

South Central Los Angeles Regional Center Advocates Advisory Committee

May 22, 2023

AAC Meeting Minutes

Members in Attendance

Renard Stanford
Sean Davison
Ana Torres
Darnell Hayes
Atrika Jackson
Atayvia Roberts
Santiago Villalobos
Andrew Richards
Juan Zuniga
Linda Butler (WRC)

Others Attending

Desiree Boykin (Advocate)
Nowana Buchanan (Advocate Specialist)
Evelyn Galindo (Program Manager)

Members Absent

Caycee Ricketts
Jacqueline Williams
Raul Munoz
Alex Phuong (ELARC)
Jordan Feedstock (NLARC)
Suzanne Paggi (NLARC)
Todd Rubien (WRC)

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 April and May agenda
- d. The Ground rules were read by our AAC Treasurer Renard Stanford
- e. The AAC Bylaws were read by Advocate Desiree Boykin
- f. We welcome two new members, Artika Jackson and Juan Zuniga to the AAC

2. Professional Attire/ Self- Care

- a. Evelyn Galindo Program Manager presented to the AAC members the topic on Professional Attire and Self Care
- b. She began with professional attire and how to dress for your interview, the workplace or going to school.
- c. Clothing /Dress Wearing and appropriate clothing for your industry is key. Appearing neat and tidy is important to show you've ready.
- d. Common dress codes for work are Business suits, dress shirts, ties, and closed toe shoes.

3. Professional Attire

- a. Business suits, casual suits, dress shirts, ties are optional, polos, dresses skirts blouses. Casual jeans, casual tops, shorts, capri pants. Uniforms have the same outfit for everyone. Similar clothing is black pants and a white shirt.
- b. Crown Act (Create A Respectful and Open Workplace for Natural Hair) is law that prohibits raced based hair discrimination which is the denial of employment and educational opportunities because of hair texture or protective hairstyles including braids locs twists or banty knots. The Crown Act was sign into law in California in 2019
- c. Tattoos can be painful. Getting a tattoo or non-traditional piercing can be quite painful depending on size, location, and an individual's pain threshold.
- d. Cover it up or remove it to ensure success in your interviews. Be sure to cover your tattoos with your normal clothing. Laser tattoo removal is an option but is costly. Laser removal can cost up to \$5000.

4. Self- Care

- a. The topic Evelyn discussed was Self- Care she asks the AAC members how do they relax. AAC members gave different responses on how they relax. She gave us wonderful handouts on different Self-Care Check -up List.
- b. It is essential to overall health and quality of life and affects how one thinks, feels, acts, and responds. When it comes to mental health, self- care helps people manage stress, lower their risk of illness, and increase energy levels.
- c. Self- Care Mind, Body, Heart, and Soul
- d. Physical (the body) to live move and breath, Psychological (the mind) to learn think and grow. Emotional (heart) to love care and be in relationship with yourself and others. Psychological (the mind) to learn to think and grow. Spiritual (the spirit of the soul) to connect with essence purpose and meaning.
- e. Route to Mindfulness slow down listen to the stillness, sink in, Inquire, feel the harmony State of Mindfulness
- f. We discussed different self- care activities from the handouts. The AAC members really enjoy the meeting as each will email how much they learn.

5. Old Business

Access service

- a. A disabled person does not automatically qualify for the service. The evaluation for being able to stand to accurately count money. The access rider can bring a doctor's note. One the day of evaluation Access will pick you and drop you off at home.
- b. As an access rider you cannot make any threats to the access driver or other riders in the van. Making verbal threats will cause a suspension.
- c. There's also Standing Ride Order that can pick up at destinate the same time every day to go your day program or the grocery store.
- d. Access try to pick up riders going the same way.

6. Announcements

- a. Our next AAC meeting June 26, 2023, from 10:00 am-12 pm at Starbucks
- b. WRC CAC meeting is May 26, 2023, at 5pm at Dr. Carlson Park Memorial Park
- c. People First Conference on zoom June 24, 2023

7. End of the meeting

Renard Stanford (AAC Treasurer) adjourned the meeting at 12:00 pm.

Thank you for your support.

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