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January 2025 Newsletter



Happy New Year from all of us at [InControl!](#) Can you believe we're kicking off a brand-new year? With 2025 ahead of us, we're filled with excitement for fresh opportunities,

new goals, and a renewed sense of purpose. Reflecting on all we accomplished last year inspires us to continue building and expanding through our programs and initiatives—and we're so grateful to have you as part of this journey!

Our wellness coaching program is packed with fun activities to boost physical fitness, tasty nutrition tips, and support for social and emotional well-being—because wellness should be as fun as it is fulfilling! This year, we can't wait to share inspiring stories, helpful tips, and exciting updates to keep you motivated. And if you discover any resources or ideas you think we should share, send them our way—our community grows stronger together. Here's to making 2025 a year of thriving, connection, and growth!

Program Updates

Holiday Party!

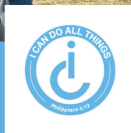
We had an incredible time celebrating all the amazing moments of 2024 at our very first Holiday Party with our client families, coaches, and friends last month! It was so heartwarming to see everyone connecting, mingling, and enjoying the festive atmosphere together. For those who couldn't join us, you were truly missed, and we're endlessly grateful for each and every one of you. When we talk about InControl, we can't help but brag about how amazing our families are—you're truly what makes this community so special!



**Every dollar
makes an
impact!**



Thank you for all your donations!!



Thank You!

A heartfelt thank you to everyone who donated to our December donation list fundraiser or shared our wishlist with others! Your generosity and support mean the world to us. Thanks to you, we're able to continue enhancing our programs with the tools and resources we need to better serve our clients. One item we had donated was an app called "Trainerize". Check out what coach Nick has to say about it:

Trainerize is a virtual exercise programming platform that we've begun using to assist our clients with their independent workout goals.



Although we've only had access to this service for a little under a month, we are seeing a huge difference in exercise compliance amongst all of our clients, and more importantly, an increase in their confidence! I can't wait to see what's in store for the future of InControl and our clients alongside Trainerize.

Client Spotlight

This month we are back with one of our favorite sections- Our client spotlight! This month features our client, Danny! Danny enjoys hanging out with friends and going to do things. In the winter he really loves to shovel snow!



InControl is a great program. You learn a lot of things that are good for your wellness and also the coaches are great to work with!
-Danny



**Danny
Keck**

1. **What aspect of the program do you find the most enjoyable or rewarding?** Learning new things every month and cooking different

4. **Can you think of 1 new skill you have learned or gotten better at since being a part of InControl?** Cooking and also learning about how to handle conversations. He

kinds of food and learning new workouts.

2. What part of your wellness do you love working on the most?

Physical and nutrition!

Physical- He learns different workouts that he never knew before. Nutrition- trying different recipes his coach brings of different types of foods he has never cooked before. He was most surprised that he enjoyed the black bean brownies! He was surprised that they tasted good and could be more healthy!

3. What's your favorite food? Or favorite recipe you have made with your nutrition coach?

Rice bowls. He found it to be something he could make easily himself.

really enjoys the social/emotional topics we talk about and how to apply it to his every day life.

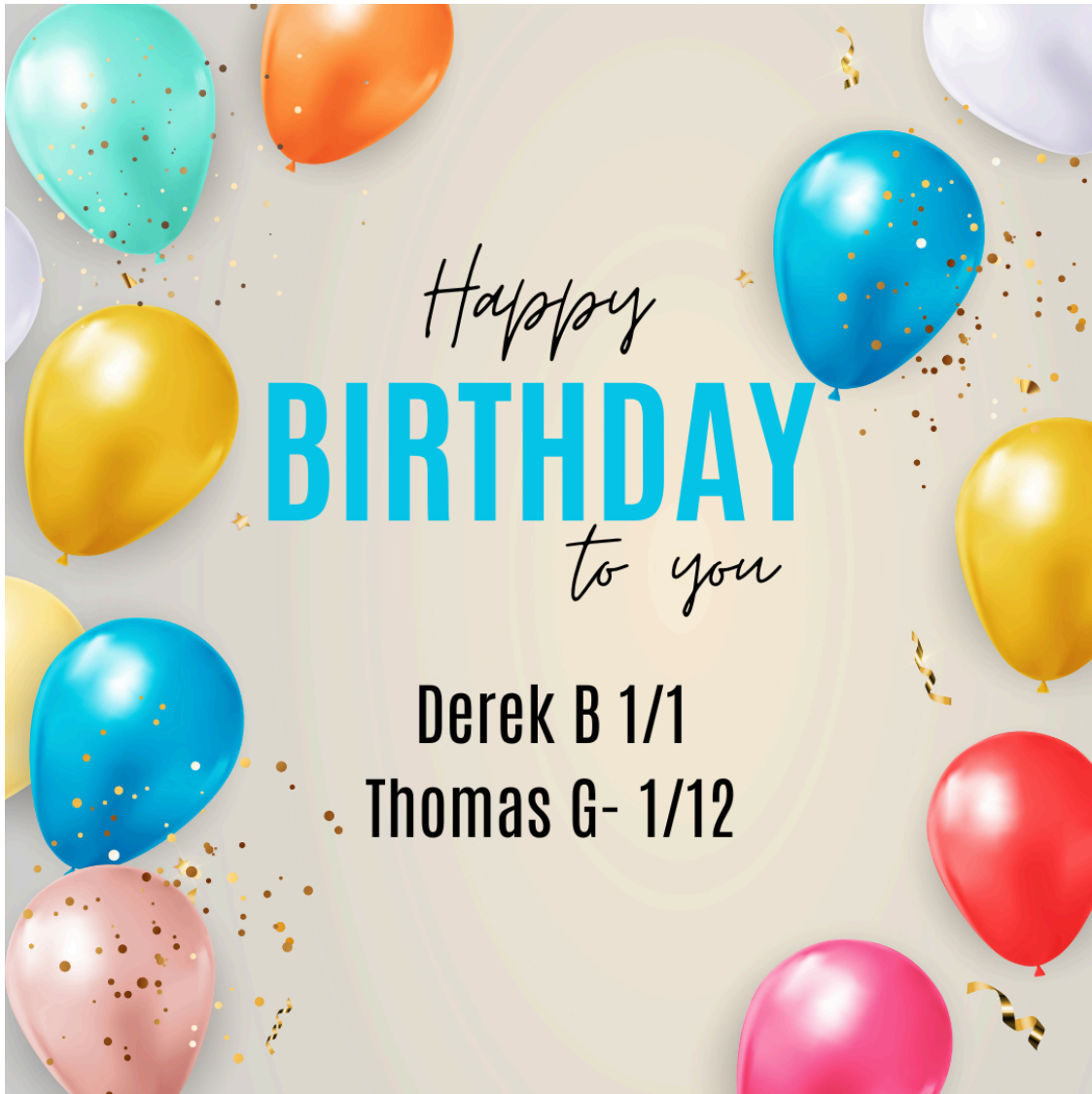
5. What do you look forward to the most when participating in an InControl session?

He always looks forward to learning new things and being reminded of things he maybe already knew.

6. What advice would you give to someone considering joining InControl's wellness program?

It's a great program. You learn a lot of things that are good for your wellness and also the coaches are great to work with and are very nice and help you learn new topics every month!

InControl Birthdays!



Resources and Tips

Find Love Safely



Find Love Safely

Matchmaking services for adults with intellectual disabilities

www.findlovesafely.com

A SAFER WAY TO DATE

Adults with intellectual disabilities (ID adults) want to find love and friendship just like all of us. But online dating is not always safe, and ID adults are especially vulnerable to scams.

Find Love Safely was created to help ID adults meet someone who they can be assured is 1) real and 2) looking for the same kind of relationship they are.

Everyone in the Find Love Safely database (and their guardian) has met with Katherine, founder and matchmaker, via a Zoom call. This helps ensure each prospective match is who they say they are and has their guardian's support.

GUARDIANS ARE IN CONTROL

To be eligible for Find Love Safely matchmaking services, prospective clients must have a legal guardian. Guardians are in charge throughout the entire Find Love Safely process, as each step is completed with the guardian's permission, participation, and support.

HOW IT WORKS

1. Complete the intake form

Prospective clients (with their guardians' support) fill out the intake form here: findlovesafely.com/intake-form.

2. Schedule a Zoom call

After submitting the form, guardians will immediately receive an email to schedule an introductory Zoom call with Katherine.

3. Receive matches

After the Zoom call, Katherine searches her database for a potential match. Matches are emailed to both ID adults' guardians, who are responsible for deciding whether the matches meet, scheduling and coordinating the date, and chaperoning if needed.



AT A GLANCE

- Twin Cities, MN, area residents only
- Legal guardian participation required
- Annual membership includes matches, events, and educational video resources about dating
- Free through February 14, 2025
- Beginning February 15, 2025, annual membership is \$99/year

SCAN TO LEARN MORE



KATHERINE GYOLAI
Founder + Matchmaker

Katherine is a mom and stepmom to 8 adult children, 4 of whom have intellectual disabilities. Inspired to find a better way for her children to find love and friendship safely, she created Find Love Safely.

Introducing the first matchmaking service for adults with intellectual disabilities: Find Love Safely.

www.findlovesafely.com

As a mom and stepmom to 8 children, 4 of whom have intellectual disabilities, Katherine uniquely understands the dilemma of her children wanting to find love and friendship, but knowing dating apps and online dating services are not a safe option for them. Find Love Safely was created to help ID adults meet someone who they can be assured is 1) real and 2) looking for the same kind of relationship they are.

Here's how it works:

Valentine's Day Speed-Dating Event

For adults with intellectual disabilities



Date: Friday, February 14, 2025

Time: 5-6 pm

Cost: Free but registration required

Location: "Osborn 370" building
370 Wabasha St. N.
St. Paul, MN

REGISTER AT FINDLOVESAFELY.COM/EVENTS
OR SCAN THE QR CODE



♥ **Step 4:** Katherine starts looking for potential matches from the Find Love Safely database.

♥ **Step 5:** When she finds a match, she emails both guardians each other's contact information and some information about the match (including a photo), and the guardians take it from there! They help schedule the date, handle all the details, and chaperone if appropriate.

Learn more on the Find Love Safely FAQ page. *Again, guardians are in charge every step of the way.* No step in the process can be completed without the guardian's permission and support.

♥ **Step 1:** Intellectually disabled adults (with their guardians' support) fill out the [intake form](#) on the Find Love Safely website. Find Love Safely is currently available to adults with intellectual disabilities living in the metropolitan Twin Cities area only.

♥ **Step 2:** After submitting the form, guardians will immediately receive an email to schedule an introductory call with Katherine. All prospective clients must have a guardian, and their guardian must be supportive of the matchmaking process.

♥ **Step 3:** The prospective client and guardian meet with Katherine via Zoom so she can learn more about the client. This is also a great opportunity for guardians and clients to ask questions.

Find Love Safely is more than just a matchmaking service--they also host events! The first event is a speed-dating event on Friday, Feb. 14, 2025. That's right—a Valentine's Day Speed-Dating Event! Registration is free.

Another important part of Find Love Safely is access to educational videos that help adults with intellectual disabilities learn aspects of dating that non-disabled people take for granted. Katherine covers topics like when to hold hands, how to take turns in conversation, and how to manage your emotions when something goes wrong on a date.

Finally, joining the Find Love Safely database is FREE through Friday, Feb. 14, 2025. After that, membership is \$99/year. So, please share this with as many people as you can so we can help adults with intellectual disabilities find love safely!



As we are in the middle of 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! Also if you are sick here's a friendly reminder to please cancel your sessions and our team of coaches will do the same!

Upcoming Events

Valentine's Day Speed-Dating Event

For adults with intellectual disabilities



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Time: 5-6 pm

Cost: Free but registration required

Location: "Osborn 370" building
370 Wabasha St. N.
St. Paul, MN

REGISTER AT [FINDLOVESAFELY.COM/EVENTS](https://findlovesafely.com/events)
OR SCAN THE QR CODE



InControl Recipe of the Month



Cauliflower Pizza Casserole



Equipment:

- 9x13 or 8x8 baking dish
- Skillet
- Knife
- Cutting board
- Measuring spoons (1 tablespoon, 1 teaspoon)
- Measuring cups (½ cup, 1 cup)
- Wooden spoon
- Oven mitts

Ingredients:

- 10 oz. bag Cauliflower
- ½ cup chopped onions
- ½ green pepper chopped
- 1 cup mushrooms diced
- 1 ½ cup marinara sauce
- ½ pound ground turkey sausage
- 20 slices pepperoni
- 1 teaspoon minced garlic
- 1 tablespoon italian seasoning
- 1 cup mozzarella cheese
- Salt and pepper to taste
- 2 tablespoon olive oil (divided)

Directions:

1. Preheat the oven to 425 degrees.
2. Chop the cauliflower into smaller pieces and arrange in the 9x13 baking dish. Toss the cauliflower with olive oil, italian seasoning, salt and pepper. Bake for 15 minutes.
3. Using the skillet on medium heat on the stove top brown the sausage with garlic. Once browned NO PINK, add onions and peppers and cook for 5 minutes. Add mushrooms and cook for another 5 minutes.
4. Using oven mitts remove the cauliflower from the oven. Add top with the meat and veggie mixture.
5. Top with marinara sauce and mix to combine all the ingredients.
6. Sprinkle the top with cheese and line with pepperoni.
7. Using oven mitts place it into the oven and bake for 10 minutes or until cheese is melty and golden brown.

Additional notes

- Pork sausage or ground beef can be used instead of turkey sausage.
- If you want an easier option, use meatballs.
- Add any of your favorite pizza toppings to make it your own.
- You can also steam the cauliflower instead of putting it into the oven to roast to get them softer.

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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Our mailing address for donations is:

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