

South Central Los Angeles Regional Center Advocates Advisory Committee December 20, 2021 AAC Meeting Minutes

Members in Attendance

Caycee Ricketts
Renard Standford
Dora Trotter
Ana Torres
Linda Butler (WRC)
Todd Rubein (WRC)
Alyssa Jackson (WRC)

Others Attending

Desiree Boykin (Advocate)
Kimberly Rodgers(Advocate Specialists)

Members Absent

Sean Davison
Marcus Forte
Raul Munoz
Penelope Rodriguez
Alan McDowell
Carol Tate
Dominique Young
Adriana Maginal(WRC)
Douglass Hendenberg (WRC)
Elizabeth Hendenberg(WRC)
Atyavia Roberts
Ascary Navarro

1. Call to order

Caycee Ricketts (AAC President) called the meeting to order at 10:05 am

Everyone introduced themselves for this meeting

ACC members approved both the December agenda and the meeting minutes for the month of November

The Purpose of the AAC was said stated by our President Caycee Ricketts. The Ground Rules were read by our AAC Treasurer Renard Stanford

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

2. Topic: Purpose of AAC AAC Awards and AAC Officers

a. AAC President Caycee Ricketts went over the Purpose of Advocates Advisory Committee ask self-advocates to explain what the means to them personally.

b. AAC Awards 2021

AAC Motivational Ms. Caycee Ricketts

AAC Encourager Ms. Anna Torres

AAC Calm Mr. Ascary Navarro

c. We went also announce the Officers opening positions VP, Secretary and Sgt- At Arms were open to connect AAC President Caycee Ricketts and Advocate Desiree Boykin

3. Old Business

a. Today our speaker Dr. Cynthia Davis lead the discussion on Seasonal Affect Disorder .

b. Dr. Davis explain SAD is that happens in the summer and fall . Sometimes this behavior happens

c. Dr. Davis explain the difference between SAD and major depression. She recommend if feeling depress seek out therapy. Call 1 800 273- TALK.

4. Announcements

- a. Our next meeting is January 24, 2022 from 10:00am-12pm on zoom
- b. The last AAC Fun Chat will be November 29, 2021
- c. Best Buddies will be meeting January, 2022
- d. Stay safe and stay healthy

5. End of the meeting

- a. Renard Stanford (AAC Treasurer) adjourned the meeting at 10:50am. Thank you for your support

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