

# FAB

Fun, Advocacy, and Brainpower

March 2023



## Introductions:



## Agenda




# Disability History Building Self-Advocacy



## 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



1. Enjoy playing one or more of the games for the month.
2. Share one or more of the wonderful recipes at your meeting.
3. 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. Icebreaker:

- How do you like to celebrate your birthday?



## 2. Yesterday, Today, Tomorrow

Yesterday, Today, Tomorrow is a game that encourages players to both plan and reflect. To play this game, each participant takes a turn listing off one task or achievement they completed the day before, one they plan to finish today, and one on the agenda for tomorrow. Players who share the same goals or accomplishments should exchange high fives.

At the start of each game, you can take a moment to praise employees who managed to meet these goals since the last time you played.

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Guess the logo in 3 seconds...! | 100 famous logos | Logo quiz



### 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.



[Rosemary Kennedy: The Tragic Story of Why JFK's Sister Disappeared from Public View](#)  
| [KQED](#)

This link is based on [Rosemary Kennedy: The Tragic Story of Why JFK's Sister Disappeared from Public View](#)



[1960s: The Beginning of a Worldwide Movement \(specialolympics.org\)](https://specialolympics.org)

This link is based on It all began in the 1950s and early 1960s, when Eunice Kennedy Shriver saw how unjustly and unfairly people with intellectual disabilities were treated. She also saw that many children with intellectual disabilities didn't even have a place to play. She decided to take action.

[1st Special Olympics World Games-Eunice Kennedy Shriver's Charge to the Athletes - YouTube](https://www.youtube.com/watch?v=...)



[story-of-intellectual-disability-timeline.pdf \(pawaitinglistcampaign.org\)](https://pawaitinglistcampaign.org/story-of-intellectual-disability-timeline.pdf)

This is based on Milestone in the History of Intellectual Disability 1900-2013.



[Introducing the Mentally Retarded Educational Film 1964 - YouTube](https://www.youtube.com/watch?v=...)

This video was published in 1964 so although the language may seem offensive to a person reading it now, unfortunately, it is what was used at that time. It discusses levels of disabilities (now referred to as intellectual disability) their education and training, and the importance of recreational activities, socialization, institutionalization, and family life.



## Self-Advocacy: What it is and Why it's Important

<https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.understood.org%2Fen%2Farticles%2Fthe-importance-of-self-advocacy&data=05%7C01%7CNatasha.Cole%40ct.gov%7C8dfd6b2ffa56403f7a5a08db15c5ca22%7C118b7cfaa3dd48b9b02631ff69bb738b%7C0%7C0%7C638127711462745364%7CUnknown%7CTWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=E96HCiFdVSe%2FQWquOxsjNDFSvS5m%2BJEKYYRyfmBXZ9o%3D&reserved=0>



## Self-Advocacy: Improve Your life by Speaking Up

<https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.betterup.com%2Fblog%2Fself-advocacy&data=05%7C01%7CNatasha.Cole%40ct.gov%7C8dfd6b2ffa56403f7a5a08db15c5ca22%7C118b7cfaa3dd48b9b02631ff69bb738b%7C0%7C0%7C638127711462745364%7CUnknown%7CTWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BmKw8DrIDXggxrFsqlHcWd9nV24SLF%2F4UERDUoRpmeY%3D&reserved=0>

# Virtual Board



## Cooking Ideas and Exercise

### Recipes

[Caesar Salad – Accessible Chef](#)

**Caesar Salad with Croutons and shredded cheese and boiled Egg.**



[Easy Tabbouleh Recipe \(allrecipes.com\)](#)



[Baked Dijon Salmon Recipe \(allrecipes.com\)](#)



# Exercises

## [The Macarena Dance 2022 - YouTube](#)



1. Individuals can dance the macarena using hand gestures and dancing around with their wheelchair.





## 2. Seated Triceps Dips

This exercise will strengthen your triceps, chest and the front of your shoulders. Strengthening those parts of the body will be particularly useful if you transfer from a wheelchair.

Suitable for: Conditions where you have good strength in your upper body.

Method: Sitting, place your hands on the armrests of your wheelchair or another chair. Make sure they are directly beneath your shoulders. Push yourself up until your arms are fully extended, then slowly lower yourself down until you are fully seated again.

Modifications: If you don't quite have the arm strength, but you do have some leg strength, you can use your legs to assist you slightly. But try to let your arms do as much of the work as possible.

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## 3. Adapted Zumba with Kiana & Liana - YouTube

