



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.

## TOGETHER FOR ALZHEIMER'S AWARENESS

I'm thankful that November is dedicated to Alzheimer's Awareness Month. It's a time to shine a light on a disease that needs continued attention, resources, and research. For many, however, Alzheimer's awareness isn't limited to one month—it's a daily reality. Caregivers devote countless hours to ensure their loved ones are safe, cared for, and surrounded by love. For that, we are deeply grateful.

When I look at our communities, I'm reminded of how fortunate we are. We have incredible local resources like Adult Day Services, the Memory Café, and a healthcare system and long-term care facilities ready to serve when the need arises. Seeing us gather each month to learn, laugh, and support one another is powerful. Every time we do, we help reduce the stigma that often accompanies a memory loss diagnosis.

It's all of us—working together—that make this possible. By continuing to grow spaces of support and understanding, we create welcoming environments where every struggle is heard, every success is celebrated, and no one walks alone.

As the number of dementia diagnoses continues to rise, we can take pride in knowing that here in Otter Tail County, we're helping people face these challenges with hope, connection, and community. We are here when you need us.

I say this often when talking about Elevate, and it feels especially true now—**everything is better when we are together.**

-Mindi Larson, Elevate



## Looking for more ways to stay social?

Come enjoy a delicious lunch and great company at Connections, our vibrant community of adults 60+ who gather Monday through Thursday at the Perham Area Community Center. It's the perfect place to share a meal, laugh with friends, and feel connected.

✨ Use the coupon below for 2 free lunches—your first ones are on us!

elevate  
Connections

1

2

GOOD FOR TWO  
**FREE LUNCHES**

# DEMENTIA FRIENDLY MOVIE

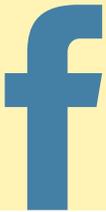


Join us for a special Dementia Friendly screening of *A Christmas Story*, designed to offer a nostalgic, inclusive movie experience for those living with memory loss, their loved ones of all ages, and the community.

**Cost: \$8**  
includes a pop  
and popcorn

**WEDNESDAY, DECEMBER 10**  
**at Comet Theater, Perham**  
Starting at 1pm | Doors open 12:30pm

**All are welcome to join! RSVP Appreciated.**  
Visit [elevateotc.org/events](http://elevateotc.org/events) or call 218-347-1974



We've created a Facebook group for our Memory Café community! Stay connected, share resources, and ask questions between gatherings. Search **Elevate Memory Café** on Facebook to join!

## Did You Know?

More than 7 million Americans are living with Alzheimer's disease today, and this number is projected to rise to nearly 13 million by 2050—a powerful reminder of why raising awareness, funding research, and supporting families now can shape a brighter future.

*Source: Alzheimer's Association*



*Happy 58th Anniversary to*  
**Roger & Kathi Schmitz!**  
*Celebrated on October 21*

## Looking for something meaningful this holiday season?

Here are a few thoughtful ideas designed to bring joy, comfort, and connection:



### Photo Books or Digital Frames

Fill them with labeled pictures of family, friends, and favorite places. These spark recognition and conversation, helping loved ones stay connected to the people and moments that matter most.



### Simple Music Players

Load them with familiar tunes or holiday favorites. Music often reaches parts of the memory that words can't, offering comfort and moments of joy.



### Activity or Memory Kits

Choose puzzles, sorting games, or themed boxes based on favorite pastimes like gardening, fishing, or baking. These activities create opportunities to share memories together.



### Comfort Items

Soft blankets, weighted lap pads, or textured fidget sleeves can bring calm during times of restlessness or anxiety. Plus, they make cozy gifts during Minnesota winters!



### Shared Experiences

A coffee date, a drive to see Christmas lights, or baking cookies together can mean more than any wrapped gift. Shared moments often become the best memories of all.

*No matter what you choose, the greatest gift you can give is your time, patience, and presence. Those simple moments of connection are what truly make the season bright.*



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

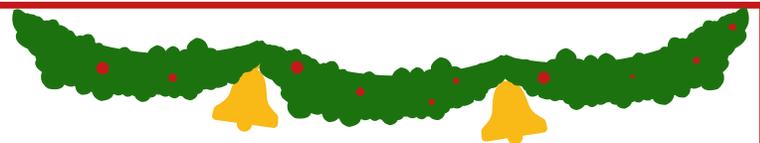
Each session runs from 1–3pm at Crosspoint Church and includes music, snacks, and good conversation in a welcoming environment for individuals living with memory loss and their care partners.

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

## 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.



Join us for a

# HOLIDAY PARTY!

Enjoy festive music from the Perham High School choir students, tasty treats, and warm conversation with friends and family.

All are welcome—bring a guest and, if you'd like, a favorite treat to share. Let's celebrate the season together!



**THURSDAY, DECEMBER 18**  
from 1-3pm at Crosspoint Alliance Church  
600 NE 8th St, Perham

**RSVP Appreciated**

## Did You Know?

Nearly 12 million Americans provide unpaid care for people with Alzheimer's or other dementias. In 2024, the value of this unpaid care was estimated at more than \$413 billion—a testament to the love, dedication, and strength of caregivers who make an immeasurable difference every day.

Source: Alzheimer's Association

# 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.

### Caregiver Support Group

*Tuesday, December 2 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.

### Digital Life Skills: Video Calling

*Thursday, December 11 from 10-11am at Elevate - 318 6th Ave SW, Perham*

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. **RSVP requested.**

### Parkinson's Support Group

*Tuesday, December 9 at 2:30pm at Elevate - 318 6th Ave SW, Perham*

Join for an informative session with Perham Living and North Central Medical Supply to explore home care options, PCA services, and adaptive equipment that support safety and independence at home. **RSVP appreciated.**

### Nosey Neighbor: Lights in the Pines

*Saturday, December 13 starting at 6pm at Pioneer Grounds - 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 the light displays and visit Santa's workshop. **No RSVP needed.** Suggested \$5 donation at the door.

### The Mixer: Sones Asian & American Cuisine

*Tuesday, December 16 from 4:30-6pm at 220 North Boardman Ave, New York Mills*

Enjoy good food, friendly company, and relaxed conversation as we gather for a fun social evening and check out the brand-new restaurant inside the New York Mills VFW. **RSVP requested.**

  
elevateotc.org

Connect with  
our team!  


 connect@elevateotc.org

 (218) 347-1974

 318 6th Ave SW, Perham