



Our Memory Café offers joy, support, and connection to those with memory challenges, care partners, and loved ones, in a welcoming space for social engagement and community building.

## WALKING IN THEIR SHOES: DEMENTIA LIVE WITH ELEVATE

Understanding dementia can be challenging—especially if you haven't experienced it firsthand. That's why Elevate offers the Dementia Live simulator, an immersive educational experience that helps people better understand what life can feel like for someone living with memory challenges.

During Dementia Live, participants complete simple tasks while experiencing sensory changes similar to those caused by dementia. The result is often a powerful "aha" moment that builds empathy, patience, and understanding. Participants frequently leave with new insight into why everyday activities can feel overwhelming and how small changes in communication and environment can make a big difference.

This experience is especially valuable for professional caregivers, daily care partners, family members, and friends of those experiencing memory challenges. The session consists of the dementia simulator experience and then education and discussion following. Dementia Live helps shift the focus from "Why is this happening?" to "How can I support you better?"—creating more compassionate, dementia-friendly interactions throughout our community.

### DEMENTIA LIVE SESSIONS

Tuesday, February 3

Session 1 | 10am-12pm

Session 2 | 1-3pm

AT ELEVATE - 318 6TH AVE SW, PERHAM

*RSVP required.*



### Provider Q&A with Tim Fresonke, PA-C, MPAS, NRP



### Is being excessively sleepy a sign of advancement of the disease?

In later stages of Alzheimer's, some people do become more tired and sleep more, but sleepiness can also come from many other causes such as medications, depression, infections, poor sleep at night, or other medical problems. Being very sleepy does not always mean the disease is getting worse, but it should be taken seriously. If someone is suddenly sleeping much more than usual, it's a good idea to talk with their healthcare provider to look for treatable causes.

## Did You Know?

**Winter falls are more common for people with memory loss.** People with memory loss are at higher risk of winter falls because memory challenges can affect judgment about surface safety, reaction time, balance and gait, and the ability to recognize hazards such as ice or poor lighting. Consider Elevate's Mobility Market to access free mobility assistive equipment to reduce your risk and increase your confidence when navigating winter in Minnesota.

## Make a New Connection!

Memory Café is all about community and meeting others who understand and support one another.

Use this space to write down names and numbers so you can keep in touch, share a laugh, or plan a visit between gatherings.



# The Mixer

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

## El Vallarta Mexican Grill

Tuesday, February 17 from 4:30-6pm

*All are welcome!* RSVP Appreciated

# DIGITAL LIFE SKILLS



presented by  
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## GOOGLE MAPS FOR EVERYDAY TRAVEL

Whether you're visiting a new place or just need directions, Google Maps can be a helpful tool. We'll show you how to find locations, get directions, and even see what places look like before you go.

 Thursday, February 12 from 10-11am at Elevate

**Please RSVP.** Bring your own devices to follow along!



Save the Date

# ELEVATING VOICES

MEMORY  
LOSS  
CHORUS 

We're warming up our voices for another season of singing, laughter, and connection! Join us Tuesdays this spring:

- **Rehearsals:** March 17, 24, 31, April 14, 21, 28, and May 12
- **Community Performance:** May 19
- **Pizza Party Wrap-up:** May 26

Each session runs from 1–3pm at Crosspoint Church and includes music, snacks, and good conversation in a welcoming environment for individuals living with memory loss and their care partners.

For more info or to sign up, visit [elevateotc.org/elevating-voices](http://elevateotc.org/elevating-voices) or call 218-347-1974!

# HEALTHIER HAPPY HOUR



Healthier Happy Hour is one of the Best Life Club's first bright ideas, created to add a little spark to your Mondays. We get together for a bit of movement to shake off the day, enjoy a healthy snack, and dive into some easy games that get people connecting and laughing. It's low-pressure, good-energy, and a simple way to feel better in body and mind. Come join us and start your week on the right foot.

**MONDAYS AT 1PM**  
*at Perham Area Community Center*

# COOKBOOK CLUB



Each month, we'll choose a cookbook—focusing on healthier meals or recipes sized for 1–2 people—and everyone will select a recipe to prepare and share at the following meeting. Cookbook Club will include fun discussion topics designed to help us eat well, feel better, and enjoy the experience together.

For our first meeting, please bring a dish made from your favorite recipe, along with a copy of the recipe to share with the group.

**THURSDAY, JANUARY 22**  
*starting at 4:30pm at Elevate*

## Did You Know?

Even small amounts of daily daylight can make a difference. Research shows that short, regular exposure to natural light—such as sitting near a window, taking a brief walk, or enjoying outdoor activities—can improve:

**Mood**

**Sleep quality**

**Alertness**

**Overall well-being**

Sunlight isn't a cure—but it is a powerful, low-cost way to support brain health, mood, and daily rhythms. Encouraging safe, regular exposure to natural light can be a simple yet meaningful part of dementia care.

Roses are red,  
Chocolate is sweet,  
If I forget Valentine's Day—  
Just blame my brain, not my heart's beat.



*Happy Valentine's Day!*



**MEMORY**  
cafe *where every story counts*

## Preparing for Future Care

Caring for a loved one with dementia comes with many uncertainties, but planning ahead can bring peace of mind. This talk will gently guide you through the financial considerations of future care, helping you feel more prepared and supported when it's time to make important decisions. Presented by Cheryl Wiskow, LSW from Otter Tail County.

**THURSDAY, FEBRUARY 26 FROM 1- 3PM**  
at Crosspoint Alliance Church - 600 NE 8th St, Perham

*RSVP Appreciated*

# NOTES

Use this space to jot down helpful tips, ideas you want to remember, or anything that stood out to you today!

## UPCOMING EVENTS!

There's always more activities to enjoy. Check out these events for connection, fun, and community.

### Coffee Talk: Tips for Care Givers

*Wednesday, January 28 from 10:30-11:30am at NYM Library - 30 Main Avenue North, New York Mills*

Join Rob Hendrickson from Lakes Home Solutions to learn about tips, tricks, and strategies to assist in taking care of friends, family, and loved ones living with dementia. **RSVP required.**

### Caregiver Support Group

*Tuesday, February 3 at 3pm at Perham Living - 735 3rd St SW, Perham*

Connect with others who understand the journey of caregiving. Supervision for your loved one during the meeting is available by advanced request.

### Giving Hearts Day Baked Potato Bar

*Thursday, February 12 at 11:30am at Boys & Girls Club - 221 Fox St, Perham*

Join our Connections crew for a free-will donation baked potato bar to support Boys & Girls Club and Empowering Kids for Giving Hearts Day. **No RSVP needed.**

### Lives Restarted, Stories Shared

*Monday, February 9 from 5:30-6:30pm at Elevate - 318 6th Ave SW, Perham*

Join us for a powerful conversation with two cardiac arrest survivors, followed by a hands-on demo with Perham EMS that will leave you more confident to act in emergencies. **RSVP requested.**

### Coffee Talk: Dementia Friends

*Wednesday, February 18 from 10-11am at PACC - 620 3rd Ave SE, Perham*

Join us for an engaging session where we'll break down what dementia is, what it can feel like day to day, and simple communication tips that actually work. You'll leave with practical ideas on how to be a Dementia Friend. **No RSVP needed.**

  
elevateotc.org

*Connect with  
our team!*

 [connect@elevateotc.org](mailto:connect@elevateotc.org)

 (218) 347-1974

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