

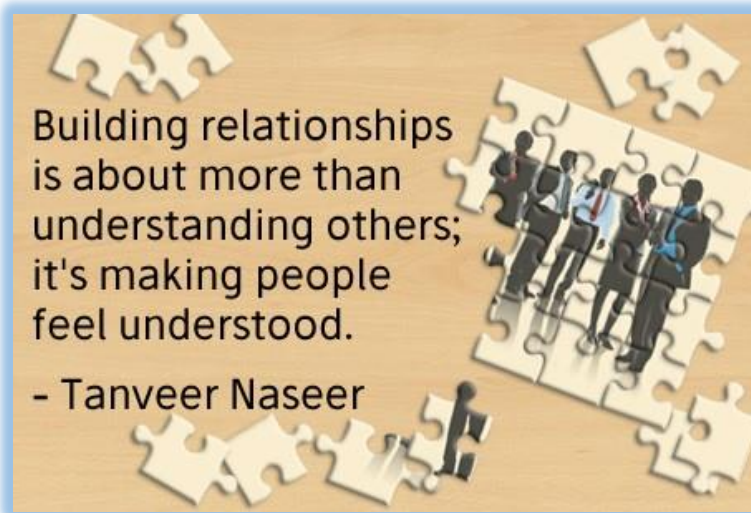
# FAB

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

## February FAB Topic



## Building Relationships



## 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

## Game #1 Open Mic Virtual Ice Breaker

**Time: about 10 minutes**



1. Give everyone a heads up that they will have about a minute at the beginning of the meeting to take the virtual stage.



2. Ask them to find or write a joke, read a poem, sing a song, play the mandolin—anything they want!

**Want to hear  
a construction  
joke?**

**Oh never mind, I'm still  
working on that one.**



3. Start your meeting with these glorious performances.



**Allow ten seconds in between each for a rush of snaps and applause.**



## Game #2 Ice Breaker

**Name 3 things that you are most grateful or thankful for. For example:**

1. Food



2. Roof over my head



3. To be alive



**Discuss what gratitude is and why the things you shared make you grateful.**

## Game #3 Yes, I Have Done That!

Make a list of 25 or more icebreaker questions for adults with lines after each for a signature and pass it out to everyone.



- You need to have at least one question for each person.
- Adults circulate, asking questions until they find someone who can answer, **“Yes, I have done that!”**



That person signs their name on the line next to the question.

- Once they get at least one “yes” from each guest, they are allowed to obtain multiple “yes” responses from any guest. People may find they cannot find a new someone to answer “yes” to a particular statement.



In that case, they must backtrack and remove the name of someone’s “yes” response to a particular statement in order to answer another statement “yes”.

**The first person to complete their list wins.**

You can use the list that follows or make one of your own.



- Have you ever been to Europe?



- Have you ever ridden on a motorcycle?



- Have you ever lived in another state?

- Have you ever met a celebrity?



- Have you ever been to Disney World?



- Have you ever planted a flower garden?



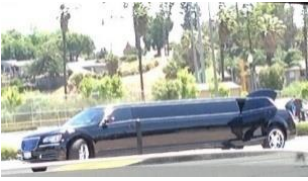
- Have you ever been a car salesperson?



- Have you ever planned a wedding?







- Have you ever ridden in a limousine?



- Have you ever driven a riding lawn mower?



- Have you ever participated in a marathon?



- Have you ever gone mountain climbing?



- Have you ever been to a chiropractor?



- Have you ever been a member of a sorority or fraternity?



- Have you ever participated in a beauty contest?

- Have you ever had a dog compete in a dog show?



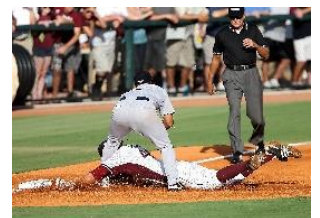
- Have you ever been somewhere while an earthquake occurred?

- Have you ever been somewhere while a tornado took place?



- Have you ever been somewhere while a hurricane occurred?

- Have you ever been on a college sports team?



- Do you speak a second language?

- Have you ever played an instrument?





# **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.



## **How to Make Friends/Connections**

<https://www.scienceofpeople.com/how-to-make-friends/>



## **Parenting as a Person with Various Abilities**

<https://www.moothermag.com/parenting-with-a-disability-audra-denicola/>



## **Women's Health Issues**

<https://www.cdc.gov/women/index.htm>



## **Understanding all our Abilities**

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



## **Moving through Different Steps in Relationships**

<https://www.businessinsider.com/relationships-that-last-share-these-qualities-2018-6#4-you-never-have-to-question-the-trust-between-you-4>

<https://www.lifeoptimizer.org/2008/08/29/build-stronger-friendships/>



## **Virtual Relationships**

<https://foreverfreckled.com/importance-social-development/>



## **Pride**

<https://bestlifeonline.com/what-lgbtqia-means/>



## **Sexual Abuse and Prevention**

[The Mental Health Effects of Sexual Assault and Abuse \(goodtherapy.org\)](https://www.goodtherapy.org/mental-health-effects-sexual-assault-and-abuse)



## Sexual Diseases

[The Most Common Sexually Transmitted Infections \(STIs\) \(verywellhealth.com\)](http://verywellhealth.com)



## Family Relationships and Understanding Advocacy

[Family Relationship: Why Is It Important And How To Build It? \(momjunction.com\)](http://momjunction.com)

## Virtual Board



## Cooking Ideas and Exercise Recipes



## Creamy Chicken and Pasta



<https://www.foodnetwork.com/recipes/food-network-kitchen/creamy-chicken-pasta-3362948#launch-lead-video>

# Ingredients

Kosher salt



2 tablespoons unsalted butter



1 shallot, chopped



2 stalks celery, thinly sliced, plus chopped leaves for topping



2 carrots, shredded



1 teaspoon chopped fresh thyme



Freshly ground pepper



1 ½ cups heavy cream



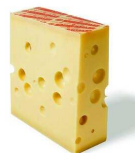
Pinch of freshly grated nutmeg



1 1/4 pounds skinless, boneless chicken breasts, cut into thin strips



1 cup grated Gruyere cheese (about 4 ounces)



1/4 cup grated Parmesan cheese



1/4 cup chopped fresh parsley





12 ounces fresh fettuccine



1 cup sugar snap or snow peas, strings removed and thinly sliced



## Directions:

Bring a large pot of salted water to a boil.



Meanwhile, melt the butter in a large skillet over medium-high heat.

1. Add the shallot and cook until slightly softened, about 1 minute.
2. Add the celery, carrots, thyme,  $\frac{3}{4}$  teaspoon salt and a few grinds of pepper and cook until the vegetables soften, about 2 minutes.
3. Stir in the heavy cream and nutmeg and bring to a boil.



4. Reduce the heat to medium low and simmer until the sauce thickens slightly, about 5 minutes.

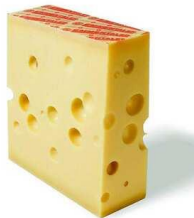
5. Add the chicken to the sauce; increase the heat to medium and simmer until just cooked



through, about 3 minutes.

6. Add the Gruyere and Parmesan and continue simmering, stirring

occasionally, until the cheese melts and the sauce thickens, about 2 minutes (do not boil).



7. Add the parsley, season with salt and pepper.

8. Add the pasta to the boiling water and cook as the label directs.



9. Drain, then add to the sauce and toss.



10. Sprinkle in the peas; serve topped with celery leaves.



## Grilled Chicken Salad with Habanero Ranch Dressing



### Ingredients

1. Lettuce ½ cup



2. Spinach ¼ cup



3. Grilled chicken, 2 cooked chicken breasts



4. 1 Red Bell pepper, chopped



5. 1 small red onion, chopped



6. Parmesan cheese, shred on top of the salad to your preferred taste



7. Tessema Habanero Ranch Dressing ¼ cup



## Directions:

Mix all ingredients together and enjoy!



**Click the link below to make Extra Special Baked Potatoes**

<https://www.youtube.com/watch?v=a4NAsuG5zol>





# Exercises

## Ankle and Wrist Rolls: <https://www.verywellfit.com/chair-exercises-for-seniors-4161267>

- ◆ Many people struggle with poor circulation through the extremities, which can contribute to challenges with balance and mobility.
- ◆ This suggests "waking up" the hands and feet through a series of low-intensity moves before diving into more rigorous exercises.

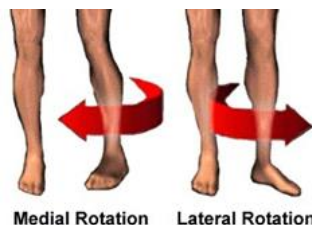
1. Sit tall on a sturdy chair or wheelchair, so your back is straight and is not leaning against the chair back.
2. Flex your fingers, opening and closing your fists several times before making fists and rolling your wrists 10 times in each direction.



3. Perform the same exercises with your feet.
4. First, flex and point each foot independently as you simultaneously curl and straighten your toes.



5. One at a time, roll each ankle to the outside 10 times, then one at a time, roll each ankle to the inside 10 times.

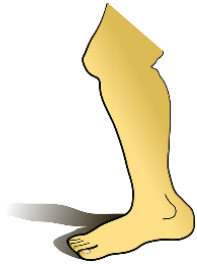




## Seated knee raises

This is a great way to strengthen the hip flexors – the muscles around your hip that help it to move – and therefore make transferring, walking and bending easier.

Suitable for: Conditions where you have some control over your lower body.



Method: When seated, raise one knee upwards until your foot is several inches off the ground. Lower slowly and repeat the process. Once you've completed a set on one side, repeat this on the other leg.

Modifications: If you struggle to get your foot off the floor completely, you can use your calf muscle to flex your ankle, which will assist the movement. Be careful not to let the calf do all the work though.



## Beginner exercise video for kids, adults, and people with disabilities (PART 1)

