

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



## **Human Rights/Diversity**

### **Agenda:**



### **Introductions:**



# Ground Rules:

- ✓ Go over your rules for your meeting to see if anyone would like to add a new rule or take a rule off.



ground meeting to anyone would like to add 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

<https://www.youtube.com/watch?v=eQpOd7Q0ZNE>



<https://www.youtube.com/watch?v=u-nmGbeZElw>



**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.



[Guide to Disability Rights Laws | ADA.gov](#)



[Specialolympics.org](#)



<https://thehill.com/changing-america/opinion/536800-so-you-want-a-diverse-workforce-then-truly-welcome-people-with/>



[access-board.gov](#) [cbp.gov](#) [EEOC.gov](#), [DOL.gov](#), [BLS](#) (websites)



<https://adata.org/ada-law-regulations-and-design-standards>



<https://disabilityunion.co.uk/know-your-disability-history-ed-roberts/>

# Virtual Board



## Cooking Ideas and Exercises



## Recipes

Beanie Weenies

you will need:





steps



## Baked Ham and Cheese sliders

- $\frac{3}{4}$  cup melted butter
- 1  $\frac{1}{2}$  tablespoons Dijon mustard
- 1  $\frac{1}{2}$  teaspoons Worcestershire sauce
- 1  $\frac{1}{2}$  tablespoons poppy seeds
- 1 tablespoon dried minced onion
- 24 mini sandwich rolls or 12 large
- 1 pound thinly sliced cooked deli ham
- 1 pound thinly sliced Swiss cheese

## Directions

Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.



Mix butter, Dijon mustard, Worcestershire sauce, poppy seeds, and dried onion in a bowl



Separate the tops from the bottoms of the rolls; arrange the bottom pieces in a layer in the prepared baking dish. Layer about 1/2 of the ham onto the rolls; add a layer of Swiss cheese and top with remaining ham slices.



Place the tops of the rolls onto the sandwiches. Pour mustard mixture evenly over the rolls



Bake in the preheated oven until the rolls are lightly browned and the cheese has melted, about 20 minutes. Slice into individual rolls through the ham and cheese layers to serve.



## Exercises

Please list 2 or 3 exercises with specific directions and pictures

<https://youtu.be/zTBBVJsksal?t=19>



[-Walking Exercise with the SUPER Coaches! | Walk at Home](#)

