

Greeting from Mrs. Reyes

Hello ECHO-LDPP,

I think it's fair to say that none of us expected this crisis to take over our lives. Yet, here we are, and we continue to lead. Our homes have become our "new office" where we continue to do our meaningful work. As we adjust to our new normal, we can't help to miss what life was like before COVID-19. I, for one, miss working in a space along with a dedicated, talented, and creative team. To be honest, my home "coworkers" do not demonstrate the professional poise that you all possess.

I have also been reflecting on the many lessons I have gained from being part of the ECHO team. One, in particular, is learning about the importance of self-care and how it helps us to stay sharp, motivated, and healthy. Personally, self-care has been very challenging for me. Now more than ever, it is important to practice self-care during these stressful and unprecedented times so we can do our best work.



Here are some ideas on how we can practice self-care during the quarantine. Make sure you take a break to engage in positive activities. Read a book. Listen to soft music. Dim the lights. Watch the sunset, or go for a walk, do so safely. Watch a TedTalk. Brush up on a foreign language. Light a candle. Take a deep breath. Journal. Puzzles, games, cooking, magazines, and humor all provide a much-needed respite from the stress. If you are lucky enough to be with family, try to take advantage of this unique time

but also set boundaries if you live in a busy house.

I would love to hear what you are doing for self-care. Be safe, take care, and stay connected.

With gratitude,
Luz Reyes, MPA
Health Educator Coordinator

Student Internship Culmination Ceremony

We are happy to celebrate the achievements of the Field Internship Training Program-Cohort 3!



Health Disparities, COVID-19 and Oral Health

ECHO-LDPP adopts a "Whole Child, Whole Family and Whole Community" perspective in our work, because we understand that contexts influence health, social, economic and educational outcomes. All the challenges that poor families experience on a daily basis influence the COVID-19 experience. From news, government and academic reports, we learn more about how social conditions affect health disparities and result in negative health outcomes for vulnerable communities affected by COVID-19. ECHO-LDPP recognizes that oral health is connected to overall health status, and we will support our community partners in

promoting oral health. We are preparing for distribution of oral health supplies to partners, and we will be calling on staff to assist with this process. It will be wonderful to support partners!



“It’s OK to NOT be OK”

Part 1

Ruth Padilla, LCSW

The transition to “work at home” includes managing personal needs, including safety, family, mental health, finances, etc., and collaborating and supporting one another in “meeting grant deliverables”. It is challenging to process our own reactions and responsibilities. This balancing of multiple needs is a recipe for hitting peak compassion fatigue among ‘helping professionals.’ Briefly, compassion fatigue is feeling unsure about our abilities to help, and it’s triggered by our inability to prioritize self-care

How can we not be feeling something at this moment? The following factors are risks for compassion fatigue in our current environment:

- Ability to function is interfered with or altered.
- Situation or incident does not seem “typical or ordinary”, it feels traumatic.
- “Compassion stress” impinges upon or breaks through normal boundaries (working at home).
- It feels as if you are working harder but accomplishing less.

It is important to acknowledge our feelings, in response to the abrupt changes to our personal and professional lives. Our primitive mind knows something bad is happening, and this breaks our sense of safety.

We are collectively feeling this, so we cannot deny the challenges, it has brought to our lives. It’s OK, if there are moments, when you do NOT feel “OK”.

Acknowledge your feelings and develop good self-care practices. Remember the reason you chose this work and this profession. Recognize when your brain needs a break from stress. Although the current state of the world may appear grim, your presence, empathy and compassion give hope to so many.



A Message from the Comadre:

Dear ECHO-LDPP Community,

I am learning about the stress and anxiety that many of you feel. I also hear how much you continue to do for the children and families that you serve. What a blessing you are to the world! Your passion and your caring are needed. Here is a simple meditation that you say for yourself, and your family, friends, colleagues and community:

- May we be strong.
- May we be happy.
- May we be healthy.

Thank you for your work,

Your Comadre

ECHO Wellness Activities on ZOOM:

Movement & Exercise: MW@ 9:00 am

Midday Meditation: TTH@ Noon

Meme of the Week

