

THE ELEVATOR

September 2023



DISCOVER A COLORFUL FALL WITH ART

Get ready to infuse your autumn with creativity and color! We're excited to announce our collaboration with the New York Mills Regional Cultural Center, bringing you an array of captivating art classes that promise to make this season truly unforgettable.

Why Art? Because It's Good for You!

Art is more than just a hobby; it's a pathway to wellness. Engaging in creative activities has been shown to have numerous positive effects on mental and emotional well-being. It's a chance to unwind, focus your mind, and tap into the therapeutic benefits of self-expression.

No matter your skill level, our art classes are designed for everyone—no prior experience needed. Here's a sneak peek of what awaits you:

- MN Landscape Paint and Sip | September 21
- Handbuilding with Clay | October 19
- Festive Block Printing | November 16
- Pour Painting | December 7

FULL EVENT LIST INSIDE!

Sign up today at elevateotc.org/exploratories! ▲



LET'S TALK FRAUD: CURRENT SCAMS TO BE AWARE OF

Discover the latest tricks scammers use via phone, email, and social media. Learn how to outsmart them and keep your finances secure. It's time to outwit the tricksters – don't miss out!

TUESDAY, OCTOBER 3

from 4-5:30pm
Elevate Conference Room

Space limited. RSVP at
elevateotc.events/talk-fraud

HOSTED BY



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our Email List

elevate

YOUR HEALTH • YOUR WAY



JEAN TOBKIN, RN

ELEVATE'S DEDICATED HEALTH COACH FOCUSES ON MEDICARE PATIENTS' WELL-BEING

We thought we should take a little section and more formally introduce Jean Tobkin, Elevate's Health Coach.

A Holistic Approach to Health

Jean is the go-to expert for tackling health from all angles. She engages directly with Medicare patients, delving into the intricacies of their lives to understand the broader factors that impact their health. These "Social Determinants of Health" include aspects like living conditions, access to healthy food, transportation, and social support.

Facilitating Collaboration

Jean's work doesn't stop at conversation. Once she's got the full picture, she collaborates closely with Perham Health's medical team. By weaving together her insights with the providers' expertise, they create a comprehensive healthcare strategy tailored to each patient's unique circumstances.

Bridging to Resources and Support

Jean is also our bridge to a network of resources and referrals designed to make a tangible difference. She'll refer you to our community-focused Elevate team, and we'll work to connect you with the right solutions.

Jean Tobkin embodies Elevate's commitment to providing exceptional care that goes beyond the basics. With her compassionate guidance and collaborative spirit, we're taking healthcare to the next level for our Medicare patients. ▲

Need a hand finding resources and support?

Connect with our team!



connect@elevateotc.org



(218) 347-1974



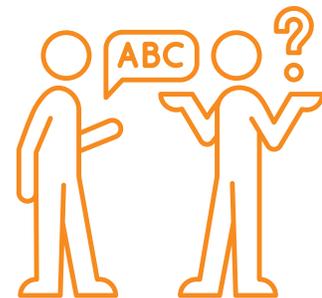
elevateotc.org

MASTERING MEDICARE INSURANCE TERMS

Does Medicare jargon make your brain spin?

Don't let confusing acronyms and mind-boggling terminology turn your brain into a Medicare-themed roller coaster. Join us on a journey to decode the language of healthcare coverage, where we'll demystify the jargon, leaving you with a brain that's spinning for all the right reasons!

Hosted by Elevate and Burgau Insurance. Light Apps Provided!



TUESDAY, OCTOBER 10

from 4-5:30pm
Lakeside Event Center

RSVP Appreciated
elevateotc.events/insurance-terms

Upcoming SIGNATURE EVENTS

 **Downsizing with abiRiver**
Wednesday, Sept 6 at 10:30am
New York Mills Public Library

 **Kenny's Candy**
Wednesday, September 6
10am-1pm or 2-5pm

 **Lakeshirts**
Thursday, September 7
from 2-3:30pm

 **Fast Lunches: Quick and Delicious Lunches**
Tuesday, September 12
Two sessions: 10am-12pm, 5-7pm
Wild Goose, Perham
Cost: \$18

 **Tech 101: Intro to Apps**
Thursday, Sept 14 from 2-4pm
New York Mills Public Library

 **Passport Club: Italy**
Wednesday, Sept 20 at 10:30am
New York Mills Public Library

 **MN Landscape Paint & Sip**
Thursday, September 21
from 5:30-7:30pm
Cultural Center, NYM
Cost: \$40

 **Tech 101: eBooks**
Tuesday, Sept 26 from 2-4pm
Perham Public Library

 **The Mixer: TBD**
Tues, September 26 from 4:30-6pm
(Also TBD) Watch FB for details!

 **All Things Apples: A Tasting Experience**
Thursday, September 28
Two sessions: 10am-12pm or 5-7pm
Wild Goose, Perham
Cost: \$24

 **Let's Talk Fraud**
Tuesday, October 3 from 4-5:30pm
Elevate Conference Room

 **Plant Exchange**
Wednesday, October 4 at 10:30am
New York Mills Public Library

 **Mastering Medicare: Insurance Terms to Know**
Tuesday, October 10 from 4-5:30pm
Lakeside Event Center, Perham

 **Tech 101: Intro to Security**
Thursday, October 12 from 2-4pm
New York Mills Public Library

 **Explore + Pour: Fall Root Vegetables**
Thursday, October 12 from 5-7pm
Wild Goose, Perham
Cost: \$30

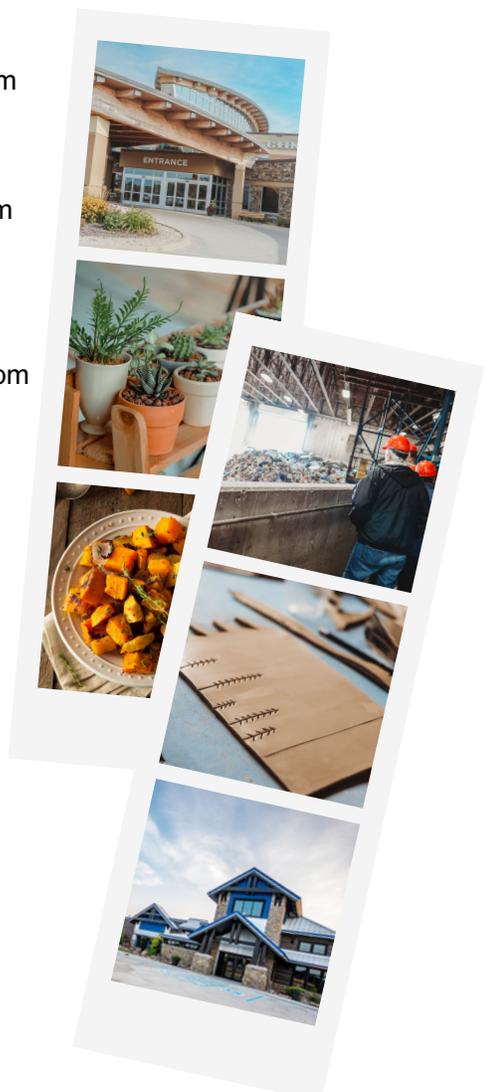
 **Perham Health**
Monday, October 16
from 5:30-6:30pm

 **Incinerator**
Thursday, October 19
from 2-3:30pm

 **Handbuilding with Clay**
Thursday, October 19
from 5:30-7:30pm
Cultural Center, NYM
Cost: \$40

 **Beer & Cheese: A Perfect Pairing**
Tuesday, October 24 from 5-7pm
Disgruntled Brewing, Perham
Cost: \$45

 **Tech 101: Scams + Security**
Tuesday, October 31 from 2-4pm
Perham Public Library



 **COFFEE TALK**
Explore a topic or idea while sipping coffee and connecting with others.

 **EXPLORATORY**
Explore a new activity or skill in our casual, no-commitment classes.

 **NOSEY NEIGHBOR**
Explore what happens behind the scenes of our local businesses.

LEARN MORE + REGISTER AT elevateotc.org/events



FARMERS MARKET

WEDNESDAYS + FRIDAYS
8AM-3PM IN NP PARK

Join in on the day trip to

JERSEY BOYS

at Chanhassen Dinner Theatre

Saturday, October 21

<https://elevateotc.events/jersey-boys-bus-trip>

Help!

We're looking for...

Van Drivers

Jump in the new Elevate van and help transport patients to their critical medical appointments!

Interested? Contact Mindi at (218) 347-1974
or mindi.larson@perhamhealth.org

FOOT CARE CLINIC

We have partnered with Polished Beauty & Wellness Spa to offer foot care appointments in the salon at Perham Living for those in need of foot care. Appointments will cover nail trimming and filing, as well as filing of calluses.

TUESDAYS

AUGUST 1 NOVEMBER 21
SEPTEMBER 12 JANUARY 2
OCTOBER 10

Appointments available
from 9am - 3pm

Perham Living Salon
735 3rd Street SW, Perham

COST
\$30

BOOK YOUR APPOINTMENT:

- Call or text 218-371-8888
- Email polishedspa18@gmail.com

elevate

YOUR HEALTH • YOUR WAY

✉ connect@elevateotc.org

☎ (218) 347-1974

🌐 elevateotc.org