

FAB

Fun, Advocacy, and Brainpower



FAB Topic

Quality of Life

Agenda:



Introduction:



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

Click on the link to open to the game pictured.

My FPPT.com Jeopardy Template				
Category 1	Category 2	Enter Category	Enter Category	Enter Category
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500

<https://jeopardylabs.com/play/independent-living-skills-96>



GUESS THE **FOOD** BY EMOJI

[Guess The Food By Emoji | Food and Drink by Emoji Quiz](#)

**GUESS THE 35
CUTE ANIMALS
IN 5 seconds**



[Guess the Cute Animals by Clips 🐰 🐭 | Fun Quiz
Challenge](#)

Writing a Quality Life Script

First ask yourself: **What do I love about My Life?**

Example:

I work & enjoy my work & get paid to do things I like to do such as saving for a house, going to the movies, Best Buddies Ball, and Best Buddies Walk.

Next: **Writing the Script:**

Ask yourself:

- **How would you share your quality of life with others?**

Question you might ask yourself as you write your script -

- **What Does Your Good Life Look Like?**

Example:

My life is Good I work in the community with people without Disabilities, I have a Job where I get paid, I got my Driver license & enjoy driving in the country on the weekend. I enjoy Special Olympics track & Field, Special Olympics swimming, going to flea markets to buy DVDs & CDs, Walking, walking my Dog, Exercising, Best Buddies Ball, Best Buddies Walk, & Saving for a house.

My Quality of Life is good,

- **How would you share your quality of life with others?**

Remember- Your Quality of Life depends on what you make of it. You might have different goals & things you enjoy doing to satisfy your needs.



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.



Independent Living

https://portal.ct.gov/ads/knowledge-base/articles/independent-living-services/more-independent-living-resources/independent-living-program?language=en_US



Supported Living

<https://www.psychreg.org/path-independence-supported-independent-living-transform-lives/>



Community Support

https://portal.ct.gov/dds/Supports-and-Services/Community-Living-Services?language=en_US



Tenant Rights

<https://tenant-rights.com/connecticut/connecticut-accessible-housing-accommodation-rights>



Mental Health

<https://www.mentalhealth.com/library/being-effective-self-advocate>



USDA Full 504 Application.

<https://www.rd.usda.gov/files/Full%20504%20Application.pdf>



HDF Housing Development Fund Create online Account.

https://hdf.my.site.com/hdfcft/NWSHOP__CommunitiesSelfRegCP
S



HDF Housing Development Fund Initial Evaluation Packet.

<https://hdfconnects.org/iep/>



Cleaning Tips and Checklists

[Everyday Cleaning Tips](#)



Motivation Tips for Cleaning

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



Clothing Care

[15 Ways to Take Care of Your Clothes - wikiHow](#)

Virtual Board



Cooking Ideas and Exercise



Recipes

Homemade Lunchables



[Homemade Lunchables – Accessible Chef](#)

**you will
need:**



sliced cheese



deli meat



apple



baby carrots



small candy
bar



salad
dressing



small sleeve of
crackers

tools:



cutting mat



knife



apple slicer



divided container
with lid



condiment
container

steps

1



cut sliced cheese
into squares



put into
container

2



cut or fold
deli meat



put into
container

3



cut apple
into slices



Put into
container

4



put crackers
in container



put carrots
in container



put candy bar
in container



Put lid on the
container

5



put dressing in
condiment cup



put lid on
condiment cup

6



Enjoy!

Creamy Garlic Butter Pasta

<https://www.allrecipes.com/recipe/269500/creamy-garlic-pasta/>

Click the link for more information.

Ingredients:



10 oz dry pasta



3 Tbsp butter



4 large garlic cloves minced



2 Tbsp flour



2/3 cup whole milk



Salt and pepper



$\frac{3}{8}$ cup heavy cream



$\frac{1}{2}$ cup grated Parmesan cheese



$\frac{3}{4}$ tablespoon dried parsley



1 teaspoon olive oil



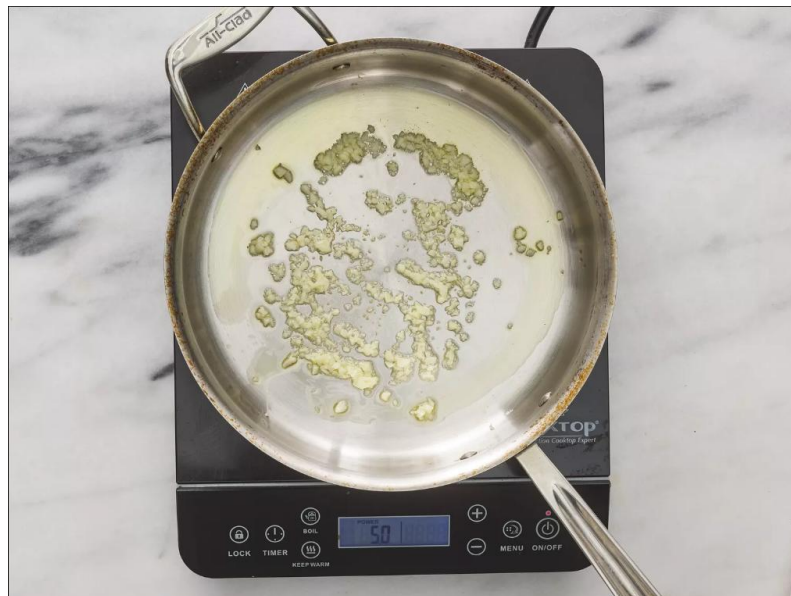
1 $\frac{1}{2}$ cups chicken broth, or more as needed

Directions:

Step 1: Gather all ingredients



Step 2: Heat olive oil in a medium pan over medium heat. Add garlic and stir until fragrant, 1 to 2 minutes. Add butter and stir constantly until melted.



Step 3: Pour in 3 cups chicken broth; add pepper and salt. Bring to a boil. Add spaghetti and cook, stirring occasionally, until tender yet firm to the bite, about 12 minutes. Add more chicken broth if pasta starts to stick to the pan.



Step 4: Add Parmesan cheese, cream, and parsley and mix until thoroughly combined. Serve immediately.



Lemonade Scoffins



<https://accessiblechef.com/recipes/lemonade-scoffins/>

you will need:



3 cups plain flour



6 teaspoons baking powder



1/4 cup caster sugar



1 cup cream



1 cup lemonade



oil spray

tools:



mixing bowl



2 x 1 cup



1 teaspoon



liquid measuring cup



2 large spoons



2 x muffin tray



large patty pans



oven

steps

1



Turn oven to
200 C



Put patty
pans in tray



Spray with
oil

2



3 cups flour in
mixing bowl



Add 6 teaspoons
baking powder



Add caster
sugar



Stir



Make a well

3



Pour in
cream



Pour in
Lemonade



Mix to a
dough



Scoop into
patty pans

4



Put in oven



Turn trays around
after 10 minutes



Bake for another
10 minutes



Remove from
oven to cool

Citrus Tuna Ceviche

Ingredients:



- **2 pounds** fresh tuna steak, cubed



- **1/2 cup** vegetable oil



- juice of **1** lemon (or about **3 tablespoons** Lemon Juice)



- **2 tablespoons** Soy Sauce



- **2 teaspoons** siracha sauce



- **2 teaspoons** white vinegar



- **3 cubes** Frozen Garlic



- **1/2 cup** orange juice



- **1 tablespoon** Honey



- **2 teaspoons** kosher salt



cooked rice, for serving (optional)



Topping Suggestions:



- sesame seeds



- toasted seaweed



- siracha sauce



- spicy mayo



- scallions

Directions:



Prepare the Citrus Tuna Ceviche:

1.



In a large bowl, place all the ingredients except tuna. Mix well, then add tuna and mix again to fully coat the fish.

2.



Cover bowl and place in fridge for 30 minutes.

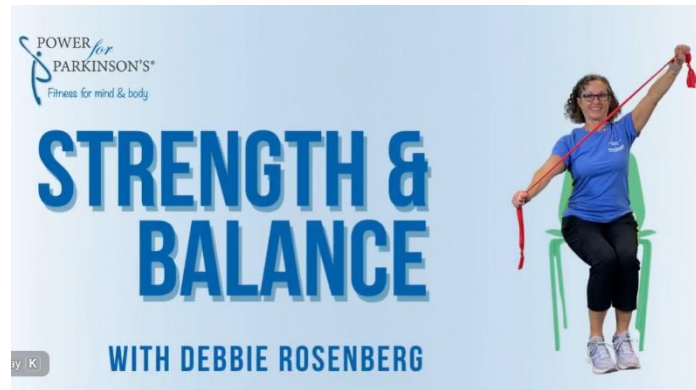
3.



Remove from fridge and serve over room-temperature rice, or as is. Top with desired toppings and sauces. Enjoy.

<https://www.kosher.com/recipe/citrus-tuna-ceviche-14901/>

Exercises



Parkinson's Functional Fitness – 20 Minute Workout – Power For Parkinson's



12 Exercises to Lose Belly Fat (Knockout Fat Fast)



5 minute Seated Stretches for Seniors | Chair Exercises to Feel Better!

Walking In Place!



Walking is great for your health, but can you still get steps if you're stuck at home? Yes! Walking is an ideal low-impact exercise that can help you lose weight and reduce your stress and anxiety. However, most people don't realize they can get in an amazing walking cardio session from the comfort of their own home. Not only can it be an entertaining workout by incorporating some clever twists, but as long as you have enough room it will be your go-to work out when you can't head outdoors.

<https://www.mypacer.com/blog/at-home-walking-workouts-cardio>