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May 2025 Newsletter

Welcome to May at [InControl!](#)

May has arrived, 🌸🌿 and with it comes a sense of fresh energy as spring starts to bloom all around us. The longer days and warmer weather are a welcome shift, and here at InControl, we're leaning into the season with a full calendar and exciting things to share. From recent events to new opportunities for connection and growth, there's a lot happening. Keep reading for all the latest updates, and as always, thank you for being part of the *InControl* family! ☀️

Program Updates

BIKEMN

We're excited to share a possible new opportunity with BikeMN, who has offered to host a fun and inclusive event for InControl! The event would focus on bike safety—and even help those who want to learn how to ride a bike. We're gauging interest, so please take a moment to answer one quick question in our survey by clicking this photo!



Recipes



YAY!

Recipe Catalog!

Friendly reminder 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!



It's time for our InControl...

ANNUAL MEETINGS!

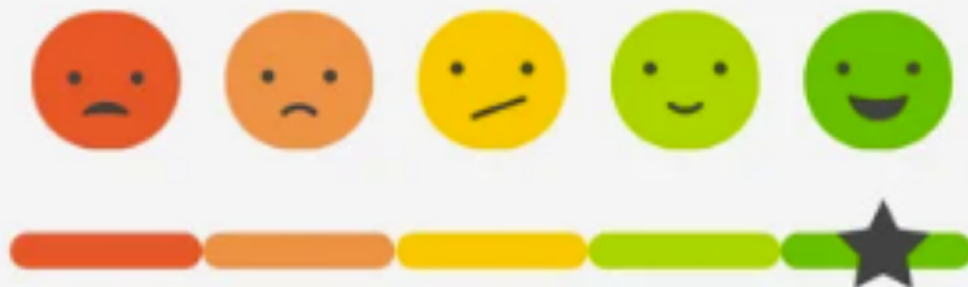
We are excited that it's time for our annual meetings! These will be taking place throughout the month of June and will be scheduled in place of monthly Champion Meetings. We will also be sending an email but just know that we would love these to be in person if possible and request that parents/guardians attend! This is a great time to connect and also talk through any modifications.

InControl at the Autism Conference! 🎉💙

Last month, we had the opportunity to host a booth at the Autism Conference for our 3rd year in a row! This top-notch conference brings together a wide range of individuals, families, and professionals who are passionate about autism support and advocacy.



We loved getting to share the work we do at InControl, connect with others in the community, and take part in such a well-organized and impactful event. Thanks to everyone who stopped by and made it such a meaningful experience!

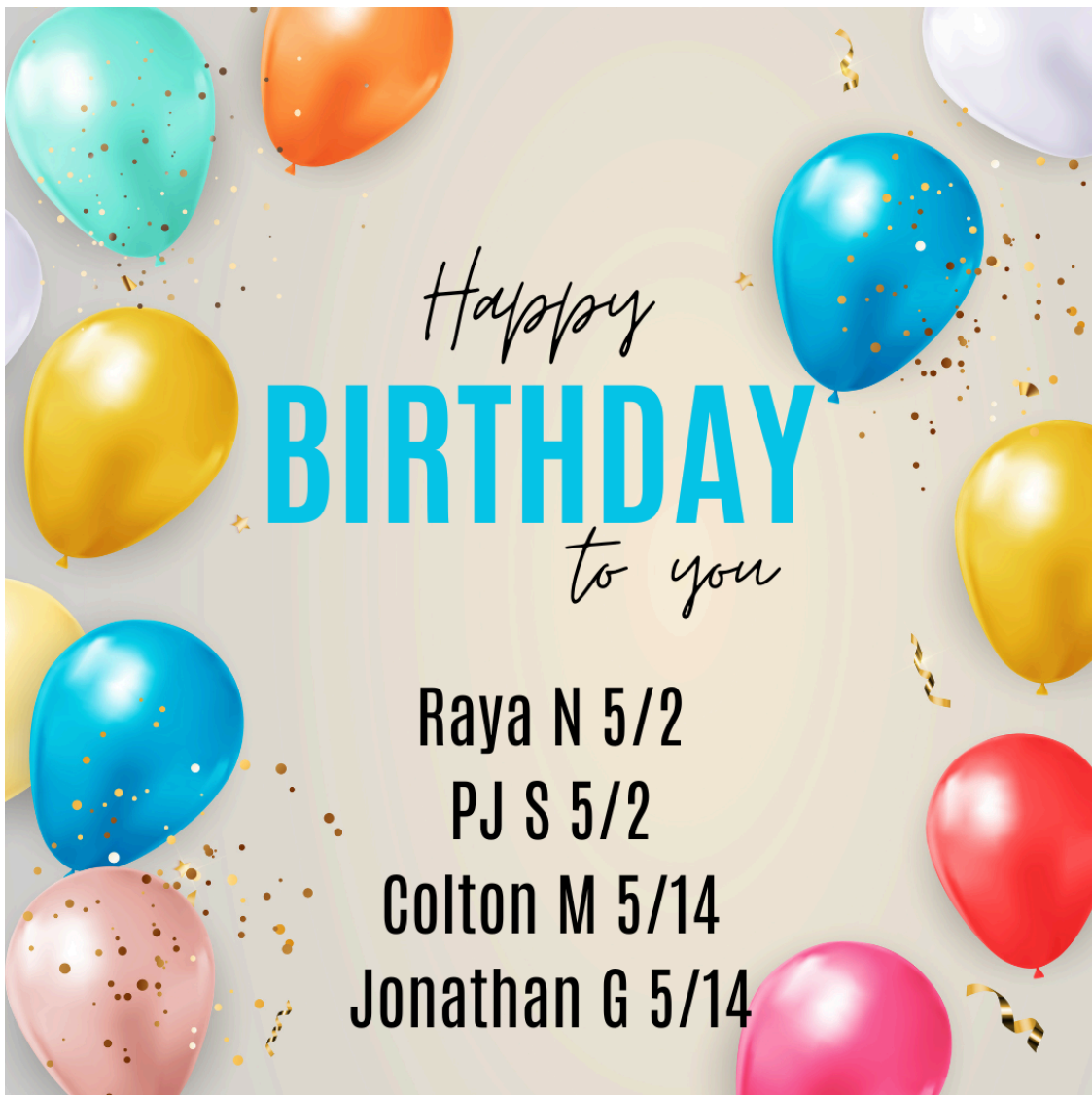


HELP US IMPROVE!

WE WANT YOUR FEEDBACK

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!

[Click to be taken to the survey!](#)



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



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!🌿



Client Spotlight



Margie – Host of *More Than Able Podcast*

This month, we're proud to highlight one of our amazing clients—**Margie**, host of the inspiring podcast *More Than Able*! Her show shines a spotlight on individuals with disabilities who are doing incredible things in their lives and communities, as well as the people who support and work alongside them.

You can listen to *More Than Able* on Spotify, Apple Podcasts, or by visiting [morethanablepod.com](https://www.morethanablepod.com). Be sure to check it out and support Margie's mission!

Upcoming Events

Sponsored by **inControl**



Register for our next Find Love Safely event







Interactive Relationship Workshop

WITH: RHEANNE LEWIS M.S. CCC-SLP
FOUNDER OF SOL THERAPY SERVICES

Join us for this educational experience that will focus on understanding relationships, making connections, and feeling confident setting boundaries.



 **FRIDAY, MAY 2, 2025**
 **4:00-6:00 PM**
 **ST. PAUL, MN**
 **FREE FOR FLS MEMBERS,**
\$25 FOR NON-MEMBERS



**SCAN TO LEARN
MORE AND
REGISTER**

Or visit findlovesafely.com/events

Registration is required. Participants must be accompanied by a parent, staff support, or adult family member.



Event & Resource Fair Season!

We are rounding out our resource fair season with one more super fun event in May! 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:

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



Rainbow Roasted Veggies



Ingredients:

- 1 bell pepper (any color), chopped
- 1 cup broccoli florets, chopped
- 1 cup green beans or snap peas
- 1 carrot, peeled and sliced
- 1/2 zucchini, chopped
- 1-2 tablespoons olive oil
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon garlic powder
- 1 bag of microwavable rice
- your favorite already cooked protein

Equipment:

- Baking sheet
- Mixing bowl or large spoon
- Knife
- peeler
- cutting board
- Measuring spoons
- Parchment paper
- 3 meal prep containers

Directions:

1. Preheat the oven to 400 degrees and line your baking tray with parchment paper
2. Wash all of your vegetables thoroughly.
3. Using your cutting board and knife chop your peppers, zucchini, broccoli and green beans. And place them into your bowl
4. Peel and chop your carrots and place them into your bowl.
5. In your bowl add your salt, pepper, garlic powder, oil and soy sauce and toss together.
6. Spread out the veggies in your sheet pan and place into the oven and cook for 20-25 minutes. Mix about 10 minutes in.
7. While your veggies are cooking you can prepare the microwave rice per the instructions on the bag.
8. Heat your choice of meat per the instructions
9. Equally divide your rice and meat among your meal prep containers.
10. Once the veggies are done divide them among your 3 meal prep containers.
11. Top with some fresh cilantro or fresh seasoning of your choice.

Additional information:

- ★ Makes about 3 servings
- ★ Serve over or with brown rice, noodles or potatoes
- ★ Add your favorite protein to this dish, chicken, salmon, beef or pork would all taste delicious with these veggies.
- ★ Feel free to use your favorite veggies in this, cauliflower, brussel sprouts, kale or spinach would all taste great in this.
- ★ If you are not a fan of soy sauce use your favorite sauce instead, italian dressing would be great to try.

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:

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Our mailing address for donations is:

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