

**South Central Los Angeles Regional Center Advocates Advisory Committee**

**September 25, 2023**

**AAC Meeting Minutes**

**Members in Attendance**

Renard Stanford

Sean Davison

Darnell Hayes

Ana Torres

Arkita Jackson

Atayvia Roberts

Santiago Villalobos

Andrew Richards

Raul Munoz

Linda Butler (WRC)

Esther Kelsey (WRC)

**Others Attending**

Desiree Boykin (Advocate)

Nowana Buchanan (Advocate Specialist)

**Members Absent**

Juan Zuniga

Todd Rubein (WRC)

### 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 August and September agenda.
- d. The Ground rules were read by our AAC Treasurer Renard Stanford
- e. The AAC Bylaws were read by Advocate Desiree Boykin

### 2. Self- Love

- a. Mr. Raul Munoz Board member at SCLARC spoke on the topic of Self- love.
- b. What is Self- love loving yourself who you are as you are.
- c. Being comfortable in your skin.
- d. Health Self- esteem. Positive outlook.

### 3. Self- love

- a. Mr. Munoz, practicing gratitude is writing down three things you're grateful for every day.
- b. AAC members say what they're grateful for.
- c. Affirmation statements I am.
- d. AAC members said there I am statements. Example "I am kind"
- e. To take care of your body exercise, eat healthy food, pray, or meditate.

#### **4. Old Business**

- a. Mr. Sailor from Merrill Lynch a bank of America Company. He said we need to write our goals down. When creating your budget prioritize what you need over what you want.
- c. Identify patterns expenses, non-essential, impulse buying.
- d. Also set up an emergency fund.
- e. Mr. Sailor recommends utilizing the 50/ 20/ 30 budget guideline. 50 % needs essential expenses such as housing utilities groceries and transportation. 30% anything that can be eliminated with only minor inconvenience. 20% saving for emergency fund or paying down debt.
- f. Try not to overspend on your credit card.
- h. Look at your bank statement and pull up your credit reports once a year from TransUnion, Equifax, and Experian.

#### **5. Announcements**

- a. Our next AAC meeting October 23, 2023, from 10:00am-12 pm SCLARC office
- b. SCLARC will be hosting a job fair for individuals on November 6, 2023 from 10am- 12pm SCLARC building.
- c. AAC Treasurer Renard Stanford is one of the new board members at SCLARC. He learns a lot at the Board Retreat.
- c. Atayvia Roberts announced she has a second job.
- d. Andrew Richards Jr . said attends the meeting for SEUI.

#### **6. End of the meeting**

Renard Stanford (AAC Treasurer) adjourned the meeting at 11:35 am.

Thank you for your support.

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