

# FAB

## Fun, Advocacy, and Brainpower



### October FAB Topic – Politics



### Agenda



### Introductions:



### Ground Rules

- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



## Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.

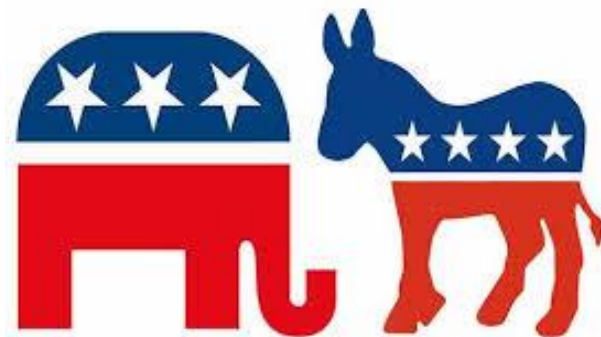
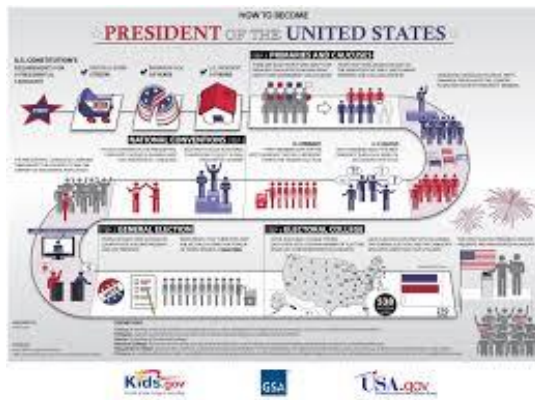


# GAMES

## Games on Politics:

### Game 1)

Items needed: pictures of Democrats, Republicans, Independents, etc.



## Name of Game: Let's Talk Politics

### Ask the following questions:

What is the symbol for the Republican Party?

What is the symbol for the Democratic Party?

If I know I will not be able to go to the voting polls, how can I vote?

Where can I go to learn what the politicians believe in?

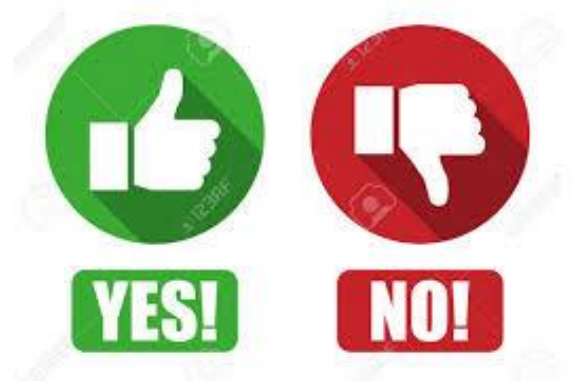
What are your values and what do you believe in?

## Game 2)

### Thumbs up or Thumbs Down Game

#### Instructions:

Practice with the group to use their thumb up or green card for a true statement and thumbs down or red for a false statement before you play the game.



Encourage everyone to use their voice in any way they can.

Explain to the group that they will put their thumbs down if they think the statement is false and they will put their thumb up if they think the statement is true.

You could also use a green colored item as thumbs up or a red colored item for thumbs down.

Now ask the following questions one at a time and give everyone a chance to answer.

- 1) Do you have the right to a private (secret) vote?
- 2) Do you have the right to vote for a republican if you are a democrat?
- 3) Can you have someone help you in the voting booth?
- 4) Do you have to register to vote before November 1<sup>st</sup> in order to be able to vote?

- 5) Can you vote in any town you are visiting?
- 6) Are the polls only accessible to people who can walk?
- 7) Do you have the responsibility to make an informed decision when you vote?
- 8) Do you have to be 16 to register to vote?

## Game 3)


### Voting 101

**Materials needed to play the game:** pictures

**Let's Think about Voting and What It Means:**

Ask the following questions to the virtual audience and give each person a chance to answer.

- 1) Who is registered to vote?



The image shows a Florida Voter Registration Application form. The form includes fields for:
 

- Registration type:  New Registration,  Renewal/Update/Change (Last Name, Address, Party Affiliation, Name, Signature)
- Citizen status:  YES,  NO
- Disqualification:  I affirm that I am not a convicted felon, or if I am, my right to vote has been restored.  I affirm that I have not been adjudicated mentally incompetent with respect to voting or, if I have, my right to vote has been restored.
- Date of Birth: (MM/DD/YYYY)
- Florida Driver License (FL DL) or Florida Identification (FL ID) Card Number
- Last Name, First Name, Address Where You Live (legal residence - no P.O. box), Mailing Address (if different from above address), Address Where You Were Last Registered to Vote
- Age/LA/Line, City, App/LA/Line, City, App/LA/Line, City

- 2) This is a big election year for voting. What important office are we voting on this year?



- 3) Who is going to vote?



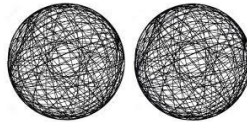
4) If you vote at the polls, what type of identification will you need when you go to vote?



5) Your group could take a vote that is open, not a secret vote, on some things by raising your hands if you want to vote for anything. Here are some examples:



a) Who would like to keep the name of our group the same?



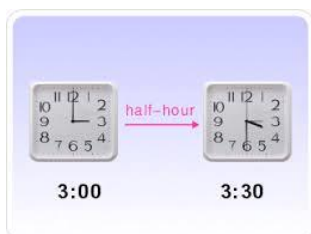
b) Who would like to change the name of the group?



c) How many of you would like to keep the time of the group the same?



d) Should our group meet for a shorter or longer time, or keep the meeting time the same?



6) Are there people in your group that would like to take more of a leadership role in the meetings?

If people volunteer, perhaps you can elect officers and take a vote on who you would like in office.

Examples are secretary, treasurer, president, vice president, and so on.



## **Brainpower** – Information and resources to empower SA members to be Self Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



This link is about a New Voting Device for Voters with Disabilities

<https://portal.ct.gov/DDS/Media/Latest-News-2016/New-Voting-Devices-for-Voters-with-Disabilities>



This link talks about Voting Rights and Everyone's Vote Counts

<https://portal.ct.gov/DDS/Media/Latest-News-2016/Voting-Rights---Every-Vote-Counts>



Here is a link to Disability Rights CT

<https://www.disrightsct.org/>

## Virtual Board



## Cooking Ideas and Exercise



# October Recipes

## *Baked Potato*

### Ingredients

**1 large** russet potato



Canola oil to coat

Salt

Optional toppings, such as butter, sour cream, shredded cheddar and/or scallions



### Preparation

Heat oven to **350** degrees and position racks in top and bottom thirds.

Wash potato (or potatoes)

Using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking.

Place in a bowl and coat lightly with oil.

Sprinkle with kosher salt and place potato directly on rack in middle of oven.

Place a baking sheet on the lower rack to catch any drippings.

Bake **1 hour** or until skin feels crisp but flesh beneath feels soft.

Add toppings if using.



# Baked Chicken

## Ingredients

4 Boneless skinless chicken thighs



½ cup breadcrumbs



¼ teaspoon of olive oil

¼ teaspoon of paprika

Salt and pepper to taste



## Preparation

Coat the bottom of a large glass roasting pan with olive oil.



In a medium size bag, put breadcrumbs, paprika, and salt and pepper in the bag.

Place 2 pieces of chicken in the bag.

Shake the bag to coat the chicken.

Put the pieces of chicken in the pan.

Repeat the process with the remaining pieces of chicken.

Bake uncovered at **350** degrees for **20** minutes.

Add **2 tablespoons** of water to the pan, cover and bake **25** minutes.

Let the pan sit for **5** minutes.

Serve hot.



# *Peanut Butter Balls*

## Ingredients

**1/3 cup** chunky peanut butter



**1/4 cup** honey



**1/2 teaspoon** vanilla extract

**1/3 cup** nonfat dry milk powder



**1/3 cup** quick-cooking oats

**2 tablespoons** graham cracker crumbs



## Preparation

In a small bowl, combine the peanut butter, honey, and vanilla.

Stir in the milk powder, oats, and graham cracker crumbs.

Shape into **1-inch** balls.

Cover and refrigerate until serving.



# October Exercises

## *Wheelchair Dancing*

Wheelchair Dancing is defined as a partner dance competition and dance-sport where at least one of the dancers is in a wheelchair, or in a group dance. You can play rock-n-roll or the symphony.

The physical benefits of wheelchair dancing include the maintenance of physical balance, flexibility, range of motion, coordination and improved respiratory control. And it's fun!



## *Yoga*

Take a yoga class or do it from your home online. Yoga will give you the opportunity to stretch areas of your body gently at your own pace.



[https://www.youtube.com/watch?v=zI98so\\_C4i4&feature=youtu.be](https://www.youtube.com/watch?v=zI98so_C4i4&feature=youtu.be)

## *Taking a Hike*

Getting outside and taking a hike can exercise your mind and body. October is a great time to get out and see the fall foliage, or hike through a canyon.

