

# FAB

Fun, Advocacy, and Brainpower

December 2022



Emergency Preparedness

## 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 comments. any questions or



# Games

## Game 1



[Guess the Picture | Ep. 1 - YouTube](#)

## Game 2

<https://www.youtube.com/watch?v=GAvmBEIQb4M&feature=youtu.be>

## Game 3

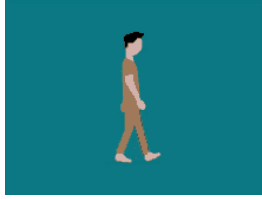
### Mass Shooting True or False game

1. In a mass shooting, should you?



2. In a mass shooting, should you?

A. Walk slow?



C. Eat lunch



B. Run?



3. In a mass shooting, should you?

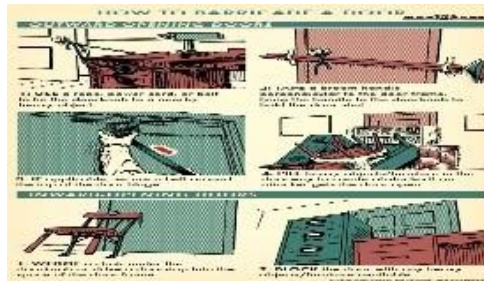
A. Open the door?



B. Wave Hi?



C. Barricade a Door?

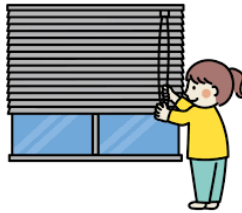


4. In a mass shooting, should you?

A. Open the Window?



B. Close the Window?



C. Work?



5. In a mass shooting, should you?

A. Help?



B. Do Nothing?



C. Let a person die?





## 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.



1. How to barricade a door Link: Active Shooter

<https://www.artofmanliness.com/skills/manly-know-how/how-to-barricade-a-door/>



2. What to do in a disaster tornado or hurricane

<https://www.ready.gov/>



3. Power outage

<https://thoughtcatalog.com/gaby-dunn/2012/10/things-you-can-do-if-you-lose-electricity/>



4. Transportation

<https://www.agingcare.com/articles/senior-driving-top-tips-transportation-options-for-someone-who-cant-drive-432110.htm>



5. ADA

<https://adata.org/factsheet/ADA-overview>



6. Assistive Technology

<https://simplisafe.com/security?>

# Virtual Board



## Cooking Ideas and Exercise



## Recipes

### Pumpkin Crunch Cake



### steps

**you will need:**

			
15 oz 100% pure pumpkin	12 oz evaporated milk	1 cup chopped nuts	4 oz tub of Cool Whip

**tools:**

				
3 eggs	2 sticks unsalted butter	1 tsp cinnamon	1 cup sugar	1 box yellow cake mix

			
parchment/wax paper	13 x 9 pan	large bowl	oven mitts

		
oven	measuring spoons	measuring cup

- |   |   |   |
|---|---|---|
|  |  |  |
| Preheat oven to 350   | Line pan with parchment paper   | Get out large mixing bowl   |
- |   |   |   |   |   |
|---|---|---|---|---|
|  |  |  |  |  |
| In bowl, mix can of pumpkin   | 12 oz evaporated milk   | 3 eggs  | 1 tsp cinnamon  | 1 cup sugar   |
- |   |   |   |   |
|---|---|---|---|
|  |  |  |  |
| Pour mixture in pan   | Sprinkle half of dry cake mix in pan  | Sprinkle 1 cup nuts in pan  | Sprinkle remaining cake mix on top  |
- |   |   |   |
|---|---|---|
|  |  |  |
| Get out 2 sticks of butter  | Melt in microwave 30-45 seconds   | Pour over the dry cake mix  |
- |   |   |   |
|---|---|---|
|  |  |  |
| Put in oven   | Cook 50-60 minutes until golden brown   | Take out and let cool 30-45 minutes   |
- |   |   |   |   |   |
|---|---|---|---|---|
|  |  |  |  |  |
| When cool, loosen from pan  | Flip pan over (top is the crust)  | Put in fridge to cool down more   | Frost with Cool Whip  | Enjoy!  |

# Tuna Salad



you will need:



Can of Tuna



Tomato



Cucumber



Lettuce



Lemon

tools:



Chopping Board



Butter Knife



Bowl

# steps

1



Get bowl



Open lettuce



Put lettuce in bowl



Open can of tuna and drain



Put tuna in bowl

2



Get chopping board



Chop tomatoes



Chop cucumbers



Place in bowl

3



Chop lemon



Squeeze lemon into bowl



Enjoy!

# Banana Oatmeal Pancakes



you will need:



2 cups rolled oats



2 medium ripe bananas



1 1/4 cup water



2 tsp baking powder

tools:



1 cup measuring cup



blender



liquid measuring cup



measuring spoons



skillet



cooking spray or oil



stovetop or burner



spatula

# steps

1



Measure 2 cups oats



Put oats in blender



Blend until finely ground



Peel bananas



Put bananas in blender

2



Measure 1 1/4 cup water



Put water in blender



Measure 2 tsp baking powder



Put baking powder in blender



Blend until smooth

3



Spray griddle



Turn stove to medium heat



Add 3 tbsp batter per pancake



Cook 2-3 minutes



Flip and cook 2-3 minutes



# Exercises

1.



2. [https://youtu.be/X0rMzr\\_U7YQ](https://youtu.be/X0rMzr_U7YQ)

## 3. Exercise for Emergency Preparedness & Transportation



- Repeat the steps for your right leg.
- Do this 20-30 times.

## 4. KNEE-TO-CHEST LIFT

This exercise will strengthen your stomach muscles, improve digestion, and burn fat.

**While sitting down on a chair, keep your back straight.**

Try not to touch the back of the chair.

- Keep your feet on the floor.
- Lift your right knee and pull it close to your chest. Keep your back straight and do not bend when you pull your leg to your chest.
- Keep your stomach sucked in.
- Put your hands on your shin to allow your abdominal muscles to stretch better
- Put your right leg down.
- Repeat the steps for your left knee.
- Do this alternately 20-30 times.

## 5. DESKTOP SIX-PACK

If you are caught up with clearing your email folders, convert it to an easy-to-do fat-burning workout. You can try these ab workouts at your desk. Position yourself sitting on the chair's edge.

- Lean back and tense your abs.
- Raise your left foot and hold it for 10 seconds
- Repeat the steps for the right leg.
- Do this 20-30 times.

If you make this your routine two times every day for a week, you can expect the effects of a full abdominal workout session.

## 6. STRETCH TO BURN

This exercise will keep your muscles awake. It will fend off back pain and keep your metabolic rate high.

- Sit down on your chair.
- Reach down to the outside of your right foot with your left hand and gently pull up.
- Put your right foot down.
- Repeat the steps for the left foot.
- Do this 20-30 times or until the break is over.

## **7. BODY LIFT ABOVE CHAIR**

This exercise will burn fat fast. It will also tone your shoulder muscles, back, and belly.

Use chairs with arms for a more intensified workout. Don't use chairs with rollers.

- While sitting, hold the chair's arms tightly.
- Slowly lift your body above the chair to make your hips and legs hang in the air.
- Use your stomach muscles to lift your knees to your chest.
- Keep your hanging position for about 15-20 seconds.
- Go back to the original sitting position slowly.
- Rest for 1-2 minutes.
- Repeat the steps and do it 4 times.

## **8. DOUBLE KNEE LIFT**

This exercise will burn calories around your belly.

- While sitting, keep your legs straight with your feet on the floor.
- Place your hands on the sides of the chair and hold it tightly.
- Keep your back straight and gently lift your knees, pulling them close to your chest.
- You can feel some tension in your stomach muscles.
- Put your feet down but avoid touching the floor.
- Repeat the steps and do this 10-20 times.

## **9. BENDING**

This exercise will help burn fat on the hips and sides of the belly.

- Sit on the chair.
- At shoulder level, keep your arms straight at shoulder level.
- Twist your upper body to the right, bending, and touching your left foot using your right hand.
- Go back to the original position.
- Repeat the steps for the right foot.
- Do this 20-30 times.

## **How Can I Tone My Stomach While Sitting?**

You can have a good abdominal toning exercise if you do this on an exercise ball instead of an office chair.

- You force your abs to hold yourself in position if you sit on the exercise ball, thus improving your balance.
- In the office or at home, having an exercise ball will come in handy when you have some free time on your hands for a quick workout.

### **10. OFFICE CHAIR ABDOMINALS**

- Sit on the ball to find your balance.
- Pull your navel in.
- Don't slouch. Pull your shoulders back.
- Keep your feet on the floor hip-width apart.
- Stay in this position for as long as you can last, taking short breaks if needed.

### **11. LEANING FORWARD**

This exercise works on abs in the same way as traditional twists.

- While sitting, put your hands at the back of your head.
- Intertwine your fingers and slowly lean forward.
- When you tilt, do not use your arms to help you go back up.
- Repeat the steps and do this 15 times.

### **12. DOUBLE KNEE LIFT WITH SIDE BENDS**

This exercise will shape your waist and burn fat from the sides of your belly.

- Sit on the chair's edge. Keep your back straight.
- Bend over to your right side, sitting on one butt.
- Keep your legs together and lift both knees close to your chest
- Repeat the steps on the other side.
- Do this 10-20 times.