

# FAB

Fun, Advocacy, and Brainpower

July

July 2023 						
Su	Mo	Tu	We	Th	Fr	Sa
						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					

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## *Community Relationships*



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!

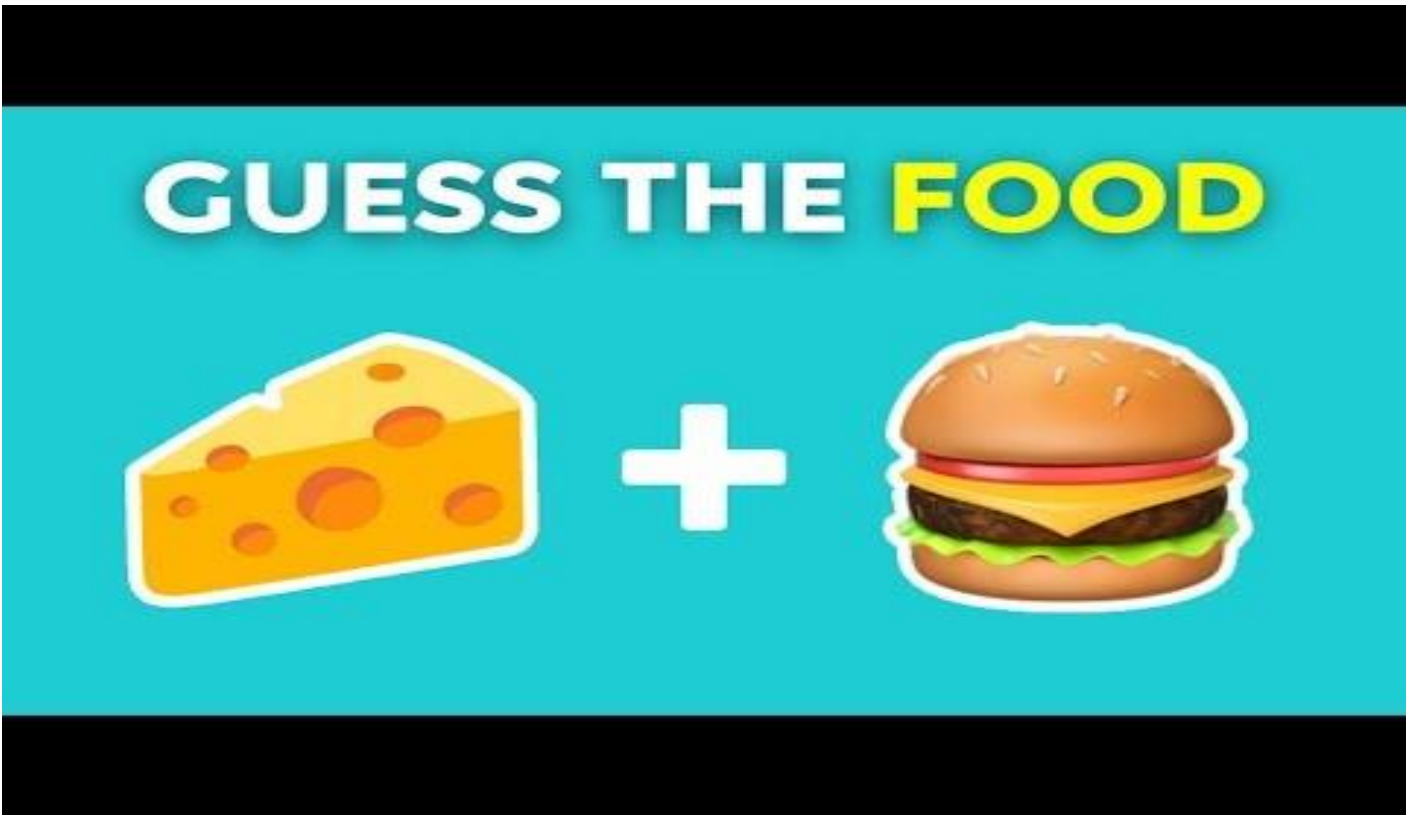


- ✓ End with asking if anyone has any questions or comments.



# Games

**Game 1. Guess the Food:**  [NEW] [Emoji Junk Food Challenge: Can You Identify the Snacks? Emoji Quiz - YouTube](#)



## Game 2. Guess the Breakfast

**Guess the Breakfast** is one of the simplest morning meeting games. Players take turns guessing what other participants had for breakfast. Each round, the team can collectively ask up to three questions to narrow down the options.

**For example:**

1. Is it a standard breakfast food?
2. Is it cold?
3. Is it sweet?

To make the game more interesting, we recommend adding a rule that states players cannot ask the same question more than once during the game. You can also think up unusual or funny questions, such as “would it still be appetizing if you put it in a blender?” or “would you find this dish on the menu of a sketchy diner?”

One plus side of this exercise is that it encourages teammates to eat breakfast.

## Game 3.

[Click Here How good are your eyes? Can you find the odd emoji out #20 - YouTube](#)



# 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.



<https://www.nbcconnecticut.com/news/local/lake-compounce-announces-line-up-for-summer-concert-series/3002913/>

Fun place to go in CT



[The Importance of Connection and Community - Mind the Product](#)

No man (or woman) is an island. Now, more than ever, the entire world is understanding the importance of human connection and people are actively connecting with the people they know (and the people they want to know) in new and innovative ways.



<https://ctlawhelp.org/en/elder-abuse> <https://www.ic.org/create-community-connection/>

Elder abuse resources



<https://www.ic.org/create-community-connection/>

Bianca Heyming gave a TED talk based on her experiences, affectionately called 'Intentional Communities – 50% Less Hippie Than You'd Expect.



[https://www.soct.org/get-involved/become-a-volunteer?gclid=CjwKCAjwv8qkBhAnEiwAkY-ahkLpSgg\\_9XQ\\_qC1xL6L9qI2X2h4WA43lsydmVibLyuee82S5N0SACxoCEAwQAvD\\_BwE](https://www.soct.org/get-involved/become-a-volunteer?gclid=CjwKCAjwv8qkBhAnEiwAkY-ahkLpSgg_9XQ_qC1xL6L9qI2X2h4WA43lsydmVibLyuee82S5N0SACxoCEAwQAvD_BwE)

Special Olympics Connecticut (SOCT) could not exist today if not for the time, energy, and dedication of thousands of volunteers.



[6 Meaningful Ways to Give Back to the Community | CaringBridge](#)

Since the start of the COVID-19 pandemic, we've seen an incredible spike in people looking for ways to give back and help others. Even amidst uncertainty and fear, the human spirit prevails.

# Virtual Board



## Recipes

### 1. Gourmet Pastelillos (Meat Pies)

#### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 pound extra-lean ground beef
- ½ onion, diced



- ¼ cup tomato sauce





- 6 large pimento-stuffed olives, diced



- 2 tablespoons sofrito (such as Goya)



- 1 (1.41 ounce) package Sazón seasoning with coriander and achiote (such as Goya)
- 2 small garlic cloves, minced and crushed



- ½ teaspoon oregano



- 2 (14 ounce) packages frozen empanada dough (such as Goya discos)

- 4 cups vegetable oil, or as needed for frying



## Directions

### Step 1

- Heat olive oil in a large skillet over medium-high heat. Cook and stir beef in hot oil until browned and crumbly, 5 to 7 minutes. Stir in onion, tomato sauce, olives, sofrito, sazòn, garlic, and oregano. Bring to a simmer and cook until mixture is thickened, about 15 minutes.

### Step 2

- Spoon 1 heaping tablespoon meat mixture into the middle of a disco. Moisten the edges, fold dough to form a half-moon, and press with a fork to seal. Repeat with remaining meat mixture and discos.

### Step 3

- Heat oil in a deep fryer or large saucepan to 350 degrees F (175 degrees C). Working in batches, fry pastelillos in hot oil until golden brown and bubbly, about 3 minutes. Drain on paper towels before serving.



## Recipe 2:

# Curried Sausages



**you will need:**



1 tablespoon  
olive oil



800 grams  
beef sausages



1 brown onion



2 carrots



2 garlic cloves



1 tablespoon  
curry powder



2 tablespoons  
fruit chutney



2 cups  
chicken stock



1 cup frozen  
peas

**tools:**



electric fry-pan



knife



chopping  
board



garlic crusher



peeler



measuring  
spoons



measuring  
cup



large spoon



# Curried Sausages

## Ingredients

1 tbsp olive oil

800 g beef sausages

1 brown onion

2 carrots

2 garlic cloves

1 tbsp curry powder

2 tbsp fruit chutney

2 cups chicken stock

1 cup frozen peas

1



**pour oil in pan**



**turn pan on number 4**



**open sausages**



**put sausages in pan**



**cook for 5-6 minutes**

2



**remove sausages**



**put sausages on a plate**



**turn pan off**

3



**chop onion**



**peel and chop carrots**



**crush garlic**

4



turn pan on  
number 3



add onion



add carrot



add garlic



cook for 5  
minutes

5



add curry  
powder



add fruit  
chutney



add stock



put cooked  
sausages in pan

6



turn pan on  
number 2



cook for 25  
minutes

7



add peas



cook for 2  
minutes

# Steps

1

**pour oil in pan  
turn pan on number 4 (medium high)**

**open sausages  
put sausages in pan  
cook for 5-6 minutes**

2

**remove sausages  
put sausages on a plate  
turn pan off**

3

**chop onion  
peel and chop carrots  
crush garlic**

4

**turn pan on number 3 (medium)  
add onion  
add carrot  
add garlic  
cook for 5 minutes**

5

**add curry powder  
add fruit chutney  
add stock  
put cooked sausages in pan**

6

**turn pan on number 2 (medium low)  
cook for 25 minutes**

7

**add peas  
cook for 2 minutes**

# Recipe 3

## Jell-O Shark Cups



you will  
need:



berry blast  
Jell-O



shark fruit  
snacks



whipped  
cream



rainbow  
sprinkles



water

tools:



saucepan



measuring  
cup



bowl



whisk



plastic  
5 oz cups

1



Put Jell-O in  
bowl



Boil water in  
saucepan



Add 1 cup hot  
water to bowl



Whisk until  
dissolved



Add 1 cup cold  
water and stir

2



Fill plastic  
cups



Leave room  
at top



Place in  
fridge

3



Remove when  
Jell-O is half set



Place 2-3  
sharks in Jell-O



Poke sharks  
into Jell-O



Place in  
fridge

4



Allow Jell-O



Remove



# Exercises

1.



2.



### 3. Hip Flexors and Yoga Stretches

@MISS\_SUNITHA

#SUNITHALOVESYOGA

#### 1 FOOT TO FOREHEAD



#### 2 KNEE TO ARMPIT



#### 3 FOOT TO OPPOSITE SIDE



## HIP FLEXORS ...& more *Yoga Stretches*

#### 4 FOOT TO SHOULDER



#### 5 HALF HAPPY BABY



#### 6 FOOT TO THE SIDE



#### 7 RECLINED BUTTERFLY



#### 8 KNEES TO CHEST



#### 9 SUPINE TWIST

