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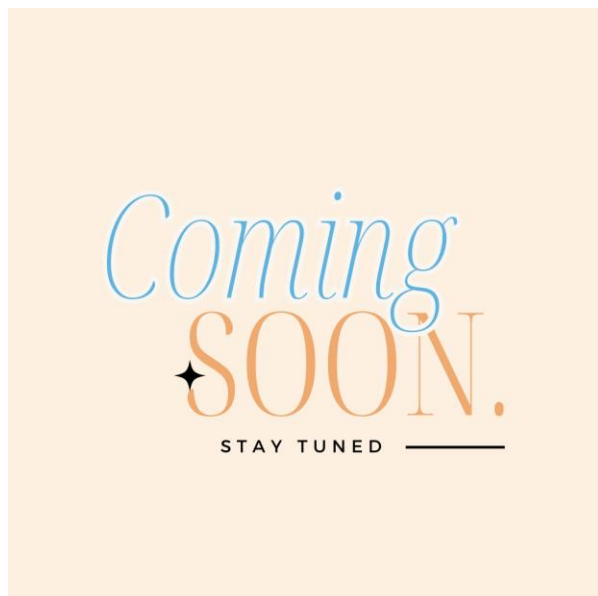
October Newsletter

Welcome to another month of [InControl's](#) 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. If you ever learn of any great resources you think we should share with our community please send it our way!

Program Updates

Looking for Laptop Donations!

We want to extend a huge thank you to everyone who has already donated gently used laptops to our team! Your support is helping us make significant progress as we embark on an exciting new curriculum development project to better serve our clients. As we continue this work, we're still in need of a few more laptops for our staff. If you have any gently used laptops that you're no longer using, we'd be so grateful for your donation. Every contribution makes a difference and helps us further our mission!

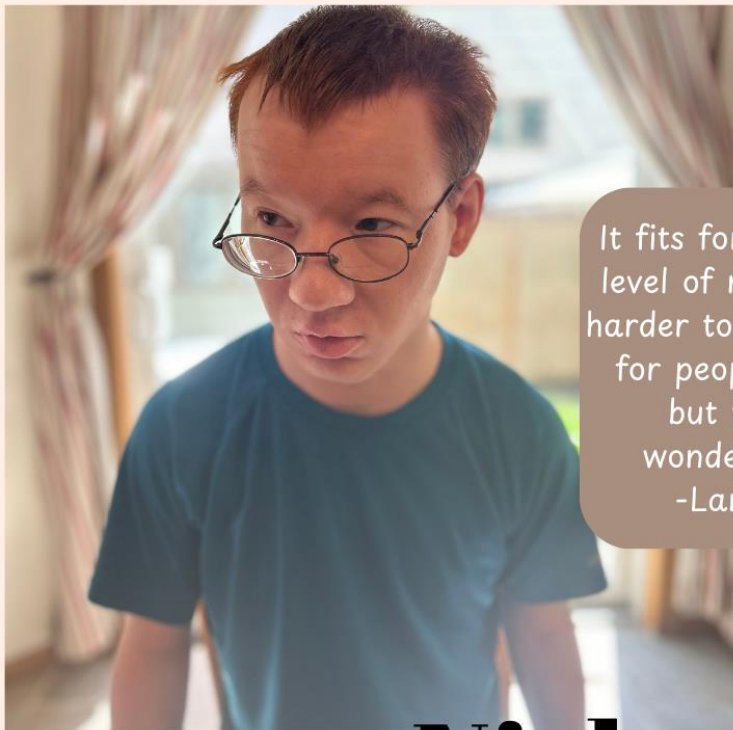


Coming Up: Friends & Family Month!

Next month, we're excited to launch our first-ever Friends and Family Month coming up in November! We'll be coming up with fun and creative ways to include families, friends, and caregivers in our program alongside our clients. It's going to be a great opportunity for everyone to join in, connect, and share in the wellness journey together. Keep an eye out for more details next month—lots of exciting things are on the way!

Client Spotlight

Each month we are going to spotlight one of our amazing clients. This month features our client, Nick! We are so excited to share about Nick and how the program has been successful for him and his family. [Watch this video on our Instagram](#) to see him in action in our Physical Wellness Pillar with Coach Nick! (And give our page a follow if you haven't already!)



It fits for people with a higher level of need. Often times it is harder to find disability services for people with higher needs but this service works wonderfully in our home!
-Lanae (Nick's mom)

**Nick
Doiron**

Q: To kick things off, could you introduce us to your family and share a few fun facts? Tell our readers a little bit about Nick and what makes your family unique—whether it's a favorite activity you all enjoy together, a fun tradition, or anything else that makes your family special!

A: *Nick lives with his dad and mom and has a brother (Joe) who lives in Texas. His brother Joe is married to Sarah, and they have an 18 month old daughter Clara. Because his dad and mom love being grandparents and going to Texas a few times a year to see Clara, Nick tags along with us. So, yes, trips to Texas are among our family activities. We drive, as Nick likes this the best.*

One of Nick's favorite things are books, especially Dr. Seuss books. He owns every Dr. Seuss book. He even has two or three copies of some of his favorite Dr. Seuss books. He likes to look at the pictures, words and letters in his books.

He also enjoys going on walks. One of his favorite events are when mom is baking chocolate chip cookies!

Q: How has the InControl program made a difference in Nick's daily life and overall well-being?

A: *In Control has given Nick a set of relationships with his coaches. Though Nick is nonverbal, we can read that Nick knows Mariah, Arianne, Kelsey and Nick are in his life to engage with him. In his world of autism, developing friendships and social relationships are a challenge, at best. But yet, Nick enjoys and needs relationships. When any one of the coaches comes to work with him, Nick knows that they are there for him and they are his relationships.*

As well, the focuses in exercise, nutritional and social/emotional functioning have been beneficial for him, and for us as parents. It's given us impetus and ideas of things we can do with Nick.

Q: Do you have a favorite moment from an InControl session you would like to share?

A: *The smiles with coach Nick when they are working on an exercise or*

routine.

Nick pulling out cookbooks to look at pictures after a few cooking sessions with Mariah. He never did this before.

Nick looking for and pulling out “The Tooth Book” from his book collection hours after a session with Arianne when she was teaching him about taking care of his teeth. We had no idea if he was taking in anything she was teaching. But he was.

Q: What specific skills or strategies has Nick gained from working with the InControl team?

A: *Exercise – Some lifting and movement routines provide sensory input that calm him.*

Nutrition – Working on motor skills with chopping, stirring, etc. Learning to follow instructions.

Social/emotional – Working on better ways to communicate times when he is angry or agitated.

Q: If Nick could pick one activity to do every session, what do you think it would be?

A: *Eat the food he makes!*

Do a lifting activity from his exercise with coach Nick.

Q: What aspect of the program has been most helpful or particularly meaningful for your family?

A: *It has been so helpful and easier for the coaches to come to us instead of having to take Nick somewhere. We have gotten to know them. They don’t only know Nick, they have gotten to know us as a family.*

We have sought many day program options for Nick, and our search has been disappointing. Nick needs a higher level of support, and staffing at day programs that we have visited don’t seem to be able to provide the level of staffing Nick needs. With In Control, Nick is getting the one-to-one support he needs, and he is doing hands-on activities at a level that he would not be doing at a day program.

Q: What would you say to other families with various levels of needs who are considering InControl? How has the program helped Nick engage and thrive in ways you didn't expect?

A: *When we first learned about In Control, we thought it was designed for clients with a higher level of functioning. But, after giving it a go, we have been proven wrong. The coaches have met Nick with the level of functioning he is at, and have made adaptations to his needs. And Nick is enjoying it! We love that this program gives him goals that we can continue to work on outside of his sessions.*

Resources and Tips

There are two resource fairs happening next week on October 10th and 11th in Dakota County! Feel free to share these events with anyone who might benefit, and swing by yourself if you're interested. InControl will have a booth at both fairs, so be sure to stop by and say hello!

SOUTH OF THE RIVER RESOURCE AND EDUCATION FAIR

October 10, 2024
4:00 PM - 7:00 PM
Lakeville South High School
21135 Jacquard Avenue, Lakeville



WHAT TO EXPECT



LOCAL RESOURCES

Explore local services and resources for teens and young adults with disabilities and mental health conditions, including ADHD, autism spectrum, and other intellectual and developmental disabilities (IDD).

*PRESENTATIONS LIVE AT 5:30 OR 6:30 PM

- Learn about decision making support options.
- Learn how using tools from Charting the Life Course can help people customize decision-making supports.
- Understand legislative changes to guardianship.

*Presentations provided by the Arc Minnesota.

PLAN-CONNECT-LEARN

Connect with local resources to support transition planning for teens and young adults with disabilities.

Registration is not required, but appreciated to assist with planning. Please register [Here](#).

Resource fair

SAVE THE DATE

Join us
for a community resource fair
for ISD196 transition youth
with **FREE** information
from local community partners

Date
11 OCTOBER, 2024

Time
8:00am - 3:00pm

Location
**Transition Plus
5840 149th St. West
Apple Valley MN 55124**

Register Now

Contact Us
952-431-8730

As we head into cold and flu season, here's a friendly reminder to keep washing those hands! Regular hand washing is one of the best ways to protect yourself and others from getting sick. Keep it simple: soap, water, and 20 seconds of scrubbing can go a long way in staying healthy this season!



Wash your hands
often with soap and
water for at least
20 seconds

InControl Recipe of the Month



Homemade Mac and Cheese



Equipment:

- Box grater
- Plate or cutting board
- blender/food processor
- Large pot
- Strainer
- Large spoon for cooking
- Measuring cups (½ and ¼ cups)
- Measuring spoon (1 tablespoon)
- 3 meal prep containers

Ingredients:

- 8 oz pasta (½ box)
- ¾ cup whole milk
- cottage cheese
- ¾ cup milk
- 1 tablespoon cornstarch or flour
- 4 oz cheese, shredded
- 1 tablespoon butter
- 3 tablespoons parmesan cheese
- Salt and pepper to taste

Directions:

1. Fill your pot with water and place it on the stove top on medium heat.
2. While the water is coming to a boil, Using your box grater grate your cheese on a plate or cutting board.
3. Once the water has come to a boil add the noodle and cook according to the directions on the box.
4. Using your blender or food processor add you cheese, milk, cottage cheese, cornstarch and salt and pepper.
5. Blend until smooth.
6. Once your noodles are cooked. Using your strainer in the sink to strain the noodles. Return the large pot to the stove top to make the sauce.
7. Melt the butter in the pot on medium-low heat.
8. Add the cheese sauce and simmer for 3-4 minutes until it thickens.
9. Turn off the stove top and low sauce to cool. Fold in the noodles.
10. Mix in your parm cheese
11. Place in your meal prep containers.

Additional information:

- ★ Prep time: 10 minutes, Cooking time: 20 Minutes, total time 30 Minutes
- ★ Recipe makes 3 serving
- ★ Refrigerate for up to 4 days. This recipe will not freeze well.
- ★ Reheat in the microwave for 1 minute - 1:30.
- ★ Use our favorite noodles, or try something new. Whole grain or a chickpea pasta has more nutritional value.
- ★ Pair with your favorite protein and veggies for a complete meal.
- ★ Meatballs, chicken or steak would all go well with mac and cheese.
- ★ Broccoli, cauliflower, zucchini or mushrooms would all taste great with this.

Upcoming Events

We are excited for our fall event at the Apple Orchard coming up on 10/12/2024 at 10am. We will be going to Applewood Orchard: 22702 Hamburg Ave, Lakeville, MN 55044

Please let us know if you need us to help facilitate a ride for you. We are looking into a few options but we would need to know specifically who would need help! Your family is welcome to join us!



Get Ready to Vote!

Arc Guide to Voting



2024 Election Dates

AUG 13	Primary Election
SEP 20	Vote by mail or in person September 20 through November 4
OCT 15	Register in advance by October 15 to save time on Election Day
NOV 5	Election Day

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

[Click Here to Donate](#)

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