

# FAB

Fun, **A**dvocacy, and **B**rainpower

August

## Financial Literacy



## 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.



# AGENDA

## Financial Literacy



## Games

### Show and Tell

This is one of my favorite virtual icebreakers. Why? Because it reveals what your teammates really value! Here's how to perform this icebreaker:

Ask your remote team members to grab a nearby item (or even send a personal picture through group chat!). This item should be unique to them.

Share! Take turns sharing your item and the story or personal meaning behind it.

For example, I recently shared in my weekly team meeting a small personal item: a llama doll I received from one of my friends! It was a great way to show to my remote team how I value small gifts from friends, and an easy icebreaker, too! Win-win!

Read more at <https://www.scienceofpeople.com/meeting-icebreakers/>

### The Bean Budget Game

[https://financeintheclassroom.org/passport/downloads/bean\\_game.pdf](https://financeintheclassroom.org/passport/downloads/bean_game.pdf)



## **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.



### **Wikihow Save Money in Everyday Life**

<https://www.wikihow.com/Save-Money-in-Everyday-Life>



### **Wikihow Save Money**

<https://www.wikihow.com/Save-Money>



**The Free and Cheap List from Clark Howard**- this is a list of free or very inexpensive items and services.

<https://clark.com/the-free-and-cheap-list/>



**Consumer.Gov**- free financial literacy lessons and handouts- <https://consumer.gov/>

Planning Across the Spectrum-Financial Planning for People with disabilities and help with ABLÉ accounts

<https://planningacrossthespectrum.com/>



[What Is The 30 Day Savings Rule? How To Avoid Impulse Purchases to Save More Money \(koho.ca\)](#)



[How to Start Saving Money: 8 Money Saving Tips \(bankofamerica.com\)](#)



<https://www.coventry.gov.uk/coventry-safeguarding-adults-board/safeguarding-adults-life-stories/5>



<https://www.forbes.com/advisor/personal-finance/signs-of-financial-abuse-domestic-violence-awareness/>



**Preventing Identity Theft | Homeland Security – DHS**

[www.dhs.gov](http://www.dhs.gov)

Identity theft happens when someone uses information about you without your permission. They could use your name and address, your credit card or bank account numbers, your Social Security number, or your medical insurance account numbers.

## Virtual Board



# Cooking Ideas and Exercise



## Recipes

### Jamaican Brown Stew Chicken



Authentic Jamaican Brown Stew Chicken ([jamaicanfoodsandrecipes.com](http://jamaicanfoodsandrecipes.com))



## Here's what you need:

Chicken  
Powder seasoning  
Jamaican flavor  
Bell pepper, onion, tomato, garlic  
Pimento allspice ginger chicken stock/broth

## How to Cook Brown Stew Chicken

Remove the skin



Season well



Marinate



Prepare to cook



Brown the chicken in a large pot



Prepare the sauce



Let it simmer



## Vegan Red Beans and Rice

These vegan red beans and rice are just as flavorful and filling as the classic pork version but contain no animal products.



Prep Time 1 d  
Cook Time 3 hrs  
Total Time 1d 3 hrs

**Course:** Dinner, Main Course

**Cuisine:** American, Southern

**Total Cost:** \$7.40 recipe / \$1.23 serving

**Servings:** 6 to 8 servings (about 10 cups total)



**Author:**Beth - Budget Bytes

## Ingredients

- 2 Tbsp olive oil
- 1 medium yellow onion
- 1 medium bell pepper
- 4 stalks celery
- 4 cloves garlic
- 1 lb dry red beans
- 6 cups vegetable broth
- 1 tsp thyme
- 1 tsp oregano
- 1 whole bay leaf
- 1/2 Tbsp smoked paprika
- Freshly cracked pepper (about 10-15 cranks of a pepper mill)
- pinch cayenne pepper
- 6 cups cooked rice
- 1 bunch green onions, sliced

## Instructions

1. The night before, place your beans in a large pot and fill with enough cool water to cover the beans by a few inches. Place the beans in the refrigerator to soak overnight.
2. When you're ready to cook, finely dice the celery, bell pepper, and onion, and mince the garlic. Cook the celery, bell pepper, onion, and garlic in a large pot with the olive oil over medium heat until softened (5-7 minutes).
3. Drain the soaked beans in a colander and rinse with fresh, cool water. Add the rinsed beans to the pot with the vegetables. Also add the vegetable broth, thyme, oregano, bay leaf, smoked paprika, some freshly cracked pepper, and a pinch of cayenne pepper.
4. Place a lid on the pot and bring it up to a full boil over high heat. After it reaches a boil, turn the heat down to low and allow the pot to simmer for at least two hours. Make sure the pot is simmering the entire time, increasing the heat if needed. Stir the pot occasionally to make sure nothing is sticking to the bottom. Keep the lid in place the entire time to keep the beans from drying out.
5. After two hours (or longer if desired) the beans should be soft and tender. Mash some of the beans against the side of the pot with the back of a spoon. This will thicken the pot and make the classic, creamy texture of the dish. Remove the bay leaf

and allow the pot to simmer for about 30 minutes more (after smashing) to help it thicken.

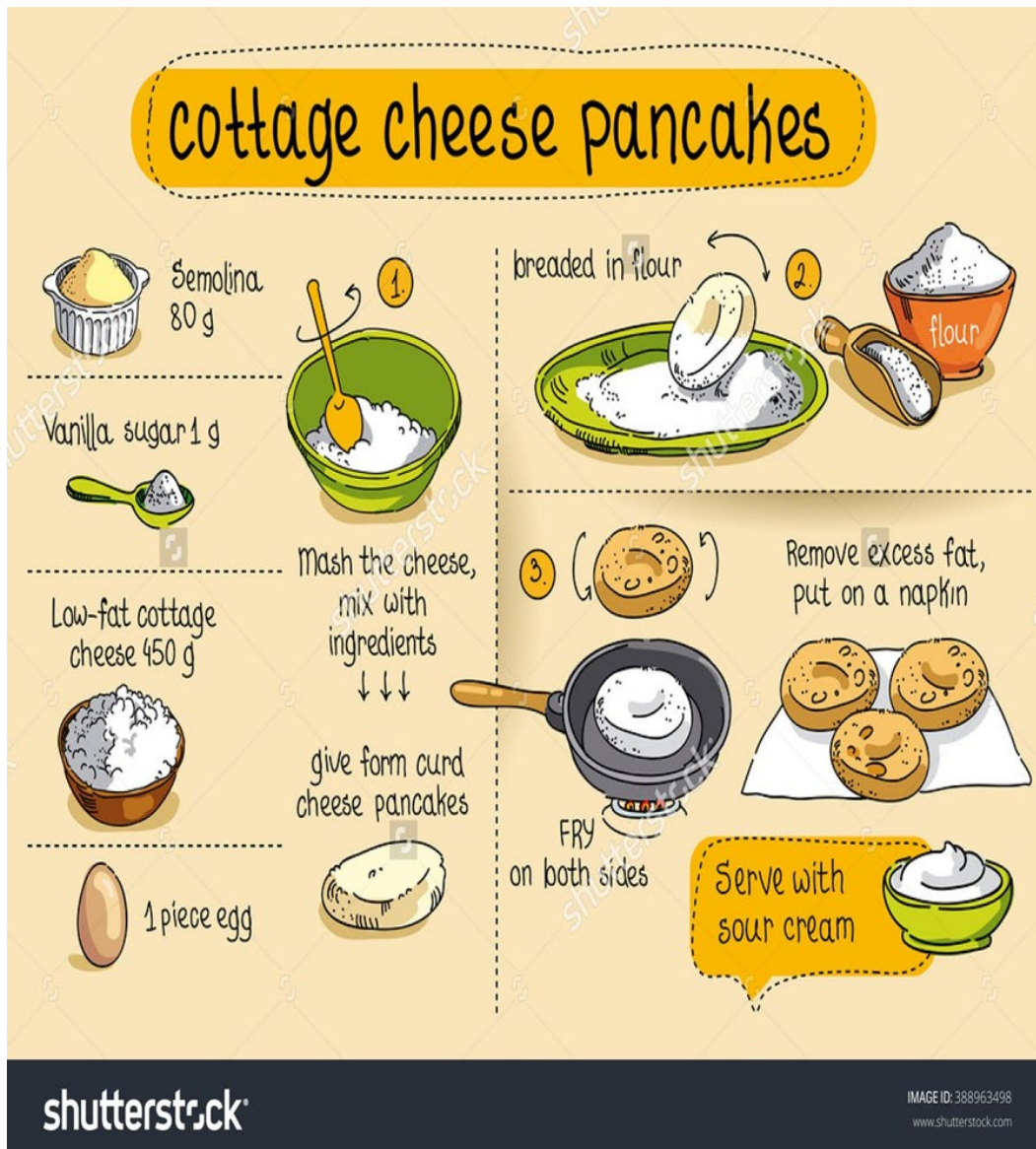
6. To serve, add a scoop of red beans to a bowl and top with a scoop of warm, cooked rice. Sprinkle sliced green onions over top and add a dash of hot sauce if desired.

## Notes

\*I use *Better Than Bouillon* brand soup base to make my broth.

## Nutrition

Serving: 10Cups | Calories: 519.68kcal | Carbohydrates: 96.27g | Protein: 21.55g | Fat: 6.2g | Sodium: 1665.82mg | Fiber: 16.67g



# Exercises

**Click on this video to see the exercise**

[Beginner exercise video for kids, adults, and people with disabilities \(PART 2\) - YouTube](#)

**Lose Weight Walking in Place for 30 Minutes/ FAST Walking Workout**

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

**Adaptive Zumba**

<https://youtu.be/cwkHvoiHyj0>

**Chest Press** - To do a chest press, just loop the band around the back of your chair and grasp the handles at chest level. Now stretch the band with both hands till your hands are straight in the front. Return to the starting position and repeat.

**And here is a video to explain further:**

[Paraplegic Working Out in a Wheelchair: Chest Day - How to Do Incline Dumbbell Press and Transfer - YouTube](#)