

South Central Los Angeles Regional Center Advocates Advisory Committee February 22, 2021 AAC Meeting Minutes

Members in Attendance

Caycee Ricketts
Ascary Navarro
Anna Torres
Atayvia Roberts
Dora Trotter
Sean Davison
Jose Ayala
Renard Stanford

Others Attending

Desiree Boykin (Advocate)
Kimberly Rodgers(Advocate Specialists)
Todd Rubien (WRC)
Esther Kelsey (WRC)
Wesley Witherspoon (Advocate) Children's Hospital

Members Absent

Alan Mc Dowell
Carol Erby
Raul Munoz
Glenn Jackson
Morris Taylor

1. **Call to order**

- a. Caycee Ricketts (AAC President) called the meeting to order at 10:10 am
- b. Everyone introduced themselves for this meeting

c. The AAC members approved both the January agenda and the meeting minutes for the month of December

The Ground Rules was ready by Jose Ayala (AAC Sergeant-at-Arms)

Desiree Boykin (Consumer Advocate) discussed the latest ARCA CAC report

We are using Zoom as a means to communicate with one another and also hold our meetings during this time

2. **Topic: Relationships and Dating**

a. Speaker Wesley Witherspoon presents the importance of relationships in regards to friends and romantic relationships

b. He gives advice about what to do when you're meeting someone as well as talking about healthy relationships

c. Advocates share their experiences and what they learned about the experiences in relationships

d. He talks about mutual respect, meeting someone online, trust, as well as compare and contrast what is a healthy and unhealthy relationships as well as what to do to have good friendships in the long run

e. He also shares how to have a successful and responsible relationship with your significant other as well as compromise

3. **Old Business**

a. From SCDD (LA Chapter) Julie Eby-McKenzie speaks about what to do in case of an emergency

b. Today she talks about what essential items we need in case if there is an emergency such as a wildfire, earthquake, etc

c. She talks about creating an emergency plan such as contacts, assistance, life-saving tools, and supplies. It is very important

d. She also let us know what to do when we prepare your kit as well as be aware of hazards in our home as well as create a communication plan when it happens.

e. In case of anything you can contact your support system (Service Coordinator, Transportation, etc...) when there's a situation going on as well as have an out-of-state contact.

f. Also make sure that nothing is unattended, use a fire extinguisher, make sure to create an evacuation plan in case of anything as contact for emergency assistance and make sure that your emergency kit is close to you.

g. Practice how to evacuate if there's an earthquake, fire, or anything hazardous.

h. There are resources available if you need an emergency kit or any support you contact Julie Eby McKenzie at (818) 548-3004 or julie.eby-mckenzie@scdd.ca.gov

4. **Announcements**

a. 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

b. Our president Caycee Ricketts created a survey for future topics for 2021. Please make sure to do the survey as soon as possible. Thank you

c. Today we are wearing Purple and Gold in honor to celebrate the life of Kobe Bryant and Gianna Bryant who are no longer with us as well as do a moment of silence to honor former member, David Weaks

d. If you are participating for Best Buddies please contact Desiree or your buddy for updates

e. Our next zoom meeting is February 22, 2021 from 10:00am- 12pm

f. Westside CAC nightly from 7:00pm Monday through Saturday if you interested in joining contact the Advocate Desiree Boykin

5. End of the meeting

a. Renard Stanford (AAC Treasurer) adjourned the meeting at 12:00pm and Happy 2021 Everyone. The AAC members Thanks you for your support .

Contacts:

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