boyfriend of six years. Lastly, this was the year I decided to go back to school and applied at CSULA in the fall.

Melissa Rios (2015) - This was the year I became a certified lifeguard, which also lead me to be a swimming lesson instructor for kids ages 2-12.

Markeisha Jackson (2016) - This was the year I moved back to Los Angeles, California after living in Kansas City, Missouri for 5 years.

Steven Alvarado (2019) - I adopted my dog Charlie and it was also the year I became a part of the ECHO family.

Jennifer (2009) - I was 10 years old making my transition to middle school. My elementary class was the last class of 4th graders because the following year the elementary school was going to extend to 5th grade. That is all I remember.

Maria Orellana (2015) - I took a California road trip with my high school classmates. We went to San Francisco, Santa Cruz, and Santa Barbara.

Ashley Hernandez (2018) - This was the year I went to Guadalajara to meet my paternal grandparents for the time. It was an amazing experience.

Tanya Hahni (2016) - This was the year I was saving up as much money as I could so that I could return to school full time (spoiler alert: I did it!). In addition to my full-time office job, I sometimes housesat in the evenings. One of my clients lived in a fancy building in the Arts District in DTLA. The floorplan of the apartment was small so the bed had been positioned on a platform 12 feet up which was anchored to the wall and held up with support beams. The only way to access it was a tiny, sharply pitched ladder. Going to bed was a harrowing experience each evening but I made it out alive.

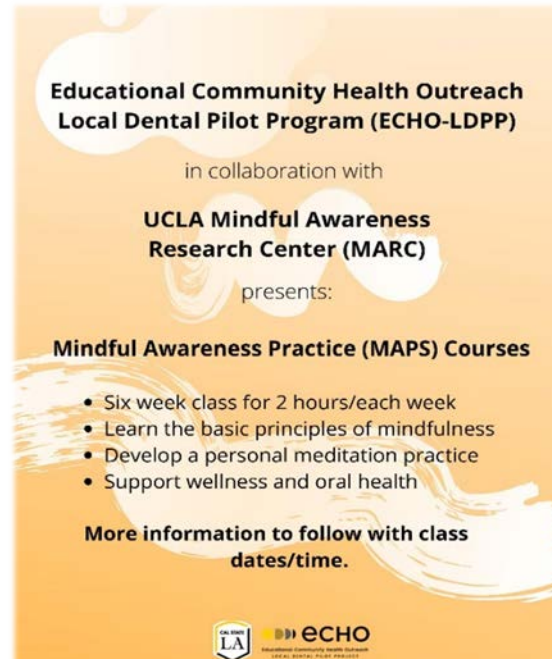
Jocelyn (2019) - In 2019 I took my first solo trip to Montreal, Canada. It was a rewarding experience that has led me to be more open to doing things alone.

Dalila Georgestone (2019) - This was the year where I left my job for almost a decade working in medical billing/healthcare administration and got hired to ECHO-LDPP as a Health Educator. It was also the year where my cousin got married.

ECHO-LDPP Creates Unique Partnership to Build Resilience in the COVID-19 Environment



ECHO will sponsor 6 courses to teach staff, students and community partners about Mindfulness Meditation practice. Faculty from the UCLA Mindful Awareness Research Center will lead the courses. Each course is 6 weeks long; each class meeting is 2 hours. Stay tuned for the announcement of course schedules.



Cabrina Nelson, Health Educator

I am currently still pursuing my goal to finish school. While also finishing up with my last night class of the semester, I am also applying to graduate school for physician Assistant programs and nursing programs for Fall 2020 and Spring 2021. My objective still has not changed to become an OBGYN PA-C or NP in Obstetrics. My song choice is, Brown Skin Girl – Beyonce. I choose this song because it is a representation that we should love our skin and all the skin complexions and shades we have. "Brown skin girl, ya skin just like pearls. Your back against the world. I never trade you for anybody else, say. Brown skin girl, ya skin just like pearls"

Meme:

