

# FAB

**F**un, **A**dvocacy, and **B**rainpower

**September 2022**



**Quality of Life**

## 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

## ADA Accessibility in our Community and Home

### Game 1. Finish the Doodle



### How to play:

One person draws a random doodle on a piece of paper.

The other person must use this doodle to create a complete picture.

### There are other variations you can do.

You can take turns drawing different parts of the picture.

To play it by yourself, start out with a silly, nonsensical doodle and attempt to create something recognizable out of it.

## Game 2. Matching Game - the object is to match the pictures to the word



school



apple orchard



corn maze



leaves



pumpkin



hayride



### Game 3. Living a Self-Determined Life Items

**Needed to play - a way for everyone to communicate in the way they can.**

- 1) Go around the room and ask each person what their biggest dream is or their goal.



- 2) Go around the room again and ask people what steps they are taking to reach that dream.

- 2) Have people share where they should share their dreams or goals to make sure they get the support they need.



- 4) Have people share a goal they have reached and explain who helped them reach the goal and how they felt when they accomplished their goal!

- 5) Ask people where they see themselves in one year.



- 6) Ask people to share where they see themselves in 5 years.



- 7) Ask people what makes them laugh hard.



- 8) What makes you happy?

- 9) Ask people to share one of their coping skills during difficulties.

## Game 4. Two Truths and a Lie

TRUTH  
OR  
LIE?



Each person has a turn. They share with the group two things that are true about themselves and one lie. The people in the group have to guess what is true and what is the lie.



## 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 to Maximize Accessibility & Improve Your Quality of Life at Home

[How to Maximise Accessibility & Improve Your Quality of Life at Home  
\(achronicvoice.com\)](https://achronicvoice.com)



### Employment Resources for People with Disabilities

<https://acl.gov/programs/employment/employment-resources-people-disabilities-and-families>



Self-direction is a model of long-term care service delivery that helps people of all ages, with all types of disabilities, maintain their independence at home.

[What Is Self-Direction? | appliedselfdirection](#)



What is self- determination? Self Determination - National Parent Center on Transition and Employment (pacer.org) Turning disability into ability Turning disability into ability | Liam Malone | TEDxAuckland - YouTube

[Turning disability into ability | Liam Malone | TEDxAuckland - YouTube](#)



## Virtual Board



# Cooking Ideas and Exercise



## Recipes

[https://www.allrecipes.com/recipe/222171/easy-parmesan-crusted-chicken/?utm\\_source](https://www.allrecipes.com/recipe/222171/easy-parmesan-crusted-chicken/?utm_source)

## Easy Parmesan Crusted Chicken Breast



## Ingredients

½ cup mayonnaise



¼ cup grated parmesan cheese



4 boneless, skinless chicken breast halves





4 teaspoons Italian seasoned breadcrumbs



## Step 1

Preheat oven to 425 degrees F.

## Step 2

Combine Hellmann's® Real Mayonnaise with cheese in medium bowl. Arrange chicken on a baking sheet. Evenly top with mayonnaise mixture, then sprinkle with breadcrumbs.

## Step 3

Bake 20 minutes or until chicken is thoroughly cooked.

# Meatloaf

## Ingredients

1 ½ pounds ground beef



- 1 egg



- 1 onion, chopped



- 1 cup milk



- 1 cup dried breadcrumbs



- salt and pepper to taste



- 2 tablespoons brown sugar



- 2 tablespoons prepared mustard



- 1/3 cup ketchup



## 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.



## Healthy Summer Recipes for a Better Quality of Life

### Layered **Raspberry** and **Orange** Smoothie



This summer smoothie is packed with vitamin C and antioxidants. The prep time is around 5 minutes. Here is what you'll need for the layered raspberry and orange smoothie.

# Ingredients:

For this smoothie, you will need the following ingredients:

1 cup of frozen raspberries



$\frac{3}{4}$  cup of milk



2 peeled oranges



$\frac{1}{3}$  cup of vanilla or plain yogurt



1 tablespoon of chia seeds



8 ice cubes



If you want a thicker smoothie consistency, add more ice. For a thinner juice-like texture, use less ice. The yogurt will make the smoothie creamy after blending it.

## Preparation Instructions

To make the raspberry layer of the smoothie, follow these steps:

Add the raspberries and milk to a blender



Freeze this layer for about 20 minutes before adding it to the smoothie

For the orange layer, follow these steps:

Add the rest of the smoothie ingredients to a blender and blend until it's smooth



Add the orange layer on top of the raspberry layer once it's done freezing.

That's all you have to do to enjoy this healthy smoothie! If you prefer to skip the layering steps, you can add all of the ingredients together at once. The layers make the drink fun and aesthetically pleasing, but they are not necessary.

### 3-Ingredient Vegan Banana Oatmeal Pancakes – Accessible Chef



## Exercises

1.

Seated  
Jumping  
Jacks



<https://youtu.be/zKZOVD30vKo>

Sit up straight, on the edge of your seat.

Extend your arms to the sides and then above your head, as you would with a normal jumping jack. Return them to your sides before raising them again.





Start slow, and then increase your speed until you're moving your arms as fast as you can.



Perform three sets of twenty repetitions.

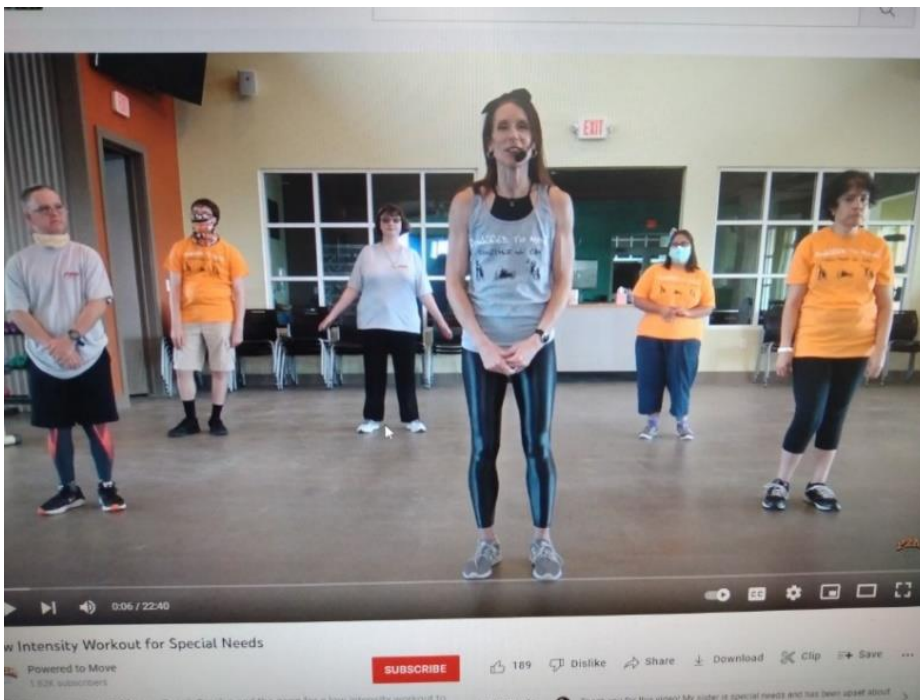
If you're exercising in a chair with arms, be careful that you don't strike the armrests during the movement.

**ACCOMODATIONS:** If you are unable to move your arms, move your legs in the same motion!

If you are unable to move your arms or your legs, it's okay to join in by with a head roll or moving your chair in the two directions!

## 2. Exercise: [https://www.youtube.com/watch?v=mfarj\\_zHleY](https://www.youtube.com/watch?v=mfarj_zHleY)

This exercise can be modified in a chair or wheelchair by waving arms or moving wheelchair to an up position and then down position



### 3. Jane Fonda: Balance- Primetime Health - YouTube



**Accommodations:**



### 4. Exercises to do in a wheelchair



Two exercises that target arms and shoulders, highlighting the muscles involved and correct technique.

If you can't use your arms, use your legs, fingers, head, or wheelchair! Have fun!

**Accommodations:**

