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# inControl

## July Newsletter



Welcome to [InControl](#), where our vibrant community is all about empowering adults with disabilities to live their best lives! Our wellness coaching program is packed with fun activities that boost physical fitness, tasty nutrition tips and skills in the kitchen, along with support for social and emotional well-being. Come join the fun and take charge of your wellness journey with us!

It is so exciting to bring you our monthly edition of the InControl Newsletter!

Stay updated with the latest program news, read inspiring client testimonials and spotlights, and access valuable resources and tips to enhance your wellness journey. Dive in and start putting these valuable resources right into your pocket!

## Program Updates



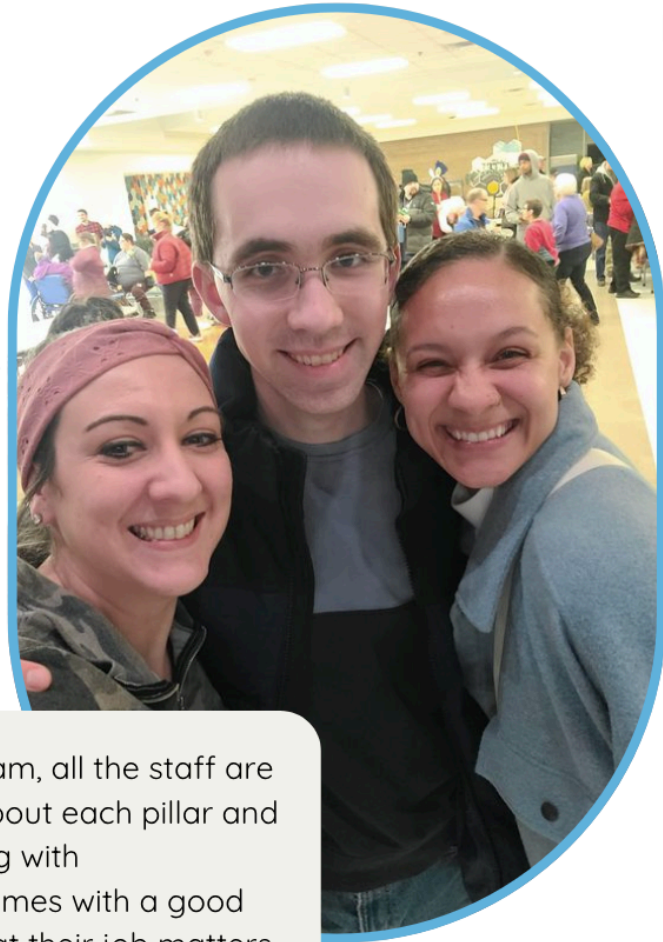
**Big Update!** InControl recently was awarded a generous grant from Wayzata Community Church from their “[Dough Program.](#)” Kelsey worked closely with a mentor that helped her go through the business in depth and gave a pitch to a team who decided how the grant would be distributed. We are so grateful to Wayzata Community Church for believing in us in this tangible way!

**We are growing!** We have started 7 new clients since January with 5 in the pipeline! We are revamping what our Champion Meeting looks like and will be implementing an incentive bin as our clients reach small goals towards their own personalized program goals with us!

## Client Spotlight

Each month we are going to spotlight one of our amazing clients. This month features our client, Jonathan! In our interview with Jonathan, we got to learn some awesome fun facts about him and his favorite parts of InControl.

# JONATHAN



It is just the best program, all the staff are very knowledgeable about each pillar and are really good working with Jonathan...Everyone comes with a good attitude you can tell that their job matters and that these clients matter.  
- Bonnie (Jonathan's Mom)

**Q:** Tell us a little bit about yourself. What's your name? What's your favorite color? And what's your favorite thing to do in the summer?

**A:** "My favorite thing to do in the summer is going on walks with my mom, dad and Gretchen." A fun fact about Jonathan is that he enjoys making animal videos, he is very skilled on the computer.

**Q:** What aspect of the program do you find the most enjoyable or rewarding?

**A:** "I find nutrition enjoyable because I get to eat what I make." Jonathan gets to make a lot of recipes in the kitchen.

**Q:** What part of your wellness do you love working on the most?

**A:** “I enjoy working with resistance bands with coach Nick.” Jonathan’s mom and sister tried using Jonathan’s resistance bands and he was able to teach and show them how to do the exercises himself! Exercising with coach Nick has allowed Jonathan to get stronger.

**Q:** What’s your favorite food? Or favorite recipe you have made with your nutrition coach?

**A:** “My favorite food is cheeseburgers. My favorite recipe that I have made with coach Mariah is the cheeseburger cups. The cheeseburger cups were made out of biscuit dough which is then filled with meat, cheese and pickles.” This recipe allowed Jonathan to take his favorite meal and make a healthier version of it.

**Q:** Can you think of 1 new skill you have learned or gotten better at since being a part of InControl?

**A:** “One new skill I have learned since being a part of InControl is working hard with a positive attitude.” If Jonathan does a job that is not his favorite, in his emotional wellness pillar he learned how to have a positive attitude while doing that job.

**Q:** What advice would you give to someone considering joining InControl? or What do you look forward to the most when participating in an InControl session?

**A:** Jonathan’s advice to someone who is considering joining InControl, is “to learn new skills in the kitchen and meet new people!”

[Watch our interview with Jonathan!](#)

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## Resources and Tips



Discover the [Hidden Disabilities Sunflower](#), a discreet way for individuals with non-visible disabilities to signal that they may need extra assistance or understanding. This initiative fosters a more inclusive and supportive environment for everyone. Learn more about how it works by clicking the link below!

[Learn more](#)

In June our clients learned about what to do when faced with an unknown situation which we all experience! Facing the unknown can be challenging, but adopting a curious mindset can transform uncertainty into an opportunity for growth.

Instead of fearing what might happen, try to approach new situations with a sense of curiosity and wonder. Ask yourself, "What can I learn from this experience?" or "How might this new situation help me grow?" By focusing on curiosity rather than fear, you can reduce anxiety and open yourself up to new and enriching experiences.

Remember, every unknown situation is a chance to learn something new about yourself and the world around you.

## Upcoming Events

Some of our InControl coaches will be joining Highland Friendship Club at this fun event!

**HFC Valley Friendship Club Picnic**  
**July 14th 4 – 6pm Spooner Park, Little Canada**

“Highland Friendship Club and Valley Friendship Club are teaming up to put on a combo picnic for our communities. There will be music, food, games, and tons of

friends. Join us and meet some new friends, eat some yummy food, and enjoy the beautiful summer day.”

[Highland Friendship Club](#) (HFC) is a nonprofit organization serving teens and adults with disabilities. HFC provides opportunities to make friends, learn life skills and connect with the community. They offer over 40 recreational and social programs a week ranging from Bingo, arts and crafts to sign language and cooking. Click the link below to learn more!

[Check Out Highland Friendship Club!](#)

## How can you support InControl?

### 1. Word of Mouth Referrals!

How to refer? Sign up for an info meeting here

[Click For Info Meeting](#)

### 2. Comment on and share our posts on social media

3. We are Hiring! We are looking for a social wellness coach! Someone with experience in independent living skills, coaching or special education experience. Reach out via email if you know anyone who would be a great fit! [info@incontrolmn.com](mailto:info@incontrolmn.com)

4. Financial Support: Your donation, no matter the size, directly benefits our clients. For tax deductible donations click the link below

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