

South Central Los Angeles Regional Center Advocates Advisory Committee

June 26, 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)

Esther Kelsey (WRC)

Others Attending

Desiree Boykin (Advocate)

Nowana Buchanan (Advocate Specialist)

Crystal Garibay (Program Director SRCS - ICS)

Members Absent

Caycee Ricketts

Raul Munoz

Alex Phuong (ELARC)

Jordan Feedstock (NLARC)

1. Call Meeting to Order

- a. Renard Stanford (AAC Treasurer) called the meeting to order at 10:05 am
- b. Everyone introduced himself or herself at this meeting
- c. AAC members approved the minutes for May and June agenda
- d. The Ground rules were read by our AAC Treasurer Renard Stanford
- e. The AAC Bylaws were read by Advocate Desiree Boykin
- f. The SSAN report and ARCA by Desiree Boykin was given

2. Holidays/ Special Occasions

- a. AAC Treasurer Renard Stanford presentation was about Holidays and Special Occasions
- b. He first started with Special Occasions, he asked all advocates which birthday was their favorite.
- c. Advocates spoke about their memorable birthdays, when they were kids, teenagers, younger adults, and older.

3. Holidays/Special Occasions

- a. AAC Treasurer Renard Stanford presented the next topic on Holidays, New Year's, Valentine's Day
- b. Juneteenth, 4th of July, Halloween Thanksgiving and Christmas
- c. Treasurer Stanford gave us a history of certain holidays.
- d. AAC members talked about which favorites they enjoy spending with their family

4. Old Business

- 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.

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.

5. Announcements

- a. Our next AAC meeting July 25, 2023, from 10:00 am-12 pm SCLARC office
- b. WRC CAC will be giving the AAC members the July calendar soon.
- c. AAC members want to visit their Self- Advocacy groups meeting next month.
- d. AAC celebrate 15 years of self- advocacy

6. End of the meeting

Renard Stanford (AAC Treasurer) adjourned the meeting at 12:06 pm.

Thank you for your support.

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