

THE ELEVATOR

August 2026

Celebrating One Year of

Mobility Market

Gently used. Greatly needed.



**EQUIPMENT
WITH PURPOSE**



ONE YEAR OF HELPING NEIGHBORS MOVE FORWARD

Last August, Elevate launched Mobility Market with one goal: to make mobility equipment easy to find when people need it most. Instead of searching multiple places or making countless phone calls, community members can find a wide variety of equipment in one trusted location.

Over the past year, Mobility Market has helped individuals recover from surgery, return home from the hospital, and stay safe and independent as they age. From walkers and wheelchairs to shower chairs and grab bars, the right equipment can make everyday life a little easier. We also offer incontinence products at no cost.

Before every item is made available, it is inspected, repaired, and cleaned by volunteers from Calvary Lutheran Church's Fishermen Fix-It Ministry. Be sure to check out the Elevate Spotlight on the next page to learn about the incredible team behind the repairs.

Thank you to everyone who has donated equipment, volunteered, or helped spread the word. Together, we've spent the last year helping neighbors, and we're just getting started.

MOBILITY MARKET FUN FACTS

Reusable Equipment Donated

173 items received

Total Items Loaned

212 in year one

People Served

101

Most Loaned Item

Shower Chairs/Benches

Most Unique Item

Over the Door Traction Set

Current Inventory

101 items available

You can view our inventory online at elevateotc.org! Equipment is available to anyone in the community.

Did you know?

Mobility Market has incontinence products available at no cost.

Equipment Arrives

Mobility equipment is donated by a community member or returned to us after use.

Refresh & Repair

Our Fix It Crew cleans, repairs, and prepares each item for its next user.

The Life Cycle of Mobility Market



Ready to Borrow

The equipment is added to our inventory online and in our Mobility Market space.

Borrow & Use

A community member borrows the equipment to support their recovery or daily life.

LAKE AREA **HOME TOUR** *Saturday, October 10*

Get ready to explore a unique lineup of homes that highlight what it means to live well in the Lakes Area. From cozy renovations to dream-home builds, this self-guided tour on **Saturday, October 10** is packed with inspiration. Tickets are \$40, and proceeds directly support Elevate and our work in the community. We hope you join us for a fun fall day!



Starting August 10
 find tickets at these locations:

New York Mills	Ottertail
Lumber Depot	Periwinkle
Perham	Vergas
Nest	Vergas Hardware
Prairiegrass	

You can also purchase online at elevateotc.events/home-tour

Make sure to follow **Lakes Area Home Tour** on Facebook to catch updates, sneak peeks, and more!



Community **CLEANUP**

FRIDAY, OCTOBER 2

We're organizing another day of service to help older adults in our community get ready for the season. Know someone who could use an extra hand? We're looking for fall projects we can tackle with care and kindness.

Registration forms available September 1.
Stay tuned for more details!



Keeping Mobility Market Moving



Behind every walker, wheelchair, and shower chair at Mobility Market is a dedicated team making sure it is safe and ready for its next user. Calvary Lutheran Church's Fishermen Fix-It Ministry has been serving the community for more than 20 years through four guiding pillars: Bible study, fellowship, mentorship, and service. As an outreach of the Fishermen Men's Group and the Social Ministry Committee, the ministry provides basic handyman services while giving men the opportunity to serve others in meaningful ways. Their talents are now helping Mobility Market by inspecting, repairing, and refreshing donated equipment so it can continue making a difference.

The volunteers see firsthand how important Mobility Market is in a retirement community, where the steady flow of equipment coming in and going out reflects a real need. They also appreciate that every repaired item means one less piece of equipment headed to the landfill, proving that helping people and caring for the environment can go hand in hand. When asked what keeps them coming back, the answers were simple: "It does a lot of good for our community," "It's personally satisfying," and perhaps best of all, "This is what we do." They all agreed that volunteering is gratifying, and they have one request for the community: **don't throw away the parts!**

Healthier HAPPY HOUR



Start your week feeling good.

Join us for Healthier Happy Hour, where we kick things off with light movement to wake up the body, followed by a healthy snack while we cool down. It's easy, energizing, and a fun way to take care of yourself without overthinking it.



**NO RSVP
NEEDED.**

**MONDAYS
1PM AT PACC**

August 3
Senior Strength
& Stretch

August 10 + 17
Walk or Bike

August 24 + 31
Chair Dance



Summer Beach Party

Let's celebrate the summer! Join us for a beach-themed party with a musical sing along with the talented Leslie Baumann. Wear your best Hawaiian shirt or beach accessories, and let's enjoy the oldies that we all love.

THURSDAY, AUGUST 27

from 1-3pm at Crosspoint Alliance Church
600 NE 8th St, Perham

**RSVP
Appreciated!**



Variety Dance

Put on your dancing shoes and join us for an afternoon of polka music and fun in Frazee! Grab a partner and come dance the afternoon away.

TUESDAY, AUGUST 18

LeRoy & Jerry's Dance Band

from 1-4pm
at Frazee
Event Center
114 Lake St N

Admission: \$7
Beverages will be
available for purchase,
and you're welcome to
stay for supper afterward
for an additional fee.

For questions, contact Mary at 701-367-7398.



AVITA YOGA for Joint Health & Arthritis

*ease arthritis
increase range of motion
dissolve restrictions*

**FRIDAYS FROM 10-11AM
AUGUST 14 & 28**

at B Still Yoga
650 3rd Ave SE, Suite 4, Perham

For more details, contact B Still Yoga
at 218-205-2955.



**BLOOD
PRESSURE
CHECKS**



FREE!

Wednesdays
from 9-11am
at PACC



Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays from 10-11am



AUGUST 5

GLP-1 Insurance Coverage Explained

Join us for a discussion on how GLP-1s are being covered by Medicare, private insurance, and other plans. Learn about common requirements, prior authorizations, costs, and recent changes that may affect coverage.



AUGUST 19

Antibiotic Stewardship

Learn when antibiotics are needed, when they're not, and how responsible use helps prevent antibiotic resistance and keep these medications effective. Gain practical tips for making informed healthcare decisions. Presented by Tim Fresonke, PA.

Save the Date

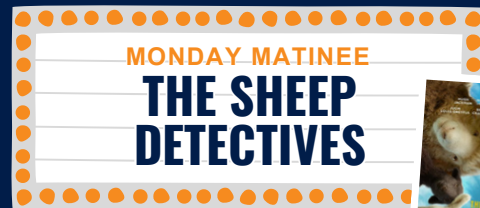
- September 2 - Fire Safety & Prevention with Fire Dept.
- September 16 - No Coffee Talk. Celebrate Aging Expo!



Join us for cards, games, treats, and plenty of laughter. Whether you're a seasoned player or just learning, everyone is welcome at the table. Plus, treats provided by Yummy Sweets + More, who also generously sponsor the club.

MONDAYS FROM 12:30 – 2:30PM

PACC Front Lobby



**MONDAY
AUGUST 17**

starting at 1pm
at Comet Theater
Doors open at 12:30pm



Cost: \$6

includes a pop and popcorn

All ages are welcome!

NEW YORK MILLS PUBLIC LIBRARY

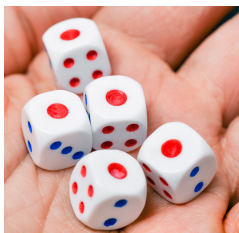
2nd + 4th Wednesdays from 10:30-11:30am



AUGUST 12

Dementia Friends

Join us for a casual session where we'll break down what dementia is, how it affects daily life, and simple ways to better support those living with memory loss and their care partners. Leave with practical communication tips and the confidence to become a Dementia Friend. Presented by Dancing Sky.



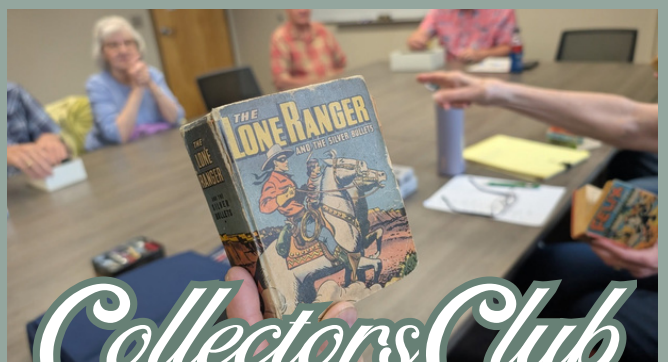
AUGUST 26

Let's Play Yahtzee

Join us for a fun and friendly game of Yahtzee! Whether you're a longtime player or need a quick refresher, we'll help everyone get rolling, with prizes awarded to lucky winners.

Save the Date

- September 9 - The Joy of Painting
- September 23 - Passport Series: Finland



Do you love collecting? Whether it's coins, comics, vinyl records, books, toys, or something completely unique, Collectors Club is a fun place to share your collection, swap stories, and connect with fellow enthusiasts. Bring a favorite item and enjoy great conversation with others who appreciate the thrill of collecting.

4th Tuesday starting at 6:30pm

Perham Area Public Library - 225 2nd Ave NE

EXPLORATORIES

Try something new with us!



GOAT YOGA

\$48

Tuesday, August 11 from 5:45-7pm at Meadowview Mini Farm - 62322 Leaf River Rd, Wadena
Unwind with a laid-back yoga experience surrounded by nature and the playful charm of baby goats. This gentle, slow-paced class focuses on seated and lying poses, making it easy for all levels to enjoy. Hosted by Nancy Hebert. **RSVP required.**

FERMENTED FOODS MADE EASY

\$25

Thursday, August 13 from 1-2:30pm at Elevate - 318 6th Ave SW, Perham

Learn how to make healthy fermented foods like kombucha, sauerkraut, pickles, beets, and yogurt. Instructor Janelle Lass will share simple tips, recipes, and step-by-step instructions. Enjoy samples and leave ready to try them at home. **RSVP required.**



U PICK FLOWER BOUQUET

\$25

Tuesday, August 25 from 11am-12pm at True Blue Flower Co - 35191 Co Hwy 4, Frazee
Hear owner Bayleigh share the inspiring story behind her beautiful flower farm before enjoying time to wander the fields. Create your own fresh-cut bouquet or simply soak in the beauty with a peaceful stroll among the blooms. Pay at the event. **RSVP appreciated!**

KINUSAIGA SUNFLOWERS | *Heritage Art Series*

\$30

Wednesday, September 9 from 1-3:30pm at Elevate - 318 6th Ave SW, Perham

Discover the beauty of Kinusaiga, a traditional Japanese no-sew quilting art form! In this hands-on session hosted by NYM Cultural Center, you'll use colorful fabric to create a stunning sunflower quilt block without ever threading a needle. **RSVP required.**



STAINED GLASS LOON OR MAPLE LEAF

\$65

Saturday, September 19 | Three sessions: Morning 10am-12:30pm, Afternoon 1-3:30pm, or Evening 4-6:30pm at Elevate - 318 6th Ave SW, Perham

Learn how to apply copper foil and solder glass into a beautiful finished suncatcher to take home. Choose from a colorful fall maple leaf or an iconic loon design at registration, with all supplies included. Great for anyone age 13+! **RSVP required.**

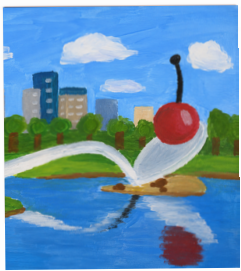


MEAL PREP SUPPER LIKE A PRO

\$20

Sunday, September 20 from 3-4:30pm at Elevate - 318 6th Ave SW, Perham

Take the stress out of weeknight dinners in this hands-on meal prep class! You'll prepare three healthier, family-friendly meals—Burger Bowls, Chicken Stir Fry, and Meatballs—while learning practical meal prep strategies and the basics of macros to support your nutrition goals. Check out our website for a list of everything that's provided and what you'll need to bring along! **RSVP required.**



PAINTED QUIRKY MINNESOTA LANDMARKS

\$28

Wednesday, September 23 from 12:30-3pm at Elevate - 318 6th Ave SW, Perham

Pick out and paint your favorite Minnesota landmark or roadside attraction in this fun acrylic-on-canvas class. All supplies and instruction are provided. Whether you're a beginner or experienced artist, all skill levels are welcome. **RSVP required.**

August Calendar

Please note that some events need to be pre-paid and pre-registered! More details available in our newsletter.

EVENT
COLOR
KEY >

Free Registration

Paid Registration

Support Group

Farmers Market

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Senior Strength & Stretch at PACC Tacos & Spanish Rice / Blondie Brownie	4 2:30pm - Nosey Neighbor: Perham Center for the Arts in Perham 3pm - Caregiver Support Group at Perham Living Chicken Marsala & Mashed Potatoes / Tropical Fruit	5 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: GLP-1 Insurance Coverage Explained at PACC Chicken Noodle Soup & Sandwich / Ice Cream	6 10am - GrandFriends at Connections Hamburger, Potato Salad, Beans / Fruited Jello	7  10am-2pm Perham Farmers Market
10 10am/2pm - Dementia Live at Elevate 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk or Bike at PACC Macaroni Casserole / Surprise Dessert	11 2:30pm - Parkinson's Support Group at Elevate 5:45pm Exploratory: Goat Yoga at Meadowview Mini Farm (\$48) Cauliflower Soup & Sandwich / Strawberry Ice Cream	12 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10:30am - Coffee Talk: Dementia Friends at NYM Public Library 11:30am - Monthly Birthday Lunch at Connections Ribs & Rosemary Potatoes / Banana Pudding	13 10am - Digital Life Skills: Where Are My Photos? at Elevate 1pm - Exploratory: Fermented Foods Made Easy at Elevate (\$25) BBQ Meatballs & Cheesy Potatoes / Lemon Bar	14 10am-2pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)
17 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk or Bike at PACC 1pm - Monday Matinee "The Sheep Detectives" at Comet Theatre (\$6) BBQ Little Smokies & Mac-N-Cheese / Fruited Jello	18 1pm - Monthly Dance: Jerry's Dance Band at Frazee Event Center (\$7) 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Big Pine Lodge in Perham Alfredo Sausage Pasta Bake / Sherbet	19 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: Antibiotic Stewardship at PACC 12:30pm - FULL Jasper's Theater Bus Trip in Park Rapids (\$55) Sloppy Joe & Potato Wedges / Peanut Butter Bite	20 9am/1pm - FULL Nosey Neighbor: Kenny's Candy in Perham (\$5) 2pm - Navigating Your Grief Support Group at Elevate Boneless Wings & Potato Fries / Fudge Bar	21 10am-2pm - Perham Farmers Market
24 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Chair Dance at PACC Hearty Chili & Toppings / Blondie Brownie	25 9am-4pm - Foot Care Clinic at Perham Living (\$30) 10:30am - MS Support Group at Elevate 11am - Exploratory: U Pick Flower Bouquets at True Blue Flower Co. (\$25) 12:15pm - Bingo at Connections 6:30pm - The Collectors Club at Perham Area Public Library BBQ Chicken on Bun & Fries / Ice Cream	26 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10:30am - Ask Nurse Jean at Connections 10:30am - Coffee Talk: Let's Play Yahtzee at NYM Public Library 3:30pm - ALS Support Group at Elevate Meatballs, Mashed Potatoes, Gravy / Oranges	27 1-3pm Memory Cafe at Crosspoint Alliance Church Brat, Deli Salad, Beans / Fruited Jello Fluff	28 9am-4pm - Foot Care Clinic at Perham Living (\$30) 10am-2pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)
31 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Chair Dance at PACC Lasagna & Salad / Cheesecake Bite	September 1 11:30am - Pizza Party at Connections 12:30pm - Jasper's Theater Trip in Park Rapids (\$55) Pizza Party!	2 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: Fire Safety & Prevention with Perham Fire Department at PACC Tator Tot Casserole / Chocolate Ice Cream	3 Orange Chicken & Fried Rice / Fortune Cookie	4 10am-2pm Last Day of Perham Farmers Market

NOSEY NEIGHBORS



PERHAM CENTER FOR THE ARTS

Tuesday, August 4 at 2:30pm - 101 5th Street NE, Perham

Step inside a piece of Perham history and discover their remarkable transformation. Learn about the building's rich past, explore the renovations that preserved its character while creating new opportunities for community use, and see how the space serves Perham today. **RSVP Required.**

KENNY'S CANDY - FULL

Thursday, August 20 from 9am-12pm OR 1pm-4pm at KLN HQ - 109 Lakeside Dr., Perham

Let's get noseey at KLN with a behind-the-scenes tour of their operations, from classic licorice twists to popcorn and dietary supplements. Enjoy a firsthand look at their manufacturing process—and taste test all the licorice flavors too! Please note: There is a lot of walking, rules for apparel, and a \$5 charge. **RSVP Required.**

KIT MASTERS + SWAN MACHINE

Thursday, September 8 from 1-2pm - 825 1st St NE, Perham

See how cutting-edge technology, precision machining, and innovative engineering come together to produce fan clutches, truck parts, and other essential components used across the country. Discover the people, processes, and equipment that keep this local industry moving forward! **RSVP Required.**

PROSPECT HOUSE & CIVIL WAR MUSEUM

Tuesday September 22 at 12:30pm - 403 Lake Ave. N, Battle Lake

Step back in time with a guided tour of this beautifully preserved 1886 Georgian mansion. Discover the remarkable story of Civil War Veteran "Cap" Colehour, and view fascinating artifacts, memorabilia, and personal collections that bring history to life. Cost: \$10 per person. **RSVP Required.**



Local Support Groups

CAREGIVER SUPPORT GROUP

First Tuesday | 3-4pm | Perham Living

A supportive space for those caring for a loved one. Connect with others, share experiences, and gain encouragement and resources for the caregiving journey. Contact Perham Living at 218-347-1940 or david.lilja@perhamhealth.org.

PARKINSON'S SUPPORT GROUP

Second Tuesday | 2:30-3:30pm | Elevate

Individuals living with Parkinson's and their care partners are invited to gather for education, gentle movement, practical tips, and connection with others who understand. Contact Katie at 218-347-1974 or katie.murdock@perhamhealth.org.

NAVIGATING YOUR GRIEF SUPPORT GROUP

Third Thursday | 2-3pm | Elevate

Hosted by Vivie Hospice, this welcoming group offers support, understanding, and companionship for anyone experiencing the loss of a loved one. Contact Vivie at 320-759-4935 or trisha.zimmerman@vivie.org.

ALS SUPPORT GROUP

Fourth Wednesday | 3:30-4:30pm | Elevate

A place for individuals living with ALS and their caregivers to find encouragement, share experiences, and learn from experienced facilitators and fellow participants. Contact Revive & Thrive at 218-332-4096.

MS SUPPORT GROUP

Last Tuesday | 10:30-11:30am | Elevate

Open to individuals living with Multiple Sclerosis, as well as family members and caregivers. Connect with others, discover resources, and find support in a welcoming environment. Call Mary at 218-298-0561 or Colleen at 218-298-2180.

**FOOT
CARE
CLINIC**

TUESDAYS FRIDAYS

July 14

July 17

August 25

August 28

October 6

October 9

Call Julie at 218-731-4190 for your appointment at Perham Living!



MEDICATION MANAGEMENT

Free Session!

Medication Management is a free opportunity for you to visit with a pharmacist about your medications and whether you are taking them properly. These appointments cover interactions with other medications and conditions, appropriate doses, correct usage, monitoring, potential cost savings, and more.

Thursday, September 17 from 9am-3:30pm
at Elevate - 318 6th Ave SW, Perham

One spot is available for each timeslot —
9am, 10am, 11am, 12:30pm, 1:30pm, 2:30pm.

RSVP required.

Call 218-347-1974 to reserve your spot!

In Partnership with: Dancing Sky Area Agency
on Aging & Lake Region Healthcare



PROBATES, WILLS, & TRUSTS

Curious about what happens to your estate after you pass?

The legal process can be confusing, but this relaxed discussion is a great chance to learn more and get your questions answered. Attorney Sam Felix from Karkela, Hunt, & Chesire PLLP will talk us through when probate is needed, when it isn't, and some of the state and federal rules that can come into play.

You'll gain a clearer picture of the legal steps and tax considerations involved in managing your estate. **RSVP Required.**

Tuesday, September 22 from 10am-noon
at Elevate - 318 6th Ave SW, Perham



FUNERAL PRE-PLANNING

Join us for a thoughtful session about funeral preplanning with Schoeneberger Funeral & Cremation Service.

Discover the peace of mind that comes with preplanning and prepaying for your final arrangements. We'll explore various options that alleviate the emotional and financial burden from your loved ones. **RSVP Appreciated.**

Thursday, September 24 from 11am-noon
at Elevate - 318 6th Ave SW, Perham



MASTERING MEDICARE

AEP: CHANGES FOR 2027

Tuesday, October 6 from 4-5:30pm
Lakeside Event Center - 2727 450th St, Perham
RSVP Requested.

Medicare's Annual Election Period (Oct 15 – Dec 7) is your chance to make crucial healthcare coverage decisions. Join us to learn essential tips for reviewing your current plan, exploring new options, and making confident choices for the year ahead. We'll arm you with the insights needed to navigate AEP like a pro.

Don't miss this chance to optimize your coverage and take control of your healthcare.

Hosted in partnership with Burgau Insurance.

Volunteer Opportunity



CELEBRATE AGING EXPO

Help make a difference at one of the area's largest events for older adults! Volunteers assist with simple tasks throughout the day, helping the event run smoothly while connecting attendees with valuable resources, services, and information that support healthy, independent aging.

What You Can Do

- Greet & direct attendees
- Help at the door prize table
- Assist with the craft area

Time Commitment

Wednesday, September 16 from 9am-1pm
Shifts are 2 hours long.

How to Get Involved

Sign up through Helper Helper or contact Katie at 218-347-1974 for more information.



FARMERS MARKET

WEDNESDAY + FRIDAY
FROM 10AM-2PM

200 5th St SE, Perham



The Mixer

Let's mix it up! Join us to explore and support local restaurants.

Big Pine Lodge

Tuesday, August 18
from 4:30-6pm
in Perham

Lakeside

Tuesday, Sept. 15
from 4:30-6pm
in Perham

All are welcome! RSVP Appreciated

DEMENTIA Live®

Have you ever wondered what your loved one living with dementia might be experiencing?

Dementia Live is a hands-on experiential opportunity that is designed to help you understand what it may be like to live with memory loss. We have some patented devices that will alter your senses while you try to complete common tasks. Afterwards, we'll debrief and share some ways to help you better communicate with loved ones living with dementia or other memory loss.

MONDAY, AUGUST 10

Session 1 | 10am-12pm

Session 2 | 1-3pm

at Elevate
318 6th Ave SW,
Perham

RSVP Required

***Please Note:** This experience is not intended for people that have any memory loss, cognitive impairments, or impaired hearing /vision /mobility. It may not be safe to increase those impairments.*

"This experience was so helpful in having a better understanding of dementia and how to be a better care partner. It gave me more of an understanding as to how I can best support my grandma and others."

--Dementia Live Participant



elevate
Connections

MONDAY - THURSDAY

at Perham Area Community Center
620 3rd Ave SE, Perham

10AM | SOCIAL TIME

All are welcome to swing by for some coffee and conversations!

11:30AM | LUNCH SERVED

Come enjoy a delicious and nutritious lunch with us! Please reserve your meal by leaving a message at 218-347-1974 by 12pm the business day before. Meals are a suggested \$6 donation.

Monthly **BIRTHDAY LUNCH**



Come celebrate August birthdays with us at Connections. Thanks to Magnifi Financial, folks celebrating their birthday get a free lunch and everyone gets a special birthday dessert!

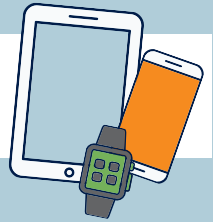
Wednesday, August 12 at 11:30am
in the Connections Room at PACC



Tuesday, August 25
12:15pm at Connections

TECH *with* TEENS

3RD TUESDAY OF THE MONTH
from 1:30-3pm at PACC



Get help with your devices!

- Local students provide one-on-one tech help
- Bring your phone, tablet, or laptop
- Get assistance with apps, settings, and more
- No appointment needed – just stop by!
- Hosted by PHS Interact Students

**DIGITAL
LIFE SKILLS**



presented by
arvig.

WHERE ARE MY PHOTOS?

Thursday, August 13 from 10-11am
at Elevate - 318 6th Ave SW, Perham

Is your phone full of photos you can't find? Join Arvig to learn how to securely back up your memories, declutter your digital gallery, and use "automatic" tools to print professional photo books without the stress.

**PLEASE
RSVP**



*Bring your devices
to follow along!*



ASK NURSE JEAN

Jean will discuss how to recognize when it may be time for extra support and explore the care options and services available to help. She'll also share guidance on making the transition smooth and comfortable for individuals and their families.

Wednesday, August 26
10:30am at Connections

Save the Date!

PERHAM
**CELEBRATE AGING
EXPO**



We're teaming up with Leighton Broadcasting for the 3rd Annual Celebrate Aging Expo—a fun, educational event for aging adults and caregivers. Join us for a day packed with helpful resources, local vendors, and new activities designed to make navigating the maze of aging services in Central Minnesota a little easier (and a lot more enjoyable).

Wednesday, September 16
from 9am-1pm

Perham Area Community Center

More details will be in our September newsletter!

Did you know that you don't have to be wealthy to make a lasting difference?



THE FUTURE OF
COMMUNITY GIVING

This inspiring presentation explores the future of community giving and how people of all income levels can support the organizations, programs, and community amenities they care about through legacy giving.

Learn how a future gift, even a small percentage of your estate, can help sustain organizations like Elevate and other local nonprofits for generations to come. Discover simple ways to leave your mark on the community you love and ensure our area continues to thrive for future families, neighbors, and friends.

Monday, September 14 from 5-6:30pm
at Elevate - 318 6th Ave SW, Perham

Hosted by West Central Initiative
RSVP requested! All attendees will receive a free Estate Planning Booklet.

elevate

YOUR HEALTH • YOUR WAY

Ready to live your best life?
Visit elevateotc.org to get started.

 connect@elevateotc.org  (218) 347-1974  318 6th Ave SW, Perham

HOURS Monday-Thursday from 9am-5pm | Friday from 9am-noon | Closed Saturday & Sunday