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## March 2026 Newsletter

 **Hello March, InControl Community!**

We're heading into a busy and exciting season at InControl! Over the next few months, you'll find us out in the community at resource fairs and conferences, connecting with new faces and sharing our mission. We're also getting ready to welcome new clients in the months ahead — which is always one of our favorite parts of what we do. It's a full season ahead — and we're ready for it!

Thanks for being part of the journey with us. 

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## Staff Spotlight

**Staff Highlight- Arianne R**



# Arianne

We're excited to kick off our new quarterly Staff Spotlight! To start, we're highlighting Arianne, our Champion Coach and Chief Operations Officer.

Arianne has been married to her husband Jesse for 13.5 years and they have two daughters, who often join her at InControl events. Her family loves playing fun games and spending time outdoors. Summer is her favorite season, and she especially enjoys relaxing in a hammock on sunny days.

As Champion Coach, Arianne meets with clients and families, supports their growth, adapts programming to fit individual needs, and serves as a steady point of contact. She loves building relationships and seeing clients grow in confidence, skills, and independence.

As Chief Operations Officer, she connects with new families, shares about the program, and guides them through the onboarding process. One of her favorite parts is meeting new families and exploring how InControl can best support them.



## What do you love most about being Champion Coach?

I love getting to connect with our families and seeing them every month! Truly, we have the best families. I feel comfortable getting to know them on a more personal level — and them getting to know me too. Seeing our clients each month genuinely brightens my day.

## What excites you about welcoming new families into InControl?

I love when new families discover that we're an option for their loved one. So often the response is, "I've been looking for something just like this!" or "My loved one needs this so

badly,” or even, “I can’t believe something like this exists!” It never gets old seeing how we fill a real need in people’s lives and how genuinely excited they are to learn about InControl.

### **What growth do you love seeing in clients?**

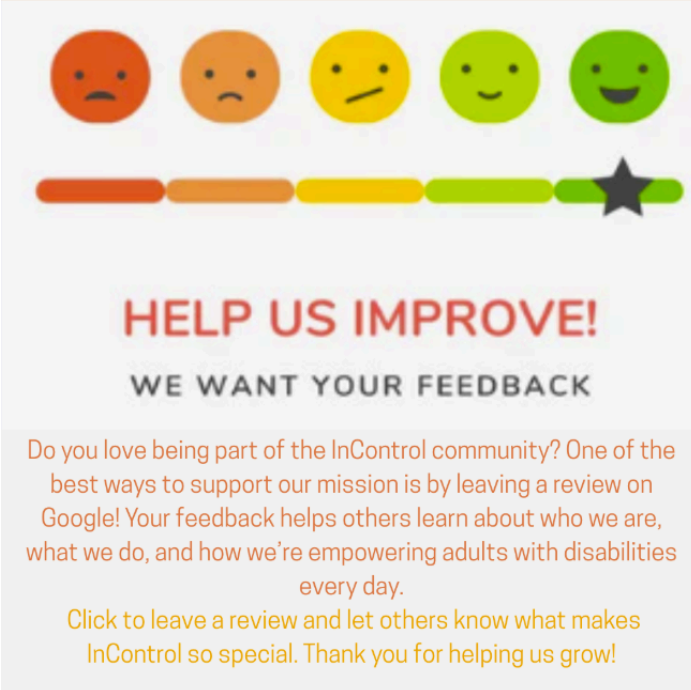
I love when clients share something new they tried or learned — whether it’s a new exercise move, a recipe they didn’t think they’d like but ended up loving, learning a new skill, or making a new friend in a virtual group session. Those moments are so fun to celebrate.

### **What does wellness look like in your own life right now?**

I’m not perfect either — and I like sharing that with our clients! Right now, I’m working on drinking more water. Some days I hit my goal, and some days I don’t. I also go to a gym class 2–3 times per week and really value that time. It’s also really important to me to prioritize intentional time with people who encourage me.

**What’s something fun people might not know about you?** I enjoy cooking and baking in the kitchen. I love trying new recipes when friends or family are coming over (which makes me a little nervous!) but they always turn out great! I’m also an avid thrifter and deal finder! :)

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**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!](#)

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# Birthday Celebrations



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**Upcoming Events**

# Coffee Meet-up

Come play games and spend time with clients and InControl coaches!

Wednesday March 18th 2026

1:00-2:00pm

370 Wabasha St N

St Paul MN 55102

\*Coffee and treats available for purchase.



## 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 AT THE FAIR! REACH OUT TO EMILY HABLE AT: [EMILY.HABLE@MYPATHMN.COM](mailto:EMILY.HABLE@MYPATHMN.COM)**



# Resources and Tips

## Resource Fair Season!



### It's time for 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 (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!!

## InControl Recipe of the Month

# Egg Bites



## Equipment

- Medium bowl
- Cutting board
- Knife
- Fork or whisk
- Muffin tin
- Liquid measuring cup
- Dry measuring cups

## Ingredients

- 8 large eggs
- 1 roma tomato diced
- 1 green onion stalk chopped
- 1/2 cup spanish chopped
- 1/2 cup shredded cheddar cheese
- 1/2 cup milk
- 1/4 bell pepper diced
- Salt and pepper to taste
- Cooking spray

## Directions:

1. Preheat the oven to 350 degrees.
2. Spray each muffin tin generously with cooking spray.
3. Dice tomatoes and peppers and divide equally between all the muffin tins.
4. Take your spinach and gently tear and divide equally between all the muffin tins.
5. Top each muffin tin with cheese.
6. In your medium bowl crack your eggs one at a time making sure no shells are in the bowl. Add in your milk and whisk together.
7. Divide the egg mixture into each muffin tin. Fill the tins about 3/4 full.
8. Bake for 20 minutes.

### Additional notes:

1. Additional veggies that would fit into this recipe would be broccoli, red peppers, yellow peppers, orange peppers, mushrooms, and zucchini. The options are endless.
2. Egg white or liquid egg beaters would also work in this recipe. You will need about 2 cups.
3. Almond milk can be used instead of cow milk, just make sure it is unsweetened.
4. Bacon bits or sausage bits can be added into this recipe.



Recipes



YAY!



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



**NEXT STEPS**

STAY CONNECTED

# 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)

[Book a 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 and want to begin receiving it yourself every 1st of the month sign up below:

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