

FAB

Fun, Advocacy, and Brainpower

Building Self-Advocacy

2024



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!

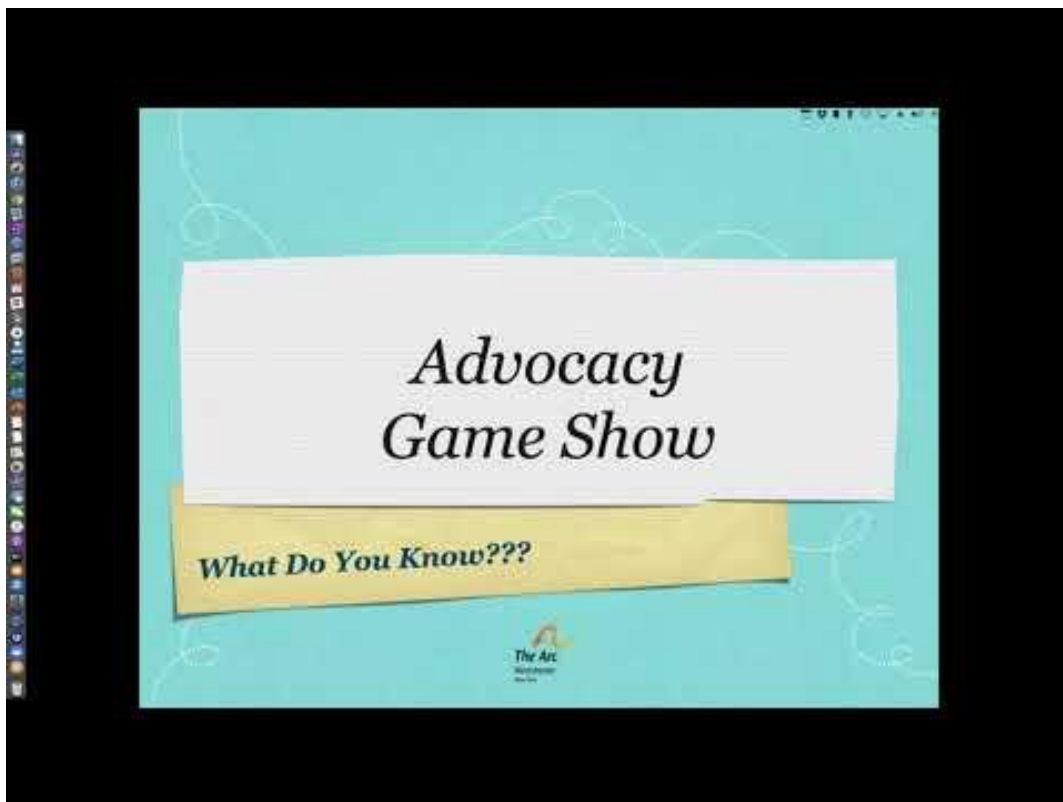


- ✓ End with asking if anyone has any questions or comments.





Advocacy Game Show





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.



[Supported Employment – United Way of Connecticut – 211 and eLibrary \(211ct.org\)](#)

This is a resource for finding employment



[Disability History: The Disability Rights Movement \(U.S. National Park Service\) \(nps.gov\)](#)

This link explains what the Disability Rights Movement was and its impact on the world.



[Some History – People First of Canada](#)

This shows how People First began.



[Support Employment For People With Disabilities: 5 Hiring Tips - Insperity](#)

This link talks about tips on how to hire people with disabilities.



[Self-Advocates on the March \(youtube.com\)](#)

This is a video on Self-Advocacy

Virtual Board



Cooking Ideas and Exercise

Recipes



Ziti Pasta

1. 1-pound dry ziti pasta



2. 1 onion, chopped



3. 1-pound lean ground beef



4. 2 (26 ounce) jars spaghetti sauce



5. 6 ounces Provolone cheese, sliced



6. 1 ½ cups sour cream



7. 6 ounces mozzarella cheese, shredded



8. 2 tablespoons grated Parmesan cheese



Enjoy!



Easy Chicken and Broccoli Alfredo



- 8 ounces fettuccine, uncooked



- 2 cups fresh broccoli florets



- ¼ cup Kraft Zesty Italian Dressing



- 1-pound boneless skinless chicken breasts, cut into bite-sized pieces



- 1 ⅔ cups milk



- 4 ounces Philadelphia Cream Cheese, cubed



- ¼ cup Kraft Grated Parmesan Cheese



- ½ teaspoon dried basil leaves



Cook pasta as directed on package, adding broccoli to the boiling water for the last 2 minutes of the pasta cooking time. Drain pasta mixture.

Meanwhile, heat dressing in large nonstick skillet on medium-high heat. Add chicken and cook until no longer pink in the center, stirring occasionally, about 5 to 7 minutes.

Stir in milk, cream cheese, Parmesan cheese, and basil. Bring to a boil, stirring constantly. Cook until sauce is well blended and heated through, about 1 to 2 minutes.

Add chicken mixture to pasta mixture; mix lightly and enjoy!



Exercises



[10 minutes wheelchair arm workout | Move with MS \(youtube.com\)](https://www.youtube.com/watch?v=...)

