

THE ELEVATOR

November 2025



KIDS-ONLY

HOLIDAY MARKET

HELP LITTLE SHOPPERS MAKE BIG MEMORIES

The magic of giving is alive and well at Elevate this holiday season! Our Elevate Elves are thrilled to host a Kids-Only Holiday Market—a special shopping experience designed just for kids to pick out meaningful gifts for the grown-ups they love.

All kids ages 3–15 are invited to stop by our magical market in December to shop for holiday gifts priced at just \$1–\$2 per item. With the help of one of our cheerful Elevate Elves, each child can select and wrap up to four gifts to surprise their adult loved ones. From cozy treats and home décor to practical treasures and heartfelt finds, every item has been lovingly donated by our community to make this event possible.

Before you start planning your visit, be sure to check out our Holiday Market Shopping Dates below for when families can stop in at the Elevate Office to shop and wrap gifts with our elves!

OPEN SHOPPING DATES:

MONDAY, 12/1
from 3:30-6pm

WEDNESDAY, 12/3
from 3:30-6pm

SATURDAY, 12/6
from 9am-1pm

TUESDAY, 12/9
from 3:30-6pm

THURSDAY, 12/11
from 3:30-6pm

SATURDAY, 12/13
from 9am-1pm

AT ELEVATE AT 318 6TH AVE SW, PERHAM

This is a one-of-a-kind opportunity for kids to experience the joy of giving without breaking the piggy bank. The best part? All proceeds will help support next year's Holiday Market and cover the costs to keep this tradition growing.

Gifts are available while supplies last, and each child is limited to one visit, so don't miss your chance to make some holiday magic happen!



THERE'S STILL TIME TO DONATE!

New and gently used donations will be accepted until November 26. We're looking for donations like:

- **Outdoor/Hobby:** Hunting or fishing accessories, tools
- **Tech & Gadgets:** Small electronics, phone accessories
- **Kitchen Essentials:** Cookware, utensils, coffee mugs, small gadgets
- **Accessories:** Jewelry, gloves, hats
- **Home & Living:** Decor items, candles, picture frames
- **Self-Care & Beauty:** Bath and body products, perfume
- **Holiday Wrapping Supplies:** Gift bags, tissue paper, gift tags

No glassware this year, please! Drop your donations in our bin outside the Elevate office at 318 6th Ave SW, Perham. Let's give these treasures a new home and spread some holiday cheer!

November is Alzheimer's Awareness Month

This month, we're shining a light on dementia awareness because understanding leads to compassion, and compassion leads to change. Throughout November, Elevate is hosting events and sharing resources focused on education, prevention, and connection.

From Dementia Friends and Dementia Live trainings to our special Nosey Neighbor tour and the joy found at Memory Café, we're working together to create a more dementia-friendly community.

This month, Elevate invites you to take part in several opportunities to learn, connect, and make a difference:

BECOME A DEMENTIA FRIEND

Learn how small actions can make a big impact for those living with dementia. This short, interactive session will help you understand what it's like to live with memory loss and how you can help create a dementia-friendly community. RSVP Appreciated.

Wednesday, November 5 starting at 1pm
at Perham Living - 735 3rd St SW, Perham

EXPERIENCE DEMENTIA LIVE

Step into the world of dementia through this powerful, hands-on simulation. You'll gain new empathy and insight into the challenges faced by individuals living with memory loss—and leave with a deeper understanding of how to support them. RSVP Required.

Monday, November 10 from 2-4pm or 4:30-6:30pm
at Elevate - 318 6th Ave SW, Perham

NOSEY NEIGHBOR: ADULT DAY SERVICES

Take a behind-the-scenes look at this welcoming space that provides daily care, engagement, and connection for adults with memory challenges. You'll see firsthand how this program supports both participants and their caregivers. RSVP Required.

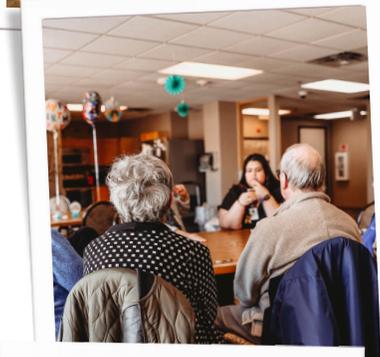
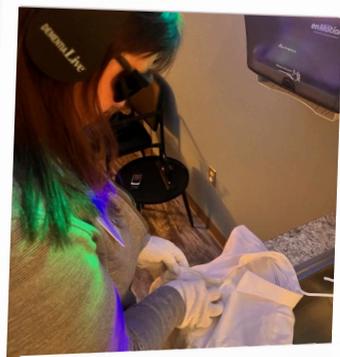
Tuesday, November 11 from 4:30-5:30pm
at Perham Living Adult Day Services - 665 3rd St SW, Perham

MEMORY CAFE

Join us in November to talk through Managing the Holidays. We'll discuss how you can prepare for the holidays to reduce stress for you and your loved ones. From slight modifications to traditions or having smaller groups get together, we'll talk about intentional ways we can make everyone's holidays safe and enjoyable. RSVP Appreciated.

Thursday, November 20 from 1-3pm
at Crosspoint Alliance Church - 600 NE 8th St, Perham

And finally, help us raise awareness—**wear purple on Thursday, November 20** in honor of Alzheimer's Awareness Month! Show your support for those impacted by dementia and help spread the message that together, we remember.





HONORING TERRY'S LEGACY THROUGH THE MEMORY CAFÉ

This Alzheimer's Awareness Month, we shine a light on the importance of dementia support in our community and on those who make this work possible. One of those generous supporters is Mary Karkela, who, along with her family, chose to sponsor the Elevate Memory Café in memory of her husband, Terry. "Terry was so involved in our community and always felt it was his job to give back," Mary shared. "He believed in making Perham a great place to live, and the Memory Café serves this belief by helping families whose loved one has dementia."

For Mary, the Memory Café is more than a program—it's a lifeline for caregivers. As someone who cared for Terry at home for several years after his diagnosis with frontotemporal dementia in 2017, Mary knows firsthand the value of support. "I hope people who are members of the Memory Café find a safe place to discuss the challenges they face daily with no judgment," she said. "I also hope caregivers who bring their loved ones feel they are accepted, no matter what level of dementia they are experiencing."

When Terry was diagnosed, there were no Memory Cafés in the area. Today, the Perham Memory Café has become a gathering place for dozens of families, providing education, comfort, and connection. Mary's generosity ensures Terry's legacy lives on—helping others find hope, understanding, and support along their own journeys.

WAHL'S WELLNESS WISDOM: REDUCING DEMENTIA RISK FACTOR

While there's currently no cure for dementia, research shows that certain lifestyle choices can lower your risk or delay its onset.

Regular physical activity—about 120 to 150 minutes of moderate exercise per week—can boost blood flow to the brain and improve overall brain function. Pair that with a diet rich in fruits, vegetables, and lean proteins, and low in processed foods, added sugars, and unhealthy fats, and you've already tackled some of the biggest dementia risk factors.

Sleep also plays a powerful role in brain health. Aim for 7–9 hours per night to support cognitive function and memory. Managing conditions like diabetes can further protect your brain by preventing blood sugar spikes that can damage brain tissue.

In short: move your body, eat well, sleep enough, manage your health, and keep stress in check. These daily habits can go a long way in protecting your brain and may even help manage dementia if it occurs.



DEMENTIA FRIENDLY MOVIE

Join us for a special Dementia Friendly screening of *A Christmas Story*, designed to offer a nostalgic, inclusive movie experience for those living with memory loss, their loved ones of all ages, and the community.

WEDNESDAY, DECEMBER 10

at Comet Theater, Perham

Starting at 1pm | Doors open 12:30pm



Cost: \$8

includes a pop
and popcorn

All are welcome to join! RSVP Appreciated.

Visit elevateotc.org/events to register.

Did you know?

The lifetime risk for Alzheimer's at age 45 is 1 in 5 for women and 1 in 10 for men.



1 in 5 for
women



1 in 10
for men



THANKSGIVING TRIVIA

Give your brain a little Thanksgiving workout with these fun, festive questions to get you thinking (and maybe a little hungry)!

Which ship carried the Pilgrims to America in 1620?

- A) Santa Maria B) Mayflower C) Beagle D) Endeavour

The first Thanksgiving feast between the Pilgrims and the Wampanoag lasted how long?

- A) 1 day B) 3 days C) 1 week D) 3 months

Which ingredient is a traditional base for classic Thanksgiving stuffing?

- A) Rice B) Bread C) Pasta D) Corn

Send your answers to mindil.larson@perhamhealth.org for a chance at a prize!

Kind Words from Our Community

"We really enjoyed the Jasper Theater. All the Elevate activities we've been to we have really enjoyed. You do a great job organizing things to keep us busy. It is nice to meet other people in our same situation. Thank you."

OCTOBER BRAIN GAME RESULTS

Congratulations to our October Brain Game winner, Julie Dahl-Spilde! There were 8 differences in the two bank pictures. Thanks to everyone for playing!

EXPLORATORIES

Come try something new with us! Registration is required due to space restrictions. RSVP at elevateotc.org.



LET'S BAKE SCONES

\$28

Thursday, November 6 from 1-2:30pm at MW Pastry - 105 E Main St, Suite 3, Vergas

Learn how to make a fresh batch of 8 delicious scones from start to finish. With a variety of flavors to choose from, each participant can customize their scones to match their taste. Everyone will leave with their own batch of scones and the recipe. **RSVP required.**



BEGINNER PICKLEBALL

\$5

Wednesday, November 12 from 6:30-8:30pm at PACC - 620 3rd Ave SE, Perham

This class is designed for adults who want to stay active, learn the basics, and enjoy a game that's easy to pick up and play anywhere. Experienced players will guide you through the rules and skills you need to get started. All equipment will be provided. **RSVP required.**



LEARN TO LEFSE

\$12

Thursday, November 13 starting at 1pm at Elevate - 318 6th Ave SW, Perham

Learn the art of making lefse with Cindy Olson! In this hands-on class, you'll discover traditional techniques, practice rolling and grilling, enjoy tasty samples, and head home with recipes to keep the tradition alive. **RSVP required.**



WINTER GREENS CENTERPIECE

\$28

Tuesday, November 25 from 3-4:30pm at Elevate - 318 6th Ave SW, Perham

Add a touch of Minnesota's North Woods to your holiday table with a centerpiece crafted from greenery gathered right here in our native landscape! Hosted by True Blue Flower Farm. All materials provided! **RSVP required.**

Healing through the Holidays

The holidays can feel especially tender after the loss of someone you love – but you're not alone.

Join us for a gentle, supportive gathering where we'll share practical ways to care for your heart, honor your memories, and find moments of hope in the season ahead. Snacks and beverages will be provided, and if you'd like, you're welcome to bring a photo of your loved one to share or display.

Thursday, November 20

starting at 2pm at Elevate - 318 6th Ave SW, Perham

Everyone is welcome!

To RSVP, please contact Trisha Zimmerman by November 13 at (320) 759-4935.

PACC SENIOR STRETCH CLASS

Friday, November 21
from 11-11:45am at PACC
620 3rd Ave SE, Perham



Head over the PACC to try out this low impact class designed specifically for older adults to help improve flexibility, mobility, balance and overall well-being. Gentle and accessible for all, focusing on safe movement with both chair and standing options. No floor work! Wheelchair options are available. Free for those 55+.

No registration required. **Call the PACC at 346-7222 for more information.**



Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER
1st + 3rd Wednesdays from 10-11am

November 5 - The Buzz on Protein

We've all been hearing the buzz about the benefits of getting enough protein, but what's fact, what's hype, and what's right for you? Join fitness trainer Pete Marjamaa to break it all down.

November 19 - Year-End Tax Strategies

Join Joey Bartlett from Northwestern Mutual to learn all about how to keep more, give wisely, and plan ahead for your year-end taxes.

Save the Date

- December 3 - Staying Connected to Local News
- December 17 - Holiday Health with Holly

NEW YORK MILLS PUBLIC LIBRARY
2nd + 4th Wednesdays from 10:30-11:30am

November 12 - Making Your Visit Count

Ever leave a medical appointment and think of a question you forgot to ask? Join Mindy Anderson, Family Nurse Practitioner at Perham Health, for a practical talk on how to feel prepared and confident.

November 26 - Early Finnish Settlers of NYM

Discover the story of the earliest Finnish settlers in New York Mills and how they built new lives in Minnesota. Hosted by Kip Peltoniemi, a 2025 Fellow of the American Scandinavian Foundation.

Save the Date

- December 10 - Cookie Exchange
- December 24 - No Coffee Talk.

Kind Words from Our Community

"I am so grateful for the recent use of a rolling walker. It was a key part of my recovery from knee replacement, as it enabled me to regain my ability to walk for distances with confidence!"

The Mobility Market makes moments like this possible by connecting people with the equipment they need, right when they need it — helping community members stay safe, active, and independent through every stage of recovery.

November Calendar

EVENT COLOR KEY > Free Registration Paid Registration Free Event Community Event

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| <p>October 27</p> <p>1pm - Nosey Neighbor: Re-Ewe'able in Fergus Falls</p> <p>Hamburger Macaroni Casserole / Tropical Fruit</p> | <p>28</p> <p>6:30pm - The Collectors Club at Perham Area Public Library</p> <p>Chicken Pot Pie / Lemon Pudding</p> | <p>29</p> <p>9-11am - Free BP Check at PACC 10am - Exploratory: Autumn Watercolor Class at PACC (\$25)</p> <p>Hamburger & Potato Salad / Orange Cream Bar</p> | <p>30</p> <p>10am - Halloween Parade at Connections 12:30pm - The Impact of Impaired Driving at PACC</p> <p>Sliced Ham & Scalloped Potatoes / Baked Apples</p> | <p>November 1</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> |
| <p>3</p> <p>Country Fried Steak / Surprise Dessert</p> | <p>4</p> <p>3pm - Caregiver Support Group at Perham Living</p> <p>Ribs & Potatoes / Vanilla Ice Cream</p> | <p>5</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: The Buzz on Protein at PACC 1pm - Dementia Friends at Perham Living</p> <p>Beef Stew / Apple Crisp</p> | <p>6</p> <p>10:30am - Volunteer Lunch & Learn at PACC 1pm - Exploratory: Let's Bake Scones at MW Pastry (\$28).</p> <p>Meatloaf & Baked Potato / Chex Mix</p> | <p>7</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> |
| <p>10</p> <p>2pm/4:30pm - Dementia Live at Elevate</p> <p>Wild Rice Soup & Sandwich / Dessert Bar</p> | <p>11</p> <p>11am - A Salute to Our Veterans Program and Lunch at ITOW Veterans Museum 2:30pm - Parkinson's Support Group at Elevate 4:30pm - Nosey Neighbor: Adult Day Services at Perham Living ADS</p> <p>Chipped Beef / Tropical Fruit</p> | <p>12</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Making Your Visit Count at New York Mills Public Library 6:30pm - Exploratory: Beginner Pickleball at PACC (\$5).</p> <p>Sloppy Joe & Chips / Peanut Butter Bite</p> | <p>13</p> <p>10am - Digital Life Skills: Watching Family Videos on YouTube at Elevate 1pm - Exploratory: Learn to Lefse at Elevate (\$12).</p> <p>Pork Loin, Gravy, Potatoes / Sherbet</p> | <p>14</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> |
| <p>17</p> <p>1pm - Monday Matinee "The Senior" at Comet Theatre (\$6)</p> <p>Chili & Corn Bread / Chocolate Pudding</p> | <p>18</p> <p>9am-2pm - Foot Care Clinic at Perham Living (\$30) 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Toad Lake Store in Frazee</p> <p>Popcorn Chicken Bowl / Pineapple</p> | <p>19</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Year-End Tax Strategies at PACC</p> <p>BBQ Pork & Mac-n-Cheese / Rice Krispie Bar</p> | <p>20</p> <p>1-3pm Memory Cafe at Crosspoint Alliance Church 2pm - Healing Through the Holidays Grief Support Group at Elevate</p> <p>Turkey & Stuffing / Pumpkin Pie</p> | <p>21</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5) 11am - Senior Strength & Stretch at PACC (free for 55+)</p> |
| <p>24</p> <p>11:30am - Monthly Birthday Lunch at Connections</p> <p>Lasagna / Cheesecake Bar</p> | <p>25</p> <p>3pm - Exploratory: Winter Greens Centerpiece at Elevate (\$28) 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>Sweet-n-Sour & Fried Rice / Banana Pudding</p> | <p>26</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Early Finnish Settlers of NYM at New York Mills Public Library</p> <p>Tilapia & Potato Spirals / Peaches</p> | <p>27</p> <p>Happy Thanksgiving</p> <p>No lunch today.</p> | <p>28</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> |

NOSEY NEIGHBORS



ADULT DAY SERVICES

Tuesday, November 11 from 4:30-5:30pm - 665 SW 3rd St, Perham

Discover how Perham Living Adult Day Services provides social and health services in a safe, home-like setting for adults needing supervised care. This valuable program offers a comfortable space for activities or relaxation while giving caregivers a much-needed break. **RSVP required.**

EAST OTTER TAIL COUNTY HISTORY MUSEUM

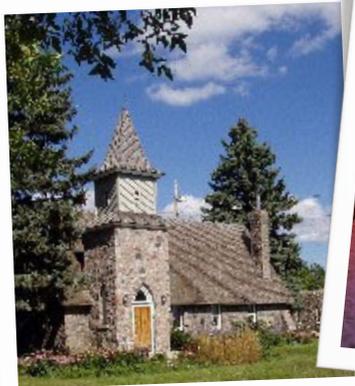
Thursday, December 4 from 1-2:30pm - 230 1st Ave N, Perham

Join us for a dive into the history of our area! Learn stories of the people, places and events of the area through interpretive exhibits, photographs, and original motion picture footage. Exhibits are always changing so there is always something new to see! **RSVP required.**

LIGHTS IN THE PINES

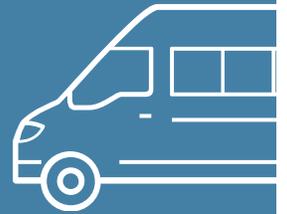
Saturday, December 13 from 6-6:30pm at Perham Pioneer Village - 1251 1st Ave N, Perham

Learn how this beloved community tradition began and see what it takes to bring it to life each year. Then, enjoy a self-guided stroll through twinkling light displays, cozy up by the fire, and visit Santa's workshop for an extra dash of holiday cheer. **No RSVP needed. Suggested \$5 donation at the door.**



REGISTER AT ELEVATEOTC.ORG

BECOME A VOLUNTEER DRIVER



There are many individuals in our community that don't have transportation to their critical medical appointments. Elevate is proud to partner with local volunteers to staff the Elevate van and fill the gap in transportation, and we're looking for more volunteer drivers to join our roster!

Give us a call at 218-347-1974 to learn more about how to become a volunteer driver.



The Mixer

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

Toad Lake Store

Tuesday, November 18 from 4:30-6pm
17250 Co Hwy 39, Frazee

Sone's Asian & American Cuisine

Tuesday, December 16 from 4:30-6pm
NEW restaurant at New York Mills VFW -
220 N Boardman Ave, New York Mills



All are welcome!

RSVP Appreciated



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 day before. Meals are a suggested \$5 donation.

A MONTH OF Thanksgiving

Join us for A Month of Thanksgiving at Connections, as we spend each week showing gratitude to different groups who make a difference in our community. From heartfelt gestures to simple acts of kindness, we'll celebrate those we're thankful for all month long. Together, let's spread appreciation and connection this season!

Note: You have to show up to find out what we'll be doing!

Memory Lane

Sharing Pictures from the Past



Take a trip down Memory Lane. Bring a photo that fits the week's theme to lunch and join us for fun stories and reminiscing!

Week of 11/3
Hunting/Fishing Photos

Week of 11/10
Family Pictures

Week of 11/17
Thanksgiving Fun



DIGITAL LIFE SKILLS

presented by arvig

WATCHING FAMILY VIDEOS ON YOUTUBE

Do your grandkids share videos online? Learn how to use YouTube (and other streaming services) to easily find and watch their special moments, keeping you connected no matter the distance.

11/17 Thursday, November 13 from 10-11am at Elevate

VIDEO CALLING MADE SIMPLE

Video calls make it easy to see smiles and have real-time conversations with family, no matter where they live. We'll show you how to get started with user-friendly video calling apps.

11/17 Thursday, December 11 from 10-11am at Elevate

**PLEASE
RSUP**



Bring your own devices to follow along!

A Big Home Tour Thank You

I think we're still riding the high of the 2025 Lakes Area Home Tour here at Elevate — and what a day it was!

While the Home Tour isn't new to Perham, it was brand new to us. Elevate has tackled plenty of "firsts," but this was our very first large-scale fundraiser, complete with a steep learning curve, a few unexpected surprises (running out of tickets wasn't on the checklist!), and a whole lot of excitement.

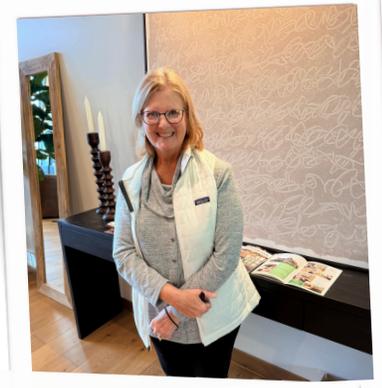
Thanks to an incredible turnout — an average of 530 guests per home — and the amazing support of sponsors, volunteers, and a few family members we "borrowed" for the day, **we raised nearly \$40,000!** 🙌

We are grateful every day for the people, businesses, and organizations who help Elevate shine — volunteering, sponsoring, speaking at events, teaching classes, delivering meals, checking blood pressures, serving lunch... the list truly goes on. These Home Tour funds help us keep life fun, healthy, and full of connection as our community ages well in Otter Tail County.

So, whether you bought a ticket and spent the day dreaming up a new home design, found inspiration to travel and collect treasures to create art in your space, checked tickets at a front door, or welcomed the community into your home — you were part of something big.

From this small but mighty team with really, REALLY big dreams — thank you. 💙🌟

-Mindi, Emily, Katie, Amanda & Jean



Gratitude Grid

Speaking of gratitude... now it's your turn! Take a few quiet minutes to fill in each square. Big or small, new or old — what are you grateful for today?



| | | |
|-------------------------------------|--|--|
| <i>something that smells good</i> | <i>a sound that makes you smile</i> | <i>a place that feels like home</i> |
| <i>a small kindness you've seen</i> | <i>someone who makes your day easier</i> | <i>a challenge you've overcome</i> |
| <i>a food you love to share</i> | <i>a small thing that went right today</i> | <i>something you're looking forward to</i> |

RECURRING EVENTS



Looking for something fun to add to your routine? Come hang out with us at our weekly, monthly, and ongoing events! Join the fun, make new friends, and keep life interesting all year long.

CAREGIVER SUPPORT GROUP

1st Tuesday of the Month 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.

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC

AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

Fridays in November from 10-11am at B Still Yoga - 650 3rd Ave SE, Suite 4, Perham

Join Monica at B Still Yoga for a gentle class that eases arthritis, improves mobility, and suits all levels, including those pre- or post-joint replacement. Only \$5/class! For more details, contact B Still Yoga at 218-205-2955.

PARKINSON'S SUPPORT GROUP

2nd Tuesday of the Month from 2:30-3:30pm at Elevate

Join us each month at Elevate for a supportive space to connect, share, and learn with others impacted by Parkinson's. Each session includes a guest speaker and relevant presentation, open Q&A, and time to build relationships with those who understand.

MONDAY MATINEE THE SENIOR

Monday, November 17
at Comet Theater, Perham

12:30pm Doors Open | 1pm Movie Starts
Cost: \$6 includes a pop and popcorn



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

NAVIGATING YOUR GRIEF SUPPORT GROUP

3rd Thursday of the Month 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. Hosted by Vivie Hospice (formerly Knute Nelson). No registration needed!

FOOT CARE CLINIC

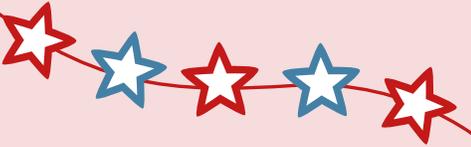
UPCOMING DATES:
NOVEMBER 18 | JANUARY 13
MARCH 10 | MAY 5 | JUNE 30

Call or text Christina at
218-371-8888 to book your
appointment at Perham Living!

THE COLLECTORS CLUB

4th Tuesday of the Month starting at 6:30pm at Perham Area Public Library - 225 2nd Ave NE, Perham

Do you love collecting? Whether it's coins, comics, vinyl records, stamps, toys, books, or something unique, Collectors Club is the place for you! Come and join like-minded collectors at this fun, monthly gathering where collectors of all kinds can bring part of their collection, share their stories, and connect with others who appreciate the art of collecting. No registration needed.



A SALUTE TO OUR VETERANS

Veterans Day Lunch & Program

Veterans and their families are invited to enjoy a complimentary lunch followed by a guest speaker, Jason Coalwell. This is a wonderful opportunity to honor and celebrate those who have served and continue to serve our country.

TUESDAY, NOVEMBER 11

11:00-12:00pm

COMPLIMENTARY LUNCH

12:00-12:30pm

GUEST SPEAKER

Jason Coalwell is a 29 year Veteran of the US Air Force and the Asst. Becker County Service Officer.

**at ITOW Museum
805 W Main St, Perham**

No registration needed.

**Proudly hosted By United
Community Bank and Elevate**



VOLUNTEER WITH ELEVATE!

At Elevate, volunteers are the heartbeat of what we do. Every hour given and every ride shared helps keep our community stronger, healthier, and more connected. Right now, we have two important volunteer roles that make a big impact in people's daily lives—Blood Pressure Checkers and Van Drivers—and we're looking for more individuals to join these teams.

Blood Pressure Checkers

Every Wednesday, Elevate offers free blood pressure checks at the PACC. It's a simple service that makes a big difference in helping people stay on top of their health. We're looking for volunteers with a medical background (or even basic health training) that can take a manual blood pressure.

Volunteer Van Drivers

Our volunteer drivers provide safe, reliable transportation for individuals who need rides to medical appointments, therapy sessions, and essential errands like grocery shopping. It's more than just a ride—it's often a lifeline. Drivers use our Elevate van and can choose trips that fit their schedule.

Want to learn more about volunteering?

Join us for our **Volunteer Lunch & Learn** to discover the variety of volunteer opportunities available through Elevate and the community. You'll also learn how to sign up to volunteer through our volunteer platform, Helper Helper. Plus, you'll get a free lunch!

Thursday, November 6 from 10:30–11:30am at the PACC
RSVP Required at elevateotc.org/events/volunteer-lunch

**Can't make it? You can explore volunteer opportunities
anytime at elevateotc.org/volunteer.**

**elevate**

YOUR HEALTH • YOUR WAY

 connect@elevateotc.org

 (218) 347-1974

 318 6th Ave SW, Perham

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

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