

# FAB

Fun, Advocacy, and Brainpower

January 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

## Game 1

### Word scramble Activity based on Safety Preparedness

Directions:

Unscramble these Words in the proper order

- 1 ytefas
- 2 levart
- 3 seirettaB
- 4 retaw
- 5 secived
- 6 yticirtcele
- 7 gnippohs
- 8 gnirots
- 9 eldnac
- 10 fthgilhsac

Answers:

1 Safety



2 Travel



3 Batteries



## 4 Water



## 5 Devices



## 6 Electricity



## 7 Shopping



## 8 Storing



## 9 Candles





# 10 Flashlights



## Game 2

# Emergency preparedness

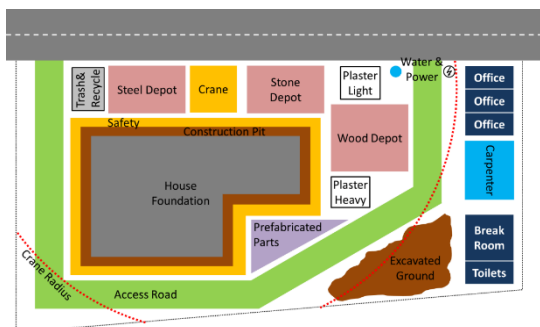
C O R S H 7 H U Y N N M M W T K W  
P W R L N H C P K Q P S O L L 7 R  
G Q F K S F Q Q Q D C N A N M E H  
Y Q C E L R 7 M K R S D U F G F S  
G D S O F P O R K K 2 Y C Y E R N  
7 Y O G Y P Y O N 2 Y O M T P T I  
Q D C S 7 G L T M A Q 2 G E G 2 Y  
I R S M 2 O E S A S Y Q N M A D I  
7 M E O H C K S S P R E T S D D N  
Y E M K O M A 7 M S U P P L I E S  
Q R E E U Y U M C F F F U G G P U  
Q A R G R M Q C F P M Y G C T H R  
R P G P K K H Y C G 2 7 Y E W C A  
D E E I I Q T D 2 P 2 U S E E 7 N  
Q R N T T N R A C L A S N R O R C  
P P C S N R A K S A L S I G D Q E  
Q Y Y E H D E K I N S F A M R D 7

### Answers:

Emergency



Plan



Safety



Prepare



Fire



Smoke



Snow



Storm



72-hour kit



Earthquake



Supplies



Flood



Insurance



## Game 3 - Disaster Game from Red Cross



[https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Chapters/Denver/disastergamecards.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Chapters/Denver/disastergamecards.pdf)

This game is a simple and fun way to get people engaged, sharing, and talking about preparedness planning and 72-hour kits. Consider this an icebreaker and a great way to get the preparedness conversation going.

**Estimated time:** 20-40 minutes. The game is simple:

1. Give each person an item/resource card (if you have these items on hand—such as an emergency radio—use the real thing instead of its card).
2. Give each person a scenario/need card.
3. Go around the room and have each person read their need.
4. Each person with a resource that could help with the specific need should show their resource and say, “I have a \_\_\_\_\_!” It may take a little thought or deduction to match the resource with the need!
5. The person who offered a resource goes next, reading their need. It is very simple, but this activity gets people talking. They have fun and people can speak more about how to use each item and suggest other preparation tips.



## “Lights Out” Variation

The “Lights Out” Variation of this game is to stage the room, hand out the resource cards, and the how to use each item and suggest other.



**Whistle**



**First Aid Kit**



**Emergency Radio**



**Rain Poncho**



**Toiletries**



**Flashlight**



**Emergency Food Ration**



**Gloves**



**Emergency Blanket**



**Water**



**Dust Mask**



**Batteries or Glow Sticks**

<p><b>#1</b> <b>Confused</b></p> <p>I don't know what's happening. I can hear sirens, but the whole neighborhood is dark.</p>	<p><b>#2</b> <b>All Wet</b></p> <p>The storm came up so suddenly, we are a ways from shelter and the rain is pouring.</p>	<p><b>#7</b> <b>In the Dark</b></p> <p>I can't find anything around here, it is so dark. Does anyone have a flashlight?</p>	<p><b>#8</b> <b>Cold</b></p> <p>I'm going to have to find some way to keep warm tonight or I'm not going to make it.</p>
<p><b>#3</b> <b>Hungry</b></p> <p>The tornado demolished my home and the grocery store is empty! I'm so hungry!</p>	<p><b>#4</b> <b>Thirsty</b></p> <p>The water has been off for over a day! Where am I going to find water?</p>	<p><b>#9</b> <b>Dusty</b></p> <p>The dust and smoke is so bad I can't breathe.</p>	<p><b>#10</b> <b>Back in the Dark</b></p> <p>That flashlight was great, but it only lasted one night. What are we going to do to see in here tonight?</p>
<p><b>#5</b> <b>Wounded</b></p> <p>The high winds split my tree. It crashed through part of the house and I have cut my head and arm.</p>	<p><b>#6</b> <b>Gotta Go</b></p> <p>I'm a bit embarrassed but I can't wait any longer and there isn't a bathroom anywhere. Can you help?</p>	<p><b>#11</b> <b>Noise</b></p> <p>I keep seeing people going by up on the ridge but they can't hear us.</p>	<p><b>#12</b> <b>Ouch</b></p> <p>I'm tearing my hands up moving all this stuff.</p>



## 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.



[12 Ways to Prepare \(ready.gov\)](https://www.ready.gov)

This link talks about 12 ways to prepare in an emergency.



[Emergency Preparedness Guide | Global Industrial](#)

This link talks about Emergency and Recovery



[Do I Need a Carbon Monoxide Detector in an All-Electric House? | ValidBuilding](#)

This link talks about carbon Monoxide detectors in electric homes

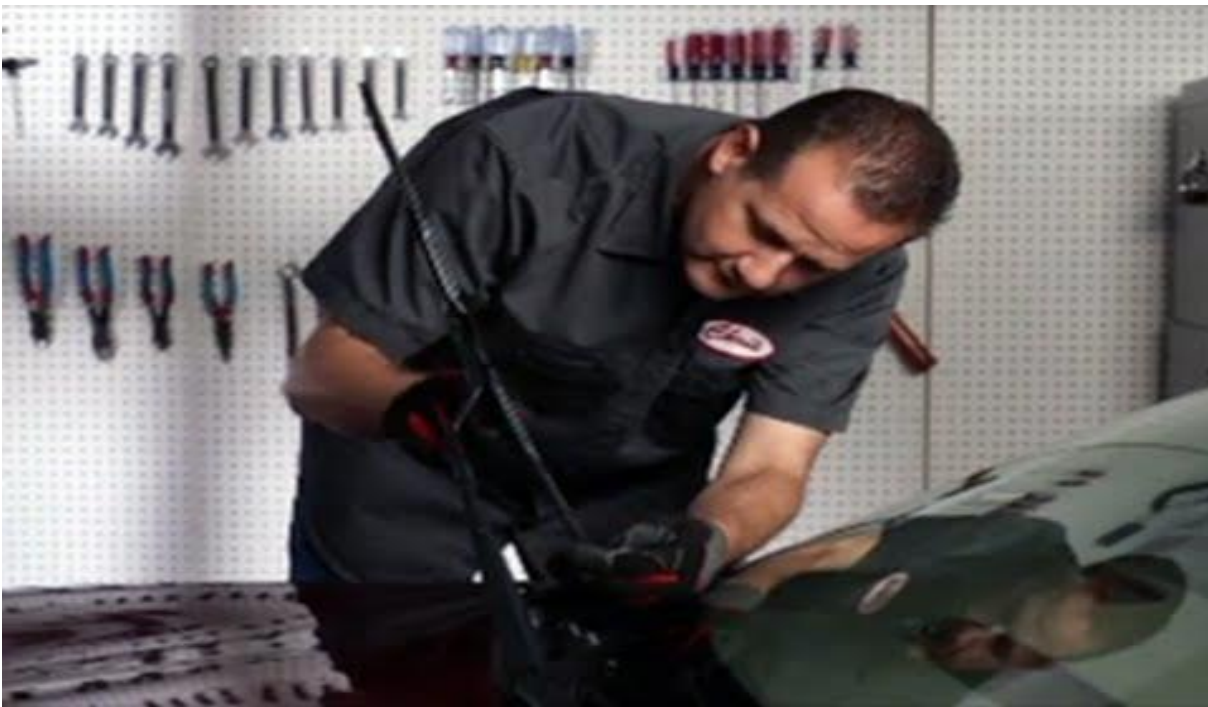


<https://datamyte.com/smoke-detector-inspection-checklist/>

This list talks about a smoke detector inspection checklist.



[Preparing Your Car For Winter Driving](#)



[Wheelchair Safety Tips for Dealing With Inclement Weather - MobilityWorks](#)

This link talks about Wheelchair Safety Tips for Dealing with Inclement Weather.



[Prepare Your Accessible Van for Winter - MobilityWorks](#)

This Link talks about preparing your accessible van for winter.



[adata.org > ada-timeline](http://adata.org/ada-timeline) [Timeline of the Americans with Disabilities Act](#)

ADA Timeline



<https://www.myplacect.org/services-and-supports/assistive-technology-and-home-modifications/assistive-technology/>

Maintain or improve the functional capabilities of individuals with disabilities.

## Virtual Board



## Cooking Ideas and Exercise

### Recipes





## Chicken Carbonara with Chicken or Shrimp



[Chicken Carbonara – Accessible Chef](#)

## Power Outage Turnovers



**Materials needed: 2 baking sheets, knife, wire rack for cooling.**



**PREP TIME: 10 mins**

**COOK TIME: 20 mins**

**TOTAL TIME: 30 min**



shutterstock · 421707649

- **Power Outage Turnovers are delicious emergency food that is shelf stable for days.**
- **You can make them quick and super easy and keep yourself and your family well-fed to thrive during an emergency, not only survive.**

**Ingredients:** Puff Pastry, store bought is fine



**2 sheets thawed, 9-12 inches or 20-30 cm square sheets.**



**Filling of your choice: example, here is Ham & Cheese, but consider using 1.5 cups of chili, stew, curry, or roasted meat with gravy as an alternative filling.**



**4 tsp Dijon mustard, 16 oz ham or 16 slices of lunch meat**



**220 C**

**Preheat**

**oven to 435 F /**



- **Prepare baking sheets by greasing or covering with parchment paper.**



- **Make the egg wash by mixing together the egg, onion powder, and chives. Make the turnovers.**





- Prepare the puff pastry into two large squares about 9 to 12 inches / 20 to 30 cm, rolling out to about 1/8 inch / 3 mm thick.
- Cut large square into four equal smaller squares; you now have 8 small squares. Make sure to leave the outside edge of each square free from any filling.
- Leave 1/2 inch or 1 cm edge. Spread filling into one corner of each square, avoiding the 1 cm around the edge.
- Be careful not to overfill (the opposite corner of pastry should be able to cover the filling easily and still have 1 cm of pastry around the edge to seal it).
- Brush the egg wash on the 1 cm edge around the filling. Fold the opposite corner over the filling to form a triangle and press down to gently seal.
- Press fork prongs along the top edges to seal completely (or alternatively crimp the edges closed).
- Brush the top and outside edge of each turnover with the egg wash. Bake: Place turnovers on prepared baking sheets.
- Bake for 20 minutes until turnovers are golden brown.





# 3 ingredient Oreo dessert

SERVES 12 • PREP 0:25

Save recipe

Love this recipe? Click [save recipe](#) to create an online cookbook

This recipe is:

Dessert

Biscuits

Kid friendly

Cooking with kids

Soy free



**AVOCADO  
CREAM**

This creamy Oreo dessert has just three ingredients

**ICE-  
RECIPE – 3**

**INGREDIENTS (NON-DAIRY, NO ICE-CREAM MACHINE)**

**MYKITCHEN101EN**



**Ingredients:**

## Ingredients

- 4 cups thickened cream (whipped)
- 1 cup milk
- 3 packet Oreo biscuits

- 200 g (7 oz) avocado flesh



- 3 tbsps honey



- 150 g (½ cup + 2 tbsps) non-dairy topping cream



- 60 ml (¼ cup) plain water



## HOW TO MAKE AVOCADO ICE CREAM:

- Add honey and water to avocado flesh and blend until smooth.
- (Reminder: The non-dairy topping cream used in this recipe is sweetened, therefore not much honey is added.)



# Exercises

 [Making exercise fun with the classics of the 1970's!](#)  [70's](#)

[music dance workout](#)  - YouTube



## Moving In Wheelchair to the Music: and stay hydrated with Water



## LOWER BODY FITNESS



Lower Body Fitness for people with disabilities, arthritis, elderly, wheelchair users. Reclaim hip, leg, knee, ankle, foot strength, endurance.

- Sit in any type of chair
- If you are able, cross your arms or put your hands on your hips.
- Move your right leg forward three times.



- Move your left leg three times.
- If you can't move your legs, get assistance from your support person.
- Do this for 3 repetitions on each leg.



[Yoga For Complete Beginners - 20 Minute Home Yoga Workout! - YouTube](#)

