

A Message from Gabby Cardenas:

Hello my friends,

I miss you all – your smiles, laughs, and hearing about your adventures! Yes, these are strange times. Let's turn the page for a minute and focus on the new adventures you have. We've taken a step back and simplified our daily routines, we can appreciate the little things in life. Friendships are stronger. Quality time with loved ones brings us closer and a new appreciation for others provides us with a new sense of community.

As we find new ways to stay connected and keep busy, many have taken up new hobbies. Others are finally catching up on favorite shows, something they never had time for before. Others, like me, are working on that home project to-do list, crossing off one item at a time. As we slowly return to our new "normal" lives, remember this: we shall all emerge better and stronger human beings with a new sense of responsibility to our families and community and understanding about the importance of our work.

You have all risen to a most challenging occasion and I'm proud of all of you! To the graduating class of 2020: you began your ECHO adventure with uncertainty but soon understood the value of your commitment. Now, with your heads held high, you can move on the next chapters in your lives as you carry a piece of ECHO with you.

Best wishes,
Gabby

Una Palabra from Cohort 3 the Flossy Posse



Congratulations to the Flossy Posse, Cohort 3! ECHO-LDPP Field Internship Training Program

On Friday, May 8, 2020, we celebrated the culmination of Cohort 3 via ZOOM! Dean Ron Vogel provided a heartfelt greeting and congratulated the students on this achievement. Dr. Ledesma shared thoughts and best wishes; Dr. Munger reminded us of the importance of "gratitude" and offered a quote from Brene Brown: "There is no joy without gratitude". Karina Quiroz delivered a lovely address on behalf of the Flossy Posse. Markeisha Jackson, a Flossy Posse student, offered a song that drew tears for its beauty and heart! A surprise mariachi greeting in song, from Guillermo Gonzalez of Mariachi Los Alamos de Garfield High School and his sons, was offered to the Cohort. Congratulations, Flossy Posse! With love and best wishes from your ECHO-LDPP Family!

The Flossy Posse
Monica Alferez, PH
Carmen Campos, MPH
Mehek Desai, COMD
Kaitlin Gallardo, COMD
Tanya Hahni, COMD
Wendy Hernandez, CHDV
Alejandra Illingworth, COMD
Markeisha Jackson, COMD
Ayomiku Orunesajo, PH
Karina Quiroz, PH
Melissa Rios, CHDV
Anabel Rosales, COMD
Destiny Sepulveda, PH
Fidel Valtierra, COMD

The success of the event was made possible by a terrifically talented planning committee: Brianna Inda, Yvonne Razon, Anabel Rosales, Jessly Rosales and Aldrin Allen Ysip. The success of the Field Internship Training Program is a testament to the leadership of Mrs. Ramos and the contributions of the Field Faculty: Dr. Erica Ellis, Dr. Mary Kubalanza, Dr. Tasha Willis, Mrs. Christine Park and Mrs. Meredith Abbasi, as well as Ms. Rei Johnson, who is faculty for the Community Health Worker Training Program.



Congratulations to the Flossy Posse!

Congratulations, Flossy Posse! Thank you for your significant and impactful contributions. Wishing you all the best! ---- Luz Reyes

Congratulations! It has been a pleasure working with you all. We will always remember Cohort 3, as those who faced difficult challenges and excelled. I wish each and every one of you the best in all future endeavors. --- Dr. Smith

I'd like to thank the Flossy Posse for your contribution to the ECHO-LDPP legacy, especially in these unusual times... you were able rise to the occasion and prove to the world what you are capable of. I couldn't be more proud. --- David Hall

Congratulations! We will always remember you as the class, who handled, so well, a most challenging historical time with poise and positivity. Wishing you all the very best as you continue to use the skills and values you learned in whatever contexts are next for you! --- Dr. Fuligni



Congratulations to the Flossy Posse! Best of wishes in your future endeavors. Stay Strong! --- Melissa Sanchez

Student Presentation at Culmination

Karina Quiroz

On behalf of quarantined Cohort 3, the Flossy Posse, I would like to extend our sincerest gratitude to all field supervisors for devoting valuable time to support and guide us; to the health educators for being stellar examples and for working alongside us in the community; to Mrs. Ramos and the ECHO-LDPP team for all their hard work in facilitating this amazing program; and to Dr. L and Dr. Munger for creating this opportunity to empower us as students in order to connect and improve our community. I want to recognize Anabel for all her hard work in creating fun activities for our culmination celebration.

I know that we are looking forward to a break from studying and to having fun with each other. Last August, we were strangers, who did not know what was coming, and now, we are our own special little family and a special source of support! We developed a comprehensive and culturally sensitive perspective. We have learned to connect with our community to improve oral health. I applaud all the effort, growth and hard work of students.



It is an honor to participate in ECHO. I've been surrounded by so many successful and passionate individuals. I'm proud to share this experience with my fellow student interns: each one brings something special to this team. I want to thank each one for your support. Since the first day, we "have had each other's backs", helped one another with the last-minute room changes, coordinated carpools for field events and listened to each other. Today, we celebrate the end of Spring 2020.

COVID19 has touched our lives in different ways, but we remain resilient, and we have adapted. I want to recognize the strength that our internship and the ECHO team has demonstrated throughout this transition. I feel comfortable to speak on behalf of the Flossy Posse and to our guests, because we have created a family, and I'm elated to celebrate our culmination. To my friends, who are graduating, I know this is not what we expected! Despite challenges, nothing can take away what we have accomplished! Congratulations! I'm proud of you and I'm so proud of us! Thank you, ECHO team, for all you have done for us and for all that you continue to do for our community. Cheers to the Flossy Posse and Cheers to a safe and fun summer!

Our Dear Comadre sends best wishes to Cohort 3!

Welcome to the World!

Theodore and Sebastian entered this world on Monday, May 4, 2020! The ECHO-LDPP family sends loving thoughts and wishes to our new "nephews" and Mommy and Daddy, Christine and Peter Park.

Theodore

Sebastian



Culturally Informed Community-Based Practice

ECHO-LDPP builds on a set of values and an approach to practice that is endorsed by other teachers, activists, scholars and students. Dr. Alejandra Acuna at CSUN, with the support of the Office of Community Engagement, developed a course: SWRK 602 - Advanced Practice with Urban Families II that contributes to our knowledge about culturally informed practice. Her students created a YouTube channel with content *by and for* social work students and professionals working with Spanish-speaking individuals and families. These videos can be used by ECHO-LDPP to support our work with monolingual Spanish-speaking clients. Please check the YouTube link below. Congratulations Dr. Acuna and students!

The name of the YouTube channel is "*Promotores de Bienestar Mental*". Here is the link:

<https://www.youtube.com/channel/UCQsFfkggDti2u3HFLjpwfJA>

ECHO Wellness Activities on ZOOM:

Movement & Exercise: MW @ 9:00 am

Midday Meditation: T/TH @ Noon

Meme of the Week:

