

South Central Los Angeles Regional Center Advocates Advisory Committee

November 21, 2022

AAC Meeting Minutes

Members in Attendance

Renard Stanford
Ana Torres
Macedonia Mendoza
Darnell Hayes
Jacqueline Williams
Sean Davison
Atayvia Roberts
Todd Rubien (WRC)
Linda Butler (WRC)
Esther Kelsey (WRC)

Others Attending

Nowana Buchanan (Advocate Specialist)

Members Absent

Caycee Ricketts
Carol Erby
Desiree Boykin (Advocate)

1. Call Meeting to Order

- a. Renard Stanford (AAC Treasurer) called the meeting to order at 10:05 am
- b. Everyone introduced themselves for this meeting
- c. ACC members approved the meeting agenda for October
- d. The Ground rules were read by our AAC Treasurer Renard Stanford

2. Topic: GRATITUDE

Everyone was asked what they were grateful for and what Gratitude meant to them

- a. Atayvia said gratitude to her was not taking anything for granted
- b. Being okay the way things are and accept the pain because you are still here and living
- c. Darnell said lovely family and his sister, Christ, mom, and clothes he was grateful for
- d. Jackie said she Thank God and is grateful for her family, her niece and she is still here

- e. Kelsey said she is grateful for waking up this morning
- f. Sharing what you have for others who may not have
- g. Linda said she was grateful for the people around her, her life, and the Lanterman Act
- h. Everyone spoke on Thanksgiving and the dishes they were going to enjoy such as:
- l. Mac & cheese, greens, dressing, yams, and lots of deserts
- j. Some people will be going to their loved ones house for Thanksgiving
- k. Everyone said they will be eating plenty of good food
- l. Everyone enjoyed the holiday dinner at The Golden Corral on Saturday, November 18th joined by The AAC members and Nowana who picked everyone up for the evening. They were all grateful

3. Old Business

- a. AAC Treasurer Renard Stanford lead discussed on Attitudes
- b. Nicole Patterson DDS Advocate was presenter, and she gave the definition of Attitude
- c. Nicole also explained how body language is an effective way to express attitude
- d. Examples were discussed of negative and positive attitudes
- e. The AAC members gave their examples of good and negative attitude
- f. Respecting yourself and others are good attitudes to have
- g. Nicole encouraged all of us to keep a positive attitude
- h. The AAC members were delighted for the topic in memory of our friend Alan Mc Dowell

4. Announcements

- a. Our next meeting is December 19, 2022, from 10:00am-12pm on Zoom
- b. Best Buddies will resume next year 2023
- c. Enjoy the holiday season
- d. Stay safe and stay healthy

5. **End of the meeting**

Renard Stanford (AAC Treasurer) adjourned the meeting at 11:10 am.

Thank you for your support

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