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August 2025 Newsletter

Hello August! ☀️

It's been a full and exciting season here at InControl! From new staff updates and community events to special highlights and helpful resources, there's so much to catch up on. Take a scroll through this month's newsletter—we've packed it with stories, updates, and opportunities we can't wait to share with you!

Program Updates

Thank you to our amazing clients and families for your support during our recent Staff Work Week! We took a short break from sessions to focus on learning, team building, and professional growth—and came back refreshed and full of ideas. A highlight was a powerful training on serving the blind, deaf-blind, and hard of hearing community, giving us valuable tools to make our programs even more



inclusive. We're so excited to be back and grateful to grow alongside such a supportive community!

We wrapped up our Staff Work Week with our InControl Community Picnic and absolutely loved spending time with so many of our wonderful families! It was the perfect way to end the week! We've gathered some photos from the event, and we'd love for you to check them out! [Click the link to view and save any pictures you'd like to keep.](#)

We're sharing some bittersweet news this month—our amazing Coach Nick is transitioning out of his regular coaching role of 3 years and into a new position. While we'll miss seeing him in sessions each week, we're so grateful for the heart and energy he's poured into our community. The great news? Nick still loves InControl and plans to stay connected, so you'll



continue to see him at events and activities when he's able. [Be sure to check out a special video message from our founder and CEO, Kelsey](#), as she shares more about the transition and her appreciation for all Nick has contributed! Thanks for always giving your all to our clients and families, Nick! It's not goodbye- just "see you later!"

On the flip side we're so excited to welcome Bennett to the InControl team as our new Director of Innovation and Physical Wellness Coach! Bennett brings a vibrant mix of creativity, energy, and a deep passion for helping others thrive. With a strong background in physical wellness and a heart for empowering individuals of all abilities, he's ready to make a lasting impact on our community. Bennett is already diving into the work with enthusiasm, and we can't wait for you to get to know him. Be sure to check out his Q&A below to learn more about his interests, what he's excited to bring to the role, and a few fun facts along the way!

New Staff Member!

Physical Wellness

ME



Bennett Christensen

1. Tell us a little bit about yourself!

I have maybe more hobbies than I should. I like to play video games, make digital art, do DIY projects like furniture refurbishing, cook, and of course exercise. I've loved martial arts since I took on Tae Kwon Do in 3rd grade but since then boxing has been my main passion but I've also done jiu jitsu and muay thai. I have a 5 year old (or 1 year old if you take into account that she was born on leap day in 2020) named Bucket. She's a tortoise shell and loves to climb and hunt since her mom was a barn cat. When you see me during a session it's likely that I'll be wearing a mask. This is because both of my parents are immunocompromised and I've had covid 3 times myself so I just want to be cautious to keep us all safe.

2. What are you most excited about in your new role at InControl?

I'm most excited about getting to meet all of our wonderful clients and see them grow. I'm big on play and how we, as fitness professionals, can shape play in order to meet our fitness goals. InControl seems like the best place I've seen in my career in terms of embracing that training philosophy.

3. What does physical wellness mean to you personally?

Physical wellness to me means an enthusiastic and positive relationship to movement. I think that when you have that amount of enjoyment around your exercise, discipline is no longer really even relevant. We become so excited about our exercise that we make time for it and we look forward to it. Discipline might be needed to get us to that point but once we get the ball rolling, the momentum of enjoyment keeps us consistent.

4. What kinds of activities or fitness routines do you personally enjoy most? (What topics or activities are you most excited to share with the InControl community?)

I love boxing and have since I started when I was 15 or 16. It's cathartic, challenging and easy to gamify. It's a skill so there's always new things to learn or improve upon. I was really excited to hear that so many of our clients love hitting the boxing mitts! I also enjoy high intensity weight lifting. This is a training modality that focuses on sets to momentary muscular failure or as close as is possible. There are many ways to get big and strong but this is the one I find most time-efficient and enjoyable for myself. It is, as its name describes, very intense but I love it.

5. What's one thing people are usually surprised to learn about you?

I think people are surprised to learn that I'm a digital artist. Personal trainer and artist don't always go together in people's minds but I love them both!

6. What are you most looking forward to with the InControl community?

As director of innovation, I'm really excited to develop and share new exercise games and ways that we can keep fitness fun! And of course I'm excited to play those games with you all.



Stay Tuned!
Virtual Group
Nutrition Classes

Coming
Soon



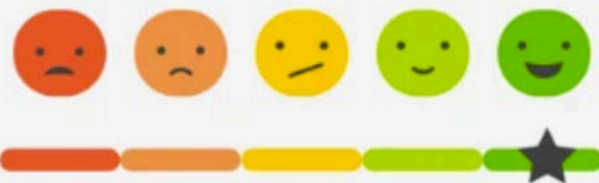


practice better

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.

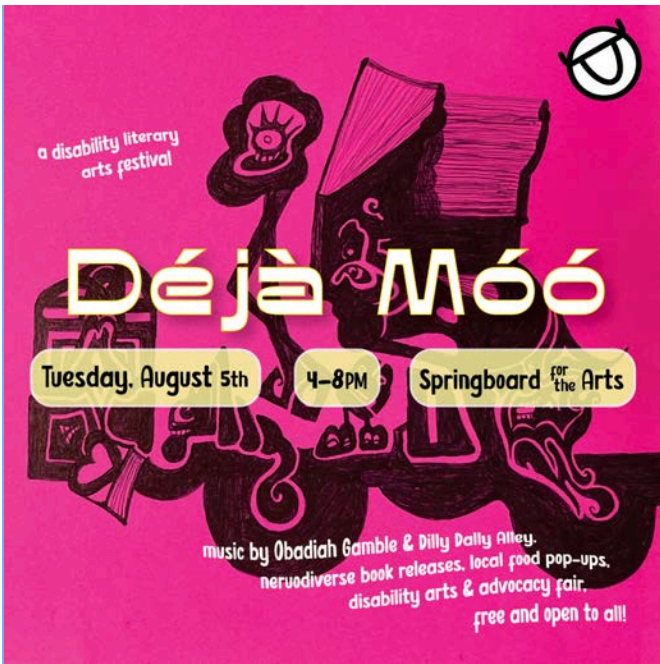
[Click to leave a review and let others know what makes InControl so special. Thank you for helping us grow!](#)

Birthday Celebrations!



Upcoming Events

Coming up is Déjà Móó—Cow Tipping Press's annual summer disability literary arts festival—on **Tuesday, August 5th from 4–8PM** at Springboard for the Arts in St. Paul! This fun-filled event brings together music, food, art, and advocacy in a



celebration of disability culture and creativity. Enjoy live performances from local musicians, grab delicious eats from fan-favorite food pop-ups, and explore a variety of booths featuring artists, organizations, and interactive activities. InControl will be there with a table, and we'd love for you to stop by and say hello!

Resources and Tips

The Really Big Game

CHEER ON TEAM
HIGHLAND FRIENDSHIP CLUB!



THURSDAY, AUGUST 7TH 2025

ADAPTIVE BASEBALL GAME

COMMUNITY EVENT

TWINS HALL OF FAMER JOE MAUER

FAN ZONE, FACE PAINTING, FOOD TRUCKS

LAWN GAMES, FREE ICE CREAM

Cretin Derham Hall - Wingerd Turf Field

5 PM FAN ZONE OPENS 6 PM GAME BEGINS

HIGHLAND FRIENDSHIP CLUB (HFC) IS A NONPROFIT ORGANIZATION
PROVIDING OPPORTUNITIES FOR TEENS AND ADULTS WITH DISABILITIES.

InControl Recipe of the Month

Greek Yogurt Bagels



Ingredients:

- 1 cup whole fat greek yogurt
- 1 cup all purpose flour (whole wheat flour)
- 2 tsp baking powder
- ¼ tsp salt
- Egg (for egg wash)
- Extra flour for sticky hands

Optional ingredients:

Sweet:

- Mini chocolate chips, cinnamon, blueberry

Savory:

- Everything bagel, Italian and parmesan, Garlic powder and cheddar

Equipment:

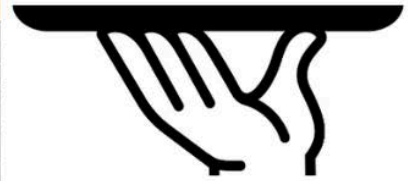
- Large bowl
- Measuring cups (1 cup)
- Measuring spoons (1 teaspoon, ¼ teaspoon)
- Small bowl (cereal bowl size)
- Mixing spoon/fork/whisk
- Baking tray
- parchment paper
- Butter knife
- Flat surface like a cutting board

Directions:

1. Preheat the oven to 375 degrees. Line your baking tray with parchment paper.
2. In your large bowl mix the flour, baking powder and salt with your fork/spoon/whisk.
3. Add in the greek yogurt and mix until well combined. You may need to use your hands to mix.
4. Fold in your optional ingredients.
5. Divide your dough into 4 equal parts.
6. Roll the dough into a line about 6 inches long and connect it by pinching it.
7. Another option for rolling the dough would be to form in a circle and using your mixing spoon to poke a hole in the middle and stretch it with your fingers.
8. Place your bagels on the baking sheet.
9. In your small bowl crack your egg and scramble it with your fork.
10. Using a brush or a spoon to brush the eggs on top of your bagels.
11. Bake in the oven for 22-25 minutes.
12. Remove from the oven when they are golden brown and enjoy.
 - Store in the refrigerator for 3 days or in the freezer for 2 months.
 - Top with your favorite bagel toppings and be sure to have fruit or veggies on the side.



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