



Greetings from Dr. Ledesma

The ECHO-LDPP Team has been “working at home” since March 13. We thought we would be home for 2 weeks, but campus closed on March 17, 2020 and the world as we knew it, shifted and changed. Since that time, the ECHO-LDPP team has responded to this new world with strength, caring, compassion, commitment and dedication. The service delivery system has been reoriented and refocused to attend to the current challenges and to chart a course that promotes stability and continuity. This week’s Wellness Bulletin will provide updates on activities and efforts of the entire ECHO-LDPP family to address oral health disparities, to sustain and build relationships and to continue the work.

Thank you to every member of the ECHO-LDPP family for your work on behalf of vulnerable children, families and communities.
With Gratitude, Dr. L



Community Partnership Meeting: Make Plans to Attend

SAVE THE DATE!

Cal State LA
Educational Community Health Outreach -
Local Dental Pilot Project (ECHO-LDPP)

VIRTUAL COMMUNITY PARTNER MEETING
AUGUST 18, 2020 1PM - 3PM

Details to Follow

Collaboration with UCLA Mindful Awareness Research Center: Ready to Launch

ECHO-LDPP will offer two 6-week courses for the ECHO-LDPP family starting next week! Please make plans to join one of the courses. You are welcome to invite a housemate and/or family members. We recognize that the “COVID-19 and Work at Home” environment creates challenges and stress for ECHO staff/students/faculty as well as family members. We are planning to offer courses in Spanish and to our community partners! We offer these courses to provide support to all. We look forward to discovering mediation practices can support oral health and wellness.

Educational Community Health Outreach Local Dental Pilot Program (ECHO-LDPP)

in collaboration with

UCLA Mindful Awareness Research Center (MARC)

presents:

Mindful Awareness Practice (MAPS) Courses

- Six week class for 2 hours/each week
- Learn the basic principles of mindfulness
- Develop a personal meditation practice
- Support wellness and oral health

MAPS Course 1: Carol Rotko
August 6 - September 10, Thursday, 12:30 - 2:30 pm

MAPS Course 2: Melanie Vetter
August 7 - September 11, Friday, 1:00 - 3:00pm

Please confirm registration with Melissa:
msanc375@calstatela.edu

ECHO-LDPP Wellness Activities

This team includes: Bummi Orunesajo, Kaitlin Gallardo, Yvonne Razon and Briana Inda who schedule and lead the M/W Wellness Movement Activities and the T/TH Midday Mediations. In August, the Midday Mediations will only be scheduled on Tuesday. Keep your body and mind balanced with fun activities!



ZOOM room link for our Wellness Activities:

Exercise & Meditation:

(325327459): <https://calstatela.zoom.us/j/325327459>



Suggested Reading, Developmental Disabilities:

ECHO-LDPP has a commitment to serve families who have children and youth with developmental disabilities. This work has been led Dr. Munger, the LDPP Associate Director with the support of Luz Reyes, Dalila Georgestone, Wendy Avila, Michelle Ilan, Yushan Zhao, Sonia Trejo (Occupational Therapist III & Feeding Clinic Coordinators, USC UCEDD, Children’s Hospital Los Angeles) and Vonda Yung (President, Chinese Parents Association for the Disabled). We join with advocates across the nation in celebrating the 30 year anniversary of the passage of the American with Disabilities Act, July 26, 1990. Please considering reading this analysis of ADA, which was published as a special section in the NY Times on July 26, 2020.

[Beyond the Law’s Promise: 30 Years Since the Passage of the Americans With Disabilities Act](#)

Nutrition Team: Cookbook Project, Michelle Ilan

Hello ECHO family! The Nutrition Team is creating a cookbook of cultural recipes that will be modified and shared with the community. Our hope is to fill this cookbook with family recipes provided by the ECHO Familia, as we are representative of the richly multicultural Los Angeles community ourselves! These family recipes will be modified to fit a nutritional profile that will support oral health and promote the health and wellbeing of our Los Angeles community. We invite you to be a part of this project by sharing a favorite family recipe. More info to follow. In the meantime, start thinking of what you would like to share!



Teen Activity Projects: Albadalia Munoz-Ramos, Michelle Ilan and Markeisha Jackson.

We are creating an activity book for teens to learn about oral health topics while also having interactive worksheets such as word puzzles, a mindful

eating journal, crossword puzzle, and other fun activities. The goals is to create an activity book that teens can use to reinforce what they learn during the “Oral Health for Teens” health education presentation.



ECHO-LDPP Book Club: Come Read With Us!



The ECHO-LDPP will host two opportunities to learn more about the communities we serve and how we can effectively address barriers to oral healthcare. Through “Children’s Read Aloud” and a “Young Adult (YA) Book c

lub, we will explore various topics, including the immigration experience, serving those who are differently abled, and celebrating cultural diversity. Books are selected that represent a variety of cultures including American Indian/Alaskan Native, Asian Pacific Islanders, Latinx, and the Black community. The Children’s Read Aloud and YA Book Club events are open to everyone, so please share the information with friends, family, and community partners. These events will be scheduled through and meeting dates will be forwarded soon. Activities will be scheduled in August on a biweekly basis. Join us in discovering new authors and illustrators, highlighting the strength and inspiration which surrounds us, finding community in stories and discussion, and promoting oral health.



Please stay safe ECHO-LDPP Family!

Health Education Team: Presentation Topics



ECHO Peer Mentoring Program

The EPMP team has come together to build community and to welcome the incoming Cohort 4 interns. Dr. John Ramirez is working with New interns who are paired with experienced student assistants who have participated in the ECHO student intern program. The goal is for mentors and mentees to work together in creating professional and academic goals and to partner in becoming strong community assets. The mentor/mentee dyads meet weekly and come together for monthly coffee breaks to discuss ECHO projects and quarantine life. By establishing these relationships over the course of summer and the Fall semester, it is hoped that the mentors will strengthen leadership and collaboration skills. Mentees will benefit from the opportunity to learn from mentors about oral health and community-based practice and service. Ultimately, this program aims to provide a place of support for Cohort 4 interns throughout their journey with the ECHO-LDPP team. We are all stronger together!



Health Educator Presentations

TOPIC	AUDIENCE	CONTACTS
Oral Health for Parents and Caregivers	Staff, Parents/Caregivers	Wendy Avila, M.A. Child Development Health Educator Team Leader Educational Community Health Outreach (ECHO) Local Dental Pilot Project (LDPP) Rongxiang Xu College of Health & Human Services California State University Los Angeles (323) 449-8659 wavila@calstatela.edu
Oral Health for Pregnant Mothers	Pregnant Mothers, Staff	
Oral Health 101- Early Childhood	Staff or Parents	
Presentation/Demonstration for Children	Children 5-10 years old	
Oral Health for Teens	Teens	Dalia Georgestone, MPH Health Educator Team Leader Educational Community Health Outreach (ECHO) Local Dental Pilot Project (LDPP) Rongxiang Xu College of Health & Human Services California State University Los Angeles (213) 610-3944 Dgeorge@calstatela.edu
Oral Health for College Students	College Students, Young Adults	
Diabetes and Oral Health among American Indian Alaskan Native people	American Indian Alaskan Native	
Your Smile Matters	Youth with Developmental Disabilities	Michelle Ilan, M.S. Nutritional Science Health Educator Team Leader Educational Community Health Outreach (ECHO) Local Dental Pilot Project (LDPP) Rongxiang Xu College of Health & Human Services California State University Los Angeles (323) 428-8617 Milan4@calstatela.edu
Oral Health for Children with Developmental Disabilities	Parents/Caregivers with Children with Developmental Disabilities	
Nutrition and Oral Health for Young Children	Children, Parents, Staff	
Nutrition and Oral Health for Adults	Adult, Parents, Staff	
Substance Abuse & Oral Health Care	Adults	

Meme of the week:



A screenshot of the EPMP's first "Coffee with a Mentor" Zoom meeting. The EPMP organized an online event to get mentors and mentees acquainted prior to being paired by the administration team.

