

# THE ELEVATOR

April 2024

NOW **DOUBLE**  
THE SIZE!



## APRIL IS VOLUNTEER MONTH!

April is here, and it's time to celebrate Volunteer Month! This month is dedicated to recognizing the incredible impact volunteers make in our communities. Whether you're passionate about environmental conservation, supporting local nonprofits, or helping those in need, there are numerous volunteer opportunities available right here in our area.

One of the first projects Elevate took on was volunteerism and the importance of making volunteering accessible and convenient. That's why we launched our volunteer platform, Helper Helper, in Fall 2022. With Helper Helper, you can easily discover a wide range of volunteer opportunities all in one place!

By using Helper Helper, you can:

- Explore diverse opportunities from different organizations that suit your interests and schedule
- Track your impact with the number of opportunities and hours you've contributed
- Connect with like-minded volunteers at local opportunities
- Stay updated on upcoming volunteer opportunities and important updates

This Volunteer Month, let's come together to make a positive difference. Head to [elevateotc.org/volunteer](https://elevateotc.org/volunteer) to join the movement of changemakers dedicated to building stronger, more vibrant communities. Together, we can create a brighter future for everyone! ➤

## ORGANIZATIONS IN HELPER HELPER

Backpack Program  
Boys & Girls Club  
Elevate  
Elevating Voices  
Kinship  
NYM Education Foundation  
NYM Cultural Center  
NYM Lions Club  
NYM Public Library  
Otter Trail Riders  
PACC  
Perham Area Chamber  
Perham Area Public Library  
Perham Health  
Perham Living  
Perham Rotary  
Perham Schools  
Productive Alternatives  
Re-Use It Thrift Store  
Scouts Troop 321  
The Bridge  
United Way

## 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.

### The Cactus

Tuesday, April 16  
from 4:30-6pm

### 1894

Tuesday, May 21  
from 4:30-6pm

*All are welcome!*  
Please RSVP

## Upcoming Exploratories

Come try something new with us! Registration is required due to capacity restrictions. RSVP at [elevateotc.org](http://elevateotc.org) or by calling 218-347-1974.



### STRENGTH FOR MEN

*Tuesday, April 9 from 6-7pm at PACC*

Through resistance training and safe, instructional weight training, participants will learn how to build strength and stamina which will aid in reducing injuries and create healthy fitness habits. This class is an introduction to the Strength for Men series that runs for 3 weeks starting April 16.

**COST: FREE**



### FEEL THE BEAT

*Tuesday, April 16 at 5:30pm at PACC*

Join us for a NEW class that will boost your mood and increase your mental clarity through a combination of dance fitness & strength training intervals. Enjoy 30 minutes of dancing to the beat of the music, followed by 30 minutes of strength and conditioning using a variety of equipment.

**COST: FREE**



### PRINTMAKING

*Thursday, April 18 from 5-7:30pm*

*at New York Mills Regional Cultural Center*

Join us for an exciting workshop where you'll learn the art of block printing to create your own custom-designed bandanas! We'll learn the basics of cutting linoleum block and then stamp our design onto a cotton bandana for a one-of-a-kind piece.

**COST: \$40**



### EMERGENCY PREPAREDNESS: HEARTSAVER CPR

*Tuesday, April 30 from 4-7pm at Perham Fire Hall*

Want to be better equipped during an emergency? Join us for Heartsaver CPR. In this session, you learn to provide CPR and use an automated external defibrillator (AED) on adults, children, and infants in a safe, timely, and effective manner. This course is designed for anyone with little to no medical training who wants to be prepared for an emergency in any setting.

Hosted by Barb Felt, Lakes Country Emergency Education & Consulting  
Cost: \$75 | Registration Required



## ELEVATING VOICES

MEMORY  
LOSS  
CHORUS

## ELEVATING VOICES IS BACK ON APRIL 9!

Did you know that the last part of your brain to be affected by diseases like Alzheimer's is the part that processes and remembers music? That's why Elevating Voices Memory Loss Chorus is such a beneficial activity for those living with memory loss. Living with memory loss is also a very isolating experience. **Singing in a chorus can provide many moments of joy, laughter, and an opportunity to belong without judgement.**

Our next session of Elevating Voices begins on Tuesday, April 9, and we're looking for more individuals living with memory loss, volunteers, and care partners to join us! Rehearsals are Tuesdays from 2-4pm for 8 weeks at Crosspoint Alliance Church in Perham.

If you or someone you know is living with memory loss, encourage them join us for some singing, social time, and connection! Sign up at [elevateotc.org/elevating-voices](http://elevateotc.org/elevating-voices) or by calling 218-347-1974. ➤

## WHAT IS ELEVATE CONNECTIONS?

Elevate Connections is the newest addition to our Elevate programming! You can now join us Monday through Thursday at Perham Area Community Center for daily activities to keep you connected.

In our first two weeks of service, we signed up 30 individuals and served 88 meals! We've enjoyed watching folks reconnect after years apart and welcome in new faces. This is just the beginning of something beautiful, and we'd love to have you join in on the fun!

Whether you're stopping by between other activities or this is your event of the day, all are welcome! We're also looking for volunteers to help set up the room, serve lunch, and clean up each day. Bonus: Volunteering includes a free lunch! Sign up on Helper Helper at [elevateotc.org/volunteer](http://elevateotc.org/volunteer)

Want to join us? Check out the daily activities and lunch schedules at [elevateotc.org/connections](http://elevateotc.org/connections) or reserve your meal by calling 218-347-1974 by 12pm the business day before. ➤



## Special April Connections Opportunities:

### AGING IN OTTER TAIL COUNTY

Thursday, April 11 at 10am  
Learn more about resources and services available to residents aging in Otter Tail County.

### KINDNESS CLUB

Monday, April 15 at 10am  
Let's plan ways we can spread kindness and positivity in our community through acts of services and kind gestures throughout the year!

### TILE PAINTING

Thursday, April 25 at 12:30pm  
Come paint some tiles with us for the future park mural that will welcome everyone to the Perham Area!

Located in the Connections Room at Perham Area Community Center. No registration needed.



# April Calendar

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



| MONDAY                                                                                                                          | TUESDAY                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                              | THURSDAY                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div></div> <div>🍴 Roast Beef with Mashed Potatoes</div>                                                           | <div>2</div> <div>10am - Walking Club<br/>1pm - Cost Cutting Strategies</div> <div>🍴 BBQ Pork on a Bun</div>                                                                                               | <div>3</div> <div>9-11am - Free BP Check<br/>10:30am - Coffee Talk: Coffee with a Cop</div> <div>🍴 Chicken Fettuccini Alfredo</div>                    | <div>4</div> <div></div> <div>🍴 Chicken Noodle Soup/Sandwich</div>                                                                         |
| <div>8</div> <div>1pm - Budgeting 101</div> <div>🍴 Beef Stroganoff with Noodles</div>                                           | <div>9</div> <div>10am - Walking Club<br/>2pm - Elevating Voices<br/>6pm - Exploratory: Strength for Men</div> <div>🍴 Chicken Vegetable Stir Fry</div>                                                     | <div>10</div> <div>9-11am - Free BP Check<br/>10:30am - Coffee Talk: Osteoporosis</div> <div>🍴 Pot Roast with Potatoes</div>                           | <div>11</div> <div>10am - Aging in Otter Tail County<br/>2pm - Tech 101: Intro to Security</div> <div>🍴 Cheesy Beef Tortellini</div>       |
| <div>15</div> <div>10am - Kindness Club<br/>12pm - Nosey Neighbor: Comet Theater</div> <div>🍴 Chicken Parmesan with Penne</div> | <div>16</div> <div>10am - Walking Club<br/>2pm - Elevating Voices<br/>2:30pm - DL Cloggers<br/>4:30pm - The Mixer: Cactus<br/>5:30pm - Exploratory: Feel the Beat</div> <div>🍴 Turkey Orzo Casserole</div> | <div>17</div> <div>9-11am - Free BP Check<br/>10:30am - Coffee Talk: Safety &amp; Survival Tips with OTC Sheriff</div> <div>🍴 Hamburger on a Bun</div> | <div>18</div> <div>2pm - Nosey Neighbor: 1910 Sip House<br/>5pm - Exploratory: Printmaking</div> <div>🍴 Scalloped Potatoes &amp; Ham</div> |
|                                                                                                                                 |                                                                                                                                                                                                            |                                                                                                                                                        | <div>Friday, 4/19</div> <div>10am - Parkinson's Disease: Warning Signs</div>                                                               |
| <div>22</div> <div>1pm - Nosey Neighbor: Elements Wellness &amp; MedSpa</div> <div>🍴 Baked Ziti</div>                           | <div>23</div> <div>10am - Walking Club<br/>1pm - Genealogy Workshop<br/>2pm - Elevating Voices</div> <div>🍴 Chicken &amp; Dumpling Casserole</div>                                                         | <div>24</div> <div>9-11am - Free BP Check<br/>10:30am - Passport Series: Antarctica</div> <div>🍴 Chicken Cordon Bleu</div>                             | <div>25</div> <div>12:30pm - Tile Painting</div> <div>🍴 BBQ Meatballs</div>                                                                |
| <div>29</div> <div>All Day - Medication Management</div> <div>🍴 Hearty Chili with Corn Bread</div>                              | <div>30</div> <div>10am - Walking Club<br/>2pm - Elevating Voices<br/>2pm - Tech 101: Troubleshooting<br/>4pm - Heartsaver CPR</div> <div>🍴 Sliced Ham with Pesto Pasta</div>                              | <div>MAY 1</div> <div>9-11am - Free BP Check<br/>10:30am - Coffee Talk: Dr. Big Brain</div> <div>🍴 TBD</div>                                           | <div>2</div> <div></div> <div>🍴 TBD</div>                                                                                                  |

MONDAY - THURSDAY FROM 10AM-2PM

at Perham Area Community Center's Connections Room  
(across from Adventureland Indoor Playground)

**COFFEE AT CONNECTIONS**  
Join us for coffee Monday through Thursday starting at 10am in the Connections Room at the PACC to chat with new and old friends over a warm cup of coffee.

**CONNECTIONS LUNCH**  
Join us for a nutritious and delicious lunch Monday through Thursday at 11:30am at Perham Area Community Center! To reserve a meal, call 218-347-1974 by 12pm the business day before! Menus subject to change. Check out the full menu at [elevateotc.org/connections](http://elevateotc.org/connections).

**CONNECTIONS CARDS**  
Come play cards with us Monday through Thursday at 12:15pm in the Connections Room at the PACC!

| Mondays | Tuesdays | Wednesdays | Thursdays |
|---------|----------|------------|-----------|
| Bridge  | Whist    | Pinochle   | Cribbage  |

Other cards, games, and puzzles are available as well!

## Weekly Events

**WALKING CLUB**  
Join us for a healthy stroll around the track at Perham Area Community Center every Tuesday starting at 10am! When the weather warms up, we'll start to venture outside for walks around Perham starting from the PACC. Admission to the PACC for your first two walks is free! After that, you'll need a PACC membership or day pass to join.

**FREE BLOOD PRESSURE CHECKS**  
Stop by the PACC every Wednesday from 9-11am to get a FREE blood pressure check! No registration or PACC membership required.



## *A note about registration:*

Some events require pre-payment and pre-registration, which is noted in descriptions. To register, please visit [elevateotc.org/events](http://elevateotc.org/events) or call us at 218-347-1974 for assistance.

## LET'S GET NOSEY!

Join us for these upcoming tours of local businesses. Tours are free, but registration is typically required due to capacity limitations. Please RSVP at [elevateotc.org](http://elevateotc.org)



### COMET THEATER

*Monday, April 15 from 12-3pm*

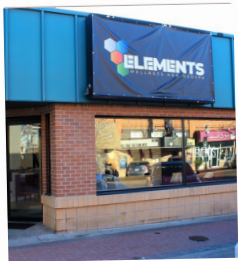
Let's learn how movie theaters work! We'll get a tour and behind-the-scenes look. You're welcome to stay for a showing of Arthur the King for just \$6, which includes pop and popcorn. RSVP Appreciated.



### 1910 SIP HOUSE

*Thursday, April 18 from 2-4pm*

Come get a peek at this unique cidery on Ethel Lake, and then stick around for happy hour to try them out for yourself! This event is currently full, but you can join our waitlist online in case of cancellations.



### ELEMENTS WELLNESS & MEDSPA

*Monday, April 22 from 1-3pm*

Learn about the various services and therapies available for aging adults, including infrared sauna, red light therapy, float beds, IV treatments, and more. RSVP appreciated.

#### Coming Soon:

May 10 - Perham Resource Recovery Facility  
May 15 - City of Perham  
June 11 - Otter Tail County Operations Center

## Coffee Talks

Come chat with us about a range of lifestyle topics over a cup of coffee. No registration needed.

### PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays  
10:30-11:30am

April 3 - Coffee with a Cop

April 17 - Safety & Survival Tips with OTC Sheriff

May 1 - Dr. Big Brain

May 15 - Perham Community Garden

### NEW YORK MILLS PUBLIC LIBRARY

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

April 10 -Osteoporosis with Perham Health's Dave Dahl, DPT

April 24- Passport Series: Antarctica

May 8 - Grounding with Oasis Wellness

May 22 - OTC Historical Society

FREE + OPEN  
TO THE  
COMMUNITY!



## COST CUTTING STRATEGIES

*Tuesday, April 2 from 1-2pm at Elevate Conference Room*

Get the inside scoop from Marie on how to cut costs. Discover how she efficiently saved over \$13,000 for her family in just one year using a combination of coupons, apps, and other strategies. This is a free workshop, but space is limited. RSVP required.

## BUDGETING 101 WITH UNITED COMMUNITY BANK

*Monday, April 8 from 1-2pm at Elevate Conference Room*

Whether you're living on a fixed retirement income or just starting out, budgeting is more than just managing money. It's about taking charge of your life and maximizing the opportunities that sound financial planning can provide. This is a free workshop, but space is limited. RSVP required.



## TECHNOLOGY 101: INTRO TO SECURITY

*Thursday, April 11 from 2-4pm at New York Mills Public Library*

Internet security can be intimidating. Let's talk through how you can protect yourself on your devices and be safe on the internet. This is a free workshop, but space is limited. RSVP required.

## PARKINSON'S DISEASE: 10 WARNING SIGNS

*Friday, April 19 from 10-11am at Perham Area Community Center*

Whether you're personally affected by Parkinson's or simply interested in learning more, this presentation is designed to provide valuable insights into recognizing the symptoms early on. Hosted by The Parkinson's Foundation of Minnesota/Dakota Chapters. No registration needed.



## GENEALOGY WORKSHOP

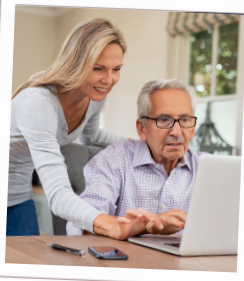
*Tuesday, April 23 from 1-2pm at History Museum of EOTC*

Genealogy is the study of your family tree. Where do you start? Where do you look? The history museum's Genealogy Lab is here to help you find out how you can answer these questions, and many more. No registration needed.

## MEDICATION MANAGEMENT

*Monday, April 29 by appointment at Perham Area Community Center*

Medication Management is a free opportunity for you to visit with a pharmacist about your medications and whether you are taking them properly. Two spots are available for each timeslot — 8:30am, 9:30am, 10:30am, 11:30am, 1pm, 2pm, and 3pm. RSVP required.



## TECHNOLOGY 101: TROUBLESHOOTING

*Tuesday, April 30 from 2-4pm at Perham Area Public Library*

Having trouble with your devices? Bring in your devices to Perham Area Public Library for some technology troubleshooting with Janet. This is a free workshop, but space is limited. RSVP required.



## THE ELEVATOR: BIGGER AND BETTER!

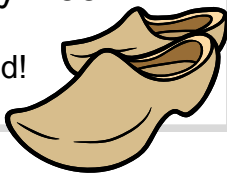
Did you notice that this monthly newsletter is a little heavier than last month? That's because we've doubled it in size! We thought having a monthly calendar would be a handy way to keep track of Elevate events throughout the month, and we wanted to provide more details for our friends that don't follow us on social media or utilize our website. Please make sure to note which events require pre-payment and pre-registration so you don't miss out! ➤



### *Special Performance* **DL CLOGGERS**

**Tuesday, April 16 from 2:30-3:15pm**  
Perham Living Community Room

Space is limited. RSVP required!



**TOLI LUBITZ**

### *Testimonials That Make Us Smile*

"Following my retirement in April of 2020, I had a lot of adjusting to do as far as keeping myself busy and finding rewarding things to do in my community. I also missed the "social life" that my career gave me, but not having worked in the Perham area kept me from meeting new people and developing new friendships. Once the Elevate program got up and running, all of that changed for me as I began to participate in various activities that I would never have been able to do before them. Touring various businesses, participating in classes and getting the push I needed to start walking and exercising at the PACC as well as meeting people with similar interests as mine has given me the opportunities I was missing before Elevate."

**elevate**  
YOUR HEALTH • YOUR WAY

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