

# FAB

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



## 2024 FAB Topic - Voting

**Agenda:**



**Introductions:**



welcome everyone to your meeting.



# 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.
- ✓ 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.



# Game 1- Word Scramble

## Directions



Put your puzzle solving skills to the test with our voting word scramble. Look carefully at the jumbled words and try unscrambling as many of the anagrams as you can into real words related to voting.

Lpetrsnidae \_\_\_\_\_

Labtlo \_\_\_\_\_

Eovt \_\_\_\_\_

Saciyblsteali \_\_\_\_\_

oboht \_\_\_\_\_

Dactdnia \_\_\_\_\_

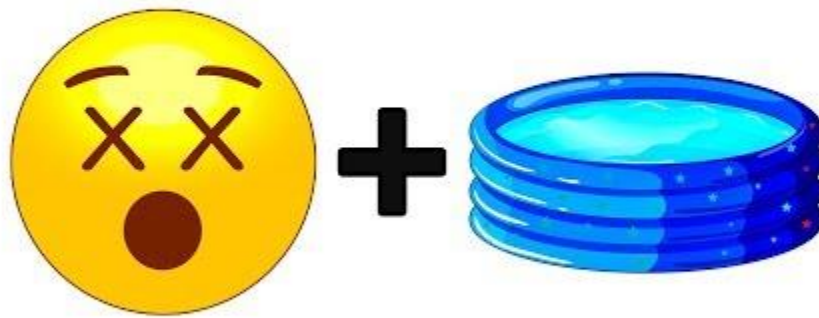
Rpayt \_\_\_\_\_

Stebeane \_\_\_\_\_

**Answers: Presidential, Ballot, Vote, Accessibility, Booth, Candidate, Party, Absentee.**

**Game 2** - GUESS THE EMOJI GAMES AND EMOJI QUIZ CHALLENGES  
(youtube.com)

**GUESS THE MOVIE**



<https://www.youtube.com/watch?v=v7BcshpmI9U&t=1s>

# Game 3- Election Day Word Search on Voting:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

## Election Day Word Search

R	A	J	T	E	I	N	X	H	K	D	Q	G	Y	G	U	C	F	G
M	M	K	N	Y	R	A	B	B	F	F	V	F	A	O	V	O	W	O
A	S	B	W	Q	G	J	Q	A	P	Y	T	R	A	P	G	O	P	S
Y	P	R	E	S	I	D	E	N	T	Z	U	N	B	Z	Q	R	T	W
O	Y	C	A	R	C	O	M	E	D	S	E	U	S	S	I	R	J	E
R	R	S	Q	H	Y	A	V	N	T	O	K	M	K	M	M	O	K	I
A	Z	S	S	L	Y	B	U	Y	V	H	R	M	A	W	C	T	N	T
K	U	I	L	Q	T	S	C	O	V	W	S	R	H	V	A	C	E	W
H	D	A	J	F	I	E	A	A	L	X	Y	L	L	R	U	E	O	B
P	T	J	A	G	R	N	M	T	Y	P	Z	B	F	M	C	L	U	M
G	P	O	K	R	O	T	P	T	I	M	S	I	B	A	U	E	D	A
R	F	Q	O	L	J	E	A	S	E	Q	M	E	C	Z	S	B	O	X
F	G	E	D	B	A	E	I	I	C	A	N	D	I	D	A	T	E	F
Y	F	S	P	E	M	Q	G	Y	G	T	J	B	G	H	U	L	W	K
Y	Z	O	G	R	C	S	N	B	J	T	O	A	J	C	S	H	X	H
C	J	L	N	A	Y	H	S	B	D	K	F	L	Q	E	Y	E	K	C
A	A	K	P	U	R	E	C	O	U	N	T	L	A	E	I	W	R	X
E	S	I	M	O	R	P	Q	L	A	O	J	O	M	P	X	F	F	D
Q	Y	O	Z	W	Z	I	J	T	W	C	K	T	Q	S	G	Y	V	Z

ABSENTEE

BALLOT

BOOTH

BOX

CAMPAIGN

CANDIDATE

CAUCUS

DEMOCRACY

ELECTOR

INCUMBENT



ISSUES

LOBBYIST

LOSE

MAJORITY

MAYOR

PARTY

PRESIDENT

PRIMARY

PROMISE

RECOUNT

RUNOFF

SPEECH

TALLY

VOTE



## **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.



[Connecticut Voting Information \(vote411.org\)](https://www.vote411.org)



[Tracking 2024 presidential polls: Trump, Harris, and VP running mates Tim Walz and JD Vance \(nbcnews.com\)](https://www.nbcnews.com)



**How to Get Involved in Your Local Community**

<https://www.youtube.com/watch?v=MtOXxlUE2Zg> .



**How to be an active citizen in your community.**

<https://www.govocal.com/blog/10-easy-ways-to-be-a-more-engaged-citizen> .



## Community Engagement Made Easy: Simple Ways to Stay Involved.

<https://www.netimpact.org/blog/community-engagement-made-easy-simple-ways-stay-involved> .



[How to vote in the United States | Vote.gov](https://www.vote.gov)



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



<https://www.usa.gov/naturalization>



[https://ucpect.org/programs/employment/?gad\\_source=1&gclid=Cj0KCQjw5ea1BhC6ARIsAEOG5pwrREWWYF0Eo68kdJfmeCKpkG7in8PfOHpT55XKcWfFNHWoCa7ZliUaAu6dEALw\\_wcB](https://ucpect.org/programs/employment/?gad_source=1&gclid=Cj0KCQjw5ea1BhC6ARIsAEOG5pwrREWWYF0Eo68kdJfmeCKpkG7in8PfOHpT55XKcWfFNHWoCa7ZliUaAu6dEALw_wcB)



[https://portal.ct.gov/dds/supports-and-services/employment-and-day-services?language=en\\_US](https://portal.ct.gov/dds/supports-and-services/employment-and-day-services?language=en_US)



<https://www.jobscan.co/blog/benefits-having-job/>

## Virtual Board



# Cooking Ideas and Exercise



## Recipes

<https://accessiblechef.com/recipes/breakfast-wrap/>

### **Breakfast Wrap**



**you will  
need:**



**scrambled  
eggs**



**wraps**



**bell pepper**



**tomato**



**shredded  
cheese**



**sliced ham**

**tools:**



**plate**



**cutting  
board**



**sharp knife**



**spoon**

# steps

1



2



## Curried Sausages – Accessible Chef

# Curried Sausages



**you will need:**



**1 tablespoon  
olive oil**



**800 grams  
beef sausages**



**1 brown onion**



**2 carrots**



**2 garlic cloves**



**1 tablespoon  
curry powder**



**2 tablespoons  
fruit chutney**



**2 cups  
chicken stock**



**1 cup frozen  
peas**

**tools:**



**electric fry-pan**



**knife**



**chopping board**



**garlic crusher**



**peeler**



**measuring spoons**



**measuring cup**



**large spoon**

**steps**

1



**pour oil in pan**



**turn pan on number 4**



**open sausages**



**put sausages in pan**



**cook for 5-6 minutes**

2



**remove sausages**



**put sausages on a plate**



**turn pan off**

3



**chop onion**



**peel and chop carrots**



**crush garlic**

5



add curry powder



add fruit chutney



add stock



put cooked sausages in pan

6



turn pan on number 2

25:00

cook for 25 minutes

7



add peas

2:00

cook for 2 minutes

## Cheeseburgers – Accessible Chef

# Cheeseburger



**you will need:**



1 1/2 pounds  
ground beef



1 tbsp onion  
powder



1 1/2 tsp salt



1 tsp pepper



cheese



burger buns

**tools:**



mixing bowl



spatula



griddle

# steps

1



Place the ground beef



into the bowl.



Add onion powder,



salt,



and pepper.

2



Mix using your hands.



Form into patties.

3



Heat the griddle

350

to 350.

4



Place the  
patties onto



the griddle.



Flip when  
ready.

5



Place the  
cheese



onto the  
patties.

6



Put the  
cooked meat



onto the bun



and enjoy!

# Exercises



**SEATED 4 MINUTE HIIT WORKOUT - IDEAL FOR DISABILITY OR RECOVERING FROM INJURIES**



**Lucy Wyndham-Read** ✓  
2.45M subscribers

**Subscribe**

👍 2.1K

🗨️ Share

📄 Download

⋮

# 5 Minute Chair Exercises for Seniors to Tone Muscles

Age should never be a barrier to physical activity. In fact, as you age, strength training is needed more than ever! So, we developed this simple chair exercises for seniors. One of the biggest struggles

**EASY CHAIR WORKOUT**

**FOR SENIORS**

Overhead Arm Raises

Leg Lifts

Knee Lifts

Thigh Squeeze

Tummy Twist

Row

**PERFORM 2-3X PER WEEK**

FEELGOODLIFE.COM



**Dumbbell Low Impact Legs \* At-Home Workout | All Fitness Levels \* | STRONGER - Day 1**

<https://youtu.be/5XmzWz932rE>