

FAB

Fun, Advocacy, and Brainpower



AGENDA



FUN ADVOCACY BRAINPOWER!!!

Agenda Regular Meeting Form

FAB Topic:

Date:

Day:

Group Name:

1.  Introductions

2.  Ground Rules.

3.  Flyers of Events: Individuals, Staff &



INTRODUCTIONS

GROUND

Go over your ground meeting to see if add a new rule or



RULES

rules for your anyone would like to 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



Game 1



https://youtu.be/EJ0E8fErFns?si=8lK2_Db9taeW5pOF

which one are you? let's have fun!



Game 2



<https://www.youtube.com/watch?v=sk-NHAOKVDw>

Guess The Community Helper

Game 3

Icebreaker #1: Show and Tell

Best For: Turning coworkers into show-and-tell-loving third again!



This is one of my favorite virtual icebreakers. Why? Because it reveals what your teammates really value! Here's how to perform this icebreaker:

Ask your remote team members to grab a nearby item (or even send a personal picture through group chat!). This item should be unique to them.



Share! Take turns sharing your item and the story or personal meaning behind it.

For example, I recently shared in my weekly team meeting a small personal item: a llama doll I received from one of my friends! It was a great way to show to my remote team how I value small gifts from friends, and an easy icebreaker, too. Win-win!



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.



<https://www.asdanet.org/index/programs-events/community-outreach>



<https://typeset.io/questions/what-are-some-of-the-most-common-examples-of-communi>



[Volunteer Connecticut - United Way of Connecticut \(ctunitedway.org\)](https://www.ctunitedway.org)



Related to Community Recreation
<https://www.lawinsider.com/dictionary/community-recreation#:~:text=More%20Definitions%20of%20Community%20recreation,playhouses%2C%20auditoriums%20and%20recreational%20centers.>



Recreation
<https://portal.ct.gov/services/recreation>



<https://ctvisit.com/>

VIRTUAL BOARD

[July 2024 FAB](#)
[Community](#)
[Carol and Ellen.pptx](#)



[topic](#)
[Relationships](#)



COOKING IDEAS AND EXCERCISES

steps

1



Heat pan on medium



Cook ground meat



Drain meat



Put meat back in pan

2



Add chopped onion



Add sesame oil



Add rice vinegar



Cook/stir for 3 mins

3



Add garlic and ginger



Add soy sauce



Add carrots



Add coleslaw mix



Cook/stir 5-7mins

Fruit Salad



Ingredients for the Fruit Salad:

1 Cup of Strawberries



1 cup of raspberries, fresh or frozen



1 cup of grapes



1 cup of diced apples



1 cup of sliced bananas Or whatever fruit you fancy (melon, blackberries, pears, etc..)



1/2 cup of yogurt (strawberry or vanilla)



1/2 cup of cool whip (or whip your own cream)



How to Make the Fruit Salad:

1. Place all of the prepared fruit in a medium bowl and mix together.

Shredded, Saucy BBQ Chicken Sammies



- Level: Easy
- Total: 25 min
- Prep: 5 min
- Cook: 20 min
- Yield: 6 servings
- Nutrition Info

Ingredients

1 cup chicken stock

1 bottle Mexican beer

4 pieces, 6 ounces each boneless, skinless chicken breast



2 tablespoons extra-virgin olive oil, 2 turns of the pan



2 cloves garlic, chopped

1 medium onion, peeled and finely chopped

2 tablespoons Worcestershire sauce, eyeball it

1 tablespoon hot sauce (recommended: Tabasco)



2 tablespoons grill seasoning blend (recommended: Montreal Steak Seasoning, by McCormick)



3 tablespoons dark brown sugar

4 tablespoons tomato paste

1 large sour deli pickle, chopped

6 to 8 slices sweet bread and butter pickles, chopped



6 soft Sammie buns, such as soft burger rolls, split

Directions

1. Bring liquids to a simmer in a small to medium skillet and slide in the chicken breast meat. Gently poach the chicken 10 minutes, turning once about after 5 minutes.



2. While chicken poaches, heat a second medium skillet over medium low heat. To hot skillet, add extra-virgin olive oil and garlic and onion and gently sauté until chicken is ready to come out of poaching liquids. Combine the next 5 ingredients in a medium bowl and reserve.
3. When the chicken has cooked through, add 2 ladles of the cooking liquid to the bowl, combining with the sauces, spices, brown sugar and tomato paste. Once the liquids and seasonings are combined, remove chicken, slice it, and transfer to the medium bowl. Using 2 forks, shred the chicken and combine with the liquids. Add the shredded chicken to the onions and garlic and combine well. Simmer together 5 to 10 minutes, using extra cooking liquids to make your chicken as saucy as you like.



4. Combine sour and sweet pickles in a small bowl. Split rolls and fill with scoops of shredded chicken. Top with pickle relish and serve.



CLICK BELOW FOR A VIDEO WITH DIRECTIONS



[Shredded, Saucy BBQ Chicken Sammies Recipe | Rachael Ray | Food Network](#)

Exercises



<https://www.youtube.com/watch?v=D6oV7ueLbOo> slow seated cardio



[Intro Lite English \(youtube.com\)](#)



10 Minutes Exercise with nip-glide Walker



Everyone has a different lifestyle by gender, age, job, culture, interests etc. Regardless of our differences, we all need to exercise through our lifetimes for good health. “Exercise” is a key to keeping physical health and mental health. We talked about Dementia previously in the BC2 blog. Dementia is not a normal process of ageing. However, many ageing people suffer from this horrible disease. Many research results find that Exercise reduces the chance of Dementia by 30~45 %. Exercise can get harder when we get older as we lose our muscle strength. However, we have to do any form and level of exercise to keep our quality of life. The simple exercise for seniors would be walking for 20~30 mins. Take your nip-glide walker out for a walk and add this 10-minute exercise using your nip-glide walker for your strength. Make sure your walker handle is not too high. The right height is about your wrist height - click to see the link of the correct handle height guide.



Squats

Stand in front of your nip-glide with your feet apart about shoulder width. Put the parking brake on and hold both handles. Slowly sit down (squat) bending your hips and knees without bending your back. You can do as many as you feel comfortable. You can increase the repetitions and how far you squat down.



Lift legs back

Stand in front of your nip-glide with your feet together. Put the parking brake on and hold both handles. Slowly lift one leg backwards as far as you can. Repeat 10~15 times. Swap to the other leg and do the same thing again. Add a resistance band (elastic exercise band) between legs to increase strength.



Lift legs side

Stand in front of your nip-glide with your feet together. Put the parking brake on. Hold both handles and slowly lift one leg sideways as far as you can. Repeat 10~15 times. Swap to another side and do the same thing again. Add a resistance band (elastic exercise band) between legs to increase strength.



Roll forward

Stand in front of your nip-glide with your feet apart about shoulder width. Now release the parking brake. Hold both handles and slowly push forward your walker bending your back using your core strength

(suck your stomach in by imagining bringing your belly button to your spine). Use your back and arm muscles to bring the nip-glide back to you. Repeat this 10~15 times. If you feel this is too easy, put some weight on the seat of the nip-glide.



Move ankles

Put the parking brake on and put the handles down in the lowest position. Sit down on the nip-glide walker. Stretch your legs out and point your toes. Pull back the toes. Repeat this 10~15 times.

Below are alternative exercises to use if you need more support.

