

FAB

Fun, Advocacy, and Brainpower



November FAB Topic - Rights and Diversity

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

1. Icebreaker: Meet the Pet (or Child, or Partner, or Plant)

Best For: Animal lovers, whether furry, leafy, or miniature human ones!

This icebreaker idea is super simple, and who doesn't like pets? It's best performed for remote teams that are newer and/or as a first-day icebreaker. Here's how:

Have your remote team grab their pets or show a picture of them. Start the introductions! You can start off with the basics (name, age, where you got your pet). Make sure to throw in one personal/fun story you had with your pet.

2. Icebreaker: Random questions

If you could hang out with any cartoon character, who would you choose and why?



What type of music do you listen to?



What is your favorite TV show?



Can You Recognize These Movies 🎬 in 5 Seconds? Guess the Title 🏠! Part 1





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.



[7 Crucial Tips For Dealing With The Police | Advice From A Lawyer \(rightlawgroup.com\)](#)

How to interact with the police with a lawyer



[What are human rights? | OHCHR](#)

An explanation of what human rights are.



<https://www.utility.com/blog/trends-shaping-law-enforcement-in-2023/#:~:text=More%20agencies%20will%20adopt%20body,and%20the%20communities%20they%20serve.>

A Website showing how law enforcement is changing.



[What is Diversity & Inclusion? – Global Diversity Practice](#)

Explains the concept of Diversity and Inclusion



[Why Is Diversity and Inclusion in the Workplace Important? | Great Place To Work®](#)

Explains Diversity and inclusion in the workplace

Virtual Board



Cooking Ideas and Exercise:



Recipes

[How to make a cheese toastie in 7 steps | Features | Jamie Oliver](#)

1. Lightly butter the bread on both sides.



To one piece of bread, add a nice grating of good-quality cheese that melts well, like Cheddar, Red Leicester or a mixture of the two.



2. Place your second piece of bread on top, then cook in a sturdy non-stick frying pan on a medium heat for about 3 minutes on each side. This is important, because if it gets too colored too quickly you won't get the gorgeous ooze and melt in the middle, and this is all about encouraging that internal cheese lava flow.



3. When lightly golden on both sides, lift the toasties out of the pan and grate a little layer of cheese into the pan where it was sitting, then add a little pinch of cayenne pepper.



4. Place the toasties back on top. Leave it for just over 1 minute – wait for the cheese to bubble and the fat to spill out of it.



5. Give the toasties a poke with a fish slice, and once it has a cheesy, doily-like crust on the bottom that moves as one, lift the toasties out of the pan and hold it on the fish slice for 30 seconds so the melted cheese hangs down, sets hard and forms an impressive cheese crown.



6. Flip it onto the other side and once golden, serve, remembering to let it cool for a couple of minutes before attempting to tuck in.



Chicken Taco

Recipe

Ingredients

- ✓ 1/4 cup orange juice



- ✓ 2 tablespoons mild taco seasoning



- ✓ 2 tablespoons vegetable oil



- ✓ 1-pound boneless skinless chicken breasts, cut into strips



- ✓ 1/2 onion, cut into strips



- ✓ 1/2 green bell pepper, seeded and cut into strips



- ✓ 1/2 red bell pepper, seeded and cut into strips



- ✓ 8 (6 inch) flour tortillas



- ✓ 1 avocado, pitted and sliced, or as needed



- ✓ 1/2 cup sour cream, or as needed



- ✓ 1/2 cup crumbled cotija cheese, or as needed



Directions

- ✓ Combine orange juice, taco seasoning, and vegetable oil in a large resealable bag. Add chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator overnight.
- ✓ Heat a cast iron skillet over medium high heat.
- ✓ Cook chicken in the hot skillet for 5 minutes. Add onion, green bell pepper, and red bell pepper. Cook until peppers are crisp tender, 4 to 5 minutes. An instant-read thermometer inserted into center of chicken strips should read 165 degrees F (74 degrees C).
- ✓ Heat tortillas until soft and pliable. Top with chicken fajita mixture, avocado, sour cream, and cotija cheese. Serve immediately.

Exercises

[Physical Therapy Exercises for Seniors: Lower Body Exercises If Using a Wheelchair - 24Hr HomeCare - YouTube](#)



