

Advocates Advocates Committee
October 26, 2020
South Central Los Angeles Regional Center

Members in Attendance

Caycee Ricketts
Ascary Navarro
Anna Torres
Renard Stanford
Atayvia Roberts
Dora Trotter
Sean Davison
Raul Munoz
Joey Juarez

Others Attending

Desiree Boykin (Advocate)
Kimberly Rodgers(Advocate Specialists)
Wesley Witherspoon Advocate CH USC
Linda Butler Advocate WRC
Todd Rubein Advocate WRC
Adriana Madrigal Advocate WRC

Members Absent

Alan Mc Dowell
Carol Erby
Diedre Coleman
Keisha Humphrey
Kenya Richardson
Briana Taylor
Cristian Oleta
Diana Salazar
Devon Hewett
Genesis Cordenozo
Gabriela Morales
Katherine Sandoval
Jose Ayla
Andrew Richards
Jenny Rivera
John Meldra-
Jorge Pandoro
Glenn Jackson
Gilbert Williams

1. **Call to order**

Caycee Ricketts (AAC President) called the meeting to order at 10:10 am

1. Everyone introduced themselves for this meeting

2. I (Ascary Navarro, AAC Secretary) approved both agenda and the meeting minutes for the month of September
 3. The Ground Rules were read by Caycee and Desiree Boykin (Consumer Advocate)
 4. We are using Zoom as a means to communicate with one another and also hold our meetings during this time
3. **Topic: Focus**
- a. Today's speaker and member Raul Munoz talked about focus.
 - b. During the pandemic we usually lose our concentration from time to time especially it happens for all of us with all the things we are going through especially adapting to these changes
 - c. It takes time to slowly develop a new rhythm and a new routine on staying focus
 - d. There are ways to regain focus as long as you work towards this you'll find ways to adapt to this reality
 - e. We will be going through this but we will make a plan to move forward
 - f. Take breaks every now and then
 - g. Seek support from friends and loved ones
 - h. Seek mental health support, do exercise either at home or outside as long as you're safe and protected, and meditate/ prayers.
 - i. We all have strength as we can use laser focus attention, intelligence, kindness, and resilience. It's important to meet our goals by staying focus but also doing self-care.
3. **Old Business**
- a. In the month of September and SCLARC Nurse Nafeem discusses the heat wave especially with the current weather. She talks about drinking water, using sunscreen according to our SPF as well as using aloe vera. As well wearing light colored clothing as well as a hat (cap, visor, and sun hat) to protect yourself. Being exposed to heat affects your skin as it can lead to skin cancer and other defects. Even if you're playing in the sun please make sure to stay safe and hydrated.
4. **Announcements**
- a. Events will be canceled until further notice
 - b. We also have AAC Fun Chat Monday and Wednesday at 3:00pm where we all learn from each other, as well as talk with speakers, enjoy just knowing from each other while sharing moments together even when practicing social distancing. Also on Friday we do the AAC Wellness Chat where we discuss about our personal updates its at 12:00pm
 - c. Westside Regional Center, also hold their CAC Meetings at 7:00pm everyday, if you are interested please contact Desiree for more details
 - e. Our next meeting is on November 16th from 10:00am-12:00pm via Zoom
5. **End of the meeting**
- a. Caycee Ricketts (AAC President) adjourned the meeting at 11:45am

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