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July 2025 Newsletter

Hello July! ☀️

Summer is in full swing, and there's so much to look forward to here at InControl! This month's newsletter is packed with exciting updates, helpful resources, and tips. We're especially excited to share details about our upcoming **August Picnic**—a chance for our community to come together, connect, and celebrate the season. Be sure to check out all the info so you don't miss a thing. Let's keep making the most of this summer—together!

Program Updates

A large, solid orange rectangular area that occupies the bottom third of the page, likely serving as a background for additional content or a call to action.



🎉 **InControl Was on the News!**

We're so excited to share that **InControl was featured on the news!** It was such an incredible opportunity to highlight the work we're doing and share our mission with the wider community. From our amazing clients to our passionate coaches, we're proud of the story we're building together—and now even more people get to see it!

🎬 Click the [here](#) to check out the news segment! Feel free to share this clip with others in your community.



practice better

Practice Better is the online portal we use to store session notes, schedule meetings, and communicate with both clients and staff.

If you're a current client or family, please use the messaging feature in Practice Better as your main method to communicate with staff if you are able. Keeping everything in one place allows us to manage schedules more efficiently and helps our coaches maintain a healthy work-life balance.

If you don't receive a response in a timely manner, or if there are any last-minute updates or changes, you're always welcome to follow up via text. Thank you for helping us stay organized and connected!



HELP US IMPROVE!

WE WANT YOUR FEEDBACK

Do you love being part of the InControl community? One of the best ways to support our mission is by leaving a review on Google! Your feedback helps others learn about who we are, what we do, and how we're empowering adults with disabilities every day.

Click to leave a review and let others know what makes InControl so special. Thank you for helping us grow!

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



Summer Wellness Tip: ☀️ Stay Hydrated!

As the temperatures rise, it's extra important to drink plenty of water throughout the day—especially if you're spending time outdoors. Carry a reusable water bottle, add fruit slices for flavor, and aim for at least 6–8 cups a day to keep your body and mind feeling their best all summer long.

Upcoming Events

A promotional poster for a summer picnic event. The background is a lush green field with a white picnic blanket and a wicker basket. The text is centered and includes the event name, date, time, location, and a closing message.

 **inControl Summer Picnic**
(and a baby shower for Coach Nick's baby girl!!) 

*Friday, August 1st, 2025
1-4pm*

Indian Mounds Regional Park
(Wicahapi Park)
*10 Mounds Blvd, St Paul, MN
55106*

We can't wait to see you there!
Food-Games-Friends-Fun!

Community Resources

Community Spotlight: MNprov!

Looking for a fun and creative way to build social skills? Check out **MNprov**—a local organization that uses improv theater to support social skill development in a playful, low-pressure environment. It's a great resource for adults with disabilities who want to connect, express themselves, and have fun while learning. Plus, they've got some exciting events coming up! Click the image to check out their website and find out more!




MNprov

Playing to learn! • Learning to play!

Exciting News from MNprov – New Programs for 2025!

We're thrilled to share some exciting updates at MNprov! In 2025, we're launching two brand-new programs alongside our ongoing MNprov Mixers. These initiatives expand our mission of fostering creativity, confidence, and connection for neurodivergent individuals through the power of improv.




**MNprov Live!
AUDITIONS!**

An improv performance troupe for neurodivergent adult performers!
All positions are paid.
Auditions: February 8 & 9
Youth Performance Company
681 Fairview Ave. N., Suite 191, St. Paul

MNprov Live!
MNprov Live! brings neurodivergent voices and talents into the spotlight—giving performers the chance to share their creativity and connect with their community in meaningful ways.

[MNprov Live!](#)



MNprov Friends

JOIN US FOR LAUGHTER AND CREATIVITY!

Adult Improv classes for neurodivergent teens & young adults (13-24)
Adult Improv classes for neurodivergent teens & young adults (13-24)

RSVP: [www.mnprov.org](#)

MNprov Friends
Neurodivergent teens are invited to join a free 10-week improv class where they will laugh, build relationships, and be accepted.
"A place to have fun and learn at the same time."

[MNprov Friends](#)



MNPROV MIXERS

FREE IMPROV WORKSHOPS FOR NEURODIVERGENT ADULTS - 18+

Wednesday
Dulles
Zoom

Therapy in Person
Youth Performance Company
681 Fairview Ave. N.
St. Paul, MN

Jan 8, 15, 22, 29 Feb 5, 12, 19, 26
Mar 5, 12, 19, 26
Apr 5, 12, 19, 26
May 3, 10, 17, 24, 31
Jun 7, 14, 21, 28
Jul 5, 12, 19, 26
Aug 2, 9, 16, 23, 30
Sep 6, 13, 20, 27
Oct 4, 11, 18, 25
Nov 1, 8, 15, 22, 29
Dec 6, 13, 20, 27

[www.mnprov.org](#)

InControl Recipe of the Month

Taco Skillet



Ingredients:

- ½ pound ground meat
- 1 zucchini diced
- ½ can black beans (¾ cup about) (strained and rinsed)
- ½ can diced tomatoes (¾ cup about)
- ⅓ cup frozen corn
- ½ green pepper diced
- 1 stalk green onion diced
- 1 teaspoon minced garlic
- ½ tablespoon cumin
- 1 teaspoon chili powder
- 1 tablespoon olive oil
- ¼ cup shredded cheese
- Salt and pepper to taste

Equipment:

- Skillet
- Spatula or spoon for cooking
- Cutting board
- Knife
- Can opener
- Strainer
- Measuring cups (½ cup, ⅓ cup)
- Measuring spoons (1 tablespoon, ½ tablespoon, 1 teaspoon)
- 3 meal prep containers

Directions:

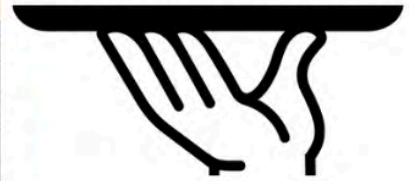
1. Wash all of your veggies thoroughly.
2. Using your cutting board and knife to chop your zucchini, peppers, green onion
3. Use your can opener to open your beans and tomatoes.
4. Use your strainer to rinse your beans
5. Place your skillet on the stove top over medium heat and add your oil, peppers and garlic. Cook for 3 to 5 minutes.
6. Add your ground meat and cook until there is no pink left.
7. Season with cumin, chili powder salt and pepper.
8. Turn the heat down to medium low and add in zucchini, tomatoes, beans and corn and cook until zucchini is tender (approx 7 minutes)
9. Add the diced green onion and mix.
10. Top with cheese and cook until melty.

Additional information:

- Makes 3 servings
- Refrigerate for 5 days or freeze for up to 3 months.
- Feel free to top with sour cream, salsa or guacamole.
- Eat this as it is, with tortilla chips, rice, or add it into a taco shell and make a burrito.
- Use your favorite type of beans in the recipe it is great added fiber.



Recipes



YAY!



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

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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