

FAB

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

May - Aging



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

Aging

We will talk about aging, play games, view recipes and exercises.



Games



[DISNEY TRIVIA Jeopardy Template](http://jeopardylabs.com)
jeopardylabs.com



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.



https://eldercare.acl.gov/Public/Search_Results.aspx

<https://www.cdc.gov/violenceprevention/elderabuse/resources.html>



<https://ncaaact.org/>

<https://victimconnect.org/learn/types-of-crime/elder-abuse-and-neglect/>



<https://www.compassionandchoices.org/in-your-state/Connecticut>

[What is telehealth? | Telehealth.HHS.gov](#)



[Best Telehealth Platforms | Accountable \(accountablehq.com\)](#)



[Benefits of Aging in Place - How to Care For Your Senior Family Members \(inclinor.com\)](#)



[-Age Well CT - Aging in Place - Learn about programs and agencies for seniors that assist with staying healthy, active and independent in their own home.](#)

Virtual Board



Cooking Ideas and Exercise Recipes



5 Cup Salad



All that's needed for this recipe is **1** of the following ingredients

1 cup shredded coconut

1 cup crushed pineapple



1 cup mandarin oranges



1 cup sour cream



1 cup mini marshmallows



Mix all the ingredients together chill in refrigerator and enjoy!!



<https://www.allrecipes.com/recipe/26421/easy-vegetarian-corn-chowder/>

GLAZED PIGS IN A BLANKET

UK ENGLAND

Prep time: 10 minutes



Cook time: 25 minutes



INGREDIENTS

2 tubes of refrigerated crescent rolls



14 oz package Lit'l Smokies



¼ cup Dijon mustard



½ cup butter



2 tbsp. brown sugar



1 tbsp. Dijon mustard (for glaze)



1 tbsp Worcestershire sauce



1 tbsp poppy seeds



INSTRUCTIONS

#1. Preheat oven to 375 degrees.



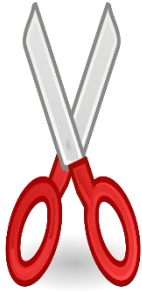
#2. Lightly spray a 9x13 baking pan with cooking spray.



#3. Unroll both cans of crescent rolls and separate into two 12 triangles.



#4. Cut each triangle lengthwise into 3 narrow triangles.



#5. Spread a heaping teaspoon of Dijon mustard on each triangle.



#6. Place 1 sausage on wide side of each triangle.



#7. Roll up and place in prepared pan.



#8. In a small saucepan combine butter, brown sugar, 1 tbsp Dijon mustard, Worcestershire sauce, and poppy seeds. Bring to a boil and pour over “pigs in blanket”.





#9. Bake uncovered for 25 to 30 minutes, until golden brown.



#10. ENJOY!!!



Exercises

[Zumba Gold Fitness - Beginner's Seated Class - YouTube](#)

[Yoga For Flexibility | 16 Minute Practice | Yoga With Adriene](#)

