

FAB



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

FAB Topic Teamwork /Support System

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 interest 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

<https://youtu.be/JmcmffiXgFY?si=c53dXxFHlUQsoXUC>

[Support Systems Jeopardy Template](#)

<https://www.youtube.com/watch?v=-WUAmtffj58>

[General Knowledge Trivia Quiz! 🧠 | 100 Questions Everyone Should Know – Do You?](#)



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.



[10 Tips for Effective Teamwork in the Workplace - Alabama Cooperative Extension System](#)



[12 Reasons Why Teamwork Is Important in the Workplace | Indeed.com](#)



[support system definition - Google Search](#)



[Highland Springs Specialty Clinic - The Benefits And Importance Of A Support System](#)

[5 Strategies to Self-Advocacy Better Using Emotional Intelligence - WISE Initiative for Stigma Elimination](#)



<https://www.ada.gov/topics/effective-communication/>





Virtual Board



Cooking Ideas and Exercise



Recipes



Ham it up Cresent Rolls Recipe

Ingredients



1 8-oz pkg crescent roll dough



8 slices deli ham (precooked)



4 tsp Dijon mustard



1 cup shredded Swiss or cheddar cheese



2 tbsp sesame seeds (optional)

[Ham-It-Up Crescent Rolls | Partnership for Food Safety Education](#)



Yummy Summer Pea Salad

Salad:

- 1 pound cooked bacon, chopped



- 2 (6 ounce) packages frozen peas, thawed



- 1 cup golden raisins



- 1 (8 ounce) package shredded Cheddar cheese



- 1 sweet onion, chopped



- ½ cup sunflower seeds



Dressing:

- 1 cup mayonnaise



- 2 tablespoons of wine vinegar



- ¼ teaspoon white sugar, or to taste



- **Directions**

- Toss bacon, peas, raisins, Cheddar cheese, onion, and sunflower seeds together in a bowl until well combined
1. Whisk mayonnaise, vinegar, and sugar together in a small bowl until smooth.
 2. Pour dressing over salad; toss to coat.
 3. Cover the bowl; refrigerate until chilled, for about 1 hour.

Stop Making Boring Breakfast! 4 Easy Egg Toast Recipes Ready in 5 Minutes

https://youtu.be/Uy_UiNZSqaE?si=lRYHKwgc-HqBMaMi

[Cheesy Garlic Bread – Accessible Chef](#)

Exercises

10 resistance band exercises you can do at home

https://youtu.be/fgKHFL654U?si=UtVSqSkqpzOMI3_P

[Chair exercises for people with mobility impairments - JUMP IN™ for Women's Heart Health](#)

<https://www.youtube.com/watch?v=4zww0h9cHu0&t=111s>

[7 Minute Standing Abs 🎧 Exercises to Lose Belly Fat 🎧](#)