

FAB

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.



Games

Scavenger Hunt on Disability History

Instructions

1. Read the question.
2. Find the correct picture as the answers to the questions.

Questions

1. Find Ed Roberts – the pioneer leader of the disability rights movements.
2. Find the animal you would use to help guide you.
3. Find Judith Humeann – An American Rights Activist.
4. Find the year that the ADA Disability Rights Movement was passed.
5. Find the ribbon that represents people with disabilities.
6. Find the month that represents the Disability History Awareness Month.
7. Find the body part you use if you are hard of hearing.
8. Find the picture you would use if you couldn't walk .
9. Find the disability flag.
10. Find the new disability driver's (Handicapped) sign.



1960



1973



1990



Answers

1.



7.



2.



8.



3.



9.



4.

1990

10.



5.



6.



Local Disability Scavenger Hunt

Instructions

1. Read the question.
2. Find the correct picture as the answers to the questions.

1. Find Mansfield Training School.
2. Find the year Mansfield Training School was closed.
3. Find Southbury Training School.
4. Find the Governor who closed Mansfield Training School.
5. Find the Date DMR Changed its name to DDS.
6. Find the Commissioner who took over after Peter O' Meara.
7. Who helped close Mansfield Training School?
8. Find the Commissioner of DDS when it was DMR.
9. Find how many numbers of individuals DDS Serves.
10. Find the Governor who has a Disability.



1993

1990



2007





16,000



2004

1983



20,000



14,000



2006



Answers

1.



6.



2. **1993**

7.



3.



8.



4.



9. **16,000**

5.

2007

10.





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.



When The Saints Go Marching In - Mansfield State Training School

<https://www.youtube.com/watch?v=kKcX6SWAJ4E>



My Happiness-Mansfield State Training School

<https://www.youtube.com/watch?v=HXDC1WVmI54>



Moon River-Mansfield State Training School

https://www.youtube.com/watch?v=CjX_OcouCOU



Mansfield End of an Institution <https://www.courant.com/news/connecticut/hc-xpm-1993-01-31-0000106521-story.html> .



Pity four letter Word <https://aliciapatterson.org/stories/pity-four-letter-word>



[History | Center for Students with Disabilities \(uconn.edu\)](#)



[The ADA Legacy Project: Moments in Disability History 13: Lowell P. Weicker, Jr., Original "Father" of the Americans with Disabilities Act \(mn.gov\)](#)



[Home | Different & Able \(differentandable.org\)](#)



This link is about the Southbury Training School

<https://portal.ct.gov/DDS/STS/STS/About-the-Southbury-Training-School>



This link is about Regional Centers

[Regional Centers \(ct.gov\)](#)



This link is about DMR Changes Name October 1st, 2007

<https://portal.ct.gov/DDS/Media/Press-Releases/DMR-Changes-Name-October-1st>

Virtual Board



Cooking Ideas and Exercise



Recipes

Egg Cup Recipe

Step 1.

Preheat oven to 375°F.



Step 2.

Spray a muffin tin with cooking spray and set aside. Or you can use muffin cup liners instead.



Step 3. Whisk the eggs and milk together in a bowl. Season with salt and pepper.



Step 4. Dice the bell pepper into small pieces.



Stack the spinach leaves, roll them up, and slice them thin. (This method is called chiffonade.)



Add the peppers, spinach, and shredded cheddar to the egg mixture.



Step 5. Fill muffin cups $\frac{3}{4}$.



Bake for 20-25 minutes until centers are set/firm.



Step 6. Cool & enjoy.



Egg Cup Ingredients

cooking spray



6 large eggs



1/4 cup milk



1/8 teaspoon salt



1/8 teaspoon black pepper, ground



1 medium bell pepper, red pepper



3/4 cup spinach



1 ounce cheddar cheese



<https://www.superhealthykids.com/recipes/breakfast-egg-cups-recipe/> .

Roasted Salmon Glazed with Brown Sugar and Mustard Recipe



- Number of Servings Differ
- **TIME** 15 minutes



Ingredients

- Salmon filets - preferably wild or farmed organically



- Dijon mustard



- Brown sugar



- Salt and black pepper



Steps/Preparation

1. Heat your oven to 400 degrees.



2. Make a mixture of Dijon mustard and brown sugar to the degree of spicy sweetness that pleases you. Salt and pepper the salmon filets.



3. Place the salmon filets skin-side on a lightly oiled, foil-lined baking sheet.



4. Slather the tops of the filets with the mustard and brown sugar glaze and slide them into the top half of your oven. Roast for about 12 minutes, then serve.



Enjoy!



Exercises

Top Exercises for People Living with a Disability

Easy-Peasy Lemon Squeezy

You can do this one even while lying down.



Back Lying Position

Put your palms together directly in front of your chest and lock your fingers.



Push your hands together as hard as you can for 10 seconds.



Then, keeping your hands locked together try and pull them apart for 10 seconds.



Water Exercises to Ease Arthritis Pain

Many aquatic centers, YMCAs, and community pools have water exercise classes designed for people with arthritis. The following water exercises were recommended by Shroyer at ACE and Dr. Mulcahy and are inspired by some of the exercises.

Water Walking



- Stand in waist- or chest-high water.
- Walk 10 to 20 steps forward, then walk backward. Repeat.
- For added resistance, increase your speed.

Forward Lunge



- Stand in waist- or chest-high water (near a pool wall for support, if needed).
- Take an oversized lunge step in a forward direction, without letting your forward knee go past your toes.
- Return to start position and repeat with other leg.

Sidestepping



- Stand in waist- or chest-high water, facing the pool wall.
- Take sideways steps with your body and toes facing the wall.
- Take 10 to 20 steps in one direction and then return. Repeat in the other direction.

Hip Kickers



- Stand in waist- or chest-high water, with the pool wall on the right side of your body for support.
- Kick your left leg forward, keeping your knee straight; then return to start position.
- Kick your left leg out to the side; then return to start position.
- Kick your left leg behind you; then return to start position.
- Turn so the pool wall is on your right side and repeat movements with your left leg.

Jumping Jacks



- Stand in chest-high water, with your feet together and hands at your side.
- Jump your feet out to a straddle and bring your hands up to the top of the water level, keeping them in the water.
- Return to start position and repeat as quickly as comfortable.
- For added resistance, hold foam water dumbbells. (You may need to slow down the motion when using water dumbbells.)

Hacky Sack



- Stand in chest-high water.
- Lift your right leg, with your knee bent and hip rotated open, and tap the inside of your ankle with your left hand.
- Lower to start position and repeat with the opposite side.
- Alternate sides as quickly as is comfortable.

Frog Jumps



- Stand in chest-high water.
- Keeping your body in the water, quickly pull your knees up toward your armpits (with your knees wide and heels toward your groin), while reaching your hands down to touch your feet as they come up to about the level of your hips.
- Return to start position and repeat as quickly as comfortable.

Squat Jumps



- Stand in waist- or chest-high water.
- Hinge your hips and bend your knees, lowering your body into a squat position with your arms reaching forward.
- Jump up, coming out of the water, drawing your arms to your sides.
- Land on the balls of your feet and lower your heels, bending your knees and hips into a squat landing.
- Repeat as quickly as comfortable.

<https://creakyjoints.org/diet-exercise/water-exercises-for-arthritis/>