

FAB Topic

Fun, Advocacy, and Brainpower



March FAB Topic

Disability History



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.



March Games

Game 1)



Two Truths and One Lie

Each person takes turns to say 3 things about themselves — two of those things are true and one is a lie. The group must guess which of the 3 is a lie — it's good fun!

For example

Mac: He's kind Born in 1991 (Mac is really 50) Loves reading

Game 2)

Please use the link below to guess who the figure in disability history is.

<https://drive.google.com/file/d/16Jyv-QiNLb6XWfHmmyrz3i1JuQXFT4ij/view?usp=sharing>



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.

Here is a link about where the disability history started:



<https://www.specialolympics.org/about/history/the-beginning-of-a-worldwide-movement>

Here is a link to the disability history timeline:



http://www.ncl-d-youth.info/Downloads/disability_history_timeline.pdf

Here is a story on Rosemary Kennedy:



<https://www.kqed.org/pop/22432/rosemary-kennedy-the-tragic-story-of-why-jfks-sister-disappeared-from-public-view>

Click on this, Our Story video:



<https://www.youtube.com/watch?v=fWDaRN490BI>

Here is a video on Disability History. It is very educational and important for all to know who started the movement.



<https://www.youtube.com/watch?v=qXD7TckuVjM&t=223s>

Who were the disability rights movement leaders and their stories?



https://artsandculture.google.com/exhibit/ed-roberts-the-disability-rights-movement-and-the-ada-aapd/VwLy4PBo_Ty9Jg?hl=en

Timeline of intellectual Disability:



<http://pawaitinglistcampaign.org/wp-content/uploads/2016/01/story-of-intellectual-disability-timeline.pdf>

Virtual Board



Cooking Ideas and Exercise



March Recipes

STRAWBERRY BANANA SMOOTHIE



Ingredient Checklist

1. One bag of frozen strawberries



2. One banana



3. A blender--doesn't matter what kind



4. Milk, it doesn't matter about the kind of milk
(Silk, Almond, Oak, Cow's)



5. A few ice cubes



6. Take the frozen strawberries out of the bag and put them in the blender.



7. Slice the banana up, then put it in the blender.



8. Pour the milk into a measuring cup for 1 cup of milk.



Then also pour it in the blender.

9. Take a few ice cubes and drop them in the blender.



10. Plug the blender in and turn it on.



Easy Grilled Corned Beef Reuben Sandwich



Prep Time: 10 min

Cook

Time: 5 mins

Total Time: 15 mins

These sandwiches are so easy to build. Traditionally a Reuben has sauerkraut on it, but you can use cabbage if you'd like.

Servings: 2 people

Calories: 630 kcal

Ingredient Checklist

4 slices rye pumpernickel swirl bread (or any other bread)



leftover corned beef



2 slices swiss cheese



4 tablespoons Green Goddess dressing or 1000 Island



1 tablespoon apple cider vinegar



3 tablespoons butter



Instructions

- 1. Cut the corned beef against the grain, preferably with a carving knife.**
- 2. Start assembling the sandwiches by placing 2 pieces of bread down.**
- 3. Spread 2 tablespoons of the dressing on each piece of bread.**
- 4. Add several slices of the corned beef.**
- 5. Add 1 slice of cheese to each sandwich.**
- 6. In a bowl, combine the sliced cabbage and the apple cider vinegar and mix well.**
- 7. Divide the cabbage between the 2 sandwiches.**
- 8. Top each sandwich off with the last piece of bread.**
- 9. Melt 2 tablespoons of butter in a saucepan over medium heat.**
- 10. Grill the sandwiches for a couple of minutes until the first side becomes toasted.**
- 11. Remove the sandwiches and add the last tablespoon of butter to the pan and melt.**
- 12. Grill the other side of the sandwich until toasted.**
- 13. You may have to microwave the sandwich a bit if the cheese is not melted.**



March Exercises

Balloon Squeeze

1. Sit up straight in your chair and hold a medicine ball, basketball or balloon up to your chest. The more you squeeze the ball, the harder you will be working your chest muscles.
2. Push the ball out in front of you until your elbows are nearly straight and continue to squeeze the ball and work the chest muscle.
3. Pull the ball (or balloon) back towards your chest and repeat 10 times.
4. Remember to focus and do this exercise slowly to really make the muscle work.



The following link is a playlist for the Fit Five Series Workouts featured by the Special Olympics. Visit YouTube to subscribe to all the SO workout videos.

<https://www.youtube.com/playlist?list=PLIHbm7j-AXsXPGqzIgQYUvGUKm6Duq3dK>

