

THE ELEVATOR

June 2026

MEET YOUR NEW SUMMER HIGHLIGHT:

Grand Friends

GRAND-FRIENDS: BUILDING CONNECTIONS ACROSS GENERATIONS

Grand-Friends is bringing generations together in one of the sweetest ways possible. This summer, children from the Boys & Girls Club of the Perham Area and older adults through Elevate will gather weekly to build friendships through games, crafts, stories, music, and shared experiences. The goal is simple: create meaningful connections that leave everyone feeling seen, valued, and connected.

The idea for the program came after Amanda from the Boys & Girls Club visited an intergenerational preschool in the Fargo-Moorhead area. "Watching the interactions, conversations, and genuine connections between the students and seniors was incredibly moving," she shared. "I left that day knowing this was something I wanted to bring back to Perham."

Grand-Friends was created intentionally to rebuild the kind of cross-generational relationships that used to happen more naturally in everyday life. Children bring curiosity, honesty, and energy into every room, while older adults bring wisdom, encouragement, and life experience. Together, they create something special.

Each week, Grand-Friends will participate in activities designed to spark conversation and connection, from reading and puzzles to gardening projects and decorating cookies together. Amanda hopes the children remember "the laughter they shared and the friendships they built," while seniors experience a renewed sense of purpose, joy, and companionship.

At its heart, Grand-Friends is about more than planned activities. It's about creating a community where people of all ages feel welcomed, important, and cared for. Or as Amanda put it, "A beautiful friendship can begin with something as simple as sitting down together doing a puzzle or playing a game."



STARTING
JUNE 11



BOYS & GIRLS CLUB
OF THE PERHAM AREA

Summer Dates
June 11, 18, 22, 30
July 9, 16, 23, 27
August 6

from 10-10:40am
in the Connections Room
at PACC

Interested in becoming a Grand-Friend or supporting the program?

Elevate is looking for older adults, volunteers, and community sponsors who want to help create meaningful moments across generations. To learn more or get involved, contact Elevate at 218-347-1974 ext 1.



SHUFFLING UP COMMUNITY CONNECTION

Deal Me In Card Club may be new, but it's already proving to be a winning hand. After two successful Mondays at the PACC, Dan and Jennifer Johnson are helping create a fun, welcoming place where people can gather, learn new games, and enjoy a little friendly competition.

One of the best parts? You do not need to be a card shark to join. Dan and Jennifer are happy to teach people who are just getting started with cards, making the club approachable for everyone, whether you've played for decades or can barely tell a Skip-Bo card from a UNO card. No judgment at the table.

Jennifer is also the owner of Yummy Sweets and More, a familiar face at the Perham Farmers Market. If you've enjoyed the treats at Card Club, you already know her baking talents are no joke. Be sure to stop by her market tent on Wednesdays and Fridays to bring some goodies home with you.

Yummy Sweets and More is also helping sponsor the club by providing cards, games, and materials to help get things started. Thanks to community-minded people like Dan and Jennifer, Deal Me In is shaping up to be more than just a card club. It's quickly becoming another great reason to gather, connect, and have a little fun together.



MONDAYS
from 12:30 – 2:30pm
PACC Front Lobby

Join us at the PACC 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.

The Mixer

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

The Woodshed

Tuesday, June 16
from 4:30-6pm
in Ottertail

Wood Fire Pizza

Tuesday, July 21
from 4:30-6pm
in Detroit Lakes



All are welcome!

RSVP Appreciated



BINGO

Wednesday, June 24
12:30pm at Connections

To reserve a meal that day, please leave a message at 218-347-1974 by 12pm the day before.

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.

MONDAYS AT 1PM | PACC



June Schedule

June 1
Silver Sticks

June 8
Intro to Dance Fitness

June 15
Walk or Bike

June 22
Line Dancing

June 29
Frazee Troll Walk
Meet at Wannigan
Regional Park - 200
N River Drive, Frazee

NO RSVP NEEDED.



Location:

Ottertail Wellness Center
106 Main Street East, Ottertail

For more information,
call 218-203-9953.

TWO SESSIONS REMAINING

We partnered with the Ottertail Wellness Center on fitness education, and there are still two sessions left to join in on! This series of free, guided fitness classes were designed specifically for seniors and focus on building strength, improving balance, and increasing mobility. Participants will also learn how to safely and confidently use gym equipment, making it easier to stay active and independent.



THURSDAY, JUNE 4 AT 10:30AM

Learn to Do Dumbbell Compounds

Focus on balance & coordination, stabilization, & functional movement



THURSDAY, JUNE 18 AT 10:30AM

Learn to Use Machine Accessories

Focus on joint support, muscle imbalances, & mobility

No RSVP needed. Just join in!



HORMONE HEALTH

FROM MIDLIFE TO
MENOPAUSE & BEYOND

TUESDAY, JUNE 2 FROM 5-6:30PM
at Elevate - 318 6th Ave SW, Perham

Next Chapter Hormone & Wellness will break down the basics of how women's hormones change over time—from middle adulthood through pre- and post-menopause. You'll learn practical insights to help you feel your best and gain a better understanding of your body. You'll leave with simple tools to help get your health back on track!

RSVP Required.



AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

ease arthritis • increase range of motion • dissolve restrictions

FRIDAYS
from 10-11am

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

JUNE
5, 12, 26

JULY
3, 17, 31

AUGUST
14, 28

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





Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays from 10-11am



JUNE 3

Easing Arthritis Pain

Learn practical ways to ease arthritis pain with insights from Sean Wahl, DC, who will share effective treatments, therapies, and lifestyle strategies. Discover helpful tips and tools to improve comfort, mobility, and overall quality of life.



JUNE 17

Hearing Health & Quality of Life

Join Beltone Hearing Centers to learn about hearing loss and how it impacts more than just your ability to hear—from communication and safety to overall well-being. Discover how hearing aids can reduce isolation and potentially lower risk of dementia.

Save the Date

- July 1 - Healing Hearts Horse Ranch
- July 15 - MyChart Q&A

NEW YORK MILLS PUBLIC LIBRARY

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



JUNE 10

Notable Norwegian American Women

Join OTC Historical Society's Missy Hermes for a unique presentation on the many influential Otter Tail County women with notable careers in public and military service.



JUNE 24

Acupuncture for Pain Relief & Wellness

Discover the benefits of acupuncture in this informative talk led by Perham Health Chiropractor Robb Reed. He will share how acupuncture can help relieve pain, reduce stress, and support overall wellness.

Save the Date

- July 8 - Faiths of Our Founders
- July 22 - TBD

MONDAY MATINEE

THE THURSDAY MURDER CLUB

MONDAY

JUNE 15

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



Cost: \$6

includes a pop and popcorn

All ages are welcome!

DEMENTIA FRIENDLY MOVIE



Join us for a special Dementia Friendly screening of *The Wizard of Oz*, designed to offer a nostalgic, inclusive movie experience for those living with memory loss and their loved ones of all ages.

WEDNESDAY

JUNE 24

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

Cost: \$8

includes a pop and popcorn

Collectors Club



Do you love collecting? Whether it's coins, comics, vinyl records, stamps, toys, books, or something unique, Collectors Club is the place for you!

4th Tuesday of the Month
Starting at 6:30pm

Perham Area Public Library
225 2nd Ave NE, Perham

EXPLORATORIES

Try something new with us!



FLOWER POT POTTERY PAINTING

\$25

Tuesday, June 23 from 5-7pm at Elevate - 318 6th Ave SW, Perham

Join us for a fun and relaxing pottery painting experience that's perfect for all ages and skill levels. Choose your piece, get creative with all supplies provided, and we'll fire it in the kiln for pickup in 7-10 days. Hosted by The Crafty Otter. **RSVP required.**



SOURDOUGH MADE SIMPLE

\$20

Tuesday, July 7 from 11am-12pm at Elevate - 318 6th Ave SW, Perham

Join PHS student Renna Kaldor for an introduction to sourdough, including a live demonstration, samples, and tips for getting started. You'll leave with a recipe, sourdough starter, and a helpful handout to continue your sourdough journey. **RSVP required.**



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.**

GROUP TRIPS TO JASPER'S THEATER

Looking for an easy, fun way to get out, hear great music, and laugh a little? Join in on our bus trip to Jasper's Theater in Park Rapids!



 **THURSDAY, JULY 16 | Deadline June 12**
Great American Variety Show

 **WEDNESDAY, AUGUST 19 | Deadline June 30**
Neil Diamond & Johnny Cash Tribute

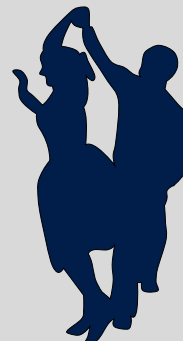
 **TUESDAY, SEPTEMBER 1 | Deadline July 30**
Rockin' 50's Show

Cost:
\$55 includes bus ride
and show ticket

Learn more and sign up at
elevateotc.org/bus-trips

FREE Dance

Put on your dancing shoes and join us for a **free** afternoon of polka music and fun in Frazee! Julie Lee and the White Rose Band will be playing live, so grab a partner and come dance the afternoon away.



TUESDAY
JUNE 16
from 1-4pm
at Frazee Event
Center

*FREE to attend. Pop and water
will be available for \$2.*

June Calendar

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

EVENT COLOR KEY >

Free Event

Free Registration

Community Event

Paid Registration

Farmers Market


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Silver Sticks Drumming at PACC 5:30pm - "I'll Be Me" Movie Screening at Elevate</p> <p>Macaroni Casserole / Surprise Dessert</p>	<p>2 3pm - Caregiver Support Group at Perham Living 5pm - Hormone Health: From Midlife to Menopause & Beyond at Elevate</p> <p>Cauliflower Soup & Sandwich / Strawberry Ice Cream</p>	<p>3 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: Easing Arthritis Pain at PACC</p> <p>Rib & Rosemary Potatoes / Banana Pudding</p>	<p>4 10:30am - Strength in Motion: Dumbbell Compounds at Ottertail Wellness Center 1pm - Nosey Neighbor: Phelps Mill in Underwood</p> <p>BBQ Meatballs & Cheesy Potatoes / Lemon Bar</p>	<p>5 9am-4pm - Foot Care Clinic at Perham Living Salon (\$30) 10am-2pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>8 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Intro to Dance Fitness at PACC 4pm - Mastering Medicare: What You Need to Know at Elevate</p> <p>BBQ Little Smokies & Mac-N-Cheese / Fruited Jello</p>	<p>9 9am/1pm - Nosey Neighbor: Kenny's Candy in Perham (\$5) 2:30pm - Parkinson's Support Group at Elevate</p> <p>Alfredo Sausage Pasta Bake / Sherbet</p>	<p>10 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10:30am - Coffee Talk: Notable Norwegian American Women at NYM Public Library 12:30pm - FULL Jasper's Theater Trip in Park Rapids (\$55)</p> <p>Sloppy Joe & Potato Wedges / Peanut Butter Bite</p>	<p>11 10am - Digital Life Skills: Online Banking Made Simple at Elevate 10am - GrandFriends at Connections</p> <p>Boneless Wings & Potato Fries / Fudge Bar</p>	<p>12 10am-2pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>15 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk or Bike at PACC 1pm - Monday Matinee "The Thursday Murder Club" at Comet Theatre (\$6)</p> <p>Hearty Chili & Fruit / Blondie Brownie</p>	<p>16 11:30am - Birthday Lunch at Connections 1:30pm - Tech with Teens at PACC 1pm - Free Dance at Frazee Event Center 4:30pm - The Mixer: The Woodshed Bar & Grill in Ottertail</p> <p>BBQ Chicken on Bun & Fries / Ice Cream</p>	<p>17 9-11am - Free BP Check at PACC 10am-2pm - Elevate Day at Perham Farmers Market 10am - Coffee Talk: Hearing Health & Quality of Life at PACC</p> <p>Meatballs, Mashed Potatoes, Gravy / Oranges</p>	<p>18 10am - GrandFriends at Connections 10:30am - Strength in Motion: Machine Accessories at Ottertail Wellness Center 2pm - Navigating Your Grief Support Group at Elevate</p> <p>Brat, Deli Salad, Beans / Fruited Jello Fluff</p>	<p>19 10am-2pm Perham Farmers Market and PoP Plus Day!</p> 
<p>22 10am - GrandFriends at Connections 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Line Dancing at PACC</p> <p>Lasagna & Salad / Cheesecake Bite</p>	<p>23 10:30am - Ask Nurse Jean at Connections 5pm - Exploratory: Flower Pot Pottery Painting at Elevate (\$25) 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>Fish & Chips / Dessert Bar</p>	<p>24 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10:30am - Coffee Talk: Acupuncture for Pain Relief at NYM Public Library 12:30pm - Bingo at Connections 1pm - Dementia Friendly Movie: The Wizard of Oz at Comet Theater (\$8) 3:30pm - ALS Support Group at Elevate</p> <p>Tator Tot Casserole / Chocolate Ice Cream</p>	<p>25 11am - Communication, Connection & Understanding Dementia at Elevate</p> <p>1-3pm Memory Cafe at Crosspoint Alliance Church</p> <p>Orange Chicken & Fried Rice / Fortune Cookie</p>	<p>26 10am-2pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>29 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Frazee Troll Walk at Wannigan Park</p> <p>Tacos & Spanish Rice / Blondie Brownie</p>	<p>30 10am - GrandFriends at Connections 2pm - Nosey Neighbor: Forest Edge Gallery in Vergas</p> <p>Chicken & Wild Rice / Tropical Fruit</p>	<p>1 9-11am - Free BP Check at PACC 10am-2pm - Perham Farmers Market 10am - Coffee Talk: Healing Hearts Horse Ranch at PACC</p> <p>Chicken Tortilla Soup & Sandwich / Ice Cream</p>	<p>2 Hamburger, Potato Salad, Beans / Fruited Jello</p>	<p>3 10am-2pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>

NOSEY NEIGHBORS



PHELPS MILL

Thursday, June 4 at 1-2pm - 29029 Co Hwy 45, Underwood
Explore the historic mill on a guided tour starting at the bridge overlooking the dam. Learn how the mill operated and supported the surrounding area. Inside, you'll see original equipment on each level, with a video option available for those not using stairs. **RSVP Required.**

KENNY'S CANDY

Tuesday, June 9 OR Thursday, August 20 from 9am-12pm OR 1pm-4pm at KLN HQ - 109 Lakeside Dr., Perham
Let's get nosy at Kenny's Candy 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.**

FOREST EDGE GALLERY

Tuesday, June 30 from 2-3:30pm - 46461 295th Ave, Vergas
Take a peaceful escape to Forest Edge Gallery and experience art in a truly serene setting. Gallery owner and artist Helena Johnson will guide a tour through the charming gallery space, sharing insight into the art that is made on site as well as from artists across the US. **RSVP Required.**

FINN CREEK OPEN AIR MUSEUM

Thursday, July 9 starting at 1pm - 55442 340th St, NYM
Step back in time as you explore the sights, sounds, and stories of Finnish-American immigrants and the lasting impact they've had on Otter Tail County and beyond. Wander through nine historic buildings and experience what daily life was like in New York Mills. **RSVP Requested.**

FORUM COMMUNICATIONS

Tuesday, July 28 starting at 1pm - 1030 15th Ave SE, Detroit Lakes
Go behind the scenes at Forum Communications and discover how area newspapers are brought to life! Join us for a fun and informative tour where you'll learn about the printing process, explore the pressroom, and get an inside look at the equipment and teamwork that keep the presses running. **RSVP Required.**



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

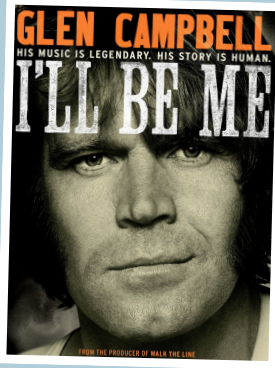
Come enjoy a delicious and nutritious lunch with us! Please reserve your meal by leaving a message at 218-347-1974 by 12pm the business day before. Meals are a suggested \$6 donation.

I'LL BE ME

MOVIE SCREENING & DISCUSSION

Join us for a screening of the documentary I'll Be Me, which follows music legend Glen Campbell during his farewell tour while living with Alzheimer's. The film gives us a vivid window into how Alzheimer's affected him and all the people around him. After the film, stay for a guided conversation with Sue Sailer, retired Director of Social Services for Perham Health & Perham Living.

RSVP appreciated!



**MONDAY
JUNE 1**

from 5:30-7:30pm
at Elevate



MASTERING MEDICARE

WHAT YOU NEED TO KNOW

Monday, June 8 from 4-5:30pm

Elevate - 318 6th Ave SW, Perham

RSVP Requested.

Turning 65 soon or retiring? Join Burgau Insurance at this Mastering Medicare session to learn the basics! They'll simplify Medicare Parts A, B, C, D and E, guide you through enrollment periods and explain coverage and costs - helping you make informed healthcare decisions. Hosted by Burgau Insurance.

FOOT CARE CLINIC

TUESDAYS

May 26

July 14

August 25

FRIDAYS

June 5

July 17

August 28

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



BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC



ASK NURSE JEAN

Nurse Jean will explore the important role sleep plays in overall health and well-being, why sleep changes over time, and simple ways to support healthier, more restful nights.

Tuesday, June 23

starting at 10:30am

Connections Room at PACC

VIRTUAL WEBINARS

We'll be streaming these two virtual webinars right in our conference room, and you're welcome to join us for the live viewing.

Check out the details to the right and come learn along with us!

COMMUNICATION, CONNECTION & UNDERSTANDING DEMENTIA

Thursday, June 25 from 11am-noon

at Elevate - 318 6th Ave SW, Perham

Join us for this virtual presentation with Krisie Barron, LSW, as she explores how dementia can change a person's world. Learn about common changes and causes of dementia, supportive approaches for care and communication, and meaningful ways to connect beyond words and daily tasks.

RSVP requested.

AGING & OUR VISION

Tuesday, July 21 from 1-2pm

at Elevate - 318 6th Ave SW, Perham

Join us to watch this virtual presentation with Lauren Eliason from State Services for the Blind and learn more about age-related vision loss and healthy aging eyes. Discover services available through State Services for the Blind, explore common eye diseases, and gain helpful information for maintaining independence and quality of life.

RSVP requested.

Monthly BIRTHDAY LUNCH



Come celebrate June birthdays with us at Connections. Folks celebrating their birthday get a free lunch and everyone gets a special birthday dessert!

Tuesday, June 16 at 11:30am
in the Connections Room at PACC

Reserve your meal by leaving a message at 218-347-1974 by 12pm the business day before.

LOCAL SUPPORT THAT CARES

Navigating life's challenges can be overwhelming, but you don't have to face them alone. Join in on these community support groups designed to provide comfort, education, and encouragement. All are welcome to join!

CAREGIVER SUPPORT GROUP

1st Tuesday of the Month

Monday, June 2 from 3-4pm at Perham Living

Caring for a loved one can be both rewarding and challenging. Perham Living's Caregiver Support Group provides a confidential space to share experiences, exchange advice, and find encouragement. Supervision for your loved one during the meeting is available by advanced request. Contact Perham Living at 218-347-1940 to get connected. **No RSVP needed!**

PARKINSON'S SUPPORT GROUP

2nd Tuesday of the Month

Tuesday, June 9 from 2:30-3:30pm at Elevate

This welcoming gathering offers education, movement, and connection. Each session includes practical insights, gentle exercises to support mobility and function, and time to share with others who understand the journey. Whether you're living with Parkinson's or supporting someone who is, you'll find helpful tools, encouragement, and community here. Hosted by Revive & Thrive Therapy. **RSVP appreciated.**

NAVIGATING YOUR GRIEF SUPPORT GROUP

3rd Thursday of the Month

Thursday, June 18 from 2-3pm at Elevate

No one should have to face grief alone. This group offers a safe, caring space to share, listen, and find support with others who understand. Whether your loss is recent or years past, you are welcome here. The conversation is gentle, approachable, and guided with care. Come as you are, share as much or as little as you like. Hosted by Vivie Hospice. **No RSVP needed!**

ALS SUPPORT GROUP

Fourth Wednesday of the Month

Wednesday, June 24 from 3:30-4:30pm at Elevate

Find connection, understanding, and support at this monthly ALS Support Group—a welcoming space to share, learn, and simply be among others who get it. Individuals living with ALS and caregivers are both invited, whether you attend together or on your own if getting out is a challenge. Hosted by Revive & Thrive Therapy and Courtney Rooney. **No RSVP needed.**



MEMORY
cafe *where every story counts*

Breaking the News

The diagnosis has been confirmed, now, how do you tell loved ones of all ages? What's appropriate? Come to learn some tips on how to make the conversations a little easier and understandable, for friends, and family of all ages, including children. *Presented by Deb Kaul from Memory Café of the Red River Valley*

THURSDAY, JUNE 25

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

RSVP Appreciated!

Volunteer Opportunity



MEALS BY WHEELS

Meals By Wheels helps make sure homebound individuals within the City of Perham receive a warm meal and a friendly visit each day. Volunteers pick up prepared meals from Perham Living and deliver them directly to local homes, providing not only nourishment, but connection and care along the way.

What You Can Do

- Pick up meals from Perham Living
- Deliver meals to homes around Perham
- Offer a quick smile and friendly check-in
- Help brighten someone's day during the lunch hour

Time Commitment

Flexible scheduling • Monday-Friday
Approximately 11:15-11:45am depending on your route and number of stops

How to Get Involved

Contact Jayden or Holly at 218-347-1558 or jayden.sell@perhamhealth.org / holly.yonemura@perhamhealth.org

ALZHEIMER'S DISEASE

WHAT IS IT & WHAT CAN BE DONE?

We are fortunate to welcome Professor Joseph Gaugler, PhD, from the University of Minnesota to our community as part of his statewide tour on Alzheimer's disease and dementia education.



Dr. Gaugler serves as the Robert L. Kane Endowed Chair in Long-Term Care and Aging and is a Professor at the University of Minnesota, where his work focuses on finding the best ways to support families and professionals caring for individuals with memory loss.

Through innovative programs and technologies, he aims to improve the health and well-being of caregivers while advancing dementia care. This presentation offers an important opportunity to gain meaningful insights, hear real stories, and learn practical ways to better understand and navigate the dementia journey.

Thursday, July 23 starting at 10am

Elevate - 318 6th Ave SW, Perham
RSVP required.

DIGITAL LIFE SKILLS

presented by  arvig.

ONLINE BANKING MADE SIMPLE

Walk through the essential steps of checking balances, paying bills, using Venmo (and other apps), and safely transferring money using your bank's website or mobile app, while focusing on security protocols.

 **Thursday, June 11 from 10-11am at Elevate**

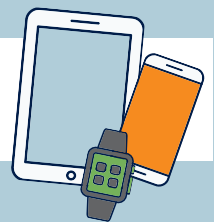
**PLEASE
RSUP**



*Bring your devices
to follow along!*

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



TRASH TALK

SMARTER WAYS TO REDUCE WASTE

Learn practical, everyday ways to reduce waste during this engaging session with Otter Tail County's Information & Education Officer, Natalee Yates. She will break down the Solid Waste Hierarchy and share simple tips for getting started with composting at home.

Registered attendees will also have the opportunity to take home a complimentary composting bucket to begin their sustainability journey right away!

Tuesday, July 7 from 5:30-6:30pm
Elevate - 318 6th Ave SW, Perham
RSVP required.



FARMERS MARKET

WEDNESDAY + FRIDAY
FROM 10AM-2PM

200 5th St SE, Perham

The Perham Farmers Market is off to a great start! We have nearly 50 vendors signed up to join us throughout the season, bringing fresh produce, baked goods, handmade items, and more to the market each week.

We're also excited for two special market days in June:

Wednesday, June 17 - Elevate Day

Stop by our tent for free activities and blood pressure checks.

Friday, June 19 - PoP Plus




Adults ages 55+ can receive a \$2 voucher to spend on fresh produce.

Come join the fun and see what the market is all about!

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