

FAB

Fun, Advocacy, and Brainpower

November FAB Topic



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

Ice Breaker

1. Highlight of the Week: Name 1 thing in your week that went well.

For Example: I found a good workout on YouTube for my fitness program. The reason why I chose this workout is to stay healthy and lose weight, exercise every day, and keep track of what is achieved in my daily exercise program.

2. Guess The Flag in 5 Seconds | 100 FLAGS Quiz, Challenge - YouTube



Collage Activity



Using paintings and pictures as a diversity activity is gaining prominence in the workplace.

1. People can create a collage by using artforms prepared by each person and try to find out a connection. One of the interesting diversity project ideas to instill diversity activities in the workplace.
2. Arrange art and crafts exhibitions where employees can display their traditional exhibits; a beautiful way to celebrate multicultural activities for adults.



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.



[The Importance of Diversity in the Workplace \(perelson.com\)](http://perelson.com)

A diverse workforce is more likely to understand your customers' needs and come up with ideas to fulfill them.

[The Importance of Diversity in the Workplace | DeVry University](#)



The U.S. is projected to become a majority-minority nation for the first time in 2043 and by 2060, 57 percent of the U.S. population will consist of racially ethnic minorities, according to data from the U.S. Census Bureau.

[Diversity Definition | What Is Diversity \(berkeley.edu\)](#)



This explains what diversity is, and why it's important.

[November - Rights and Diversity](#)



LGBTQIA- SUBTOPIC What do LGBTQ and LGBTQIA+ mean? - YouTube





[Top 13 Reasons Why is Diversity Important? \[2022\] | Diversity & Social Impact Made Easy](#)



This gives 13 reasons why diversity is important in detail.

<https://hreusa.org/hre-library/topics/diversity/background>

All human beings are born free and equal in dignity and rights.



<https://www.betterup.com/blog/disability-inclusion>

Many definitions of “disability inclusion” are some variations of “including those with disabilities in every aspect of daily life.”



<https://youtu.be/JGRjMNBf158>

Live life to fullest, making decisions, Stand up for your rights, and being independent.

Virtual Board



Cooking Ideas and Exercise



Recipes



<https://accessiblechef.com/recipes/pepperoni-pizza-scrolls/>

Fried Rice Recipe



<https://accessiblechef.com/recipes/fried-rice-2/>

Thai Coffee



Prep: 5 mins



Cook: 5 mins



Total:10 mins



Servings: 2

Yield:2 servings



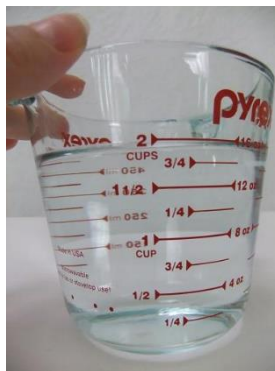
2 tablespoons ground coffee beans





1/4th teaspoon of Ground Cardamon

Water: - 2 Cups



2 tablespoons Sweetened
Condensed Milk



Instructions Checklist

Step 1

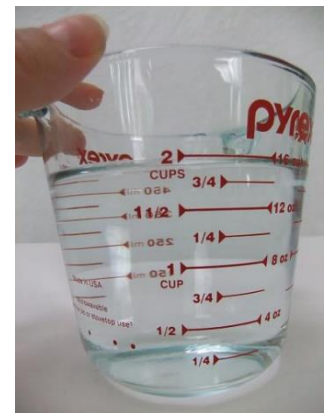
Place coffee and cardamom in the filter of your coffee machine. Place enough water to make 2 cups of coffee in the machine.

Turn on the coffee machine.

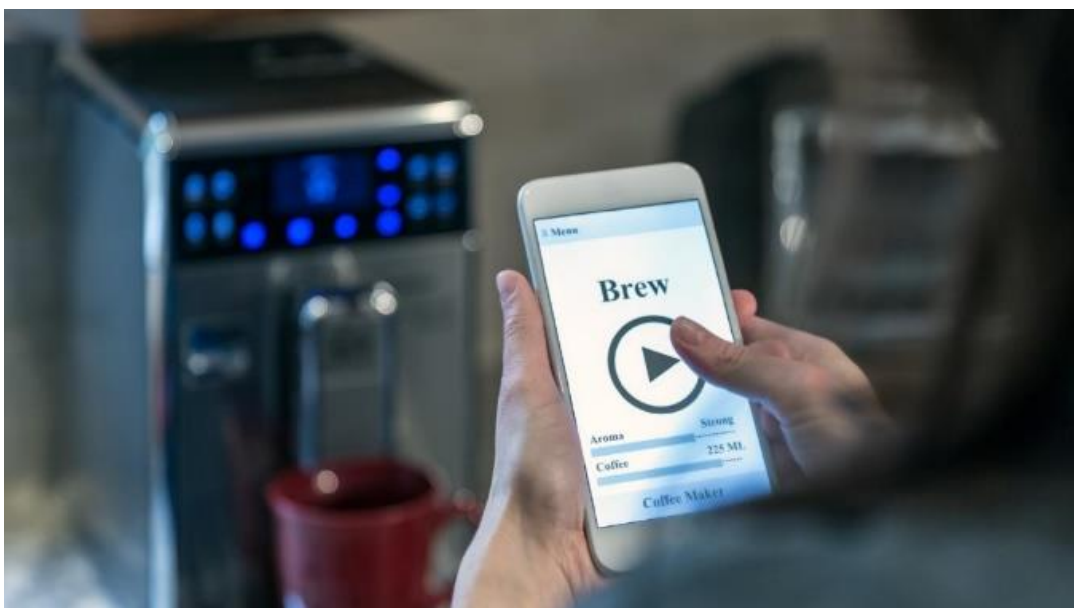
Place coffee and cardamom in the filter of your coffee machine.



Place enough water to make 2 cups of coffee in the machine.



Turn on the coffee machine.



Step 2



Pour brewed coffee into 2 coffee cups and stir 1 tablespoon sweetened condensed milk into each cup and serve.



Exercises

[Zumba Gold Fitness - Zumba in the Chair January 2022](#)



This exercise can also be done in a wheelchair.

[Shoulder Exercises for Arthritis // Dumbbell Shoulder Workout - YouTube](#)



This workout video can be done by seated or in a wheelchair. Instead of dumb bells you could use water bottles.



Seated workout
ideal for
Disability
or
Injuries

4
minute
routine



These exercises are helpful not just for those without disabilities, but for those with disabilities as well.