FAB

Fun, Advocacy, and Brainpower



May - Aging



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.
- \checkmark 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



Game 2



Game 3

Word Scramble Game:

Guess the Word | Scrambled Word Game (6 Letter Words) #15 - YouTube

Game 4

Desert Island Game

Ask each person to imagine that they are stranded on a desert island. Then, ask them to name five things they would want with them.

Remind the group that these would be the only things they would have for the rest of their lives. Don't forget to ask why they would choose them.

- For example:
 - ➢ Cell phone
 - Plenty of water
 - ➤ Food
 - > Clothes
 - > A friend



•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.

older-people/



What is Conservatorship for Elderly? (jacksonwhitelaw.com https://www.masterclass.com/articles/how-to-make-informed-decisions



This is on resources and elder abuse <u>https://ctlawhelp.org/en/elder-abuse Legal Help for People Over 60 |</u> <u>CTLawHelp</u>



This link is about encouraging people who work with elderly how to give them independence <u>https://www.thegoodcaregroup.com/news/what-does-independence-mean-</u>



This link is about Mandated Reporting and who Mandated Reporters are https://halanbrickleylaw.com/news/elder-abuse-and-mandated-reporters-how-the-law-works-in-connecticut/



This website talks about what exactly Telemedicine is. <u>https://zaggocare.org/pros-cons-</u> <u>telemedicine/?utm_source=google&utm_medium=ernst-media-</u> cpc&gclid=EAIaIQobChMIqdzI-r_R_AIV7vzjBx3PWAuREAAYASAAEgJ_4_D_BwE



This page is about the pros and cons about using Telehealth. What are the Pros and Cons of Telehealth? - Providertech



This website is more info on why telehealth is good and bad https://www.talktomira.com/post/telehealth-vs-in-person-care-pros-and-cons



Aging in Place <u>How to Stay in Your Home as Long as Possible - Penn Asian Senior Services</u> (passi.us)



Staying Active Stay Active As You Get Older: Quick Tips - MyHealthfinder | health.gov



Advocating for the Elderly In home Care Costs and Services - AgingCare.com

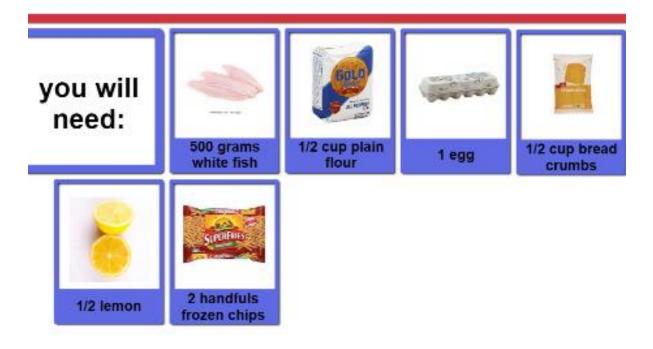
Virtual Board

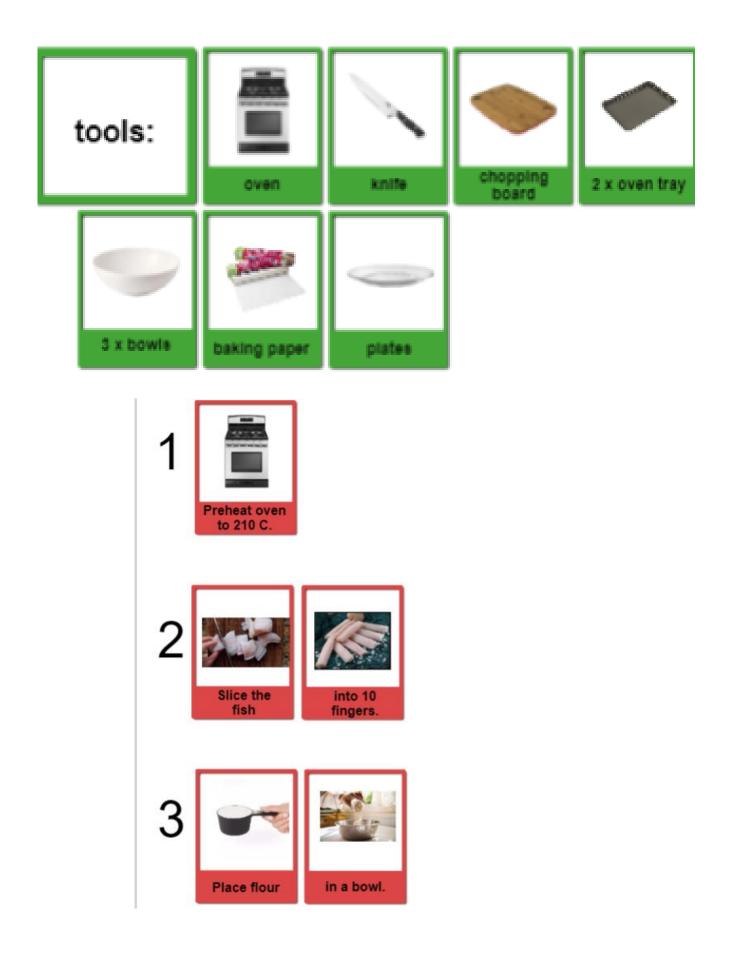


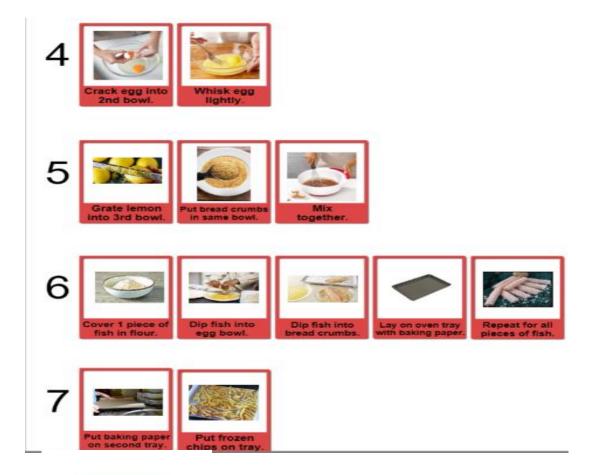


Fish and Chips













Tuna Noodle Casserole



Ingredients

• 4 cups hot cooked medium egg noodles



• 2 (10.5 ounce) cans Campbell's[®] Condensed Cream of Mushroom Soup (regular or 25% Lower Sodium)







• 2 (10 ounce) cans tuna, drained





• 2 cups frozen peas





1 cup milk





• 2 tablespoons dry breadcrumbs



• 1 tablespoon butter, melted



BREAD CRUM

Directions:

1. Preheat the oven to 400 degrees F (200 degrees C).



2. Stir cooked noodles, condensed soup, tuna, peas, and milk in a 3-quart casserole.



3. Bake in the preheated oven until hot, about 30 minutes; stir well.



4. Mix breadcrumbs with melted butter in a bowl; sprinkle over tuna casserole and continue to bake until breadcrumbs are golden brown and crispy, 5 minutes more.









AS WE AGE IT IS VITAL TO EAT HEALTHIER MEALS. EATING A HEALTHY DIET HELPS WITH HEART DISEASE, WEIGHT MANAGEMENT, MEDICAL CONDITIONS, IT CAN EVEN DECREASE YOUR CHANCES OF A STROKE.

> PREP TIME: 10 mins COOK TIME: 35 mins TOTAL TIME: 45 mins COURSE: Breakfast CUISINE: American, Southwest SERVINGS: burritos CALORIES: 279 kcal

- Sheet Pan Black Bean and Vegetable Breakfast Burritos
- Make a batch of these filling vegetarian breakfast burritos for a weekend brunch, then wrap and freeze the leftovers to enjoy throughout the week!





Directions:

- 1. preheat oven to 350
- 2. line a large baking sheet with parchment paper.
- 3. finely mince the cilantro, then set aside.

4. set a large skillet over medium heat. Pour in olive oil. Once simmering add in peppers. 5.stir veggies until veggies are softened and slightly brown. Add in black beans, cumin, coriander, salt, pepper.

6. when finished transfer mixture to a large mixing bowl.

7. crack the eggs into the mixing bowl, beat until smooth.

8.pour eggs into skillet, cook until scrambled.

9.remove from heat, divide the mixture into the flour tortillas, sprinkle a even amount of cheese, cilantro and onion onto each burrito.

10. tightly roll each burrito, then place them seam down onto baking sheet.

11. Bake burritos on the middle rack, until heated through (9-11 minutes)

12. Serve burritos with salsa and sliced avocado. If desired leftover burritos may be stored in the fridge for up to three days. Or frozen for 2 months.

How to Cook White Rice

How To Cook Perfect Rice Every Time - YouTube

Please wash and rinse the rice before cooking.

Please wash your hands for 30 seconds.

Ingredients needed

Rice



Water



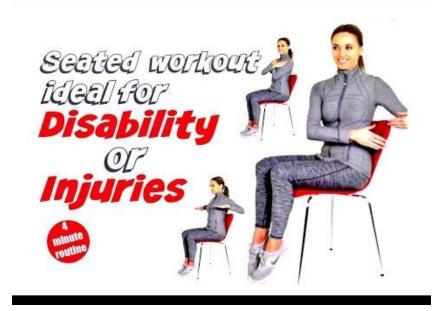
Measuring cup



Pot



Exercises



You can do this in a wheelchair and also for elderly.

You can go at your own pace.



Gather a group of people to take a wheelchair accessible hike.



Ask each person to bring a lunch. Enjoy lunch with the group.



Embrace getting fresh air and exercise.



https://californiamobility.com/21-chair-exercises-for-seniors-visual-guide/

