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August 2026 Newsletter

Hello August! ☀️

July was full of moments that reminded us just how special the InControl community really is. From time spent together to continued growth in and outside of our wellness sessions, there was so much to celebrate.

As we welcome August, we're carrying that same energy with us, continuing to learn, connect, move, and make meaningful memories together.
We're excited to share a few highlights from the past month and what's coming up next. Let's dive in!

🧺 InControl Community Picnic

Our InControl Community Picnic was such a fun reminder of what makes this community so special!

The rain may have moved us indoors, but it certainly didn't dampen the energy. We spent the afternoon sharing food, playing games, catching up, laughing, and enjoying time together with our clients, families, team, and community.

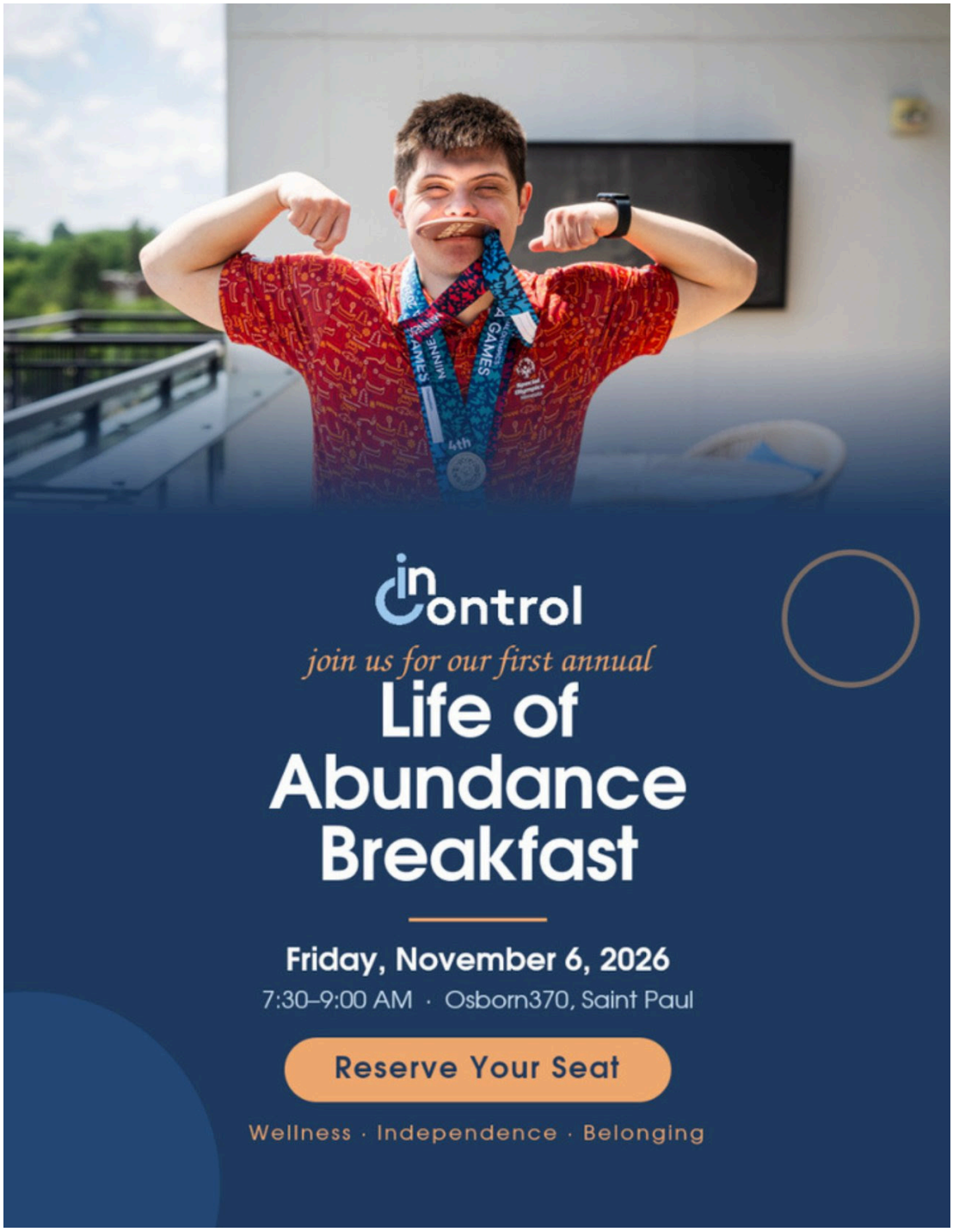
Seeing so many smiling faces in one room was the best part. These moments of connection and belonging are just as important as the work we do every day, and we're so grateful to everyone who came out and made the afternoon one to remember.

Rain or shine, the InControl community knows how to show up and have a good time! 💙

Check out a few photos below and head over to **InControlMN** on **Instagram** and **Facebook** to see all the highlights from this unforgettable picnic.

Life of Abundance Breakfast

An abundant life, built one habit at a time



For the past five years, InControl has grown from an idea into a community of clients, families, coaches, partners, and supporters who believe adults with disabilities deserve more than simply having their basic needs met.
They deserve lives filled with wellness, connection, purpose, opportunity, and abundance.

That's why we're so excited to invite our community to InControl's **first-ever Life of Abundance Breakfast** on Friday, November 6, 2026

This special morning will bring together the people who have helped shape InControl, celebrate how far we've come, and look ahead to what's possible as we continue creating more opportunities for adults with disabilities to live full and abundant lives.

🗓️ Event Details

Friday, November 6, 2026
7:30–9:00 AM
Osborn370, 370 Wabasha Street North, Saint Paul, MN 55102

This is the beginning of what we hope will become a meaningful annual tradition for InControl and our community, and we would love to have you in the room with us.

Registration, table, and sponsorship details will be coming soon.

SAVE THE DATE!

Birthday Celebrations

Upcoming Events

Disability Pride Festival

Arc's Value Village, Richfield | Sunday, August 9th

Disability Pride 2026

Celebrate Disability Joy and Community at The Arc Minnesota & Arc's Value Village Disability Pride Festival!

The event will take place on Sunday, August 9th from 10:00 am to 1:00 pm at the Richfield Arc's Value Village parking lot.

There will be food, performances, crafts, art installations, face painting, and so much more!*

*If you are an artist, performer, food vendor, or entrepreneur with IDD and would like to participate in the festival, please contact Sarah at SarahColvin@ArcMinnesota.org for more information and availability of space!

Special Olympics Minnesota

Inclusive Health Fair | SOMN website

Inclusive Health Fair

Saturday, August 15, 2026 | 10 AM-3 PM
Sunday, August 16, 2026 | 9 AM-12 PM

M Health Fairview Sports Center
4125 Radio Dr, Woodbury, MN 55129
Google Maps

Special Olympics Minnesota is excited to host an **Inclusive Health Fair** at the 2026 Summer Sports Classic! The Fair will feature **12 local organizations** sharing information about the services they provide to support the SOMN community. Athletes, coaches, and families will have the opportunity to learn about available resources and discover new ways to support athletes' overall health and wellness.

As a bonus, athletes who visit the vendors and **complete a bingo card** will get a **$50 Scheels gift card**! Coaches and Heads of Delegation who bring at least 5 athletes with completed bingo cards to the Fair will also receive a gift card.

Don't miss this fun opportunity to learn, connect, and support inclusive health!

Organizations in attendance include:

- Trellis
- InControl
- Minnesota Department of Health
- Lions Club
- Unlabeled Theatre
- Project ALL STAR (Special Olympics health research opportunities)
- Twin Cities Children's Surgery Center (dental treatment)
- Fitness demos
- Photo booth station
- *and lots more!*

Inclusive Health Fair sponsored by BlueCross & BlueShield of Minnesota

BlueCross BlueShield Minnesota

InControl Recipe of the Month

Greek Yogurt Bagels

Ingredients:

- I 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!

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

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:

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