

South Central Los Angeles Regional Center Advocates Advisory Committee November 15, 2021 AAC Meeting Minutes

Members in Attendance

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

Others Attending

Desiree Boykin (Advocate)
Kimberly Rodgers(Advocate Specialists)
Dr. Cynthia Davis

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)

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 October agenda and the meeting minutes for the month of September

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: Season Affect Disorder (SAD)

- 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.

3. Old Business

- a. Today our speaker Gabriel Rodriguez from Access services discusses about how to apply and how Access helps in regards to the pandemic
- b. He talked about the importance of getting Access and what they're doing in regards to the pandemic
- c. Us advocates asked questions in regards to Access services
- d. He also provided information in terms of what to do in order to get Access. For more information go to <https://accessla.org/> or call them at (213) 270-6110.

4. Announcements

- a. Our next meeting is December 20, 2021 from 10:00am-12pm on zoom
- b. The last AAC Fun Chat will be November 29, 2021
- c. Best Buddies is returning for more info please contact Desiree
- d. Stay safe and stay healthy

5. End of the meeting

- a. Renard Stanford (AAC Treasurer) adjourned the meeting at 11:16am. Thank you for your support

Contacts:

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