






FAB

Fun, Advocacy, and Brainpower

October FAB Topic

October 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

©Michel Zbinden / Calendar 481SS

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

The Game is True or False based on Politics

1 The White House is, located in Baltimore, Maryland. True or False

The answer is False. The White House is in Washington, D.C.

2 The legal age to vote is 25. True or False

The answer is False. Legal age is 18.

3 Congress has the power to make laws. True or False

The answer is True. All legislative power in the government is vested in Congress, meaning that it is the only part of the government that can make new laws or change existing laws.



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 A Bill Becomes a Law



<https://classroom.synonym.com/10-stages-bill-takes-moves-through-congress-6784.html>

Working With Legislators



[Working with Legislators - Animal Legal Defense Fund \(aldf.org\)](http://www.aldf.org)



How to Volunteer as a Poll Worker on Election Day | POPSUGAR News



Meet Kayla McKeon, a lobbyist with Down Syndrome - ESPN Video



A Self-Advocate's Guide to Working with Your Elected Officials

<https://autisticadvocacy.org/wp-content/uploads/2017/02/They-Work-For-Us-A-Self-Advocates-Guide-to-Getting-Through-to-your-Elected-Officials.pdf>



A Self Advocate's Guide to Voting in the USA

[Your Vote Counts: A Self-Advocate's Guide to Voting in the U.S. - Autistic Self Advocacy Network \(autisticadvocacy.org\)](#)

Virtual Board



Cooking Ideas and Exercise



Recipes

Healthy Chocolate Pudding

Prep: 5 min

Cook: 10 min

Total: 15 mins

Servings: 2

Makes: 1 cup

Ingredients:

- 1 cup almond milk
- ¼ cup coconut sugar
- 2 tablespoons cocoa powder



- 1 ½ tablespoons cornstarch



- 1 teaspoon vanilla extract



Place almond milk, coconut sugar, cocoa powder, cornstarch, and vanilla extract in a saucepan over low heat.



Stir together until thick and smooth, about 10 minutes.



This is a very easy and no fail recipe for meatloaf. It won't take long to make at all, and it's quite good!

Prep:

15 mins

Cook:

1 hr

Total:

1 hr 15 mins

Servings:

8

Yield:

8 servings



Ingredients

Ingredient Checklist

- 1 ½ pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried bread crumbs
- salt and pepper to taste
- 2 tablespoons brown sugar

Directions

Instructions Checklist

- **Step 1**
Preheat oven to 350 degrees F (175 degrees C).
- **Step 2**
In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs.
Season with salt and pepper to taste and place in a lightly greased 9x5-inch loaf pan, or form into a loaf and place in a lightly greased 9x13-inch baking dish.
- **Step 3**
In a separate small bowl, combine the brown sugar, mustard, and ketchup.
Mix well and pour over the meatloaf.
- **Step 4**
Bake at 350 degrees F (175 degrees C) for 1 hour.

Editor's Note:

Enjoy this easy meatloaf with our [kale salad](#) that pairs perfectly.

Nutrition Facts

Per Serving:

372 calories; protein 18.2g; carbohydrates 18.5g; fat 24.7g; cholesterol 98mg; sodium 334.6mg.

Best Spanish Rice



The combination of picante sauce and chicken broth makes this easy recipe very tasty!

By Angela Sims

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

Servings: 5

Yield: 5 servings

Ingredients

Ingredient Checklist

- 2 tablespoons oil
- 2 tablespoons chopped onion
- 1 ½ cups uncooked white rice
- 2 cups chicken broth
- 1 cup chunky salsa

Directions

Instructions Checklist

- **Step 1**

Heat oil in a large, heavy skillet over medium heat. Stir in onion, and cook until tender, about 5 minutes.

- **Step 2**

Mix rice into skillet, stirring often. When rice begins to brown, stir in chicken broth and salsa. Reduce heat, cover and simmer 20 minutes, until liquid has been absorbed.

Editor's Note:

Serve as a side to beef [enchiladas](#) or [chicken enchiladas](#).

Nutrition Facts Per Serving:

286 calories; protein 5.7g; carbohydrates 50.9g; fat 6.2g; cholesterol 2mg; sodium 696.6mg.

Exercises

<https://youtu.be/d9zSlhGYpvw>

<https://youtu.be/wcxdggGkW2A>

9 TO 5 Dolly Parton 🎵 Sing along seated dance workout

👉 WHEELCHAIR/SENIORS * Chair Yoga Dance - YouTube

Dance Workout for Special Needs



https://youtu.be/X0rMzr_U7YQ