

# FAB


## Fun, Advocacy, and Brainpower

2024

February

**ESSENTIAL  
RELATIONSHIP  
INGREDIENTS**

STRONG RELATIONSHIPS ARE BUILT  
UPON SHARED VALUES, BELIEFS AND GOALS.



- 💡 TRUSTWORTHINESS
- 💡 RESPECT
- 💡 PATIENCE
- 💡 DEPENDABILITY
- 💡 HONESTY
- 💡 LOYALTY

**IT'S ALL ABOUT  
RELATIONSHIPS**



## 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

<https://youtu.be/mYePm2MQj-4?si=8ylzizezJM1388V7>



[Guess the Country by the Flag Quiz - YouTube](#)





## **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.



[The Importance of Socialization | Introduction to Sociology \(lumenlearning.com\)](#)



<https://www.themobilityresource.com/blog/post/10-tips-to-maintain-a-strong-and-healthy-relationship>



<https://www.itstimetotalk.net.au/healthy-relationships-and-disability>



[Tips for Building a Healthy Relationship - HelpGuide.org](#)



[Socialization - Adapting One`s Culture \(explorable.com\)](#)



[How To Make Friends Online: 8 Tips \(betterup.com\)](#)

## **Virtual Board**



# Cooking Ideas and Exercise



## Recipes

<https://accessiblechef.com/recipes/shepherds-pie/>



## Mini Quiches

### Step 1: Make Tiny Crusts



- ✓ Make tiny crusts using either filo dough or by just adding a bit of flour to the egg mixture.
- ✓ A few layers of filo makes for an awesome crispy crust, but if you just can't get enough pie crust in your day, go for the original!
- ✓ When using the pie crust recipe, use a biscuit cutter or drinking glass to cut out circles to fit into your mini muffin tins.
- ✓ When using filo dough, butter in between each layer, and cut into squares.
- ✓ Oh, and make sure you oil your tins REALLY WELL before lining them with the crusts.

## Step 2: Prep Fillings



## Choose your favorite fillings!

For these beauties, I chose bacon, scallions, tomatoes, and parmesan. Cook anything that might need it before putting it into the quiche.

### The custard filling was made using:

3 eggs

1 1/2 cups milk or half and half (or blend)

Salt & pepper

Pinch of fresh ground nutmeg

Whisk these ingredients together.

## Step 3: Fill Tiny Crusts



Place the fillings into the pie crusts in the muffin tins. This makes it easier to make sure for an even distribution, or even do some veg and some non-veg.

Pour the custard over the fillings.

As you can see, my custard flowed over the tops of my crusts. Not a problem at all - just made it so the crusts were sort of embedded into the quiches!

#### Step 4: Bake



Bake the mini quiches at 375 F (190C) for about 30 minutes, or until set.

Cool on a wire rack and try not to eat them all before the guests arrive!

## Exercises

[Beginner exercise video for kids, adults, and people with disabilities \(PART 1\) - YouTube](#)



SEATED WORKOUT IDEAL FOR DISABLED OR INJURED - 4 minute real time workout



*As **you** deserve  
to feel your  
best and as  
**your trainer** I'll  
see that you  
get to do just  
that*

