



Greetings and Celebrations!

Today, we celebrate the achievements of members of the ECHO-LDPP Community. We are very proud of the Students Assistants who will graduate and students who have been accepted into graduate programs. Congratulations! Wishing you every success and blessing as you begin a new chapter in your life!

Monica Alferez, BA Public Health

Carmen Campos, MA Public Health

Anabel Rosales, BA Child Development

Destiny Sepulveda, BA Public Health

Melissa Rios, BA Child Development

Fidel R. Valtierra-Parra, BA Child Development

Karina Quiroz, BA Public Health

Jessly Rosales, BA Communication Disorders

The following students have been accepted into graduate programs:

Aldrin Allen Ysip

CSU Fullerton, - Master of Arts Program in Communication Sciences and Disorders

Tanya Hahni

Cal State LA MA Program in Communicative Disorders with an emphasis in Speech-Language Pathology

Markeisha Jackson

Cal State LA MA Program in Communicative Disorders with an emphasis in Speech-Language Pathology

Bryan Santamaria

USC School of Social Work

Sharlene Gaspar

USC School of Social Work &

Cal State LA School of Social Work



ECHO-LDPP also celebrates **Dr. Ashley Munger**, who will be awarded tenure and promoted to Associate Professor in Fall 2020!



Letter to Dear Comadre

Dear Comadre,

I am graduating this spring, and I am sad because it will not be what I expected. I am sad that there will not be a ceremony. I cannot celebrate with my family and friends the way I envisioned. I have been looking forward to this day since I started college. This day means so much to me, because I am the first person in my family to graduate from college. Additionally, being a first-generation minority student whose parents worked blue-collar jobs to support my education, this is a huge milestone and I feel robbed of the ceremony and the memories that would come with it. Even more so, because it's a time to shine and thank my friends and family who have supported me along the way. I know I should feel grateful that my family and friends are safe and healthy, and that I'm graduating, but I'm having a hard time.

2020 Graduate

Dear 2020 Graduate,

Congratulations on your achievement!

It is very normal and appropriate for you to have such mixed feelings. This is a loss to grieve, because, you (and other 2020 graduates) are denied the ceremony that you earned. I would encourage you to explore your feeling and acknowledge your disappointment. What thoughts come to mind: "I wanted to thank my parents", "I wanted to thank my friends", "I feel proud of what I have accomplished", "I wanted to have a party"? Embrace your disappointment, and in your mind comfort yourself as you would comfort a friend or child who is disappointed. Now, consider what you can "do" to demonstrate your thanks, success and achievements? Can you host a virtual gathering, write letters, send photos, make a video and share your feelings with your family? Can you plan a "parade" or "social distancing" event to celebrate? Have you thought about planning a graduation party for the future to give you and your family a celebration to look forward to?

During this challenging time and as you think about this loss, you may "grow" more resilience, more strength and more self-knowledge. Congratulations on your graduation! Your achievements and success are always with you!

ECHO Wellness Activities on ZOOM, # 325327459:

Movement & Exercise: MW@ 9:00 am

Middy Meditation: TTH@ Noon



Facemask? Check, Disinfectant Wipes? Check, Kleenex? Nope! by Tanya Hahni

Every time I go to the grocery store lately I come home completely exhausted and cry at some point, sometimes more than once. Since I only go every two weeks, this means I've had four episodes of errand tears, since this all started. Last week the lady standing near the driveway of a local convalescent home holding a giant "Thank You" sign for staff entering the facility kicked things off. That was followed by me standing in a socially distanced line with my fellow shoppers, watching carts full of new plastic bags that are going to take more than 500 years to disintegrate leave the store, no reusable bags allowed during a pandemic. I'm typically okay while shopping but once I say "We appreciate you being here" to the cashier and bagger, watch out, that's a real trigger! When I get home I can get back to focusing on other things, but not before I wipe down all my groceries with disinfectant spray and take anything that comes in a box out of the box, because that's what we do now.

Trust me when I say I am very surprised by my reaction to these outings. I love to tell people that I'm fine. I recite my mantra that I have a light workload, good quarantine partners, and lots of space; I'm lucky. That is all true and almost every day that doesn't involve a grocery store is actually fine. It's fine because I have been able to stay home and block out almost all COVID-19 news except for government agency updates telling me things like, "oh you know what, start wearing a mask because we really don't know what this thing is" and "please, for all that is holy, stop going to the beach on the weekends". Everything is fine because I'm good at having a routine and honestly, I prefer being at home, even in normal times, but I try not to emphasize this because it comes off as vaguely insensitive.

So why am I crying? I think it is because when I go to the store I have to finally admit that things are definitely not fine. I haven't personally witnessed overwhelmed hospitals, grieving families or states of extreme panic but I know all of those things are out there, just beyond my personal experience, and when I go shopping I get a glimpse of what I knew was true the entire time. I entertain the thought that things will go back to the way they were sooner or later but that really isn't based on anything other than an optimistic nature and I'm doing my best to maintain it, which in turn prevents me from crying even more. Luckily errand tears don't really require Kleenex, they just dry on your face or get caught up in your mask; one less thing on the grocery list.

#staysafe #weareallinthistgether
#istilldonotunderstandwhyissuesareinsuchshortsupply

A Healthy Recipe: Peach Ice Tea

It's peach season! Enjoy a fresh-brewed peach ice tea this Memorial Day weekend.

1. Boil water, then steep tea bags for 5 minutes*
2. Remove tea bags, let cool
3. Pour tea in a pitcher and add water equal to amount of brewed tea
4. Slice a fresh peach or two and add to tea
5. Refrigerate to chill
6. Enjoy over ice
7. For a sweeter beverage, sweeten as desired.
(See tips below)



***Note: For every 8-10oz glass, brew 1 tea bag.**

Example: for a 1-gallon pitcher, brew 13-16 teabags.

Tips & Suggestions

- *To sweeten lightly, toss peach slices in a few tablespoons of sugar and add to tea once sugar has dissolved.*
- *Instead of fresh fruit, use canned peaches, but avoid adding the syrup. Choose canned fruit in 100% fruit juice or canned in water.*

Life after Graduation

In this new column, we profile ECHO-LDPP staff, who will also recommend a "song of the week"!

Jocelyn Ortiz, MA, Health Educator

One of my career goals is to combine my passion for working with communities of opportunities and traveling. Being a woman of color and coming from this community has inspired me to empower other woman pursue their goals by exploring non-conventional methods such as traveling alone. It is out of the norm to travel alone as a woman but it has also become such a powerful experience that has impacted other aspects of my life.

One of the songs that makes me feel good is "Confidently Lost" by Sabrina Claudio, because she talks about how being alone doesn't necessarily mean that you feel lonely and how one is constantly evolving.

https://www.youtube.com/watch?v=CXiMKUu_1xs

