

Greetings from Mrs. Ramos

Dear ECHO Family,

For many of us, work is like a second home. We spend anywhere from 8-10 hours a day traveling to/from work and on our tasks. As I think about what I miss the most about my second home, I think about my good fortune to do work that is meaningful and that I enjoy. One of the most enjoyable parts of my job is to create “community/relationships”, which become support systems for learning and developing long-lasting mentoring relationships.

The goals of the interdisciplinary field training program include training students to work with poor families, to develop knowledge about family strengths, oral health disparities and strategies to address disparities. It is important to me, as the Training Coordinator, that each student, who completes our internship program, understands what community means for ECHO-LDPP. To me, “Community-Based Practice” means “Corazon y Ganas” (Heart and Desire/Will/Motivation). This includes the “will” to explore and learn from our communities and the “heart” to recognize our families’ histories/stories, to appreciate their strengths and to care about their experiences.

ECHO-LDPP is unique. We build upon each other’s strengths, and we build each other up. We create opportunities for professional and personal growth. ECHO will send 52 students into the workforce with confidence, skills, knowledge and “ganas y corazon” by the end of the grant.

I also want to welcome Cohort Four to our ECHO-LDPP family. We are excited to meet you!

Con Cariño y Corazon,
Jacquelyne Ramos, MSW
Field Training Coordinator



Reflections on Life in a COVID-19 World

Life, during a worldwide pandemic, gives us the opportunity to consider our work and why we “do” it. At ECHO-LDPP, relationships, partnerships, children, youth, families, service, caring and communities are important. We address oral health disparities, and we are grateful to promote the health and well-being of communities where we live and work. With community partners, we practice a commitment to HOPE and GOODNESS through our work and our values.

In ECHO-LDPP trainings and discussions, we discuss the belief/value of the “Seventh Generation”, found in many American Indian Alaska Native communities. This belief/value refers to the idea that all decisions made by tribal (community) elders must consider the impact of decisions on the Seventh Generation that follows. This is a value that supports abilities to distinguish between personal interests and long-term community interests. We



thoughtfully consider the impact of decisions on the children and families, who will follow us. This value includes: caring, protection, trust and hope.

We have a responsibility to protect the interests of children, who are not yet born and to the future. We trust that when we make decisions in their interests, that we protect and keep communities safe. We commit to hope and to take steps, today, to protect the well-being of future children and communities.

The staff and students at ECHO-LDPP are not all Native, yet, we all share the commitment to the values represented in the concept of the Seventh Generation. We express this through our caring work and our caring family relationships with our children, grandchildren, nieces, and nephews. We practice with a belief in goodness and in hope and a commitment to addressing oral health disparities!

Dear Comadre/Compadre

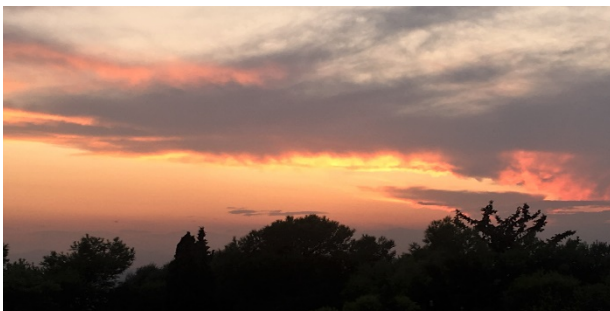
During this Pandemic, I've realized that separation from my coworkers and community has an impactful absence on me. I find myself triggered with emotions of desolation and sadness by this rapid transition to a "new norm". Many times, I have trouble focusing and managing my work time, my personal tasks and obligations. I've thought about similar experiences I've had in the past and have asked myself, "what did I do during those past experiences to become resilient, and how can I continue coping with this situation building off of those strengths?" Comadre, do you have any advice for me?

Stressed

Dear Stressed,

You demonstrate so many strengths and internal resources in identifying your feelings and in your ability to reflect on past experiences and successes. I am sorry that you are suffering. You have also lost a part of your "identity", in that your role as a "helper & colleague" has shifted.

Here are some ideas: Continue to reach out to others, including your colleagues and acknowledge your losses. Consult with one another and reorganize the work process. Can you create a ZOOM worktable to work alongside one another? Try to establish a consistent life and work schedule, work space, and work breaks. Stop to check in with yourself, clear your head, reenergize and hydrate. Stop for meditation, do a different task, walk outside (pretend you are walking to Starbucks!), and exercise, play, write, sing and dance. Schedule "play/rest/chat" times with work friends. Honor yourself and your life journey. Remind yourself and your loved ones that unity, friendship, caring, kindness and compassion will "pull us through" and help all to find the "silver lining". And, together, we will.



HAPPY EARTH DAY, April 22, 2020

ECHO-LDPP All Staff Meeting, APRIL 15, 2020

We hosted our first virtual staff meeting, and all staff members participated. We discussed our goals and experiences, and we shared updates. ECHO-LDPP is adjusting and developing new methods for achieving our deliverables. It is our custom, at the end of the meetings or gatherings, to ask for UNA PALABRA. Here are the "Palabras" from the meeting:



Practicing "News Hygiene":

It's important to limit exposure to news updates and to avoid increasing anxiety. It's also important to find good news! Here is a link to a new source, "Some Good News", check out the other episodes:

Prom 2020: Some Good News with John Krasinski Ep. 4

<https://youtu.be/VQLi2GYVULc>

ECHO Wellness Activities on ZOOM:

Movement & Exercise: MW@ 9:00 am

Midday Meditation: TTH@ Noon

Meme of the Week

