

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



Aging

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

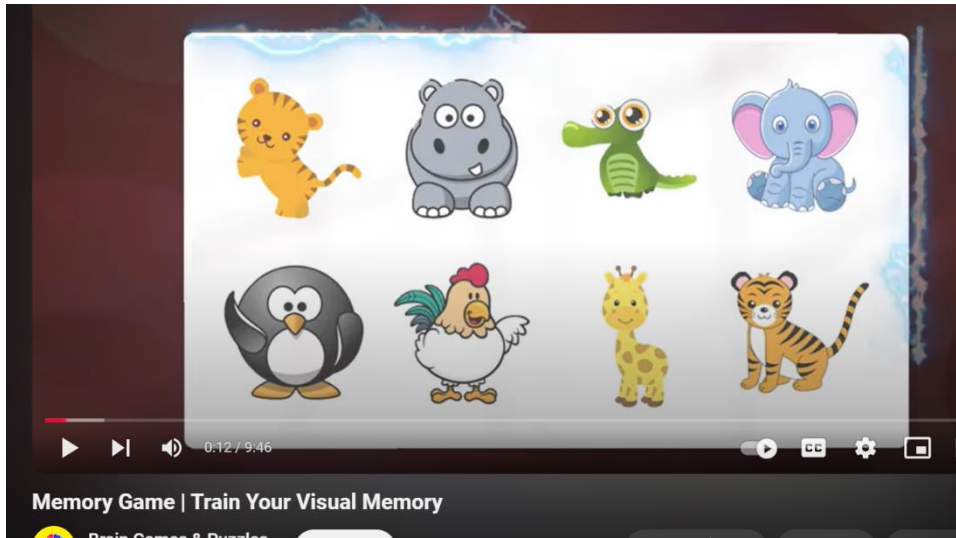


- ✓ End with asking if anyone has any questions or comments.



Games

[Memory Game | Train Your Visual Memory - YouTube](#)



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



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.triohomecarect.com/?gad_source=1



<https://ctcommunitycare.org/what-we-do/services/>



[Benefits for Older Adults](#)



[What is AARP and How Does It Help Older Americans](#)



<https://www.cohme.org/post/10-ways-to-help-older-adults-maintain-their-independence>



<https://www.rightathome.net/blog/infographic-helping-maintain-independence>



<https://www.retireguide.com/retirement-life-leisure/senior-housing/aging-in-place/>



<https://www.mariposatrainng.com/blog-posts/meaningful-activities-for-seniors-a-guide-to-creating-enriching-experiences-in-2022>



<https://www.arborcompany.com/blog/14-activities-for-elderly-people-that-arent-boring>

Virtual Board



Cooking Ideas and Exercise



Recipes

Pizza Toast



you will need:



slice of bread



pizza sauce



shredded cheese



pepperoni



toppings

tools:



microwave



toaster



spoon



plate

steps

1



Put bread in
toaster



Set toaster
to medium



Push down



Put on plate
when done

2



Open sauce



Spoon sauce on
bread & spread



Add cheese



Add pepperoni
& toppings

3



Put in
microwave



Microwave
30 seconds



Enjoy!

Shepherd's Pie



you will need:



shepherd's pie seasoning



6 russet potatoes



1 1/2 lbs lean ground beef



1 cup frozen mixed vegetables



1 onion



1 tablespoon olive oil



1/2 cup milk



1/2 cup butter



salt and pepper

tools:



frying pan



measuring cups and spoons



cutting board and knife



large spoon



fork and peeler



pot



casserole dish



strainer



oven mitts

steps

1



Wash hands and potatoes



Peel potatoes



Dice potatoes



Fill pot with water



Add potatoes

2



Boil potatoes



Reduce to medium heat



Cook 10 minutes until tender

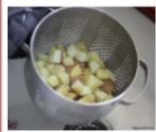


Meanwhile, cut onions



Turn off burner

3



Strain potatoes



Mash potatoes



Add 1/2 cup milk



Add 1/2 cup butter



Stir

Exercises

<https://www.youtube.com/watch?v=oumzMyqK-2I>



<https://ohanacre.ca/blog/exercises-for-seniors-at-home/>

Safe & Effective Exercises for Seniors at Home



Standing From Chairs



Tandem Stance



Single-Leg Stance



Wall Push-Ups



Seated Toe Taps



Standing Marches



Overhead Arm Raises



Seated Shoulder Rolls



Calf Raises



Seated Knee to Chest



Seated Abdominal Twist



Seated Captains Chair



Seated Skater Twist



Seated Jumping Jack



Seated Backbend



Chair Running



Bridges