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October 2026 Newsletter

Hello, October! 🍂

September was FULL of opportunities to connect, get out into the community, and have some fun together!

From celebrating Disability Pride to enjoying a beautiful fall day at Applewood Orchard, we loved seeing our clients, families, and team making memories together.

Thank you to everyone who joined us and helped make these moments so special. 💙

Event Updates

September gave us so many great reasons to get out into the community! 🍎💙

We had such a fun day apple picking at **Applewood Orchard**, spending time together, enjoying the fall weather, and making memories outside of our usual sessions. We also loved being part of the **Disability Pride Festival**, where the InControl team had a booth and got to connect with so many individuals, families, and community members.

It was a month full of connection, fun, and everything we love about the InControl community.

Program Updates

A Look Inside Our Q4 Packets!

We're excited to share what's coming up this quarter across all three pillars of wellness! Here's a sneak peek at what our clients will be learning and working on over

the next few months.

2026 Q4 Topics at a glance:

💪 **Physical Wellness**
• Coordination/ Balance
• Games/Sports and Unilateral Exercises

🥗 **Nutrition Wellness**
• Ordering our healthy options
• Expanding takeout choices

🤝**Social & Emotional Wellness**
• Fear of the Unknown & Calming Strategies
• Patience/ Self control & Gratitude
•Job Skills, Conversations, Table Etiquette

This quarter is all about coordination and balance. Clients will learn how both help us move safely and confidently. Through different activities and exercises, they'll practice controlling their movements, staying steady, and understanding how balance and coordination support everyday activities.

This quarter we are focusing on making healthier choices when eating out. They'll learn how to look at a menu, compare different options, choose healthier sides, and understand the difference between foods that are grilled, baked, roasted, or fried. The goal is to help clients feel more confident making food choices that work well for them.

This quarter, clients will learn more about what it feels like when something is new, uncertain, or uncomfortable. They'll explore how emotions can give us important messages and practice simple strategies, like taking a short break, asking questions, listening to music, or taking deep breaths, to help them feel calmer and more confident.

💙How Families Can Help!💙

One of the best ways to support your loved one's growth is by continuing the conversation at home! Here are a few simple questions you can ask to reinforce what they're learning this quarter:

💪 **Physical Wellness**

- What did you learn about balance and coordination?
- Can you show me an activity or exercise that helps you practice balance?
- What game or sport did you try during your session?

- What does it mean to work one side of your body at a time?

🥗 **Nutrition Wellness**

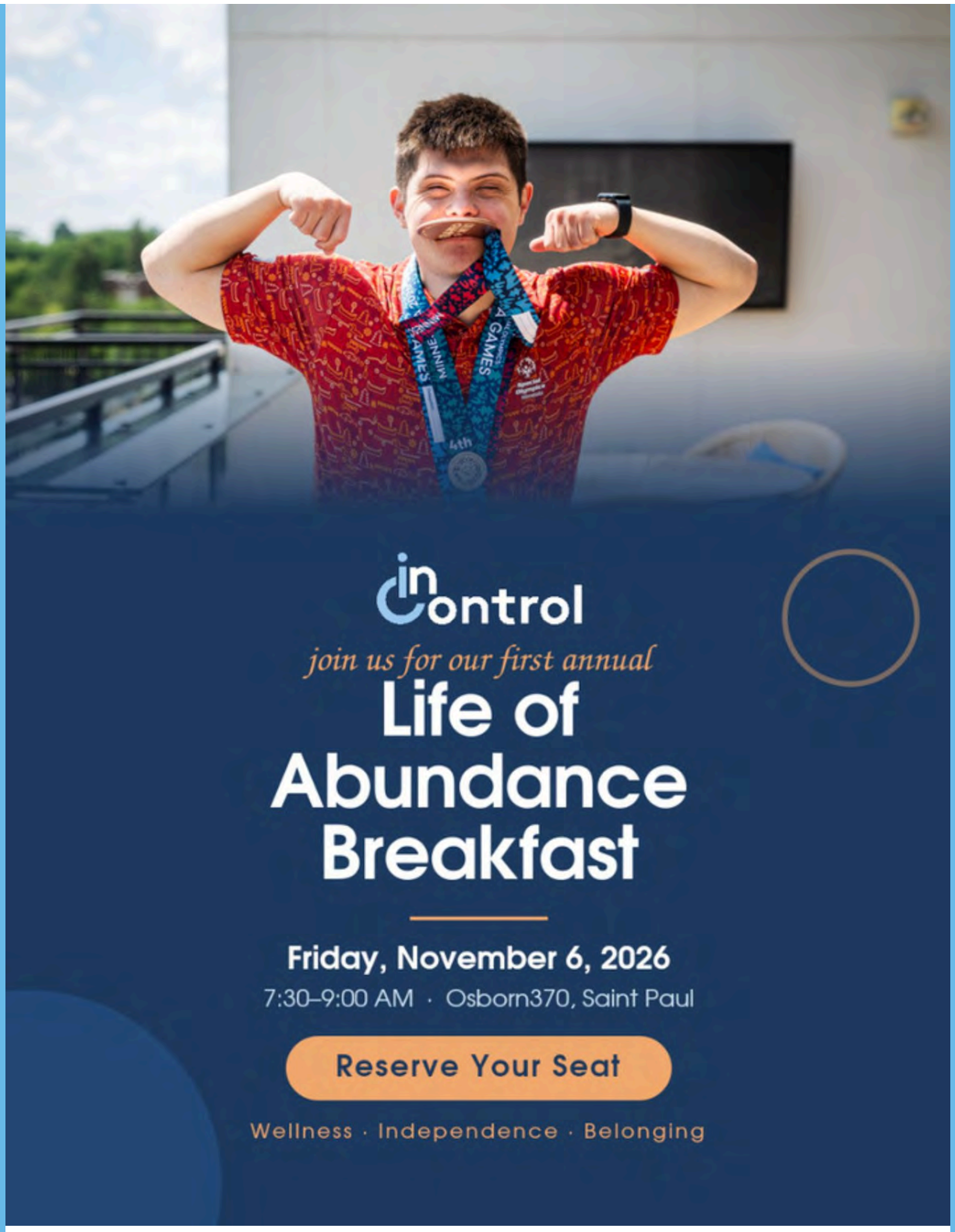
- What are some healthier choices you can look for when ordering food?
- If you were choosing takeout tonight, what would you order and why?
- What is one side, drink, or cooking method you could swap for a healthier option?
- Have you tried a new restaurant or takeout option recently? What did you choose?

🤝 **Social & Emotional Wellness**

- What can you do when something feels new, uncertain, or a little scary?
- What is one calming strategy that works well for you?
- What helps you practice patience or self-control when you have to wait?
- What is something you feel grateful for today?
- What did you learn about having a good conversation with someone?
- What are some things that show good manners at the table?
- What is one job skill you've been practicing that could help you at work?

These questions are meant to feel easy and low-pressure. Even a quick conversation gives clients another opportunity to explain what they've learned, practice it in everyday life, and feel proud of their progress.

Be Part of the Life of Abundance Breakfast



November 6 is getting closer, and we would LOVE to have you in the room for InControl's first annual Life of Abundance Breakfast!

This is more than breakfast. It's a morning dedicated to celebrating what's possible when adults with disabilities have the support, opportunities, and community they deserve.

You'll hear more about the impact of InControl, celebrate some incredible people in our

community, and learn how you can be part of helping even more adults with disabilities live with confidence, connection, purpose, and abundance.

📅 **Friday, November 6, 2026**
⏰ **7:30–9:00 AM**
📍 **Osborn370, Saint Paul**

Whether you're an InControl family, community partner, local business, supporter, or simply someone who believes in this work, we want you there.
Bring a friend. Bring a colleague. Bring your team. 💛

Don't wait — secure your seat today!

Get Your Tickets Now

October 6 is **National Coaches Day**, and we're celebrating the amazing InControl coaches who support, encourage, and cheer on our clients every step of the way.

If you see your coach this week, don't forget to give them a big **THANK YOU** and let them know how much you appreciate them!

Birthday Celebrations

Upcoming Events

Disability Resource FAIR

Dakota County
Social Services

Save the date to attend the 2026 Dakota County Disability Resource Fair. The event, organized by Dakota County Community Living Services and District 917, brings service providers together with the disability community.

Tuesday
Oct. 20
3–6 p.m.

Dakota County Technical College
Dakota Room (east side of building)
1300 145th St. E.
Rosemount MN 55068

Review Month:

You Choose the Recipe!

Pinwheels

Equipment

- Large bowl
- Cutting board
- Knife
- Measuring Cup (¼ cup, ½ cup)
- Measuring spoons (1 tablespoon, ½ teaspoon)
- Mixing spoon
- Knife to spread
- Container for storage

Ingredients

- 1 carrots diced
- ¼ pepper diced
- ½ cup spinach
- 4 oz Cream cheese softened
- ¼ cup shredded cheddar
- 2 tablespoons bacon bits
- 3 slices Turkey or ham chopped
- ½ teaspoon ranch dressing mix
- 2 tablespoons Fresh parsley chopped
- ¼ cup plain greek yogurt
- 4 Tortillas

Directions:

1. Wash all your veggies
2. Using your cutting board and knife finely chop your carrots, pepper, spinach and fresh parsley.
3. In your large bowl mix your soft cream cheese and yogurt together.
4. In your bowl add your ranch, shredded cheese and bacon.
5. Add your chopped veggies into your bowl and mix until well combined.
6. Lay out your tortilla and spread your cheese veggies mix on the whole tortilla.
7. Add one ham or turkey slice on top of your tortilla.
8. Roll up your tortilla and place seam side down on a plate or dish.
9. Repeat with the other 3 tortillas
10. Place in the fridge for 20 minutes before slicing into servings.

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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