

# FAB

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



## Budgeting

### 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

## Test your Money Skills

[https://www.math-play.com/Money-Game/counting-money-game\\_html5.html](https://www.math-play.com/Money-Game/counting-money-game_html5.html)



1. Divide everyone into two teams.
2. Have two people stand with a large blanket **separating the two teams** like a curtain.



3. **A member from each** team sits behind the curtain.
4. The object of the game is to guess who a person is by their shadow.
5. **Of these two people**, the first person to identify the other person from the **other team sitting behind the blanket** scores a point for their team.





# 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.



## Money Management



<https://www.investopedia.com/financial-edge/1109/6-reasons-why-you-need-a-budget.aspx>



<https://www.ramseysolutions.com/budgeting/the-secret-to-saving-money>

## Identity Theft



<https://www.usa.gov/identity-theft>



<https://www.identityprotectionreview.com/best-identity-theft-protection?msclkid=e7708f7241a5152f7272ed10a30492c8>

## ABLE Accounts



<https://www.ablenrc.org/what-is-able/what-are-able-accounts/>



<https://www.irs.gov/government-entities/federal-state-local-governments/able-accounts-tax-benefit-for-people-with-disabilities>

## Virtual Board



## Cooking Ideas and Exercise



### Recipes

## Easy Lemon Chicken with Pasta



**Level: Easy ~Total: 35 minutes ~Prep: 10 minutes ~Cook: 25 minutes**  
**Makes: 3 to 5 servings**

### Ingredients

1. 1 Pound dried Penne



2. 2 chicken cutlets, cut into strips



3. Salt and freshly ground black pepper



4. 3 sliced cloves of garlic



5. ¼ teaspoon red pepper flakes



6. 3 tablespoons olive oil



7. 3 tablespoons roughly chopped fresh parsley, for garnish



8. 2 lemons, juiced

9. ½ cup grated Parmesan



## Directions

1. Cook the pasta in a large pot of boiling salted water until al dente. Drain well.
2. Season chicken with salt and pepper. Heat a large grill pan over medium high heat and add chicken. Grill until golden and completely cooked. Remove to a plate and slice.
3. Add the garlic and red pepper flakes to a sauté pan with olive oil and sauté until fragrant. Add the cooked pasta and turn heat off. Mix all together.



4. Remove pasta to a large bowl. Add chicken to the warm pasta and season with salt and pepper. Sprinkle in chopped parsley and add the juice of 2 lemons and mix well. Before serving top with Parmesan.



**Link to the Recipe:** <https://www.foodnetwork.com/recipes/patrick-and-gina-neely/easy-lemon-pasta-with-chicken-recipe-1911176>

# Fruit Salad Recipe Directions

1. One red apple



2. Take out the apple seeds and chop it into slices and put the slices in a bowl.

3. Two stalks of celery  
Chop them into slices and add them to the bowl of apple slices.



4. Half a cup of cranberries  
Add them to the bowl.



5. Add in ½ a cup of walnuts.

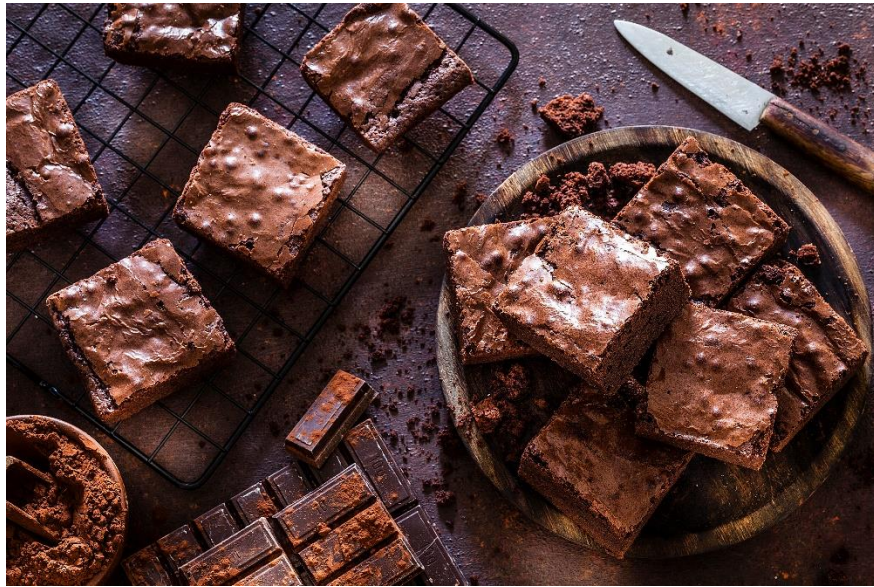


6. Finally add some non-fat lemon yogurt and Enjoy!





# Sugar Free Brownies



1.  $\frac{1}{2}$  cup margarine



2.  $\frac{1}{4}$  cup unsweetened cocoa powder



3. 2 eggs



4. 1 cup granular sucralose sweetener (such as Splenda®)



5.  $\frac{1}{8}$  teaspoon salt



6. ¼ cup skim milk



7. ½ cup chopped walnuts (Optional)



8. 1 (1.4 ounce) package sugar free, chocolate fudge flavored instant pudding



9. Set oven to 350 degrees



10. Combine brownie mix, oil, water, and egg in bowl



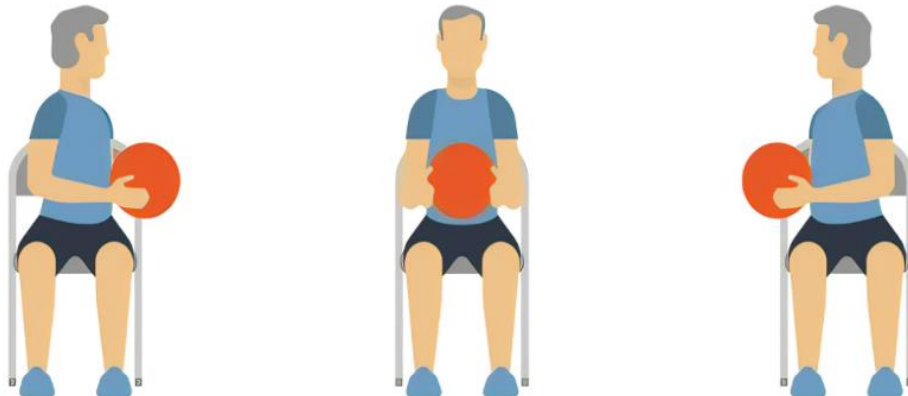
11. Use an 8 x 8 or 9 x 9-inch pan with a non-stick spray



12. Bake at 350 degrees for 28 to 32 minutes for an 8 x 8 inch pan or 26 to 30 minutes for a 9 x 9-inch pan



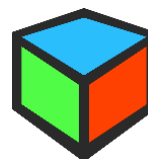
# Exercises



**Tummy Twists**

Tummy Twists can be done in a regular chair or a wheelchair!

Any object that adds weight and can be found around the house can be used.



Take a weighted object or medicine ball if you have one and hold it in front of you.

Slowly twist your stomach to the right side while holding the weighted object close but not touching your body, hold for 2 seconds, and then twist back to center.

Repeat this on the alternate side, from center, now twisting to the left side.

Do as many twists as you can!

Try to get more and more reps daily as you strengthen your core!

# Chair Lifts

Sit upright in a chair (or wheelchair). Bend your elbows and position your hands directly under your shoulders. Push yourself up an inch or two out of your seat. Even if you can't push yourself up, just push hard. Hold it for 10 seconds.



Lower yourself back down. Do this 10 times (if you can).



## 1. 30 At-Home Workout Moves: 20-Minute Set, All Levels, Without Equipment (healthline.com)

