

FAB

Fun, Advocacy, and Brainpower



November

Healthy Relationships



Agenda



Introductions:



Ground Rules

✓ Go over your ground anyone would like to

✓ Share some of the 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.



rules for your meeting to see if add a new rule or take a rule off.

things you have



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



Please list 2 or 3 games with specific directions and pictures.

Games or Ice Breaker

Two Truths and One Lie

A simple and classic ice breaker game. Each person shares three statements about themselves – two truths, and one lie. Then, everyone tries to guess which is the lie by asking questions. Try to find out as many details about the statements as possible and watch the speaker's reactions closely. The whole point is to learn facts about your peers while inserting an element of mystery.

This team icebreaker helps the group learn about each other and gives both introverts and extroverts an equal chance to reveal themselves and discover others' assumptions. It's been done before, but if you're looking for simple ice breaker games for work, this is one everyone is sure to know and requires zero prep from the facilitator.



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.stopbullying.gov/>



www.stopbullying.gov/resources/get-help-now



<https://www.psychologytoday.com/us/blog/healthier-minds-happier-world/202311/how-to-recognize-adult-bullying>



<https://www.brookings.edu/articles/how-can-we-enhance-police-accountability-in-the-united-states/>



<https://www.acluct.org/en/know-your-rights/know-your-rights-stopped-police-connecticut#:~:text=Stay%20calm.,the%20police%20can%20see%20them.>



<https://www.utility.com/blog/trends-shaping-law-enforcement-in-2023/#:~:text=More%20agencies%20will%20adopt%20body,and%20the%20c,ommunities%20they%20serve.>

Virtual Board



Cooking Ideas and Exercise



Recipes

Please list 2 or 3 recipes with specific directions and pictures.

Chocolate Mousse for Beginners



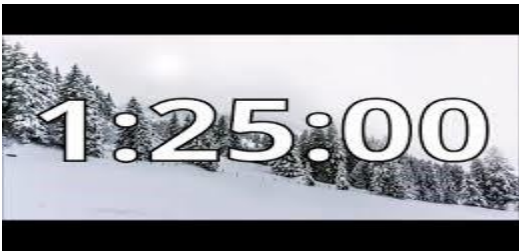


Prep Time: 20 mins



Cook Time: 5 mins

Chill Time: 1hr



Total Time: 1 hr 25 mins

Servings:4

Ingredients

- 3 1/2 ounces dark chocolate (62% cacao is ideal)



- 1 tablespoon unsalted butter



- 2 large egg yolks
- 1 tablespoon white sugar





- 1/4 cup water



- 1 tiny pinch salt
- 1/2 cup chilled heavy whipping cream



Directions

1. Break up or chop chocolate into small pieces and set aside with butter.
2. Add egg yolks, sugar, water, and salt to a metal mixing bowl. Cook, whisking, directly over medium-low heat until the mixture is thick, foamy, and hot to the touch (145 to 150 degrees F (63 to 65 degrees C)).
3. Once the yolk mixture is thick and hot, add chocolate and butter, and whisk until all chocolate is melted. Let rest for a few minutes on the counter, whisking occasionally to further cool the mixture to just above or at room temperature. The chocolate mixture shouldn't go into the whipped cream while still warm, but if cooled too long, the mixture may get too firm to fold in.
4. Whisk cold cream until medium stiff peaks form. If cream is whisked further, it will separate, and the final texture will be grainy.
5. Transfer about 1/3 of chocolate mixture into whipped cream, and fold with a spatula until almost incorporated. Gently fold in remaining chocolate, trying to keep as much air in the mixture as possible.
6. Transfer into 4 serving dishes, wrap, and chill before serving, at least 1 hour.

You can use 1/4 cup water as specified, or you can use another liquid for part of the water, such as a combination of 2 tablespoons water + 1 tablespoon cold coffee, or 3 tablespoons water + 1 tablespoon rum, if you would like a flavor other than pure chocolate for your mousse

Cheese Toastie

[How to make a cheese toastie in 7 steps | Features | Jamie Oliver](#)



1. Lightly butter the bread on both sides.

To one piece of bread, add a nice grating of good-quality cheese that melts well,



like Cheddar, Red Leicester or a mixture of the two.

2. Place your second piece of bread on top, then cook in a sturdy non-stick frying pan on a medium heat for about 3 minutes on each side. This is important, because if it gets too colored

too quickly you won't get the gorgeous ooze and melt in the middle, and this is all about



encouraging that internal cheese lava flow.

3. When lightly golden on both sides, lift the toasties out of the pan and grate a little layer of cheese into the pan where it was sitting, then add a little pinch of



cayenne pepper.

- Place the toasties back on top. Leave it for just over 1 minute – wait for the cheese to bubble



and the fat to spill out of it

- Give the toasties a poke with a fish slice, and once it has a cheesy, doily-like crust on the bottom that moves as one, lift the toasties out of the pan and hold it on the fish slice for 30



seconds so the melted cheese hangs down, sets hard and an impressive cheese crown.

forms

- Flip it onto the other side and once golden, serve, remembering to let it cool for a couple of minutes before attempting to tuck in.



Exercises

Please list 2 or 3 exercises with specific directions and pictures.



**A fun
seated
workout!**



**Wheelchair Users,
Special Needs,
Seniors**