

THE ELEVATOR

September 2025

PERHAM CELEBRATE AGING EXPO

LET'S CELEBRATE AGING!

We're thrilled to be partnering with Leighton Media to bring a Celebrate Aging Expo to Perham on Wednesday, September 17 from 9am-1pm. It's an educational community event that is geared towards aging adults and designed to help attendees navigate the maze of products, services, and resources available in Central Minnesota.

THE FUN AWAITS!

Over **50** vendors

Make and take crafts

Lunch served 11am-1pm

(proceeds benefit Relay for Life)

Goodie Bags (first 350 people!)

Free health screenings



Therapy dogs

Video booth

Door prizes

FREE Bingo

Find our Elevate crew and other vendors on Wednesday, September 17 from 9am-1pm at Perham Area Community Center!



BREAKOUT SESSIONS

9:30AM

Dementia: More Than Just Alzheimer's
Dr. Jennifer Stong, Perham Health

10:00AM

Annual Enrollment Period
Leann Burgau, Burgau Insurance

10:30AM

Stay Safe Online: Protect Yourself
Eric Wilkens, PH.D., Arvig

11:00AM

Password Security: Best Practices
Eric Wilkens, PH.D., Arvig

11:30AM

MyChart 101: Connect to Your Care Team
Stacey Torgerson, Perham Health

12:00PM

Eating Well on a Budget: Smart Shopping
Gwen Horter & Holly Yonemura, Perham Health

12:30PM

Pills, Pills, Pills: Managing Multiple Meds
Jodie Trites & Madison Shreffer, Perham Health

FREE PACC FITNESS CLASSES

9:30-10:15AM

Chair Yoga

10:30-11AM

Chair Strength

11AM-12PM

Gentle Yoga

11:30AM-12PM

Chair Strength

HEALTHSPAN CHALLENGE

JOIN ANYTIME BEFORE 9/30

Complete 5 out of 6 mini wellness challenges each week. Submit all 6 weeks to be entered to win!

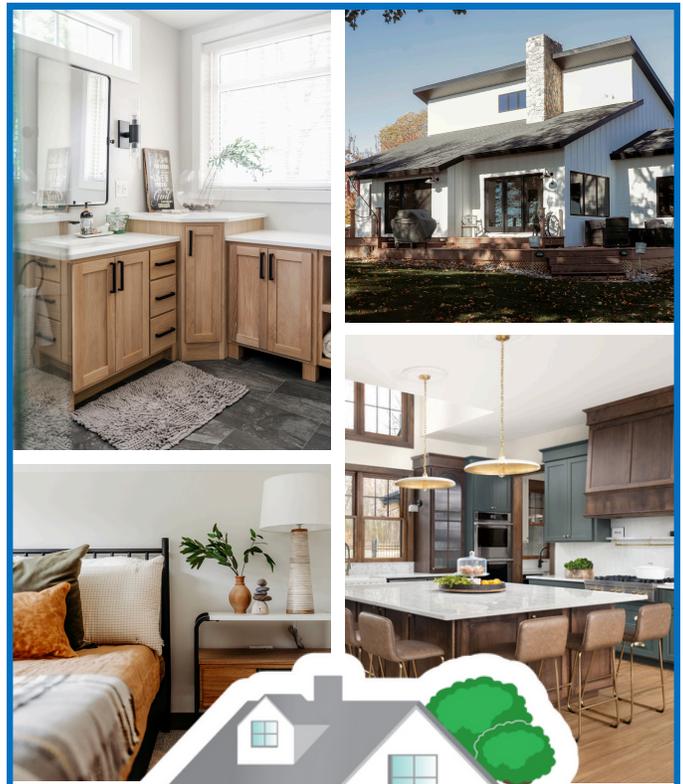


The Healthspan Challenge is underway, but it's not too late to jump in. This free, 6-week challenge is designed for all ages and abilities, helping you build healthier habits with small weekly steps.

- ✓ Complete 5 of 6 mini challenges each week
- ✓ Turn in your slip by the due date for weekly prizes
- ✓ Finish all 6 weeks by Tuesday, September 30 for a chance at the \$250 Perham Bucks grand prize

No registration is required. Just pick up your challenge tracker sheet at one of our Elevate info stands (located at PACC, Perham Library, Perham Living, and New York Mills Library) and start today! If you missed the beginning, don't worry. You can join anytime and catch up as you go (just note that past weeks' prizes won't be available).

It's simple, fun, and a great way to stay motivated. Because when it comes to healthy habits, progress — not perfection — is what matters most.



Saturday, October 11

HOMES OPEN FROM 10AM - 5PM

Step inside some of the most unique and beautiful homes during the Lakes Area Home Tour! From lakeside retreats to thoughtful remodels, each stop on this self-guided tour will spark ideas and showcase creative ways to live well at every stage of life.



Tickets - \$30

Find tickets at these locations:

- | | |
|-----------------------|------------------|
| New York Mills | Ottertail |
| Lumber Depot | Periwinkle |
| Perham | Vergas |
| Nest | Natalie's |
| Prairiegrass | Serendipity |

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

Kind Words from Our Community

"You all do an amazing job! You keep people informed and you have so many activities available to people! Thank you for all your hard work and the positive changes you are making in Perham!"

We love hearing feedback like this because it reminds us that the work we're doing is making a real difference in people's lives. Thank you for cheering us on!

THE GREAT WEALTH TRANSFER: SHAPING OUR COMMUNITY'S FUTURE

Over the next 20 years, trillions of dollars will change hands as wealth passes from one generation to the next. This "Great Wealth Transfer" presents an incredible opportunity to make a lasting difference right here at home.

Join West Central Initiative on Tuesday, September 9 for an evening of learning and conversation with rural sociologist Ben Winchester and a panel of financial, legal, and accounting experts. Discover how thoughtful charitable giving and legacy planning can impact organizations like Elevate and strengthen our communities for years to come.

 **Tuesday, September 9**

 from 4–6pm

 West Central Initiative

1000 Western Avenue, Fergus Falls

Refreshments and appetizers provided.

Space is limited, so RSVP with WCI today for yourself, your clients, or family members who want to explore how their wealth can create local impact.

 <https://wcif.org/event/the-great-wealth-transfer>



PREPARING FOR AEP

Tuesday, October 7 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.

Think you have the best hand?

Come join us
for a fun and
friendly

Whist Tournament



THURSDAY, OCTOBER 2 | starting at
in the PACC Connections Room | **12:30pm**

With a \$2 buy-in, the pot will be split among the top 3 winners so bring your best game face! Play will wrap up around 3 pm.

Space is limited to 20 players, so be sure to sign up early and secure your spot on the Elevate website!

<https://elevateotc.events/whist>



SCAM



ALERT

STAYING SAFE FROM SCAMS & CYBER THREATS

Join us for a practical and helpful session on protecting yourself from fraud and online scams. You'll learn simple strategies to safeguard your personal and financial information, how to spot common red flags, and gain the confidence to stay secure in today's digital world. Don't miss this chance to strengthen your defenses and stay one step ahead of scammers. *Hosted by United Community Bank.*

Wednesday, October 1 from 1-2pm
Elevate - 318 6th Ave SW, Perham
RSVP Required

EXPLORATORIES

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



HANDGUNS 101

FREE

Wednesday, Sept. 3 from 5:30-7:30pm at Perham Sportsmans Club - 42825 Harvest Ave
Are you curious about handguns but feel a little uncertain or intimidated? This session is for people with little or no experience with handguns. Learn measures to ensure safe handling, different handgun sizes, and bring your questions. No equipment needed, but you can bring your own handgun and ammunition. This is not a certification class. **RSVP required.**



AQUA SOUND BATH

\$47

Thursday, September 18 from 5:30-6:30pm at PACC - 620 3rd Ave SE, Perham
Relax at an Aqua Sound Bath, where warm water and crystal singing bowls create a calming, restorative experience. Participants float in supportive chairs in a heated pool while soothing sounds guide them into tranquility. With a lifeguard on duty, you can unwind safely as stress melts away and balance is restored. **RSVP required.**



FALL POTTERY PAINTING

\$22

Monday, October 13 from 5:30-7:30pm at Elevate - 318 6th Ave SW, Perham
This class is perfect for all ages and skill levels, giving you the chance to choose a pottery piece, paint it with provided supplies, and explore your creativity. Once finished, we'll kiln-fire your masterpiece for a food-safe finish ready to pick up in 7-10 days. **RSVP required.**

BRAIN GAME **SPOT THE WHEELCHAIR**

We've hidden a wheelchair somewhere in this newsletter in honor of our new Mobility Market. Can you find it? Give it a good hunt. It's our playful way of reminding you that mobility matters!

Email your guess to mindil.larson@perhamhealth.org, and we will pick a winner!

AUGUST BRAIN GAME RESULTS

No winner in August! The answer to the riddle was C: Stress. Stress can be sneaky — a little can light a fire under you, but too much just burns you out.

Tip: Take a deep breath. Even 60 seconds of slow breathing can help reset your day.

Mobility Market

Gently used. Greatly needed.

Our Mobility Market is a free community resource where you can find (or donate) gently used medical and mobility gear. From walkers and wheelchairs to shower chairs and more, these items get a second life and help someone else move with ease.

Need something? Have something to give?
The Mobility Market is here for you.

Available by appointment only.
Call 218-347-1974 (option 4) or email connect@elevateotc.org to get started.

Don't Miss Out!

Our events fill up fast, and waiting around for us to manually add your name could mean you're left on the sidelines. Skip the risk and register online! It's instant, easy, and guarantees your spot. Once you try it, you'll wonder why you ever did it any other way.

Visit elevateotc.org to sign up!

NOSEY NEIGHBORS



1910 SIP HOUSE

Thursday, September 18 from 2-3:30pm - 41714 Foursquare Road, Battle Lake
Explore the 1910 Sip House, a charming craft cidery on Ethel Lake. Get a behind-the-scenes look at how they make their unique ciders, learn about how the owners brought their vision to life, and enjoy a sample of their base ciders. **RSVP required.**

MAPLE HILLS ORCHARD

Tuesday, September 30 from 1-2:30pm - 29355 130th St, Frazee
Enjoy an apple tasting, take a scenic trolley ride through the orchard, and explore the store filled with fresh apples, pumpkins, squash, and other seasonal treats. It's the perfect fall outing to enjoy harvest season! Cost: \$5 per person. **RSVP required.**



The Mixer

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

Lakeside Tap at Perham Golf Course

Tuesday, September 16 from 4:30-6pm

All are welcome! Please RSVP



Coffee Talks

Free and open to the public!

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

September 3 - Fall Prevention Bingo

We're playing Fall Prevention Bingo with Dancing Sky Area Agency on Aging! Sip coffee, share laughs, and pick up practical tips to stay steady on your feet.

September 17 - No Coffee Talk

Join us for the Celebrate Aging Expo at the PACC from 9am - 1pm.

Save the Date

- October 1 - Treating Chronic Pain
- October 15 - Perham Schools' 549 Media



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

September 10 - Emerald Ash Borer & More

Join local U of M Extension Educator to learn about what's happening in Otter Tail County, including updates on local concerns like the emerald ash borer, two-lined chestnut borer, and bronze birch borer.

September 24 - Making Your Visit Count

Join Mindy Anderson, Family Nurse Practitioner at Perham Health, for a practical talk on how to feel prepared and confident before your next medical appointment.

Save the Date

- October 8 - Passport Series: Costa Rica
- October 22 - TBD

September 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>1</p> <p>Happy Labor Day</p> <p>🍴 No lunch today.</p>	<p>2</p> <p>12:30pm - Rockin' 50's Show at Jasper's Theater – FULL 3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Sliced Ham & Pesto Pasta / Pears</p>	<p>3</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10am - Coffee Talk: Fall Prevention Bingo at PACC 5:30pm - Exploratory: Handguns 101 at Perham Sportsmans Club</p> <p>🍴 Sloppy Joe & Waffle Fries / Peanut Butter Bite</p>	<p>4</p> <p>🍴 Pork Loin, Gravy, Potatoes / Sherbet</p>	<p>5</p> <p>9am-1pm - Perham Farmers Market + PoP Plus Day! 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>8</p> <p>🍴 Soft Shell Tacos / Chocolate Pudding</p>	<p>9</p> <p>2:30pm - Parkinson's Support Group at Elevate 4pm - The Great Wealth Transfer at West Central Initiative</p> <p>🍴 Baked Chicken & Mashed Potatoes / Pineapple</p>	<p>10</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Emerald Ash Borer & More at New York Mills Public Library</p> <p>🍴 BBQ Pork & Mac-n-Cheese / Vanilla Ice Cream</p>	<p>11</p> <p>10am - Digital Life Skills: Getting Started with Email at Elevate</p> <p>🍴 Potato Soup & Sandwich / Mandarin Oranges</p>	<p>12</p> <p>9am-1pm - Perham Farmers Market</p>
<p>15</p> <p>1pm - Monday Matinee "Raising the Bar: The Alma Richards Story" at Comet Theatre (\$6)</p> <p>🍴 Spaghetti & Marina Meat Sauce / Ice Cream</p>	<p>16</p> <p>1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Lakeside Tap in Perham</p> <p>🍴 Orange Chicken & Fried Rice / Tapioca Pudding</p>	<p>17</p> <p>9am-1pm - Perham Farmers Market</p> <p>9am-1pm Celebrate Aging Expo at Perham Area Community Center</p> <p>🍴 No lunch today.</p>	<p>18</p> <p>2pm - Grieving with Grace Support Group at Elevate 2pm - Nosey Neighbor: 1910 Sip House in Battle Lake 5:30pm - Exploratory: Aqua Sound Bath at PACC (\$47)</p> <p>🍴 Grilled Brat & Pasta Salad / Oreo Fluff</p>	<p>19</p> <p>9am-1pm Last Day of Perham Farmers Market</p>
<p>22</p> <p>11:30am Monthly Birthday Lunch at Connections</p> <p>🍴 Hamburger Macaroni Casserole / Tropical Fruit</p>	<p>23</p> <p>9am - Funeral Preplanning at Elevate 9am-2pm - Foot Care Clinic at Perham Living Salon (\$30) 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>🍴 Chicken Kiev & Rice / Lemon Pudding</p>	<p>24</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Making Your Visit Count at New York Mills Public Library</p> <p>🍴 Hamburger & Potato Salad / Watermelon</p>	<p>25</p> <p>1-3pm Memory Cafe at Crosspoint Alliance Church</p> <p>🍴 Scalloped Potatoes & Ham / Fruited Jello</p>	<p>26</p> <p>All Day - Community Clean Up around the Perham Area 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>29</p> <p>🍴 Chicken Drumstick & Mashed Potatoes / Dessert</p>	<p>30</p> <p>1pm - Nosey Neighbor: Maple Hills Orchard in Frazee (\$5)</p> <p>🍴 Rib & Garlic Potatoes / Strawberry Ice Cream</p>	<p>October 1</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Treating Chronic Pain at PACC 1pm - Staying Safe from Scams & Cyber Threats at Elevate</p> <p>🍴 Chicken Dumpling Casserole / Warm Apples</p>	<p>2</p> <p>12:30pm Whist Tournament at Connections (\$2 buy in)</p> <p>🍴 Meatloaf & Baked Potato / Chex Mix</p>	<p>3</p> <p>10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>

WRAPPING UP A GREAT MARKET SEASON

The Perham Farmers Market is winding down for the season, but there's still time to swing by for your favorite local produce, baked goods, and handmade treasures. We've had a fantastic summer together, and we're wrapping things up with a few important dates you won't want to miss:

🍎 **PoP Plus for Seniors (ages 60+):**
Friday, September 5

🍎 **Last Market Day:**
Friday, September 19

Come out, enjoy the fresh air, and help us close the season on a high note. Thank you for supporting our vendors and making this year's market such a success!



FARMERS MARKET

**WEDNESDAYS
+ FRIDAYS
FROM 9AM-1PM**

**200 5th St SE, Perham
(across from Perham
Meat Market)**



DIGITAL LIFE SKILLS

presented by  arvig.

GETTING STARTED WITH EMAIL

Email is like online mail, and it's easier than you think! Join us to learn how to create your personal email address and understand the basics of sending and receiving messages.

17 Thursday, September 11 from 10-11am at Elevate

FACEBOOK BASICS FOR STAYING CONNECTED

Facebook is a popular way to see what family and friends are up to, share your own news, and even reconnect with people from the past. We'll show you the basics of navigating Facebook in a simple and easy-to-understand way.

17 Thursday, October 9 from 10-11am at Elevate

**PLEASE
RSUP**



Bring your own devices
to follow along!



SUDOKU

4				9		8		6
					8			
3			7					9
9		4						
				3			1	
5		1			2			3
	1		8					
					7		5	1
2		5		1		3		7

Sudoku is a logic game where you fill in the grid so every row, column, and 3x3 box has the numbers 1 through 9 with no repeats. Start with easy spots, use logic to eliminate options, and take your time. No guessing is needed—just careful thinking!

WAHL'S WELLNESS WISDOM:

TIPS TO AGING WELL

The aging process is fascinating because everyone experiences it differently. Some people notice the effects in their 40s, while others don't feel them until decades later. How we age depends on many factors, some within our control and others not.

When people describe aging, common words include "stiff," "weak," and "sore." This makes sense, since everyone loses muscle strength and mass as they get older. Muscle tissue also tends to become more rigid over time. Think of it starting out like "filet mignon" and gradually turning into "beef jerky." This change contributes to reduced mobility and function as we age.

The good news is that this process can be slowed significantly with the right exercises and stretches. Focusing on stretching and performing resistance exercises for all major muscle groups can help maintain strength, flexibility, and mobility. It's not uncommon to see people in their 80s and beyond who remain remarkably flexible and active. These individuals are often consistent with their exercise routines.

Another key to aging well is reducing inflammation in the body. Inflammation plays a role in many age-related issues, including arthritis, tissue degeneration, and chronic pain. Eating a healthy diet (low in refined foods and rich in fruits and vegetables) can help reduce inflammation and support overall wellness.

By incorporating regular exercise, stretching, and anti-inflammatory habits into your life, you can age more gracefully and enjoy mobility and independence for many years to come.

Provided by Perham Health's Dr. Sean Wahl, DC



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.



Memory Lane is a new weekly activity where Connections attendees can bring in a photo based on the weekly themes below and share the memories behind it.

Week of 9/2

Picture of yourself in grade school

Week of 9/8

Old Vehicles -- cars, tractors, anything with wheels

Week of 9/15

One Vacation Destination

Week of 9/22

Hobbies/ Interests -- gardening, woodworking project, a collection

Week of 9/29

Wedding photo

Simply bring your photos to lunch, and we'll reminisce about the moments that have shaped our lives.



Order Your Swag

The Elevate Swag Shop is open again from September 2 -19! Grab your favorite sweatshirts, t-shirts, tanks, and more to sport your Elevate pride wherever you go. The shop is through Longweekend Sportswear, and they are able to mail your goods right to you!

Shop now >> <https://elevateotc.link/swag-shop>



élevate
SPOTLIGHT

WHAT DOES AGING WELL MEAN TO YOU?

We asked a few folks in our community to share their thoughts on what it means to age well. From staying active to staying connected, their answers remind us that aging isn't one-size-fits-all. It's a journey shaped by the little things that bring joy, purpose, and health. Check out their responses below --- you might just find some inspiration for your own path to aging well!



Aging well means good health, meaningful life, staying social, having a good outlook on life, and lots of friends.

– Rose Neseth



Aging well mean being mentally, physically and socially active. It's having activities for our age group.

– Karen Johnson and Lynn Larson



Aging well means taking care of yourself and having no pain. When you don't have pain, you feel good and you get out and move.

– Judy Wanderi



HIGH PROTEIN *Breakfast Ideas*

One of the Healthspan Challenge's Week 4 mini challenges is to eat a high protein breakfast. To make it easy, we've rounded up some tasty ideas below!

- **Greek yogurt parfait** with berries, nuts, and a sprinkle of granola
- **Egg scramble** with spinach, peppers, and shredded cheese
- **Protein smoothie** with whey or plant protein powder, frozen fruit, and nut butter
- **Cottage cheese bowl** with tomatoes and cucumbers
- **Overnight oats** with protein powder stirred in, topped with chia seeds
- **Turkey or chicken sausage** with scrambled eggs or an omelet
- **High-protein pancakes** (using protein powder, cottage cheese, or Greek yogurt)
- **Smoked salmon** on whole grain toast with light cream cheese or Greek yogurt spread
- **Egg muffins** (mini frittatas baked in muffin tins with veggies/meat)
- **Peanut butter protein wrap** (whole wheat tortilla, PB, banana, and a sprinkle of hemp seeds)
- **Cottage cheese toast** topped with toppings like tomato & basil
- **Breakfast burrito** with scrambled eggs, black beans, salsa, and avocado

MEMORY
cafe *where every story counts*

THURSDAY, SEPTEMBER 25

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

September's session will focus on a vital topic: Living Wills and Power of Attorney. Join us as Sam Felix walks us through why these documents matter in dementia care and how they help ensure that medical and legal decisions reflect your loved one's wishes. It's a conversation that brings peace of mind today while protecting choices for tomorrow.

Help us plan for snacks & activities! [RSVP online](#) or by calling 218-347-1974.



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.

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC

AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

Friday, September 5 and 26 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 to view Sanford Health's Parkinson's Support Group virtually, led by Dr. Sarah Matcha. These sessions offer expert speakers, valuable education, and a supportive community for those affected by Parkinson's disease.

MONDAY MATINEE

RAISING THE BAR

The Alma Richards Story

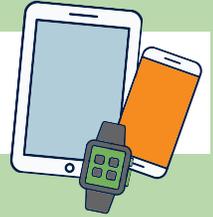
Monday, September 15
at Comet Theater, Perham

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

GRIEVING WITH GRACE

3rd Thursday of the Month from 2-3pm at Elevate

Are you struggling with the passing of a loved one? Do you feel you need support to work through your grief? You are not alone. This group is open to anyone who has ever lost a loved one. It doesn't matter if it was yesterday or years ago; we have a place for you. Hosted by Vivie (formerly Knute Nelson). No registration needed!

FOOT CARE CLINIC

UPCOMING DATES:
SEPTEMBER 23 | NOVEMBER 18
JANUARY 13

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.



HOLIDAY MARKET

DONATE STARTING
SEPTEMBER 22

THE KIDS ONLY HOLIDAY MARKET IS BACK!

Our Elevate Elves are ready to make the season magical for kids again! Starting Monday, September 22, we're collecting gently used or new items for kids to pick out as holiday gifts for their loved ones.

We're looking for donations like:

- **Outdoor/Hobby:** Hunting or fishing accessories, tools
- **Tech & Gadgets:** Small electronics, phone accessories
- **Kitchen Essentials:** Cookware, utensils, 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 SE, Perham. Let's give these treasures a new home and spread some holiday cheer!



Community CLEANUP

FRIDAY, SEPTEMBER 26

We're organizing a 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.

PROJECTS INCLUDE:

- Weed pulling
- Cut back perennials
- Harvest final produce
- Flower pot clean out
- Cover ACs
- Bring in hoses
- Store outdoor furniture
- Window washing
- Change Batteries
- Fall Decorating and more!

SUBMIT YOUR PROJECT



Project Registration Forms can be found and submitted at Perham Area Community Center or United Community Bank!


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