



## May 2026 Newsletter

### **Hello May!**

Spring is in full swing and things are as busy as ever here at InControl! We're loving this season of growth — both in our community and in the work our clients are doing every day. We've got plenty of exciting updates, highlights, and resources to share this month, so let's dive in!

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## Staff Spotlight

**Staff Spotlight- Mariah L**



# Mariah

This month we're highlighting our nutrition coach- Mariah! She always walks into our clients homes with a bright smile on her face and joy in her step!

Mariah serves as the Director of Innovation Nutrition and has been a nutrition coach with InControl from the very start.

In her director role, she helps shape the program's nutrition education and recipes, developing strategies that elevate InControl's approach to wellness and guide clients toward lasting, healthy lifestyle habits.

Outside of work, Mariah calls Eagan home, where she lives with her two daughters and her dog. On cold evenings, you'll find her enjoying movie or game nights, and come summer, she's out on the softball fields coaching her youngest. She's a proud supporter of everything her daughters are involved in – including ballet. Yes, she's a dance mom, and she wouldn't have it any other way!



**What do you love most about being a Nutrition Coach?** Honestly, what's *not* to love?

Watching clients make their favorite foods at home, try something new and actually like it, or do something they swore they couldn't – that never gets old. And the conversations? Getting to know my clients is the best part of the job.

**What does wellness look like in your own life right now?** Life ebbs and flows, people! Right now I'm hitting the gym 5 days a week and doing my best with nutrition – emphasis on *trying*. It's a little "do as I say, not as I do" season over here, but I'm working on it. Protein intake, I'm coming for you.

**What's something fun people might not know about you?** I have TWO middle names — and my second one is Adwoa, which means "girl born on a Monday."

**What is one nutrition tip you find yourself sharing with clients over and over again?** Drink. Your. Water. Minimum 64 oz a day — ideally half your body weight in ounces. So if you weigh 150 you should drink 75 oz of water.

**What's your favorite part about cooking alongside clients during sessions?** Learning what they love and what they won't touch with a ten-foot pole — and then watching them chop, flip, mix, and measure like they've been doing it for years. The "wait, I just did that?!" moments are *everything*.

**What's your favorite recipe you've made with a client so far?** Greek yogurt bagels, hands down — they packed in a ton of skills and genuinely surprised me. Fair warning though: a lot of clients were *not* here for getting their hands messy. Worth it anyway.

**What's your all-time favorite recipe to make?** Lasagna or chili — no contest. Both take time, both turn out a little different every single time, and both are absolutely worth the effort. Cooking therapy, honestly.

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## Birthday Celebrations



*Happy*

**BIRTHDAY**

*to you*

**Raya N 5/2**

**PJ S 5/2**

**Colton M 5/14**

**Jonathan G 5/14**

**Joelle K 5/15**

## Upcoming Events

**HANDI  
ABILITIES  
SHOWCASE**

May 1 & 2, 2026 - St. Paul RiverCentre



Get ready for two days of innovation, inspiration, and hands-on fun at the **Handi Abilities Showcase!**

Discover the latest in mobility equipment, medical supplies, DME, and solutions for daily living. Explore interactive exhibits, and connect with healthcare experts, industry leaders, and local organizations—all under one roof. Don't miss the **Discover Abilities Zone by Courage Kenny Rehabilitation Institute**, where adaptive sports and recreation come to life right before your eyes.

Come experience what's new, make meaningful connections, and celebrate what's possible!

**WE'RE EXHIBITING!**



Join us and other adaptive sports and recreation community partners at the Discover Abilities Zone hosted by Courage Kenny Rehabilitation Institute. This dynamic, interactive space showcases hands-on experiences, opportunities, and community resources that empower individuals of all abilities.

Dates: May 1<sup>st</sup> and 2<sup>nd</sup>  
St. Paul RiverCentre

Presented by:  
**HANDI  
ABILITIES  
SHOWCASE**



Partnering the  
Discover Abilities Zone by  
**Courage Kenny  
Rehabilitation Institute**

More info:  
[handiabilitiesshowcase.com](http://handiabilitiesshowcase.com)

# Coffee Meet-up

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

Wednesday May 20th 2026

1:30-2:30pm

Constellation Coffee

14800 Galaxie Ave Suite 100

Apple Valley MN 55124

\*Coffee and treats available for purchase.



## Community Resources



# FIND LOVE SAFELY MIX & MINGLE



Find Love Safely is hosting an upcoming Mix & Mingle — a fun, structured social event designed to help adults make new connections in a supportive and welcoming environment.

**Date:** Friday, May 15, 2026

**Time:** 6:30 – 8:30 PM CT

**Location:** West St. Paul (exact location shared closer to the event)

**Cost:** Free for Find Love Safely members | \$20 for non-members

**Refreshments:** Light refreshments provided (water and pop); food will not be served

The evening will kick off with a guided Social Scavenger Hunt to spark conversation, followed by small group topic tables where attendees can connect with others who share their interests. Whether your loved one is looking for friendship, dating, or simply a comfortable place to practice social skills, this is a wonderful opportunity!

Caregivers are welcome to drop members off or stay to observe, support, or connect with other caregivers during the event.

Register at [findlovesafely.com/events/twin-cities](https://findlovesafely.com/events/twin-cities)



### Walk, Run, or Roll with Us



Sunday  
June 14<sup>th</sup>, 2026



Race at 10:00  
Expo from 9:00-12:00pm



Harriet Island Regional Park  
200 Dr Justice Ohage Blvd  
Saint Paul, MN 55107

Use the Coupon Code  
**adaptive** for free  
registration



[www.unified5k.org](http://www.unified5k.org)

**Join Us at the Unified 5K Twin Cities!** We're excited to share that InControl will be at the 2nd Annual Unified 5K Twin Cities on **Sunday, June 14th** at Harriet Island Regional Park in Saint Paul! Coach Bennett will be there and we would absolutely love to see some of our clients come out and join in the fun!

The Unified 5K is a race for every body – whether you walk, run, or roll, everyone is welcome. The best part? **InControl clients can register for FREE using the coupon code: adaptive**

**Date:** Sunday, June 14, 2026

**Race:** 10:00 AM | **Expo:** 9:00 AM – 12:00 PM

**Harriet Island Regional Park,**  
Saint Paul

Scan the QR code on the flyer below to register or visit [unified5k.org](http://unified5k.org). We hope to see you there!



## 2026 Adult Disability Focused Trips

Our disability affinity trips connect participants to nature, strengthen social inclusion, and support access to the health and wellness benefits of the outdoors. They have a slower pace than our general public trips and allow space for intentional skill development. Participants are safely and respectfully supported by a team of staff and volunteers to facilitate a successful, inclusive outdoor experience.

➤ **Neurodiverse affinity trips** are designed for adults who identify as neurodiverse and want to connect with other participants in the neurodiverse community. Participants with autism, traumatic brain injuries, ACE/ADHD, and Down Syndrome have joined these trips in the past.

➤ **Adults with Disabilities affinity trips** provide extra care and support for individuals with disabilities who anticipate high physical and/or emotional support needs. This trip welcomes people who need full support in wheelchair transfers, balance assistance, or personal care reminders.



"This group really bonded together. It felt great to belong to such a community of people..."

— BOB FROST (PHOTOGRAPHER)  
APACHE ISLAND BOAT CAMP  
AND KAYAK TOUR

## Trip Dates & FAQ

This year, we have disability affinity trips scheduled at our Little Sand Bay basecamp in the Apostle Islands. Dates and pricing for each trip are listed below.

Private trips are also available for groups that have a specific location and date in mind. Head to our website or contact us to learn more!

PROGRAM	DATE	PRICE
Apostle Islands Base Camp Kayak and Adaptive Yoga (New in 2026)	6/14 11-14	\$750
Apostle Islands Base Camp and Kayak Tour - Adults with Disabilities	June 18-21	\$600
Apostle Islands Base Camp and Kayak Tour - Neurodivergent Adults	August 27-30	\$600

### FAQs

#### What if I can't afford the fee?

- If the registration fee is a barrier, we have scholarships available. Please complete the scholarship form in our registration form.

#### Can't pay my cash before for the registration fee?

- We do not provide cash waivers. However, some participants have been able to use their water bottles, reusable water trip bags, thermal pack, etc. to pay for their trip.

#### Can my caregiver come?

- Absolutely! We welcome caregivers to join you on trips as they know your specific care needs. Caregivers can attend all of our programs. Contact us in advance to discuss details.

#### What if I don't have a caregiver who can join me?

- We have a team of volunteers eager to join and provide you with support.

#### How do I know if a disability focused trip is the right trip for me?

- The best way to determine if a disability focused trip is the right fit is to contact us. We will assess your needs and find the right trip for you.

#### If I have a disability, can I only register for a disability focused trip?

- The general public trips are open to people of all ability levels, including people with and without disabilities. The other disability focused trips to individuals who are looking for a fully supported option and a chance to meet others from the disability community.



**Contact Us to Learn More!**  
873-876-0880 | [info@wildernessinquiry.org](mailto:info@wildernessinquiry.org)  
[wildernessinquiry.org](http://wildernessinquiry.org)





# BEST BUDDIES. FRIENDSHIP WALK

## Join Us!

**Sunday,  
May 17th**

*Viking Lakes in  
Eagan, MN*

Walk for friendship  
and inclusion!

Register at the  
link in our bio.



BEST BUDDIES



20  
26

**Friendship  
Walk**

InControl Recipe of the Month

# Beef Stir Fry



## Equipment

- Knife
- Cutting board
- Large skillet
- Spatula or cooking spoon
- Measuring cups (¼ cup, ½ cup, 1 cup)
- Measuring spoons (1 tablespoon, 1 teaspoon, ½ teaspoon)
- 3 meal prep containers

## Ingredients

- ½ pound beef, chopped
- 1 cup broccoli, chopped
- 1 cup carrots, chopped
- ½ pepper (red, orange, yellow or green) diced
- 1.5 cups rice (one microwave bag)
- ¼ cup soy sauce
- 1 tablespoons honey
- 1 teaspoon minced garlic
- ½ teaspoon ground ginger
- 1 tablespoon oil

## Directions:

1. Clean all your vegetables.
2. Using your cutting board and knife, chop and dice your carrots, broccoli and peppers. Set aside
3. Place your skillet on stove top and heat to medium (middle) heat. Add in your 1 tablespoon of oil and beef chunks/strips.
4. Once cooked - no pink add in your chopped vegetables. Cook for 8 minutes or until tender.
5. Add in your soy sauce, ginger, garlic and honey and let simmer for 3-5 minutes.
6. Cook your rice according to the directions on the bag.
7. Place a ½ cup of rice in each meal prep container. Top rice with ½ of the meat/veggie mixture.

### Additional notes:

1. Prep time: 10 minutes, Cook time: 30 minutes, total time 30 minutes
2. Store in the refrigerator for 4 days or freeze for up to 3 months.
3. Other veggies that can be used are green bean, pea pods, cauliflower, zucchini, mushrooms. Just make sure you have about 3 cups of vegetables in this recipe.
4. Don't like rice you can go without it or use spaghetti/angel hair noodles.



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!](#)

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