

South Central Los Angeles Regional Center Advocates Advisory Committee September 27, 2021 AAC Meeting Minutes

Members in Attendance

Caycee Ricketts
Ascary Navarro
Renard Standford
Atayvia Roberts
Dora Trotter
Ana Torres
Alan Mc Dowell
William Ayla
Carol Tate

Others Attending

Desiree Boykin (Advocate)
Kimberly Rodgers(Advocate Specialists)
Dr. Ryeal Simms
Todd Rubein (WRC)
Linda Butler (WRC)
Alyssa Jackson (WRC)
Adriana Maginal (WRC)

Members Absent

Sean Davison
Marcus Forte
Raul Munoz
Penelope Rodriguez

1. Call to order

- a. Caycee Ricketts (AAC President) called the meeting to order at 10:10 am
- b. Everyone introduced themselves for this meeting
- c. AAC members approved September agenda and August AAC minutes
- d. The Purpose of AAC said by Advocate Desiree Boykin
- e. The AAC Ground Rules read by AAC Treasurer Renard Standford

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

2. Topic: Toxic Relationship

- a. Today our speaker Dr. Real Simms discusses about toxic relationships
- b. Toxic relationships are when you have an unhealthy relationship with someone whether it is with a significant other, family member, friend, or acquaintance
- c. Us advocates decided to ask questions, talk about their experiences, as well as give advice for those who are in a situation that is toxic
- d. Toxicity in a relationship can be when someone takes advantage of you, becomes abusive, or even becomes controlling/ problematic and it can affect one physically, mentally, spiritually, and financially.
- e. One way to end a toxic relationship is to end a relationship with that person as well as seek professional help

3. Old Business

- a. In the month of August us advocates discussed the importance of being in the AAC as well as embrace the history and the efforts to make sure we keep on going as a committee for all of us to advocate for ourselves by ourselves

4. Announcements

- a. Events will be canceled until further notice
- b. We also have AAC Fun Chat Monday and Wednesday at 3:00pm where we all learn from each other, as well as talk about relevant topics and the things we like. As well as communicating with one another

- c. Our next meeting is on 10/25 from 10:00am-12:00pm on Zoom
- d. Best Buddies will return for more info please contact Desiree
- e. Stay safe and stay healthy

5. **End of the meeting**

- a. Renard Stanford (AAC Treasurer) adjourned the meeting at 12: 20pm. Thank you for your support

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