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September Newsletter

Welcome to [InControl's](#) monthly newsletter, where our vibrant community is all about empowering adults with disabilities to live their best lives! Our awesome wellness coaching program is packed with fun activities that boost physical fitness, tasty nutrition tips, and support for social and emotional well-being. Come join the fun and take charge of your wellness journey with us! We've got plenty of updates, stories, and tips to share with you.

Program Updates

At the end of July and into early August, we dedicated a week to strengthening our team and planning for the future. During this time, we engaged in team-building activities that brought us closer together and fueled our passion for the work we do. We spent time dreaming about the future of our business, delving into our core pillars, and planning an exciting year ahead. We also had the opportunity to participate in valuable training sessions with our social/emotional advisory team, equipping us with fresh strategies and insights to better serve our clients. This work week was a powerful blend of collaboration, learning, and vision-setting, and we're eager to bring these new ideas and energy into the months ahead.



SOCIAL/EMOTIONAL WELLNESS

NEW SCHEDULE

1. Coach Session One
2. Virtual Group Session
3. Coach Session Two
4. Champion Meeting

This Month's Topic

 *Conversations*

SOCIAL/EMOTIONAL

One notable update from our staff week is the merging of our social and emotional wellness pillars. While the number of sessions and their format will stay the same, we've now officially combined them into a single, unified pillar. This change allows us to focus on a broader topic, exploring it from various perspectives in a more cohesive way. We're excited about this new approach! If you have any feedback please let us know!



Client Spotlight

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

MARY

"We love how nice everyone is, it is hard to find people who are comfortable working with special needs people. Everyone has a different but right approach! We love how the staff talks to her and has conversations with her, which is helping her develop her social skills!"
-Kay (Mary's mom)



Q: What is your name? What is your favorite color and your favorite thing to do in the summer?

A: My name is Mary. My favorite color is purple and my favorite thing to do in the summer is go swimming at the water park!

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

A: Learning things to help me with conversations. Sometimes it's kind of hard for me to wait for replies from others and InControl helps me learn how to wait. I have learned that when it's hard to wait to go find something else to do.

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

A: I love cooking with coach Mariah. She shows me how to use the ingredients. I feel like I have gotten a little bit better at cooking in skills like stirring and chopping!

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

A: I loved making egg bites with coach Mariah. So good!! We put bacon, peppers, and tomatoes in them! YUM!

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

A: Getting better at talking to people! Talking with my coaches helps me practice conversation skills with others too.

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

A: You should join InControl because the coaches are friendly and kind! I enjoy working on my wellness with my coaches!

Resources and Tips



Why whole grain? Well they contain the most nutrients such as iron, vitamin b and fiber. They also give your body long lasting energy when eating the correct portions.

What does 6 OZ look like in a day? 1 cup of oatmeal for breakfast, 2 slices of whole wheat bread at lunch and 1 cup of pasta at dinner.

[Learn more](#)

How do you not overeat our grains? MEASURE or weigh it. It is best to be accurate in how many grains you are eating. Overeating grains could lead to extra calories. Also

make sure you are reading the labels to ensure that the product is made with whole grain wheat.

If you want to change up your grains or want to experiment with flavor a great way to do it is cook with broth instead of water. If you aren't a fan of the flavor of grains then maybe add a little spice or herb. Cinnamon goes a long way in oatmeal. Fresh basil or parsley is great in pasta and rice. Have fun and add spices you would enjoy, be creative.

Making the switch from grain to whole grain is best but start with one of the following and then slowly add to your swaps. Try swapping out your white bread for whole grain bread.

Try brown rice instead of white rice. You could try a gluten free swap too, quinoa for rice or pasta, almond flour for flour.

Always read your labels! Always balance your meals!

When we eat balanced meals our bodies get the most nutrients to be healthy and well.

InControl Recipe of the Month



Chicken Fajita Bowl



Equipment: Ingredients:

- Skillet
- Cutting board
- Knife
- 2 meal prep bowls
- Spatula
- Measuring spoons
- Can opener
- Strainer
- Plate

- 2 cups cooked white rice
- 1 tablespoon olive oil
- 8 oz of chicken chunks
- ½ cup black beans (drained and rinsed)
- ½ cup corn
- ½ green pepper sliced
- ¼ cup sliced onions
- ¼ cup diced cherry tomatoes
- 2 teaspoons cumin
- 1 teaspoon oregano
- Salt and pepper to taste



Directions

Prep time: 25 minutes
Cook time: 20 minutes
Total time: 45 minutes
Servings: 2

1. Using your cutting board and knife, cut your peppers and tomatoes and set them aside.
2. Place your skillet on the stove and turn it to medium heat. Add oil and chicken, cumin and oregano, salt and pepper to taste. Cook chicken until no longer pink approximately 8 minutes.
3. While the chicken is cooking cook the rice according to the directions.
4. Place one cup of rice in each meal prep container.
5. Once the chicken is cooked remove and place half the chicken in each container.
6. Place the peppers and onions in the skillet and season with salt and pepper.
7. Once cooked place half peppers and onions in each meal prep container.
8. Top each meal prep with $\frac{1}{4}$ cup beans, $\frac{1}{4}$ cup corn, and half the chopped tomatoes.

Additional Information:

- ❖ Store in the refrigerator for up to 4 days or store in the freezer for up to 3 months.
- ❖ Reheat in the microwave for 1 minute 30 seconds or until heated through.
- ❖ Add your favorite salsa, cheese, fresh cilantro or sour cream to the top.
- ❖ Guacamole or fresh avocados would be delicious on top.
- ❖ Use your favorite rice in this. Remember brown rice has the most nutrients.
- ❖ Any color peppers would be great in this.

Upcoming Events



SAVE THE DATE

Apple Picking

INCONTROL OUTING

Come pick some apples and have a good time with us! Bring your families!

OCTOBER 12 2024

10:00 AM

More details to come soon but save the date!

Get Ready to Vote!

[Arc Guide to Voting](#)



2024 Election Dates

AUG

Primary Election

13

SEP

Vote by mail or in person

20

September 20 through
November 4

OCT

Register in advance by

15

October 15 to save time
on Election Day

NOV

Election Day

5

Source: Minnesota Secretary of State

With the upcoming elections, it's important that everyone has the opportunity to make their voice heard. Voting is a powerful way to contribute to the community and influence the future. If you or someone in your family hasn't registered to vote yet, now is the perfect time! We've put together some resources to help you get signed up and stay informed. Remember, every vote counts, and it's an opportunity to shape the world around us in meaningful ways. Early voting registration ends October 15th. Let's ensure everyone is ready to participate in this important civic duty!

[Voting- MN Council On Disability](#)

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

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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InControl, PO Box 64059, Eagan, MN 55164-0059