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December 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

Thank You!

Thank you for those of you who donated laptops to our InControl staff. Thanks to some wonderful donations our staff is now fully equipped with technology they need to do their jobs! These tools will be a huge help as we continue to develop our curriculum, create tailored resources, and support our clients on their wellness journeys.

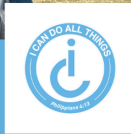
We are so grateful for your partnership in this way!



**Every dollar
makes an
impact!**



Click to donate!



Donation Wish List Fundraiser

As we head into December, many of us are looking for ways to give back and make a difference. We've created a donation wish list featuring items our staff needs to better serve our clients and enhance our programs. If you'd like to support us, [take a look at the list linked](#) and consider sponsoring or providing an item. Every contribution helps us make a bigger impact—thank you for your generosity!

Make year-end tax deductible donations using this

link: <https://globalhz.org/incontrol/>

Upcoming Events

InControl Holiday Party!

Its not too late to sign up for our first ever InControl Holiday Party if you haven't already done so!! We are looking forward to getting our community together to celebrate and 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!



Social/Emotional Wellness Tip!

Creating a safe space during the Holidays



Adapt Holiday games/activities to include everyone.



Be patient with transitions and allow breaks to ease the stress of unpredictable holiday events.



Create a calm, sensory-friendly environment.



Provide clear plans for preparation.



Respect food sensitivities & offer inclusive options.



Holidays are about valuing loved ones and appreciating the unique strengths of every family member.



Check out this tip posted on our Instagram and give us a follow if you don't already follow our page!

Let's make sure we celebrate loved ones and appreciate their unique strengths this holiday season. Be patient, caring, and create a calm, sensory-friendly environment.

Respect boundaries, offer inclusive options, and share clear plans to help everyone feel included. The holidays are about connection, not perfection.



Resources and Tips



Mercarik Inc!

Mercarik Inc. specializes in empowering individuals with physical or intellectual challenges through personalized assistive technology solutions. They provide in-home assessments to determine which tools and systems will best enhance safety, independence, and daily functioning. Mercarik's team guides families through the entire process, from identifying needs to securing equipment using waiver funding.

As a Minnesota DHS-approved provider, Mercarik ensures every solution is tailored to the individual, considering both current abilities and future needs. If you or someone you know could benefit from expert guidance in creating a more accessible and functional home environment, Mercarik is a fantastic resource!



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

Healthy Brownie Muffins



Equipment:

- Large mixing bowl
- Food processor/blender
- Can opener
- Strainer
- Measuring cups ($\frac{1}{2}$ cup, $\frac{1}{4}$ cup)
- Measuring spoons (1 teaspoon, 1 tablespoon)
- Spoon or fork for mixing
- Muffin tin
- Muffin tin liners

Ingredients:

- 1- 15oz can of black beans
- 3 eggs
- $\frac{1}{2}$ cup pure maple syrup or honey
- 3 tablespoons of olive oil
- 1 teaspoon vanilla extract
- 2 teaspoons instant coffee
- $\frac{1}{2}$ cup cocoa powder
- 1 teaspoon baking powder
- Pinch of salt
- $\frac{1}{2}$ cup semi sweet chocolate chips

Directions:

1. Preheat your oven to 350 degrees and line your cupcake tins with liners.
2. Using your can opener. Open the can of beans.
3. Using the strainer in the sink drain and rinse the beans.
4. Place the rinsed and strained beans in the food processor. Add 1 egg and blend until smooth. This may take some time.
5. Once blended pour into your bowl and add all the wet ingredients and mix until well combined
6. Add in the cocoa powder, baking powder, instant coffee and salt and mix until well combined.
7. Fold in the chocolate chips.
8. Divide the batter into each muffin tin evenly.
9. Bake on 350 for 20-25 minutes or until a toothpick comes out with a few crumbs.
10. Allow to cool for 10 minutes before taking them out of the tray.

Additional notes:

- Prep time: 15 minutes, cook time: 25 minutes, total time 40 minutes.
- Total servings: 12
- Store in the refrigerator for 5 days or in the freezer for up to 3 months.
- Heat in the microwave for 30 seconds
- Honey or pure maple syrup can be used. Or go half and half.
- If you don't have instant coffee feel free to use 3 tablespoons of liquid coffee that is made. Coffee just brings out the chocolate flavor.
- If you want a more cake brownie add another egg to the recipe.

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. 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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