

# FAB

Fun, Advocacy, and Brainpower

## August - Budgeting/Money Management



Introductions:




Agenda



# 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

## 1. Name that tune.



[https://www.youtube.com/results?search\\_query=name+that+tune+playlist](https://www.youtube.com/results?search_query=name+that+tune+playlist)

Play random music.

For example,

Old school

Current pop music

Let the individuals guess the tune.

## 2. Game: FAB Topic - Understanding the State & Federal Budget Process

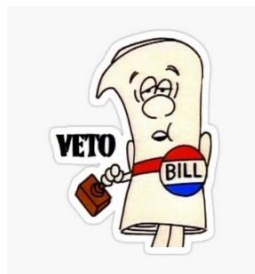
### Thumbs Up Thumbs Down Game



Put your Thumb up if you agree with the Statement.



Put your Thumb down if you don't agree with the Statement.



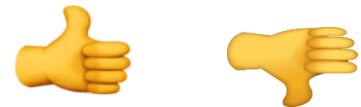
1. The Senate & House vetoes the Budget or signs it in the law.  
Thumbs Up or Thumbs Down?



2. Federal Agencies submit Budgets for Review. The President submits Budget request to Congress.  
Thumbs Up or Thumbs Down?



3. The Senate & House Vote on The Budget. Thumbs Up or Thumbs Down?

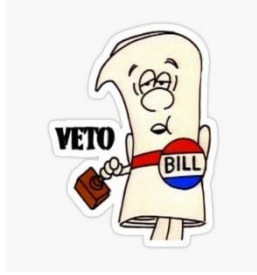


4. The President votes on the Budget.

Thumbs Up or Thumbs Down?



## 5. The President vetoes the Budget or signs it into law. Thumbs Up or Thumbs Down?



### Answers:

1. Thumbs Down.
2. Thumbs Up.
3. Thumbs Up.
4. Thumbs Down.
5. Thumbs Up.



## .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.



### Management/Transportation

<https://www.gao.gov/blog/navigating-the-complexities-of-the-federal-budget>



### What is the Federal Debt?

<https://www.youtube.com/watch?v=u2iPcCmtbFQ&t=106s>



### What is the Federal Budget Process?

<https://www.youtube.com/watch?v=-49WE1xMGel>





## Understand the Federal Budget Process in 9 Minutes (Part II)

<https://www.youtube.com/watch?v=ZI9so16iMEU>



## Understand the Federal Budget Process in 9 Minutes (Part I)

<https://www.youtube.com/watch?v=cviXliRD6r8>



## Identity Theft

[Identity theft | USA Gov](#)



## Ways to prevent Identity Theft

[4 Ways to Prevent Identity Theft - wikiHow Life](#)



## Ways to save money.

[6 Ways to Save Money on Vacation - wikiHow Life](#)

## Virtual Board



# Cooking Ideas and Exercise



## Recipes

### 1. Yellow cake

- Level: Easy
- Total: 1 hr.
- Prep: 30 min
- Cook: 30 min
- Yield: two 9-inch cakes



<https://www.foodnetwork.com/recipes/food-network-kitchen/basic-vanilla-cake-recipe-2043654>

### You will need:

#### Ingredients

- 2 sticks unsalted butter, at room temperature, plus more for the pans
- 3 cups all-purpose flour, plus more for the pans
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 1/4 cups sugar
- 4 large eggs, at room temperature
- 1 tablespoon vanilla extract
- 1 1/4 cups whole milk (or 3/4 cup heavy cream mixed with 1/2 cup water)*

#### Directions

1. Preheat the oven to 350 degrees F. Butter two 9-inch-round cake pans and line the bottoms with parchment paper; butter the parchment and dust the pans with flour, tapping out the excess.
2. Whisk 3 cups flour, the baking powder and salt in a bowl until combined. Beat 2 sticks butter and the sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes. Reduce the mixer speed to medium; beat in the eggs, one at a time, scraping down the bowl as needed. Beat in the vanilla. (The mixture may look separated at this point.) Beat in the flour mixture in 3 batches, alternating with the milk, beginning, and ending with flour, until just smooth.

3. Divide the batter between the prepared pans. Bake until the cakes are lightly golden on top, and a toothpick inserted into the middle comes out clean, 30 to 35 minutes. Transfer to racks and let cool for 10 minutes, then run a knife around the edge of the pans and turn the cakes out onto the racks to cool completely. Remove the parchment. Trim the tops of the cakes with a long-serrated knife to make them level, if desired.

## White or chocolate frosting optional

2.

# Egg Roll in a Bowl

**you will need:**



1 bag of  
coleslaw mix



1lb ground  
turkey



1 sweet onion,  
chopped



1 tbsp sesame  
oil



1 tbsp rice  
vinegar



2 tbsp minced  
garlic



1 tsp ground  
ginger



1/4 cup soy  
sauce



1/2 cup grated  
carrots

**tools:**



large frying  
pan



wooden  
spoon



measuring  
cups



measuring  
spoons



paring knife



cutting board



# steps

1



Heat pan on medium



Cook ground meat



Drain meat



Put meat back in pan

2



Add chopped onion



Add sesame oil



Add rice vinegar



Cook/stir for 3 mins

3



Add garlic and ginger



Add soy sauce



Add carrots



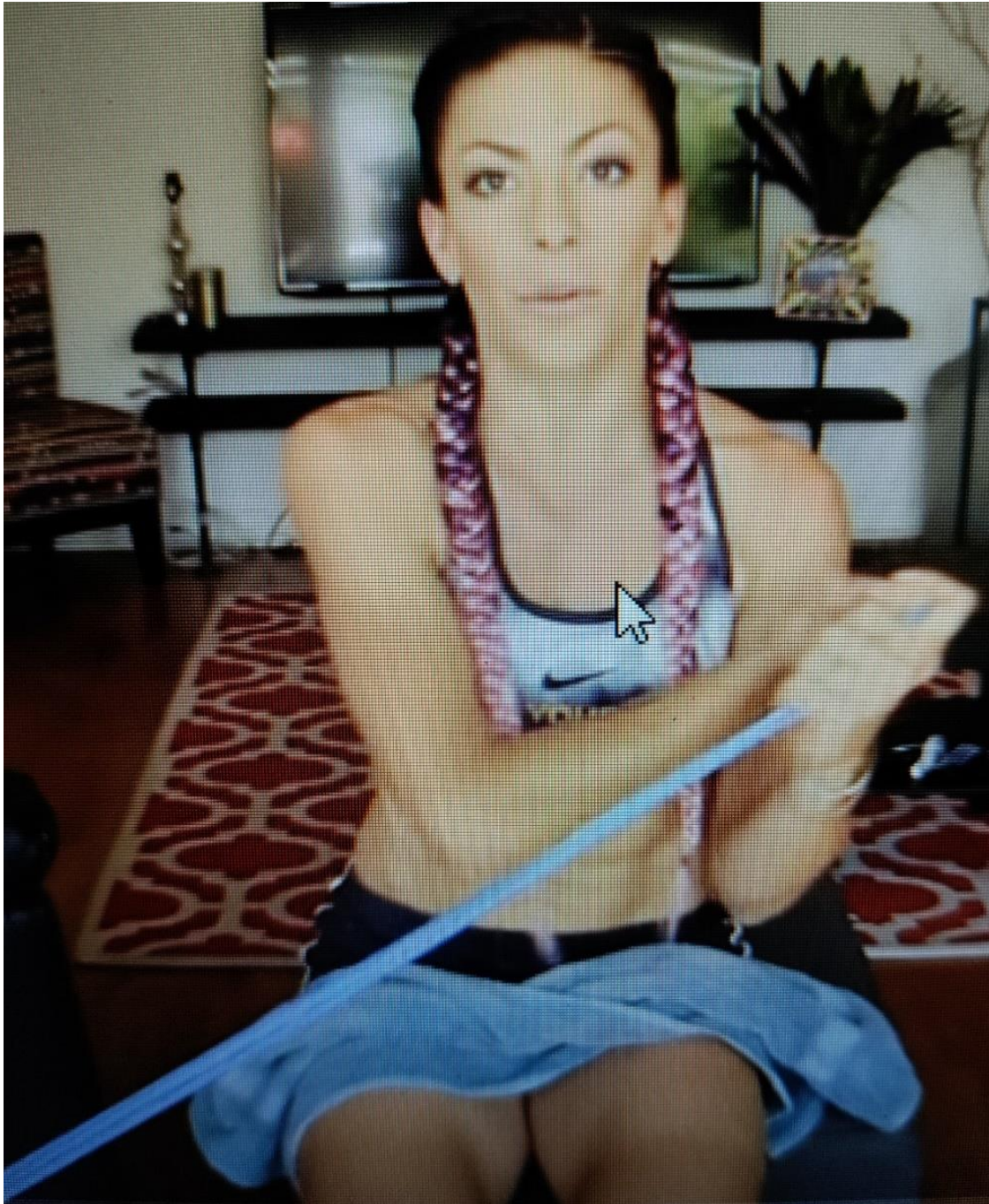
Add coleslaw mix



Cook/stir 5-7mins

# Exercises

1. Work out from a seated position.



Click on this video.

<https://www.youtube.com/watch?v=d6zHyxXd1Dk>



## 2. Simple Exercises to reduce your Tummy.

Adapt to skill and capability as needed.

**17 SIMPLE EXERCISES  
TO REDUCE  
BELLY FAT**

1. REVERSE CRUNCH
2. LUNGE TWIST
3. CRUNCH
4. CAPTAINS CHAIR
5. BICYCLE CRUNCH EXERCISE
6. STOMACH VACUUM

**CLICK HERE FOR MORE**

<https://www.pinterest.com/pin/fitness-and-weight-loss--202380576983983518/>