

FAB

Fun, Advocacy, and Brainpower



June FAB Topic

Quality of Life

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.



Games

Would you Rather Game



Guess 100 Logos



Categories Twist – Small Group Bonding Activity

1. Form small groups of two, three or four people.



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2. Each group spends 5 to 10 minutes discussing what they all have in common.



3. In conversation, each group identifies two things that all group members have in common, and one thing which is true for at least one member but not the whole group.



4. When ready, gather all groups together.



5. Taking turns, each group announces their three statements



6. The rest of the groups aim to identify which one of the three statements is the lie.



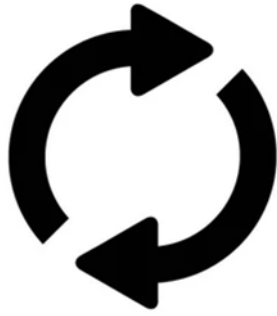
7. The group goal is to agree on which statements the lie?(majority rules)



8. Finally, the nominated group reveals the correct answer.



9. Repeat this process until all groups have revealed their lie



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 DMV | CT.gov](#)



[Recipes – Accessible Chef](#)



[A guide to basic stretches - Mayo Clinic](#)



[having a career instead of a job - Google Search](#)



[How to Make a Budget: 5 Simple Steps – Ramsey](#)



[Moving Checklist: A Timeline for Your Upcoming Move | Moving.com](#)

www.youtube.com



[Search 530+ Fun Interactive Group Games & Activities | playmeo](#)

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!

Pizza Toast

Ingredients

- slice of bread
- pizza sauce
- shredded cheese
- pepperoni
- toppings

Steps

1

Put bread in toaster
Set toaster to medium
Push down
Put on plate when done

2

Open sauce
Spoon sauce on bread and spread
Add cheese
Add pepperoni and toppings

3

Put in microwave
Microwave 30 seconds
Enjoy!



YIELDS
1 Serving

Hot Ham and Cheese



you will need:



Butter



Bread



Cheese



Ham

tools:



Plate



Microwave



Butter Knife

steps

1



Gather ingredients



Put bread on plate



Open butter



Spread butter on bread



Put cheese on bread

2



Put ham on bread



Put 2nd slice of bread on top



Put sandwich in microwave

0:30

Cook for 30 seconds

3



Be careful-
HOT!



Take out &
enjoy!

Hot Ham and Cheese Sandwich

Ingredients

- butter
- bread
- cheese
- ham

Steps

1

Gather ingredients

Put bread on plate

Open butter

Spread butter on bread

Put cheese on bread

2

Put ham on bread

Put second slice of bread on top

Put sandwich in microwave

Cook for 30 seconds

3

Be careful- HOT!

Take out of microwave and enjoy!

 YIELDS
1 Serving

Royal Parfaits



what you need:



Pudding



Strawberries



Bananas



Animal Crackers



Whipped Topping

tools:



Spoon



Chopper



Cup



Bowl



Knife

Royal Parfaits

Ingredients

- pudding
- strawberries
- bananas
- animal crackers
- whipped topping

Steps

1

Chop crackers

Cut up strawberries

Slice bananas

Mix fruit

2

Add pudding to cup

Add crackers to cup

Add fruit to cup

Add whipped topping

3

Add more pudding

Add more crackers

Add more fruit

Add whipped topping

 YIELDS
1 Serving

Exercises

Exercise Items

You should have the following item nearby before you start the exercises:

- Chair with armrests
- Pillow

Heel/Toe Raises

You can do this exercise with both feet at the same time.

1. Start with your feet flat on the floor. Point your toes up toward your nose while keeping your heels on the floor (see Figure 1).
2. Then point your toes down toward the floor and try to lift your heels off the floor (see Figure 1).
3. Repeat steps 1 and 2 for 30 seconds, if you can.

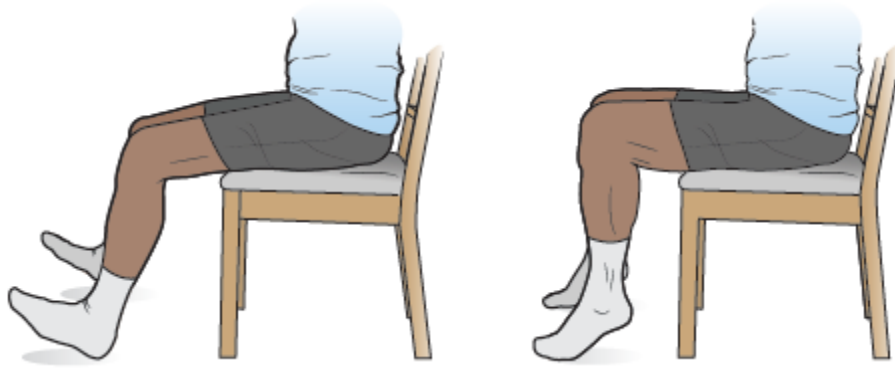


Figure 1. Heel/Toe Raises

Seated Marches

1. Sit in a chair with armrests.
2. Start with your feet flat on the floor.
3. Slowly raise 1 knee without leaning back (see Figure 2). You can stop your upper body from leaning backward by holding the armrests.
4. Then lower your leg and place your foot back on the floor.
5. Repeat with your other leg.
6. Repeat steps 1 to 4 for 30 seconds, if you can.



Figure 2. Seated Marches

Alternating Knee Extension

1. Sit in a chair.
2. Start with your feet flat on the floor.
3. Lift and straighten one leg as far as you can. Hold for a count of 1, then bend your knee and try to bring your heel as close to your chair as you can (see Figure 3).
4. Lower your leg and place your foot flat on the floor.
5. Repeat with your other leg.
6. Repeat steps 1 to 5 for 30 seconds, if you can.

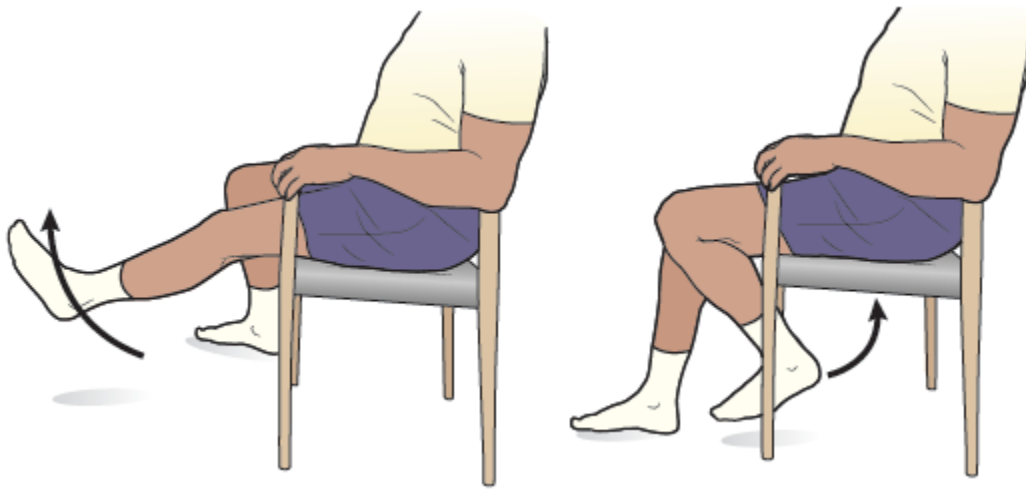


Figure 3. Alternating Knee Extension

Knee Abduction/Adduction

1. Sit in a chair.
2. Place your feet flat on the floor.
3. Place your hands on the inside of your knees. Gently push your knees against your hands as they apply counter pressure. Hold for 3 seconds. Then relax.
4. Place your hands on the outside of your knees. Gently push your knees outward against your hands as they apply counter pressure. Hold for 3 seconds. Then relax. (see Figure 4)
5. Repeat steps 1 to 4 for 30 seconds, if you can.

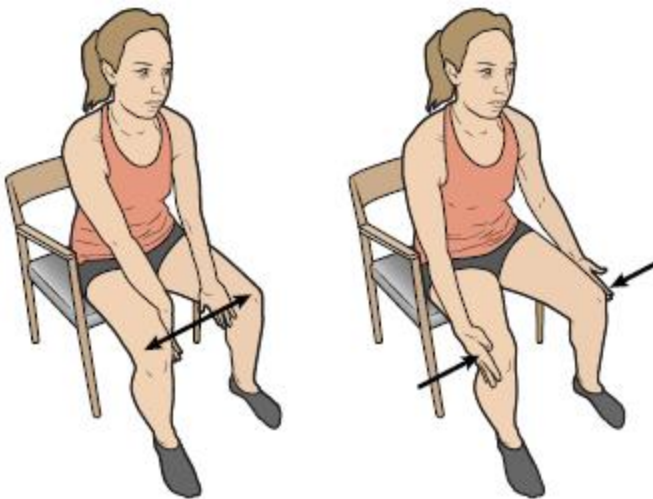


Figure 4. Knee Abduction/Adduction

Buttock Sets

1. Sit up straight in the chair. Rest your arms on the arms of the chair. Place your feet flat on the floor.
2. Squeeze your buttocks (butt muscles) together tightly (see Figure 5).
3. Hold the position and count out loud to 3.
4. Relax your buttocks.

5. Repeat steps 1 to 4 for 30 seconds, if you can.



Figure 5. Buttock Sets

W Exercise

1. Sit comfortably with your back straight, shoulders back, and head facing forward.
2. Form a “W” shape with your arms out to the sides and palms facing forward (see Figure 6). Try to bring your hands up so they’re level with your face. If you can’t raise your arms that high, bring them to the highest comfortable position or rest them on the arms of the chair.
3. Bring your elbows to your sides and gently squeeze your shoulder blades back and down, like you’re squeezing a pencil between them. This should make your chest puff out.
4. Hold this position for 5 seconds as you breathe in through your nose and out through pursed lips (like blowing out candles). Then relax.
5. Repeat steps 1 to 4 for 30 seconds, if you can.

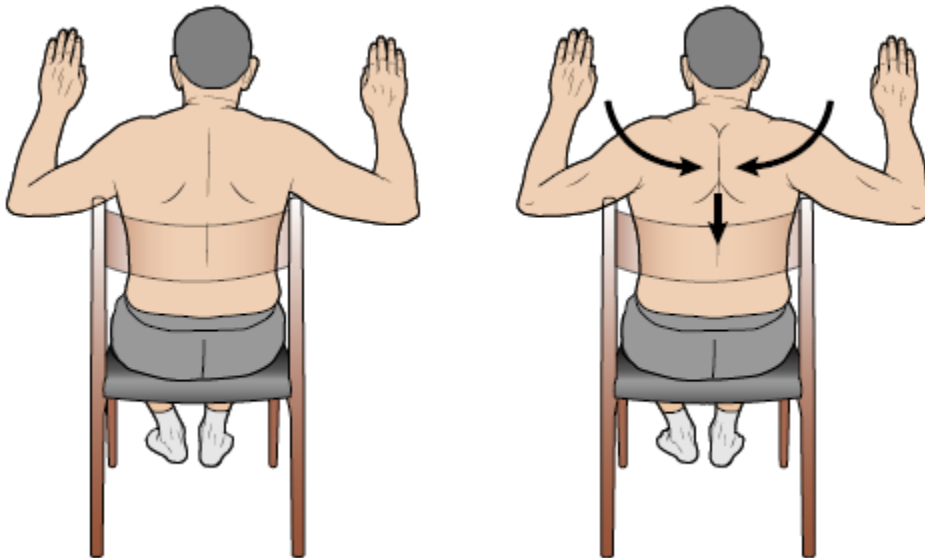


Figure 6. W exercise

Overhead Chest Wall Stretch and 4-8-8 Breathing

1. Sit comfortably with your back straight, shoulders back, and head facing forward.

2. Place your arms close to your sides.
3. Raise your arms up over your head without leaning back (see Figure 7). Breathe in for 4 seconds at the same time as you raise your arms.
4. Hold your breath and keep your arms up for 8 seconds, if you can (see Figure 7).
5. Breathe out through pursed lips (like blowing out candles) for 8 seconds as you lower your arms while keeping them straight.
6. Repeat 3 times, if you can.

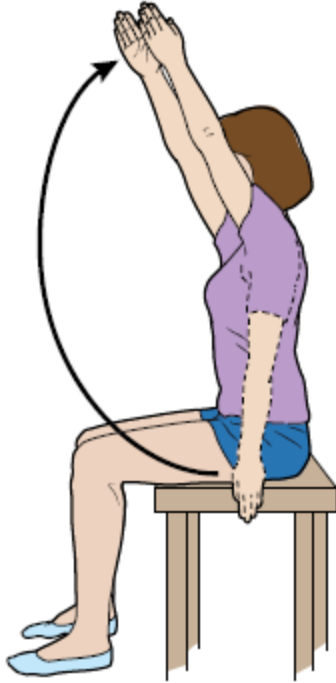


Figure 7. Overhead Chest Wall Stretch and 4-8-8 Breathing

Stretching safely

Before stretching, warm up with 5 to 10 minutes of light activity. It's usually best to stretch after a workout. Keep stretches gentle and slow. Don't bounce. Breathe through your stretches. If you feel pain, you've stretched too far.

Stretch until you feel a slight pull. Then hold the stretch for about 30 seconds. Repeat the stretch on both sides 2 to 4 times. Aim to stretch major muscle groups in your body at least 2 to 3 days a week.

If you have health conditions or injuries, talk to a healthcare professional or physical therapist about which stretches are right for you.



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Calf stretch

The calf muscle runs along the back of the lower leg. To stretch the calf muscles:

- Stand at arm's length from a wall or a piece of sturdy exercise equipment.
- Put your right foot behind your left foot.
- Slowly bend your left leg forward, keeping your right knee straight and your right heel on the floor.
- Hold your back straight and your hips forward. Don't rotate your feet inward or outward.
- Hold for about 30 seconds.
- Switch legs and repeat.

To deepen the stretch, slightly bend your right knee as you bend your left leg forward.



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Hamstring stretch

The hamstring muscle runs along the back of the upper leg. To stretch the hamstring muscles:

- Lie on the floor near the outer corner of a wall or a door frame so that your left leg is next to the wall.
- Raise your left leg and rest your left heel against the wall. Keep your left knee slightly bent.
- Gently straighten your left leg until you feel a stretch along the back of your left thigh.

- Hold for about 30 seconds.
- Switch legs and repeat.

As your flexibility increases, increase the stretch by gradually scooting yourself closer to the wall or door frame.



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Quadriceps stretch

The quadriceps muscle runs along the front of the thigh. To stretch the quadriceps muscles:

- Stand near a wall or a piece of sturdy exercise equipment for support.
- Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh.
- Tighten the abdominal muscles to prevent your stomach from sagging outward and keep your knees close together.
- Hold for about 30 seconds.
- Switch legs and repeat.



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Hip flexors stretch

The hip flexors allow you to lift your knees and flex at your waist. These muscles are found on the upper thighs, just below the hip bones. To stretch your hip flexors:

- Kneel on your right knee. Use a folded towel to cushion your kneecap.
- Place your left foot in front of you, bending your knee and placing your left hand on your left leg for stability.
- Place your right hand on your right hip to avoid bending at your waist. Keep your back straight and abdominal muscles tight.
- Lean forward, shifting more body weight onto your front leg. You'll feel a stretch in your right thigh.
- Hold for about 30 seconds.
- Switch legs and repeat.



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Iliotibial band stretch

The iliotibial band (ITB) is a band of tissue that runs outside the hip, thigh and knee. To stretch the ITB:

- Stand near a wall or a piece of sturdy exercise equipment for support.
- Cross your left leg over your right leg at the ankle.
- Extend your left arm overhead, reaching toward your right side. You'll feel a stretch along your left hip.
- Hold for about 30 seconds.
- Switch sides and repeat.



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Knee-to-chest stretch

The knee-to-chest stretch focuses on the muscles of the lower back. If you have osteoporosis, avoid this stretch because it may increase the risk of compression fractures in the back bones.

To do this stretch:

- Lie on your back on a firm surface with the backs of your heels flat on the floor.
- Gently pull one knee up to your chest until you feel a stretch in your lower back.
- Bring your knee as close to your chest as comfortably possible.
- Keep your other leg relaxed in a comfortable position, either with your knee bent or with your leg extended.
- Hold for about 30 seconds.
- Switch legs and repeat.



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Shoulder stretch

If the back of your shoulder is tight, you can have rotator cuff problems. These problems are more likely if you golf or play overhead racket or throwing sports, such as tennis or baseball. To keep your shoulders flexible:

- Bring your left arm across your body and hold it with your right arm, either above or below the elbow.
- Hold for about 30 seconds.
- Switch arms and repeat.



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Shoulder stretch with towel

The shoulder's internal rotators are part of the group of muscles often used in overhead sports activities. These activities can include a tennis serve or an overhead throw. To stretch these muscles:

- Grasp a rolled-up towel firmly with both hands, as shown.
- Gently pull the towel upward with your top hand. You'll feel a stretch in the shoulder of your opposite arm as your lower hand is gently pulled farther up your back.
- Hold for about 30 seconds.
- Switch hands and repeat.



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Neck stretch

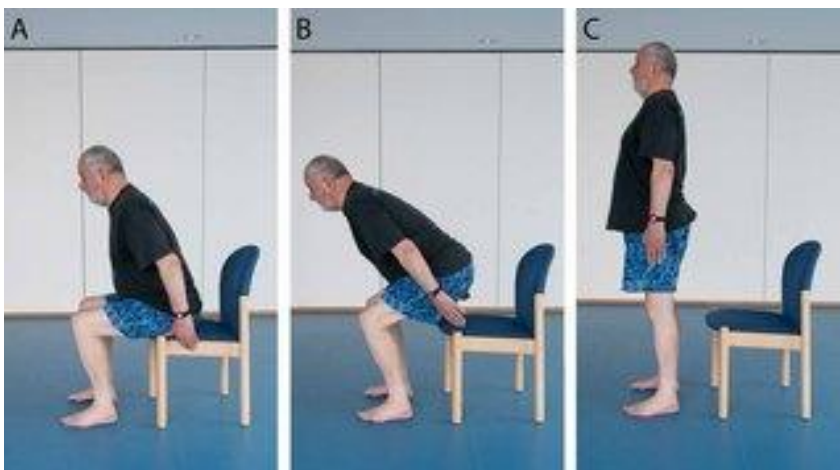
To stretch your neck:

- Bend your head forward and slightly to the right.
- With your right hand, gently pull your head downward. You'll feel a nice, easy stretch along the back left side of your neck.
- Hold for about 30 seconds.
- Switch sides and repeat.



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Sit-to-stand



- A.** Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
- B.** Stand up slowly using your legs, not arms. Keep looking forward and do not look down.
- C.** Stand upright and then slowly sit down, using your hands or arms just to guide you if possible .

Aim for 5 repetitions. The slower the repetitions, the better.

Mini-squats

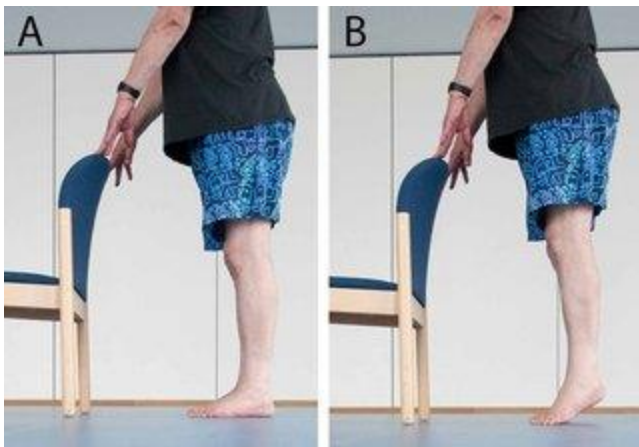


- A.** Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
- B.** Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.

C. Gently come up to standing, squeezing (clenching) your buttocks as you do so.

Repeat 5 times.

Calf raises



A. Rest your hands on the back of a chair for stability.

B. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

Repeat 5 times.

To make this more difficult, perform the exercise without support.

Sideways leg lift



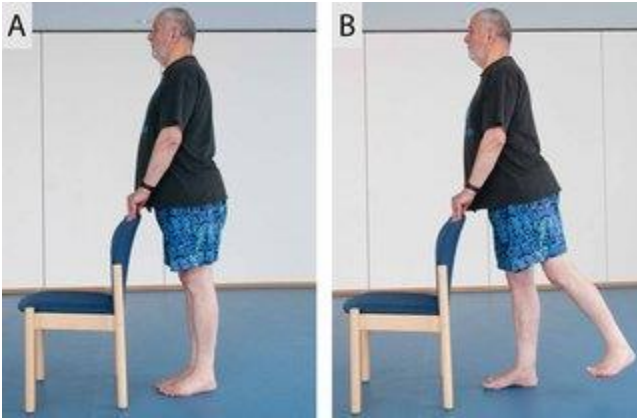
A. Rest your hands on the back of a chair for stability.

B. Raise your right leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.

C. Return to the starting position. Now raise your left leg to the side as far as possible

Raise and lower each leg 5 times.

Leg Extension



A. Rest your hands on the back of a chair for stability.

B. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.

C. Repeat with the right leg.

Hold the lift for up to 5 seconds and repeat 5 times with each leg.