

FAB

Fun, **A**dvocacy, and **B**rainpower

September 2023



Quality of Life

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

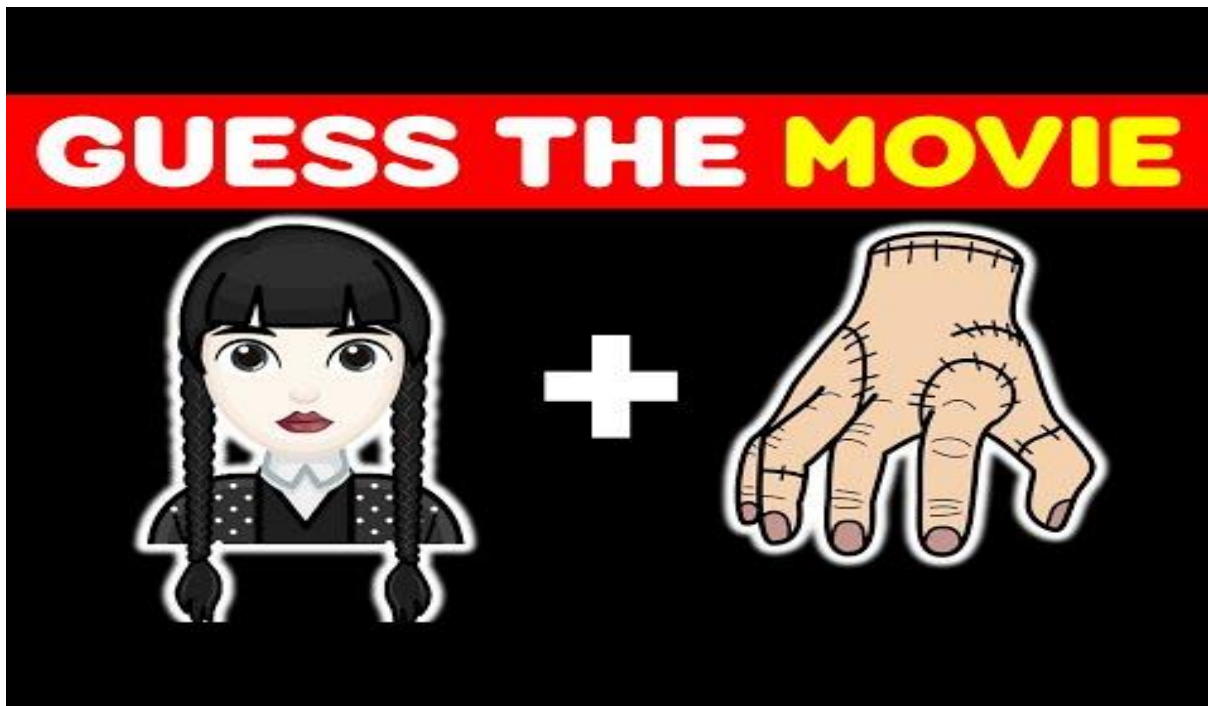
Game 1 - Living a Self-Determined Life

Items needed to play: a way for everyone to communicate in the way they can.



- 1) Go around the room and ask each person what their biggest dream is or their goal.
- 2) Go around the room again and ask people what steps they are taking to reach that dream or goal.
- 3) Have people share where they should share their dreams or goals to make sure they get the support they need.
- 4) Have people share a goal they have reached and explain who helped them reach the goal and how they felt when they accomplished their goal!
- 5) Ask people where they see themselves in one year.
- 6) Ask people to share where they see themselves in 5 years.
- 7) Ask people what makes them laugh really hard.
- 8) What makes you happy?
- 9) Ask people to share one of their coping skills during difficulties.

[Guess The Movie By Emoji 🎬 | Movie Quiz](#)



[Guess The Super Mario Character ONLY with One Clue or Hint! 🧠](#)





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.



[About Self Direction hiring and managing your own staff](#)

This link is based on hiring and managing your own staff.



[8 Lifestyle Changes To Improve Your Quality Of Life | BetterHelp](#)

This link has 8 lifestyles tips to help improve your quality of life.



[Things To Know About SSI Asset Limits \(progressivelifestylesinc.org\)](#)



[Financial help for parents of a child with disabilities | Exceptional Lives](#)



[What Is Quality of Life? Why It's Important and How to Improve It \(investopedia.com\)](#)

Virtual Board



Cooking Ideas and Exercise:



Recipes

19 Zucchini Main Dish Recipes to Make for Dinner



Prep Time:



Cook Time:



Total Time:



Servings:



Yield:



Ingredients

- ✓ 1 cup uncooked white rice



- ✓ 3 cups chicken broth, divided



- ✓ 1 tablespoon olive oil



✓ 1 pork chop, diced



✓ 2 zucchinis, diced



✓ 3 green onions, chopped



✓ 2 sprigs chopped fresh rosemary



- ✓ ½ cup grated Parmesan cheese



- ✓ Salt and freshly ground black pepper to taste



Directions

- ✓ Combine 2 cups of chicken broth and brown rice in a saucepan over medium heat and bring to a boil.

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- ✓ Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, about 20 min.



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minutos

- ✓ Meanwhile, heat olive oil in a deep skillet over medium heat and cook pork until browned on all sides, about 5 minutes.



- ✓ Add zucchini and cook for 3 minutes.



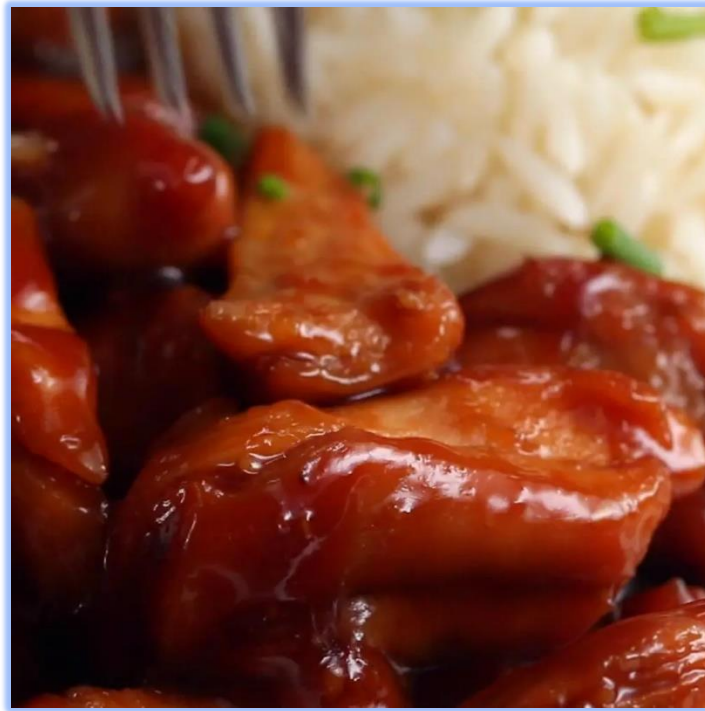
- Add 1 cup chicken broth and simmer until zucchini are soft, about 5 minutes. Add rice.



- ✓ Mix in green onions, rosemary, and Parmesan cheese and cook until well combined, 1 to 2 minutes. Season with salt and pepper.



3-Ingredient Teriyaki Chicken



Ingredients

For 4 servings

- 2 lbs. boneless, skinless chicken thighs, cubed



- 1 cup soy sauce



½ cup brown sugar



Preparation

- Heat a large nonstick pan over medium-high heat. Add the chicken and sear until golden brown on both sides.



- Add the soy sauce and brown sugar and stir to combine, then bring to a boil.
- Cook until the sauce reduces and coats the chicken.



- Serve with rice, if desired.

Enjoy!



Exercises

<https://www.youtube.com/watch?v=xU5ikYwR3QQ>

This is a workout for individuals who are in wheelchairs. They could dance and have fun. And please stay hydrated while you exercise.



Gentle Stretching for Seniors, Beginner Exercisers



10 minutes wheelchair arm workout | Move with MS

