

[View this email in your browser](#)



April 2025 Newsletter

Welcome to April at [InControl!](#)

April has arrived, bringing longer days, fresh energy, and plenty of exciting things happening at *InControl!* As we step further into spring, we're embracing new opportunities for connection, learning, and growth. This month, we're reflecting on the incredible experiences we've shared—like our booth at the MSSA Conference! We're also thrilled to officially introduce **Curtis**, our newest Social-Emotional Coach, and share more about the work he's doing to support our community. Keep reading for all the latest updates, and as always, thank you for being part of the *InControl* family! ✨

Program Updates



Recipe Catalog!

We're excited to share that you can now easily access our collection of delicious recipes by simply scanning the QR code! Just scan the code, and you'll be directed straight to our catalog of InControl recipes. Now, you can enjoy making your favorite dishes anytime you want. Plus, we'll be updating the collection regularly, so be sure to check back for new recipes! While you're at it tag us on social media or send up a picture! Happy cooking!

Scan the QR Code
above to access our
catalog of recipes!

New Staff Hire!

New Staff Member!

Social/Emotional Wellness



We are thrilled to officially introduce **Curtis**, our newest Social-Emotional Coach at InControl! Curtis brings a wealth of experience in integrative health coaching, mind-body medicine, and motivational interviewing. As a bilingual (Spanish-speaking) coach, he is passionate about guiding individuals toward personal growth and emotional well-being. He has already started connecting with clients beginning in March and is excited to continue building meaningful relationships within our community. Be sure to check out the [video](#) we're sharing this month to get to know Curtis better!

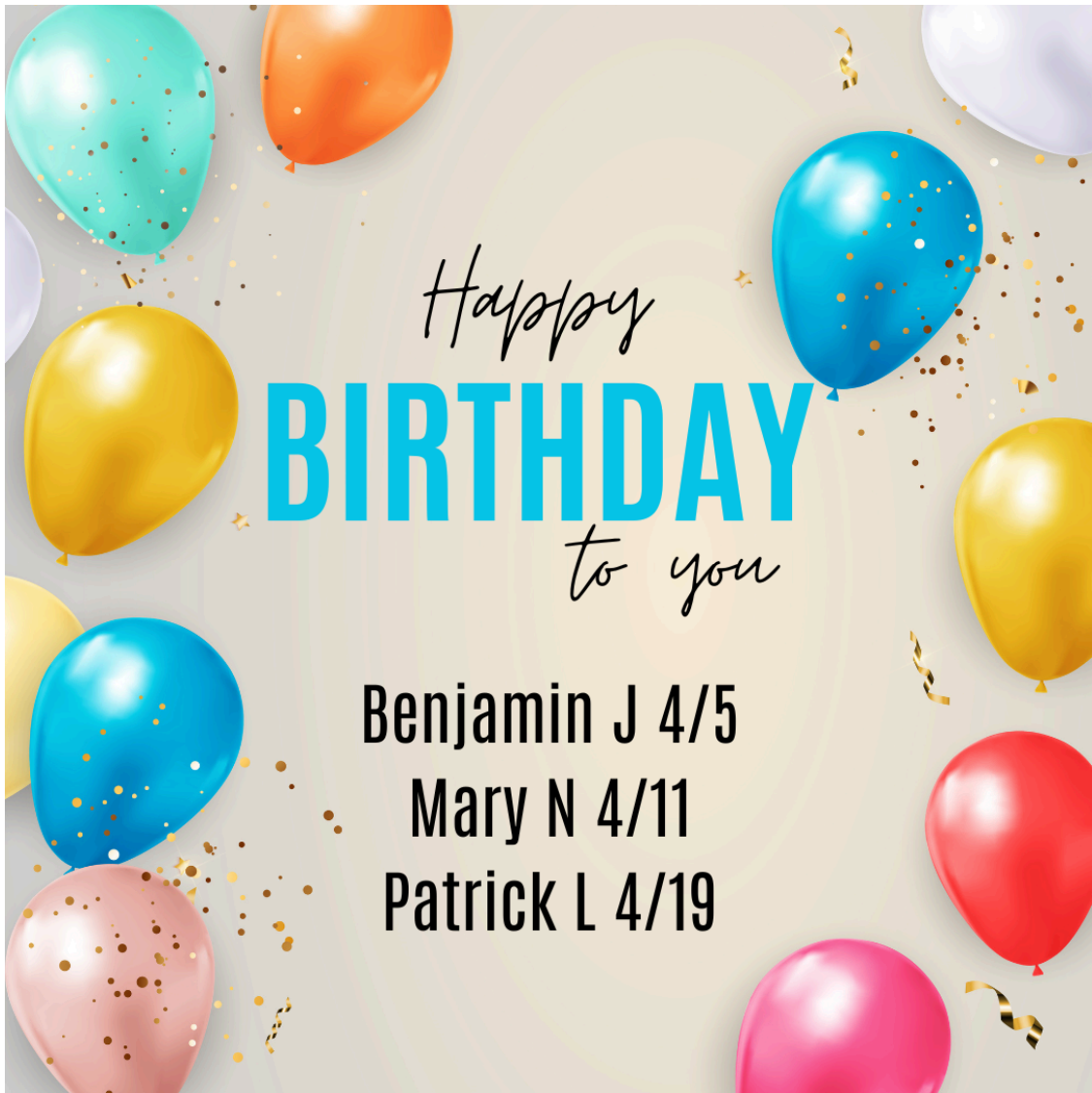
InControl at the MSSA Conference! 🎉❤️



We had an amazing time sharing *InControl* at the **Minnesota Social Service Association (MSSA) Annual Training Conference & Expo!** This event brought together social workers, case managers, mental health professionals, and students from across Minnesota and the Midwest, creating a fantastic opportunity to connect, learn, and share.

We loved engaging with so many passionate professionals, spreading the word about the work we do, and building connections to further support individuals with disabilities. It was inspiring to see so many people dedicated to making a difference in the lives of others. Thank you to everyone who stopped by our booth—we're excited about the new partnerships and opportunities ahead! 🌟💡

Birthday Celebrations!



Resources and Tips



InControl needs YOU!

We want to create more opportunities for parents to connect, share experiences, and have a voice in shaping InControl's future. If any of these opportunities sound like something you would be interested in please reach out!

- **A Parent Advisory Group** (5-6 parents) to give feedback on programs, policies, and ideas. This group would meet virtually once a quarter.
- **A Parent Welcome Committee** (1-2 parents) to help new families feel at home when they join InControl.
- **A Private Facebook Group**

Send us an email at:
info@incontrolmn.com



We Want to Hear From You!

At InControl, your feedback is incredibly important to us. We've created a short survey to help us improve and ensure we're meeting the needs of our clients and families. The survey only takes 5-10 minutes, and your responses can remain anonymous, so feel free to share your thoughts honestly!

We truly appreciate you being a part of the InControl Wellness Program, and we're grateful for your time and input. If you haven't already, please take a moment to [fill out the survey here](#). Thank you for helping us continue to grow and serve you better!



Spring Wellness Tip: Get Moving Outdoors!

Spring is the perfect time to get outside and enjoy the fresh air. Whether it's a walk in the park, a bike ride, or simply spending time in your backyard, outdoor activities can boost your mood, improve your energy, and support your overall health. Try to incorporate more movement into your day by enjoying the beautiful spring weather—it's a great way to connect with nature while improving your physical and mental wellness!🌿



Upcoming Events



Event & Resource Fair Season!

We are heading into Event & Resource Fair season!! We love getting to share what we do with more people in the community.

Here are the Resource Fairs and events we plan to be at:

Career and Resource Fair 4/17-
(Minneapolis Transition School)

[AUSM Conference](#) 4/17-4/18

Reality Store Resource Fair 4/24-
(DCTC)

[Best Buddies Walk](#) 5/18

Please let us know if you hear of any other fairs you think we should be at and if you plan to attend any listed above come say hello to us!!

InControl Recipe of the Month



Breakfast Hash



Ingredients:

- 2½ cups of hash browns
- 4 turkey sausage patties, diced
- 2 slices of canadian bacon, diced
- ½ pepper diced (your color choice)
- 1 cup fresh spinach
- ½ cup diced zucchini
- ½ cup cheddar cheese shredded
- 1 tablespoon olive oil
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- ½ teaspoon fresh rosemary
- Salt and pepper to taste

Equipment:

- Knife
- Cutting board
- Skillet with cover
- Spoon/spatula
- Measuring cups (1, ½)
- Measuring spoons (1 tablespoon, ½ tablespoon, ½ teaspoon)
- Large plate for cooked hash browns
- 3 meal prep containers

Directions:

1. Place your skillet on the stove top over medium (medium low) heat and add the 1 tablespoon olive oil.
2. Add your hash browns to the pan and cook for about 10 minutes. Flip over and cook for 7 more minutes.
3. While the hash browns are cooking, use your cutting board and knife chop your peppers and zucchini and set them to the side.
4. Next chop the meat (turkey sausage and canadian bacon) and put them to the side.
5. If you have room, move your hashbrowns to one side of the skillet, if not you will need a plate to transfer them to.
6. In your pan add the zucchini and peppers. Cook for approx 5 minutes.
7. Add the sausage, canadian bacon and chopped rosemary to the pan and cook for 3 minutes.
8. Add in the spinach, garlic powder and onion powder and cook until the spinach is wilted
9. Mix all the ingredients together to incorporate.
10. For melty cheese sprinkle on top of the mixture in the skillet and turn off.
11. Divide into your 3 meal prep containers.

Additional information:

- ★ Servings 3
- ★ Prep time 15 minutes
- ★ Cook time 30 minutes

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](#)

If you were sent this newsletter from someone and want to begin receiving it yourself every 1st of the month sign up here:

[Subscribe!](#)



 **InControl**

Copyright (C) 2025 InControlMN. All rights reserved. incontrolmn.com

Our mailing address for donations is:

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

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)

