

# 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.
- ✓ 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.



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



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



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



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.  
[https://zaggocare.org/pros-cons-telemedicine/?utm\\_source=google&utm\\_medium=ernst-media-cpc&gclid=EAIaIQobChMIqdZl-r R AIV7vzjBx3PWuREAAAYASAAEgJ 4 D BwE](https://zaggocare.org/pros-cons-telemedicine/?utm_source=google&utm_medium=ernst-media-cpc&gclid=EAIaIQobChMIqdZl-r R AIV7vzjBx3PWuREAAAYASAAEgJ 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

[How to Stay in Your Home as Long as Possible - Penn Asian Senior Services \(passi.us\)](#)



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



# Recipes

## Fish and Chips



**you will  
need:**



**500 grams  
white fish**



**1/2 cup plain  
flour**



**1 egg**



**1/2 cup bread  
crumbs**



**1/2 lemon**



**2 handfuls  
frozen chips**



**tools:**



oven



knife



chopping board



2 x oven tray



3 x bowls



baking paper



plates

1



Preheat oven to 210 C.

2



Slice the fish



into 10 fingers.

3



Place flour



in a bowl.

4



Crack egg into 2nd bowl.



Whisk egg lightly.

5



Grate lemon into 3rd bowl.



Put bread crumbs in same bowl.



Mix together.

6



Cover 1 piece of fish in flour.



Dip fish into egg bowl.



Dip fish into bread crumbs.



Lay on oven tray with baking paper.



Repeat for all pieces of fish.

7



Put baking paper on second tray.



Put frozen chips on tray.

8



Bake for 15 to 20 minutes.

9



Serve on plate and enjoy!

## 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



## 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.**

- **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!

PREP TIME: 10 mins  
COOK TIME: 35 mins  
TOTAL TIME: 45 mins  
COURSE: Breakfast  
CUISINE: American, Southwest  
SERVINGS: 4 burritos  
CALORIES: 279 kcal





### Instructions:

- 1) 1/3 cup cilantro
- 2) 2/3 red bell pepper
- 3) 2/3 yellow bell pepper
- 4) 2/3 red onion
- 5) 1 TBSP. extra virgin olive oil
- 6) ¼ TSP. ground cumin
- 7) ¼ ground coriander
- 8) 1 ¼ cups canned black beans
- 9) Salt (to taste)
- 10) Black pepper (to taste)
- 11) 6 Large eggs
- 12) 5oz Mexican shredded cheese
- 13) 6 large flour tortillas
- 14) Salsa & Avocado if desired

1) Cilantro



2) Red bell pepper



3) Yellow bell pepper



4) Red onion



5) Extra virgin olive oil



6) Ground Cumin



7) Ground Coriander



8) Canned Black Beans



9) Salt



10) Black Pepper



11) Eggs



12) Shredded cheese



13) Flour Tortillas



14) Salsa



14) Avocado



### 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/>

