

FAB

Fun, Advocacy, and Brainpower



October FAB Topic - Voting



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.



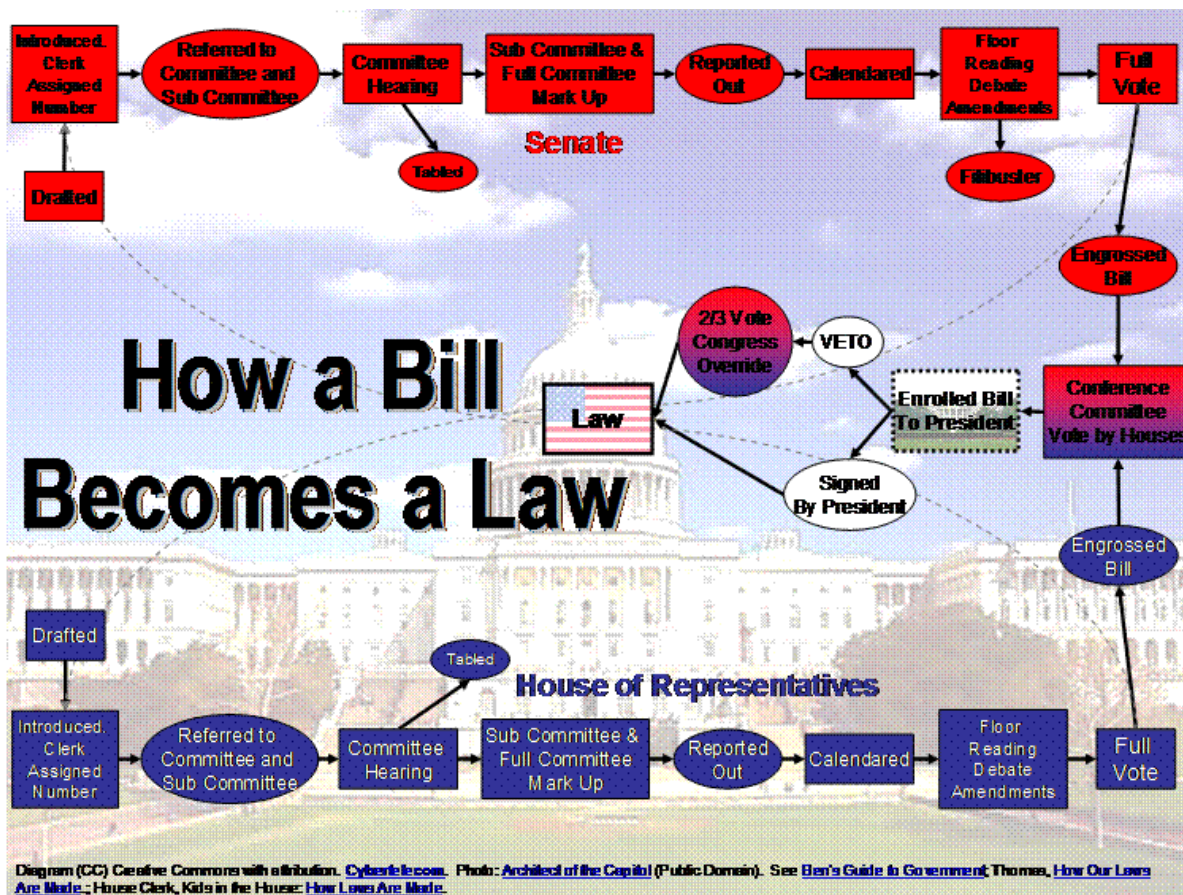
Games

1. [Guess the DISNEY Movie by Emoji 🏠🎬 | Disney Emoji Quiz - YouTube](#)



2. How A Bill Becomes a Law Quiz Game

<https://quizizz.com/admin/quiz/59cbabdd1fa98211002b71df/how-a-bill-becomes-a-law>





Brainpower – Information and resources to empower

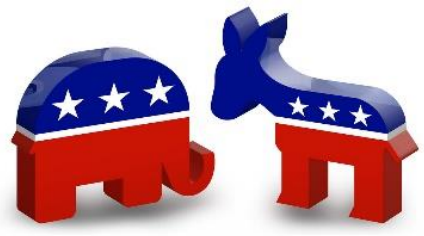
SA members to be Self-Advocates

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.



[Difference Between Democrats and Republicans \(byjusexamprep.com\)](http://byjusexamprep.com)

This link defines the 2 main political parties.



[How Elections Work and Why Voting Matters for Kids – Connections Academy®](https://connectionsacademy.com)



[How to register to vote | USAGov](https://usa.gov)



<https://rockthevote.org/how-to-vote/connecticut/>



<https://www.disrightsct.org/voting-rights>

Virtual Board



Cooking Ideas and Exercise:



Recipes

1.



you will need:	 1 cup flour	 2/3 cup butter	 3-4 tbsp water	 strawberry jam
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tools:	 stove	 muffin tray	 sieve or strainer	 mixing bowl
 knife	 sink	 rolling pin	 cookie cutters	 tablespoon

steps

1



preheat oven to
350 degrees



grease
muffin tin

2



get mixing
bowl



sieve flour
into bowl



cube and
add butter



rub flour and
butter together

3



add water



gently knead



roll out
dough



cut circles



put dough in
muffin tin



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

steps

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



Exercises

1.



This workout that is very useful are planks. Planks are quick and easy ways to exercise your muscles. They are very good for strengthening your core, reducing back pain, enhancing bone and joint health, and improving your overall balance on your body.

The reason why planks are so good to do are because they are so simple. All you need is a little space on the floor and that's it.

If you have never done a plank, you should start by holding it for 15 seconds. As you get better, you increase the amount of time you hold the plank for. For example, you start from 15 seconds, then move on to 30 seconds, then 45 seconds, etc. If you do planks every day, you'll definitely see a difference in your body structure.



2. [10 minutes wheelchair arm workout | Move with MS - YouTube](#)

