

THE ELEVATOR

October 2023



OCTOBER: NATIONAL CYBERSECURITY AWARENESS MONTH - PROTECT YOURSELF FROM SCAMS

As the calendar flips to October, the fall season isn't the only thing to celebrate. It's also National Cybersecurity Awareness Month (NCSAM), a dedicated time to sharpen our digital defense skills and become more vigilant online. In honor of NCSAM, we're excited to announce four upcoming opportunities to help you better understand and protect yourself against current scams.

Let's Talk Fraud: Current Scams to Be Aware Of

Tuesday, October 3 from 3-4:30pm at Elevate Conference Room

Tech 101: Intro to Security

Thursday, October 12 from 2-4pm at NYM Public Library

Coffee Talk: Banking Fraud

Wednesday, October 18 from 10:30-11:30 at NYM Public Library

Tech 101: Scams & Security

Tuesday, October 31 from 2-4pm at Perham Public Library

During National Cybersecurity Awareness Month, let's unite to become more informed, vigilant, and resilient against cyber threats. With the right knowledge and tools, we can better protect ourselves and our communities online.

Together, we can make October a month of heightened cybersecurity awareness. Stay safe, stay secure! ▲



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Upcoming SIGNATURE EVENTS

➤ 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: Preparing for AEP

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

💡 Freaky Friday at Otter Berry Farm

Friday, October 13 from 3-5pm
Otter Berry Farm, New York Mills

🏥 Perham Health

Monday, October 16
from 5:30-6:30pm

☕ Banking Fraud

Wednesday, October 18 at 10:30am
New York Mills Public Library

🏥 Incinerator

Thursday, October 19
from 2-3:30pm

💡 Handbuilding with Clay

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

💡 Explore + Pour: Fall Root Vegetables

Thursday, October 19 from 5-7pm
Wild Goose, Perham
Cost: \$30

➤ The Mixer: Estate Planning

Tuesday, October 24 from 4:30-6pm
Mills Liquor, New York Mills

💡 Honeycomb Stained Glass

Saturday, October 28 - multiple times
Elevate Conference Room
Cost: \$50

➤ Tech 101: Scams + Security

Tuesday, October 31 from 2-4pm
Perham Public Library

☕ Passport Series: Africa

Wed, November 1 at 10:30am
New York Mills Public Library

➤ Tech 101: Intro to MyChart

Thurs, November 9 from 2-4pm
New York Mills Public Library

☕ Continental Divide Brew Pub

Wed, November 15 at 10:30am
New York Mills Public Library

🏥 Disgruntled Brewing

Thursday, November 16
from 3-4:30pm

💡 Festive Block Printing

Thursday, November 16
from 5:30-7:30pm
Cultural Center, NYM
Cost: \$30

➤ Tech 101: Connecting for the Holidays

Tues, November 28 from 2-4pm
Perham Public Library

🏥 Steve's Sanitation

Wednesday, November 29
from 3-4pm



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

ELEVATING VOICES MEMORY LOSS CHORUS: JOIN US FOR OUR SECOND SESSION!

Music has an incredible power to transcend barriers, connect souls, and bring joy to our lives. It is a universal language that touches our hearts, and it has a special place in the lives of those living with memory loss. That's why we are thrilled to invite you to the second session of the **Elevating Voices Memory Loss Chorus!**

Our chorus is a unique and heartwarming community comprised of individuals living with memory loss, their dedicated care partners, and compassionate volunteers. Together, we embark on a musical journey filled with singing, refreshments, and connection.

No prior singing experience is required. All you need is a love for music and a willingness to connect with others.

ELEVATING VOICES

MEMORY LOSS CHORUS



REHEARSALS START
TUESDAY, OCTOBER 10, 2023

LOCATION	TIME
CROSSPOINT ALLIANCE CHURCH	2-4PM

Rehearsal Dates: Oct 10, 17, 24, 31, and Nov 14
Concert Date: Tuesday, November 21

SIGN UP TODAY!
(218) 347-1974

mindi.larson@perhamhealth.org
elevateotc.org/elevating-voices

The Mixer

Tuesday, October 24

from 4:30-6pm

Mills Liquor, NYM

All are welcome!

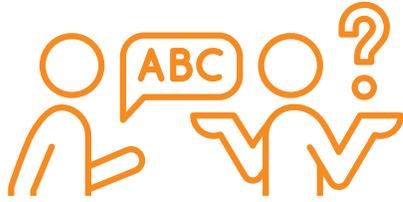
Adulting is hard. Join us for a break from life while learning a thing or two.

Topic: Estate Planning

Whether you're new to the topic or looking to refine your existing plans, this casual event provides the perfect setting to learn, ask questions, and mingle with like-minded individuals.

Special Guest: Attorney Samuel Felix





MASTERING MEDICARE PREPARING FOR ANNUAL ELECTION PERIOD

The Annual Election Period (AEP) is a critical time for Medicare beneficiaries, and being prepared is the key to making informed choices about your healthcare coverage.

During this event, we will guide you through the essential steps to get ready for the AEP, which typically runs from October 15th to December 7th each year. Our expert speaker, LeAnn Burgau, will provide insights on how to review your current Medicare plan, explore available options, and make strategic decisions to ensure your healthcare needs are met in the year ahead.

Event Highlights:

- Understanding the significance of the Annual Election Period
- Tips for reviewing your current Medicare plan
- Exploring Medicare Advantage and Part D Prescription Drug Plans
- How to make informed decisions to suit your healthcare needs
- Decoding Medicare terminology for a clearer understanding
- Q&A session to address specific questions and concerns

Hosted by Elevate and Burgau Insurance. Light Apps Provided!

TUESDAY, OCTOBER 10

from 4-5:30pm
Lakeside Event Center, Perham

RSVP Appreciated
elevateotc.events/preparing-for-aep

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

OCTOBER 10 NOVEMBER 21

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