

**South Central Los Angeles Regional Center Advocates Advisory Committee**

**March 27, 2023**

**AAC Meeting Minutes**

**Members in Attendance**

Renard Stanford

Sean Davison

Ana Torres

Darnell Hayes

Atayvia Roberts

Carol Erby

Caycee Ricketts

Santiago Villalobos

Esther Kelsey (WRC)

Todd Rubien (WRC)

Linda Butler (WRC)

Suzanne Paggi (NLARC)

**Others Attending**

Desiree Boykin (Advocate)

Nowana Buchanan (Advocate Specialist)

Jose Beltran (Community Relations Specialist)

**Members Absent**

Macedonia Mendoza

Lee Price

Xan Blackwell

Jacqueline Williams

Raul Munoz

Andrew Richards

Alex Phuong (ELARC)

Jordan Fienstock (NLARC)

## **1. Call Meeting to Order**

- a. Renard Stanford (AAC Treasurer) called the meeting to order at 10:05 am
- b. Everyone introduced themselves at this meeting.
- c. ACC members approved the minutes for January and February agenda was approved.
- d. The Ground rules were read by our AAC Treasurer Renard Stanford
- e. The AAC Bylaws were read by Advocate Desiree Boykin
- f. Jose Beltran Community Relationship Specialists spoke on the Ambassador program and the commitment is for a full year. Advocates will have a community outreach with SCLARC staff.

Advocates can email [joseb@sclarc.org](mailto:joseb@sclarc.org)

## **2. Toxic Relationships**

- a. Ms. Suzanne was the guest speaker from NCLARC, and she is the SABLAC President.

Ms. Suzanne Paggi leads an open discussion on toxic relationships. Ms. Paggi also gave the definition of toxic relationship.

- b. Toxic Relationships can be negative behaviors and lack of self-awareness.
- c. When a person intentionally hurts others.
- d. When a person is abusive.

## **3. Signs of Toxic Relationships**

- a. Threatens your well-being.
- b. Makes you feel unvalued.
- c. Consistently feeling disrespected.
- d. Makes you feel unsupported.

## **4. Coping with Toxic Relationships**

- a. Communication and healthier boundaries bring out the best in each other, especially when both are willing to make changes in the relationship.
- b. Re-evaluate the relationship.
- c. Realize people are unwilling to make changes if they have a lack of self-awareness and social skills.

## **5. Ways to Leave Toxic Relationships**

Directly tell the person and explain why you are ending the relationship. Stop communicating with the person and let the relationship fade away. If the relationship is threatening your safety stop all communications with the person and have a support system in place.

ACC members share their personal experiences in dealing with toxic relationships

## **6. Old Business**

- a. Mr. Charles Sailor was the guest speaker from Merrill Lynch. Mr. Sailor presented a power point encouraging us to write our goals down. When it comes to budgeting 62 percent are most likely to achieve their goals by writing them down.
- b. To clearly define your goals, why does it matter? What do I want to achieve? How much money will you need? What kind of actions do you need to take regarding your finances?
- c. Reviewing what your needs and goals are
- d. Understand what good credit is, borrowing money and promising to repay in the future
- e. Why is credit important and having a history of paying your debt back on time
- f. What is nontraditional credit such as rent, cell phone and utilities
- g. Two ways of paying debt off, Avalanche method pay the highest interest rate first to the lowest interest rate.
- h. Snowball method by paying off and focusing on the highest balances to the lowest balances.
- i. To invest in a 401k with your job, no matter the amount just invest something
- j. To have short term and long-term goals if you want to plan an annual trip or future trips throughout the year.
- k. Try and have an emergency fund for unexpected times or situations

## **7. Announcements**

- a. Our next AAC meeting April 24, 2023, from 10:00 am-12 pm
- b. The AAC meeting will be meeting in person starting in the spring
- c. Stay safe and stay healthy!

**8. End of the meeting**

Renard Stanford (AAC Treasurer) adjourned the meeting at 11:30 am.

Thank you for your support

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