

FAB

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



December FAB Topic Emergency Preparedness

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.



Games



[True or False Food Facts - Trivia Quiz Questions - Separate the Facts from the Myths](#)



[90s Nostalgia Trivia! How many things can you remember from the 90s?](#)



[Guess The Winter Themed Answers by Emojis | Emoji Challenge](#)



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.



[Plan Ahead for Disasters | Ready.gov](#)



[Prepare! Don't Let Severe Weather Take You by Surprise](#)



[BE PREPARED FOR A POWER OUTAGE](#)



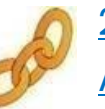
[Home Fire Prevention & Safety Tips | American Red Cross](#)



[Home Fire Safety Tips | Firechief® Global](#)



[How to Set an Emergency Contact on iPhone \(and Why\)](#)



[22 Emergency Phone Numbers You Should Know \(Printable\) | ApartmentGuide.com](#)



[strategies_for_a_successful_job_search_toolkit.pdf](#)

Virtual Board



Cooking Ideas and Exercise



Recipes

Meatball Pasta
Bake Recipe

you will need:



Meatballs



500g pasta



Jar of pasta sauce



2 cups shredded cheese



Whatever veggies you want!



Spinach



Peas



Asparagus



Sweet potato

tools:



Oven



Baking tray



Measuring cup



Mixing spoon



Cutting board



Knife



Saucepan



Strainer



Oven glove

Steps

1



Preheat the oven



180 degrees Celsius



Place meatballs in tray



Put tray in oven to prebake

2



Fill pot with water



Boil water



Add pasta when boiling



Cook for 8 minutes



Drain pasta (careful - hot!)

3



Carefully cut vegetables



Place veggies to the side

4

 <p>Remove tray from oven</p>	 <p>Add cut vegetables</p>	 <p>Add cooked pasta</p>	 <p>Pour pasta sauce over</p>	 <p>Top with cheese</p>
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5

 <p>Cover tray with foil</p>	 <p>Place back in oven</p>	 <p>Set timer for 45 minutes</p>	 <p>Clean up time!</p>
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6

 <p>Carefully remove tray</p>	 <p>Leave to cool 10 mins</p>
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Brownies



you will need:



1 box brownie mix



2 eggs



3 Tbsp water



2/3 cup oil



Pam cooking spray

tools:



oven



bowl



spoon



pan



measuring spoons



measuring cups



pot holder

steps

1



2



3



4



In bowl,



combine
brownie mix



oil



eggs



water

5



Put in pan

6



Put pan in
oven



It is hot

7



Bake



30 minutes

Grandma's Vegetable Soup



Ingredients

- 1 pound ground beef
- 1 (46 ounce) can tomato juice
- 2 potatoes, peeled and diced
- 2 carrots, chopped
- 1 onion, chopped
- 1 (14.5 ounce) can green beans, undrained
- 1 (14 ounce) can whole kernel corn, undrained
- 1 pinch ground ginger, or more to taste
- salt and ground black pepper to taste

Steps:

- 1.) gather ingredients



- 2.) Cook and stir ground beef in a hot saucepan over medium heat until browned and crumbly, 5 to 7 minutes.



- 3.) Drain off grease and pour ground beef in tomato juice.



- 4.) Add potatoes, carrots, and onion, then pour in undrained green beans and corn. Season with ginger, salt, and pepper.



- 5.) Reduce the heat to low and simmer for 1 hour.

Exercises



[Cognitive Disability Fitness | Range Of Motion Exercises | 9 Min - YouTube](#)



[25 MIN FULL BODY PILATES WORKOUT FOR BEGINNERS \(No Equipment\)](#)



[12 Best Exercises and Workouts for Seniors](#)