

# FAB

Fun, Advocacy, and Brainpower



## December 2023

### Emergency Preparedness

**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

## Video Game:

<https://www.youtube.com/watch?v=0WdSUg8rH3Q>



## Thumbs up Thumbs down Game:

Give a thumbs up if the person shown is prepared, or a thumbs down if they are unprepared.







# 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.



### [7 Components of an Emergency Plan | Allied Universal \(aus.com\)](#)

This link tells us how to prepare for a storm. The National Preparedness Goal describes five mission areas — prevention, protection, mitigation, response, and recovery.



### [Emergency Preparedness and Response: Getting Started | Occupational Safety and Health Administration \(osha.gov\)](#)

A workplace emergency is a situation that threatens workers, customers, or the public; disrupts or shuts down operations; or causes physical or environmental damage.



### [Resource for getting prepared for a snowstorm - Search \(bing.com\)](#)

How to prepare for a Snowstorm.



### [Preparing for a Winter Storm|Winter Weather \(cdc.gov\)](#)

This link discusses planning for winter weather.



### [Wallet Cards | Disability Independence Group, Inc. \(justdigit.org\)](#)

This is a link to the website where you can learn more about wallet cards.



### [What to Do When the Power Goes Out \(realsimple.com\)](#)

This link gives good tips on how to be better prepared for a power outage.



### [Emergency Alert Steps: How To Handle An Emergency Situation | DeskAlerts \(alert-software.com\)](#)

This link shows how to be prepared in the workplace during an emergency.



### [Assistive Technology and Emergency Response - Physiopedia \(physio-pedia.com\)](#)

This article shows how one should use technology, and how to be prepared to use it when a disaster occurs

Virtual Board



# Cooking Ideas and Exercise:

Recipes:



## Crock Pot Taco Soup

1.

### Crock Pot Taco Soup



**you will need:**



**1 (16 oz) can pinto beans**



**1 (16 oz) can kidney beans**



**1 (11 oz) can corn**



**1 (11 oz) can Rotel tomatoes & chilies**



**1 (28 oz) can diced**



**1 Taco Seasoning**



**1 envelope Ranch Mix**



**1 lb ground beef**



**Cooking Spray**



**Sour Cream**



**Shredded Cheese**



**tortilla chips**



# steps

- wash hands**

**brown beef**

**drain ground beef**
- open cans**

**pour in mixes**

**pour ingredients into crockpot**

**stir**
- Cook on low for 4 hours or high for 2 hours**

**Keep on low until serving**
- pour soup into bowls**

**garnish with toppings**

**Enjoy!**



2.

# guacamole



## you will need:



2 avocados



2 tablespoons lime juice



hot sauce



1/2 onion



1/2 teaspoon garlic



1/2 teaspoon salt



1/2 teaspoon pepper



1 medium tomato

## tools:



cutting board



sharp knife



spoon



mixing bowl



fork



1 tablespoon measure



1/2 teaspoon measure

## steps

1



cut avocado in half



open avocado



remove pit



scoop out avocado



mash with fork

**2**



**3**



**4**



**5**



**6**



## Exercises

[Walk 15 Leslie Walk Concert | 15 Minute Walking Workout - YouTube](#)



Individuals can work out in their wheelchairs and have fun and stay hydrated with water.



Picture in picture



**MS** Active Together



<https://tinyurl.com/38wact9z>