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February 2025 Newsletter

Welcome to February at [InControl!](#)

The month of February brings new opportunities to grow, connect, and celebrate wellness together! Whether you're leaning into fitness, exploring new ways to nourish your body, or focusing on social and emotional well-being, we're here to support you every step of the way. This month, we're excited to share inspiring updates, helpful tips, and resources designed to keep you engaged and thriving in your wellness journey.

Don't forget to check out highlights from January, including a link to photos from our holiday party along with up and coming fun for February! If you have any ideas or resources to share, let us know—together, we can make this February one filled with growth, connection, and fun!

Program Updates



Fantasy Football Winners!

🏈 A huge congratulations to our Fantasy Football winners! 🎉

Danny takes 1st place, Ramon comes in 2nd, and Nicolas secures 3rd place —well done, everyone! 🙌

We love finding fun and creative ways to connect with our amazing community and build lasting relationships.

Holiday Party Photo Gallery

Relive the joy and memories from our first-ever InControl Holiday Party! We've put together a gallery of photos from the event so you can view and save your favorites. [Click this link](#) to access the gallery and download any pictures you'd like to keep. Thank you for making the night so special!



📖 Relive the Best Moments of 2024 with us!

We've put together a special *InControl Yearbook* to highlight all the incredible moments, achievements, and memories from 2024! From exciting events to everyday wins, this book is a celebration of our amazing community. [Click the link](#) to flip through and revisit all the joy and progress we shared last year.

InControl Birthdays!



Find Love Safely – A Special Spotlight!

We're excited to once again highlight *Find Love Safely*, a business founded by one of our very own InControl parents! Their mission is to create safe, supportive, and inclusive spaces for individuals with disabilities to build meaningful connections. And

just in time for Valentine's Day, they're hosting a **Speed Dating Event on February 14th!** (details are listed below in our upcoming events!)

Want to learn more? [Watch this special video](#) featuring our client and his mom, the founder of *Find Love Safely* personally welcoming you to this fantastic event. Don't miss out on this amazing opportunity to connect and celebrate love in all its forms! InControl will also be a part of this event! 💕 ✨

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.

Find Love Safely is the first matchmaking service designed specifically for adults with intellectual disabilities, founded by Katherine, a mother and stepmother of eight, four of whom have intellectual disabilities.

Recognizing the challenges of traditional dating apps, she created a safe and structured way for individuals to find companionship with the full support of their guardians.

The process is simple: adults with intellectual disabilities, along with their guardians, complete an intake form and meet with Katherine to discuss their preferences. Once a match is found, both guardians receive details to coordinate introductions and dates in a secure environment. *Find Love*



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Reminder that 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!

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The process is simple: adults with intellectual disabilities, along with their guardians, complete an intake form and meet with Katherine to discuss their preferences. Once a match is found, both guardians receive details to coordinate introductions and dates in a secure environment. *Find Love Safely* also offers educational videos covering essential dating skills and social cues. You can find more details at findlovesafely.com



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

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





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](https://findlovesafely.com/events)
OR SCAN THE QR CODE



YOGA CLASS

An adaptive yoga experience alongside experienced instructors! ✦
Monday, February 24th ✦
5:30p-6:30p



Adaptive Yoga Class

Join our physical wellness pillar for a virtual adaptive Yoga Class on February 24th! Workout alongside coaches and other clients!

Scan the QR Code on the flyer or join using the following zoom link on Monday February 24th. Reach out if you have any questions!

<https://us02web.zoom.us/j/84929749996>

InControl Recipe of the Month

Breakfast Bowls

Equipment:



- Baking tray
- Tin foil/parchment paper
- Skillet
- Large spoon to cook with
- Strainer
- Knife
- Cutting board
- Medium bowl
- Fork or whisk
- 4 meal prep containers
- Measuring cups (½ cup)
- Measuring spoons (1 tablespoon, 1 teaspoon)

Ingredients:

- 2 medium potatoes diced
- ½ cup chopped broccoli
- ½ zucchini diced
- ½ pepper diced
- 6 eggs
- ½ cup shredded cheddar cheese
- ½ pound turkey sausage
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 teaspoon garlic powder

Directions:

1. Preheat the oven to 425 degrees. And line your baking tray with foil or parchment paper.
2. Using your cutting board and knife, dice your potatoes into bite size pieces.
3. Place the potatoes on your baking sheet. Toss with the olive oil, garlic powder, salt and pepper. Bake for 10 minutes.
4. While the potatoes are cooking chop the broccoli, zucchini and peppers. Set aside.
5. At the end of the 10 minutes of your potatoes cooking place the zucchini, peppers and broccoli on your baking sheet and toss together. Bake for 10-15 minutes.
6. Place your skillet on the stove top on medium heat and brown your turkey sausage.
7. If needed, Strain your turkey sausage and divide it among the meal prep containers.
8. In your medium bowl, crack your eggs. Scramble them with your fork or whisk.
9. Using your skillet over medium heat cook your eggs. Until cooked to your liking.
10. Once cooked divide the eggs among the 4 meal prep containers.
11. Once your vegetables are done cooking using your oven mitts remove them from the oven. Divide the veggies among your 3 meal prep containers.
12. Divide the ½ cup of cheese among the 3 meal prep containers.

Additional information:

- ★ Prep time: 15 minutes, cook time: 30 minutes, total time 45-50 minutes
- ★ Makes 4 servings
- ★ Store in the refrigerator for up to 4 days or in the freezer for 3 months.
- ★ Use your favorite veggies in this or try something new. Any color peppers would work great. Broccoli or cauliflower can be used.
- ★ Keeping the skin on your potatoes gives you more fiber.

**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:

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