

FAB

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

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

www.CustomCalendarMaker.com

Rights and Diversity

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

Diversity & Inclusion Quiz: Test Your Knowledge!  

<https://www.youtube.com/watch?v=1ocYKij6pgo>

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



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.youtube.com/watch?v=2PnUza4FPz8&t=123s>



<https://www.youtube.com/watch?v=ucnJXF09OkY>



<https://www.youtube.com/watch?v=RDw56an51mg>



https://www.youtube.com/watch?v=KnmMUy0xj3w&list=RDKnmMUy0xj3w&start_radio=1



https://www.youtube.com/watch?v=VtPLdL5GWDg&list=RDVtPLdL5GWDg&start_radio=1



https://www.youtube.com/watch?v=-mvutiDRvQ&list=RD-mvutiDRvQ&start_radio=1



<https://www.google.com/search?q=definition+of+adaptive+technology>



<https://www.google.com/search?q=definition+of+ADHD>



https://www.google.com/search?num=12&rlz=1C1GCHN_enUS1147US1150&sca_esv=074920bdea4960d4&q=is+there+cure+for+adhd



<https://www.google.com/search?q=definition+of+a++developmental+disability>



<https://www.google.com/search?q=will+there+be+a+cure+in+the+future+for+a+developmental+disability>



<https://www.google.com/search?q=is+there+a+cure+for+developmental+delay>



<https://www.google.com/search?q=What+causes+a+person+to+have+ADHD>



<https://opwdd.ny.gov/types-services/self-direction>



<https://www.ada.gov/>



<https://adata.org/ada-timeline>



<https://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/symptoms-causes/syc-20350269>

Virtual Board – Part 1

Virtual Board – Part 2



Cooking Ideas and Exercise

Cheddar Corn Muffins



Ingredients

1 cup unbleached flour



1 cup Cornmeal
(coarser polenta also is great)



1 tablespoon of Baking Powder



½ teaspoon of Salt



¼ cup of Sugar



1 large Egg



1 cup of Milk



4 tablespoons Unsalted Butter – melted



1 ½ cups of Grated Sharp Cheddar Cheese



Preparation

Butter the insides and the top of a regular muffin pan



In large bowl thoroughly combine the flour, cornmeal, baking powder, salt and sugar.



In medium bowl, beat the egg.



Beat in the milk and the melted butter. Combine with the dry ingredients until just evenly moistened. **Do not overmix.**

Stir in 1 cup of cheese. Immediately spoon the batter into the muffin pan.



Evenly sprinkle the remaining cheese on top of the muffins.

Bake 17 minutes or until a knife inserted in the center of the muffin comes out clean.



Brownies



you will need:



1 box brownie mix



2 eggs



3 Tbsp water



2/3 cup oil



Pam cooking spray

tools:



oven



bowl



spoon



pan



measuring spoons



measuring cups



pot holder

steps

1 
Wash Hands

2 
Oven on

3  
Spray Pan with Pam

4



In bowl,



combine
brownie mix



oil



eggs



water

5



Put in pan

6



Put pan in
oven



It is hot

7



Bake



30 minutes

Meatball Pasta Bake Recipe

you will need:



Meatballs



500g pasta



Jar of pasta sauce



2 cups shredded cheese



Whatever veggies you want!



Spinach



Peas



Asparagus



Sweet potato

tools:



Oven



Baking tray



Measuring cup



Mixing spoon



Cutting board



Knife



Saucepan



Strainer



Oven glove

Steps

1



Preheat the oven



180 degrees Celsius



Place meatballs in tray



Put tray in oven to prebake

2



Fill pot with water



Boil water



Add pasta when boiling



Cook for 8 minutes



Drain pasta (careful - hot!)

3



Carefully cut vegetables



Place veggies to the side

4



Remove tray from oven



Add cut vegetables



Add cooked pasta



Pour pasta sauce over



Top with cheese

5



Cover tray with foil



Place back in oven



Set timer for 45 minutes



Clean up time!

6



Carefully remove tray



Leave to cool 10 mins

Exercises

Pull both arms in bending at the elbow to above your waist, fist closed like you are holding onto boat oars.



Move your arms in a circular motion forward five times (like you are rowing a boat). Do this 3 times. Repeat the cycle a long as you would like.



If you can't use your arms lift your left leg up 3 times. Repeat this with your right leg. Do this 3 times.



Move your left leg to the left 3 times. Repeat with you right leg (3 times to the right) Do 3 times.



The link below connects you to several outdoor Active Rowing Programs.

<https://search.yahoo.com/search?fr=mcafee&type=E211US752G0&p=adaptive+rowing+helps+those+with+disabilities+stay+active>

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

2 Minute Cardio Chair Dance Workout