

# InControl

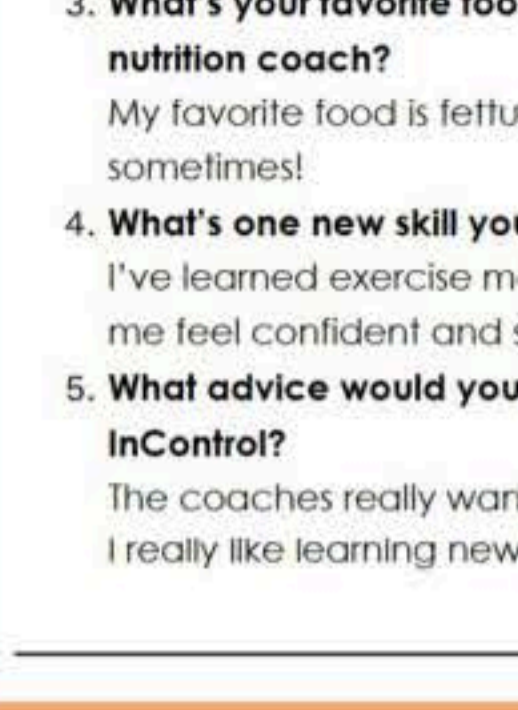
## February 2026 Newsletter

### ♥ Hello February, InControl Community!

As we move through the heart of winter, February is a good time to focus on connection, routine, and the small moments that matter. We have a fun month ahead at InControl, including another coffee meet-up focused on writing a thoughtful card to someone you care about, and a community-building event at the end of the month for our clients. We're excited for another month of learning, shared experiences, and time together with our InControl community.

## InControl Spotlight

### Client Highlight- Nicole M



Nicole M

This month we're excited to highlight our client **Nicole**, and it's extra special because it's also her birthday month! 🎂 She loves bike riding, dancing, and playing basketball, and this year she's taking part in Special Olympics basketball for the very first time. She's been working hard, practicing, and enjoying every step of the journey. Keep reading to hear Nicole's answers to our Q&A!

- 1. What aspect of the InControl program do you find the most enjoyable or rewarding?** I really enjoy cooking with Coach Mariah and learning how to make different foods. One of my favorites was making zucchini muffins—I loved that!
- 2. What part of your wellness do you love working on the most?** I like working on physical wellness the most because I've learned new exercises. I enjoy using the treadmill and working out with Coach Adonya. Boxing with her is especially fun!
- 3. What's your favorite food or favorite recipe you've made with your nutrition coach?** My favorite food is fettuccine alfredo. I like making it with broccoli sometimes!
- 4. What's one new skill you've learned or improved since joining InControl?** I've learned exercise moves I had never done before. My coach helped me feel confident and showed me how to do them the right way.
- 5. What advice would you give to someone thinking about joining InControl?** The coaches really want to help people be healthy and learn new things. I really like learning new things from my coaches.

## Help Us Improve!

**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

Come play games and spend time with clients and InControl coaches! (We will also be writing a kind note to someone we love)

### Coffee Meet-up

Wednesday February 11th 2026  
1:00-2:00pm  
Constellation Coffee  
14800 Galaxie Ave Suite 100  
Apple Valley MN 55124  
\*Coffee and treats available for purchase.

## InControl Event

THURSDAY FEBRUARY 26<sup>TH</sup> 2026

We'd love to see you on February 26th from 5:30-7:30 PM at the Partners in Excellence building in Burnsville for a healthy snacks, fun music, games, and great community time! *"Karaoke may take place :)"*

Partners in Excellence  
16300 Ewing Avenue  
Burnsville, MN 55306

Click here to RSVP and let us know if you can make it!



### Resource Fair Season!

We are heading into Resource Fair season!! We love getting to share what we do with more people in the community and welcome clients to join us and help share about our program!

- Here are the Resource Fairs we plan to be at:
- [Transition Plus Resource Fair](#) (Hopkins/St. Louis Park) 2/12 5-7pm
  - [Transition Plus Resource Fair](#) (ISD196) 3/5 4-7pm
  - [MSSA Conference](#) 3/11-3/12 (Mpls Convention Center)
  - [MyPath Resource Fair](#) 3/12 4-8pm

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!!

## Resources and Tips

### NOAH'S LANDING VALENTINE'S DAY SHINDIG

YOUNG ADULT SPECTRUM CONNECTION GROUP  
SATURDAY, FEB 14 • 1-3 PM  
HIGHLAND POPCORN, 2138 FORD PARKWAY, ST. PAUL • \$15/PERSON

Join us for a Valentine's Day Shindig at Highland Popcorn. Enjoy pizza, snacks and good company, followed by a fun tour of Highland Popcorn. This group is nondiscriminatory and for young adults ages 18+, with low to medium support needs.

**About Highland Popcorn:** A father-son duo decided to connect a uniquely qualified workforce with the community in a way that brings meaning and joy to all! Popcorn with purpose!

For questions and to RSVP contact Michelle Shamash at [mshamash@noahlanding.org](mailto:mshamash@noahlanding.org) or 847.691.5027

## SAVE THE DATE!

March 12, 2026

### MY PATH IS HOSTING COMMUNITY CONNECTIONS!

A RESOURCE, JOB, & SOCIAL EVENT  
4PM - 8PM ROSEVILLE, MN

MORE INFORMATION TO COME!

\*IF YOU'RE A BUSINESS WHO OFFERS INCLUSIVE EMPLOYMENT OPPORTUNITIES OR SOMEONE WHO PROVIDES SERVICES TO INDIVIDUALS WITH DISABILITIES, WE'D LOVE TO HAVE YOU AS A RESOURCE! PLEASE REACH OUT TO EMILY HABLE AT: EMILY.HABLE@MYPATHMN.COM

## InControl Recipe of the Month

### Chicken Fajita Bowl

**Equipment:**

- Skillet
- Cutting board
- Knife
- 2 meal prep bowls
- Spatula
- Measuring spoons
- Can opener
- Strainer
- Plate

**Ingredients:**

- 2 cups cooked white rice
- 1 tablespoon olive oil
- 8 oz of chicken chunks
- 1/2 cup black beans (drained and rinsed)
- 1/2 cup corn
- 1/2 green pepper sliced
- 1/4 cup sliced onions
- 1/4 cup diced cherry tomatoes
- 2 teaspoons cumin
- 1 teaspoon oregano
- Salt and pepper to taste

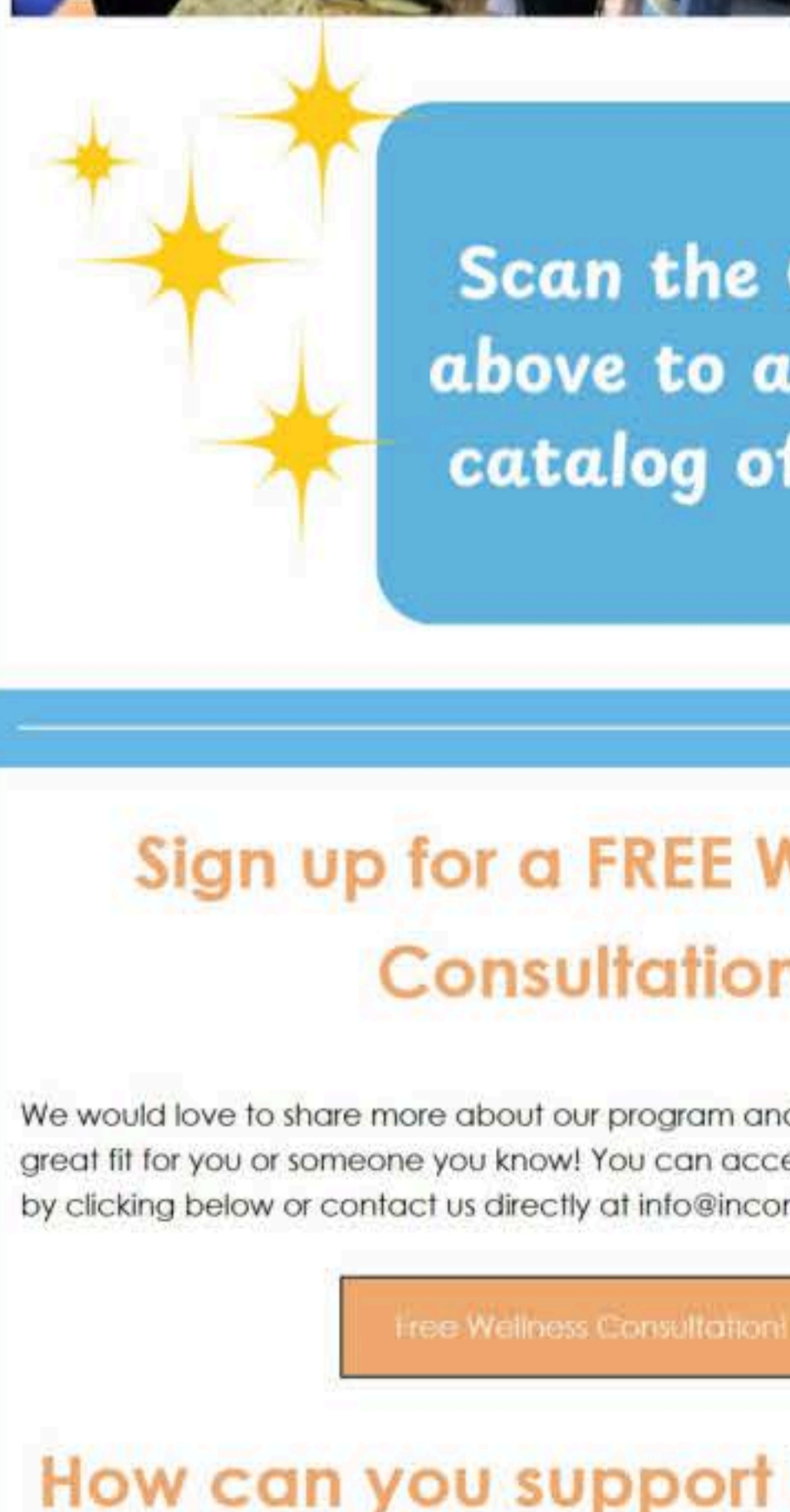
Prep time: 25 minutes  
Cook time: 20 minutes  
Total time: 45 minutes  
Servings: 2

### Directions

1. Using your cutting board and knife, cut your peppers and tomatoes and set them aside.
2. Place your skillet on the stove and turn it to medium heat. Add oil and chicken, cumin and oregano, salt and pepper to taste. Cook chicken until no longer pink approximately 8 minutes.
3. While the chicken is cooking cook the rice according to the directions.
4. Place one cup of rice in each meal prep container.
5. Once the chicken is cooked remove and place half the chicken in each container.
6. Place the peppers and onions in the skillet and season with salt and pepper.
7. Once cooked place half peppers and onions in each meal prep container.
8. Top each meal prep with 1/4 cup beans, 1/4 cup corn, and half the chopped tomatoes.

**Additional Information:**

- ◆ Store in the refrigerator for up to 4 days or store in the freezer for up to 3 months.
- ◆ Reheat in the microwave for 1 minute 30 seconds or until heated through.
- ◆ Add your favorite salsa, cheese, fresh cilantro or sour cream to the top.
- ◆ Guacamole or fresh avocados would be delicious on top.
- ◆ Use your favorite rice in this. Remember brown rice has the most nutrients.
- ◆ Any color peppers would be great in this.



## Recipes

**YAY!**

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

## Sign up for a FREE Wellness Consultation

We would love to share more about our program and see if we can be a great fit for you or someone you know! You can access the calendar directly by clicking below or contact us directly at [info@incontrolmn.com](mailto:info@incontrolmn.com)

[Free Wellness Consultation!](#)

## How can you support InControl?

1. Know someone who might benefit from InControl? Feel free to share this newsletter and invite them to schedule a free Wellness Consultation to learn more and see if our program is a good fit.
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 you care about and want to begin receiving it yourself every 1st of the month sign up here:

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