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## November 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

### Apple Orchard Event!



Thank you to everyone who joined us at the apple orchard last month! We had an amazing time spending the day with our InControl family, picking apples, laughing together, and soaking in the fall season. For those who couldn't make it, you were missed, and we look forward to seeing you at future events!



We've included a few of our favorite photos from the day and even put together a short video highlight on our Instagram. Check it out [here](#) or by clicking on and of our photos to see all the fun moments we shared.

Thank you for helping make this such a memorable day—looking forward to many more fun tim!



## Friends & Family Month!

It's here—Friends and Family Month has officially kicked off! We're thrilled to share our Friends and Family Bingo Challenge, a fun way for everyone to get involved and make memories together. Each bingo square has an activity that friends, family, and caregivers can do alongside our clients, creating moments of connection and wellness. If you're a client, you'll find the bingo sheet in your monthly packet, but feel free to invite others to join in on the fun! Snap some photos as you complete each square and share them with us - we can't wait to see how you're embracing the challenge together!



Go on a walk with a friend/family member	Write a thank you note for your coach	Share 2 things you are grateful for with someone	Take a picture of your favorite snack
Volunteer with a friend	Share InControl with someone who could use InControl	Try a new fruit or vegetable	Invite someone to join an InControl Session
Make the newsletter recipe with a friend/family member	Your choice! Do an activity to do with someone you love + take a picture	Attend the virtual group session with a parent/guardian	Pick up trash in your community for 30 min
Message or Call a family member/friend you haven't talked to in awhile	Find a fun workout video on youtube- share the link with Coach Nick	Join the parent/guardian education session	Take a picture with friends/family in blue for InControl

# New Coach Spotlight

## Alfred Peters

New Staff Member!

*Social/Emotional Wellness*



Alfred Peters

We're thrilled to welcome Alfred Peters to the InControl coaching team this month! Alfred joins us as part of the social/emotional wellness team, bringing nearly 10 years of experience working with individuals with developmental and intellectual disabilities, along with a strong educational background in psychology. Outside of work, Alfred's interests are as dynamic as his personality —he loves writing poetry, dancing, practicing martial arts, reading, and diving into psychological thrillers and anime. We're so excited for him to bring his passion and expertise to our community! [Watch the video](#) to get to know Alfred better, and join us in giving him a warm welcome to the team!

# Resources and Tips

## NEUROally App Resource!

☀️ Calling All Caregivers & Neurodiverse Individuals! ☀️

Are you looking for a tool to create flow in everyday tasks for you or your family member? NEUROally is here to help! We're offering a free trial to let you explore how NEUROally can simplify everyday tasks. All we ask in return is your valuable feedback on how it works for you.

Let's work together to add more flow to everyday life.

✨ Sign up today!

At [NEUROally.app](https://neuroally.app) or contact Barbara at [connect@COGNI.icu](mailto:connect@COGNI.icu)



NEUROally



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!

# InControl Recipe of the Month



## Apple Cinnamon muffins



### Equipment:

- Muffin tin
- Apple cutter
- Cutting board
- Knife
- Peeler
- Measuring cups
- Measuring spoons
- Cupcake liners
- 2 large bowls
- Fork and spoon for mixing

### Ingredients:

- ½ cup whole wheat flour
- ½ cup all purpose flour
- ¾ t. Baking soda
- ½ t. Baking powder
- ¼ t. Salt
- 1 t. Cinnamon
- ½ t ground nutmeg
- ¼ teaspoon allspice
- ½ cup honey
- 1 t. Vanilla extract
- ¼ cup plain yogurt
- 1 cup diced apples (approx 1 medium apple)
- 1 large egg
- ½ c olive oil

### Directions:

1. Preheat the oven to 350 degrees and line the 9 muffin tins with liners.
2. Dice the apples and set aside.
3. In a medium bowl mix the flours, baking powder, baking soda, spices and salt.
4. In a separate bowl mix together yogurt, oil, eggs, vanilla and honey.
5. Add the flour mixture to the wet ingredients until it is just combined DO NOT OVERMIX.
6. Fold in the apples be careful to not overmix.
7. Fill the liners with your batter until ¾ full.
8. Bake for 15-17 minutes or until a toothpick comes out clean.

### Additional information:

- ★ Gluten free flour 1:1 ratio can be substituted
- ★ Buckwheat flour can be used instead of whole wheat flour
- ★ For a topping you can sprinkle with cinnamon and sugar
- ★ Coconut oil can be used instead of olive oil

## Upcoming Events

## InControl Holiday Party!

We are thrilled to invite you to our first-ever InControl Holiday Party!! We're bringing together our community to close out the year with great food, live music, and plenty of festive fun. Mark your calendars for an evening of celebration, connection, and holiday cheer at the welcoming Osborn 370. For all the details and to RSVP, [visit our Eventbrite link](#)—we'd love to see you there!



## 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

There's 5 more days until election day! 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. 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 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! Please reach out!

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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Our mailing address for donations is:

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