

South Central Los Angeles Regional Center (SCLARC)

Consumer Advisory Committee (CAC)

Meeting Minutes

July 23, 2018

Members in Attendance

Ascary Navarro
Marcus Forte
Glen Jackson
Alan Mc Dowell
Raul Munoz
Marybed Barrera
Guadalupe Barrera
Sofia Cervantes
Desiree Boykin (C. A)

Others Attending

Linda Butler

Members Absent

1. Call to order

Ascary Navarro (CAC secretary) called the meeting to order at 10:09 a.m.

- a. Everyone introduced themselves for this meeting
- b. The June minutes were read by Ascary. CAC members approved the minutes and agenda.
- c. The ground rules were read by Desiree
- d. Desiree gave SSAN report is also gave the ARCA CAC report

2 Topic: Being Independent

a. Linda Butler and Esther Kelsey Self- Advocates from the Westside Regional center are our guests they discuss what does independence look like by sharing their story.

bBoth share their experiences about what was it like from living with family/group home to finding their own place to live to call one's own.

c. Living independently is a life-long process which can range from cooking, cleaning, transportation, paying taxes, working, handling your finances, to just living life and creating experiences of our own.

d. Not only did they discuss their experiences we also had our own share of experiences as well because one it is a journey we go to as we grow older but also it's a way for us to learn about ourselves and create moments that we can have based on our own personal accomplishments and goals.

e. You can also work with your service coordinator as well as your ILS (Independent Living Skills)/ SLS (Service Living Skills) Instructor to see what you can do on our own.

f. It was a way for us not just to share but also have a chance to learn from others before we think or consider doing something that we can take one step at a time.

3 Old Business

a. In the month of June our guests, Emilia Crotty and Cristina Valadez from LA Walk discussed with us the importance of being safe, recreating our communities, and also learning to explore our town. They also discuss the car deaths that have occurred in the Los Angeles area alone. This talk also helped many learn about being safe but also learn from the communities in our own area.

b. We always have a gift card raffle each month. CAC members can always participate in the raffle each month.

c. The CAC welcomed We Are Family who will be supporting the CAC. Sofia Cervantes from State council to give suggestions to the CAC.

- d. Welcome back Marybed Treasurer of the CAC we are glad you're back.
- e. On July 26, 1990 the American with Disabilities act was signed into law
- f. The topics for the upcoming months are about Sheltered Workshops/ Day Programs, Joining board etc. If you are interested to express any topic contact Desiree.

4. Announcement

- a. The CAC meeting will be on August 27, 2018 from 10:00am-12:00pm on the 4th floor.
- b. Best Buddies will be back beginning on September 14th, 2:00pm, USC.

5. End of the meeting

The meeting was adjourned by Marcus Forte (CAC Vice President) at 11:39am.