

# THE ELEVATOR

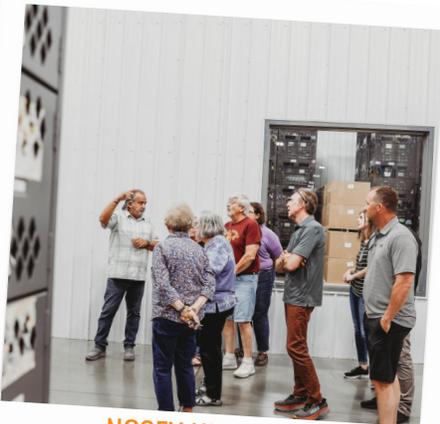
January 2024

FULL EVENT  
LIST INSIDE!



## EXPLORATORIES

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



## NOSEY NEIGHBOR

Explore what happens behind the scenes of our local businesses.



## COFFEE TALK

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

## CONNECTING COMMUNITIES, ELEVATING LIVES

As we step into a new year filled with promise and potential, we're excited to reintroduce Elevate! We are a grant program through Perham Health, and we're on a mission to help our community age well through events to stay social and physically active, volunteerism and flex work to stay engaged, and resources to navigate aging.

Here are some of our frequently asked questions:

**When did Elevate start?** We received grant funding in January 2021. It took a couple of years to create a platform and get team members in place. We launched our volunteer platform in September 2022 and hosted our first events in January 2023. Since then, we've hit so many milestones and we're just getting started. Check out the back page of the newsletter to see a breakdown of our 2023 accomplishments!

**Where did funding for Elevate come from?** We applied for and received the Connected Communities grant, which is funded by LeadingAge Minnesota Foundation and Ucare Minnesota. We are one of four initiatives in the state.

**Who is Elevate for?** The simplest answer is all adults! Adults of all ages are invited to attend any and all of our events. While the opportunities we promote are open, we are particularly interested in reaching residents ages 45 and better to help them lengthen their lifespan.

**How do I get involved?** There are many different ways to get involved. Here are a few ways to get started:

1. Follow us on Facebook or Instagram - @elevateotc
2. Sign up for our email list
3. Visit [elevateotc.org](http://elevateotc.org) to view events, sign up for volunteer opportunities, explore flexible work opportunities, or access valuable resources

Thank you to everyone that has been part of our Elevate community so far. We're looking forward to continuing our work building a healthier, more connected, and elevated community in 2024 and beyond. ▲



*Downsizing Events*  
WITH ABIRIVER

Overwhelmed with STUFF? Join abiRiver Consultants for sessions on how to tackle downsizing your house. Whether you're getting ready to move or just wanting to reclaim your space, these sessions will offer practical advice on where to begin the process. We'll talk through everything from the cherished family heirlooms to that Tupperware container that is missing a lid.

### **CLOSETS + KITCHENS**

Wednesday,  
**January 10**  
from 1-2pm



### **BASEMENTS + GARAGES**

Wednesday,  
**January 17**  
5:30-6:30pm



Cost: \$10/session | Elevate Conference Room

# **FOOT CARE** CLINIC

**TUESDAYS - JAN. 2, FEB. 13, & MAR. 26**

Appointments available from 9am - 2pm  
Perham Living Salon, 735 3rd Street SW  
Cost: \$30

### **BOOK YOUR APPOINTMENT:**

- Call or text 218-371-8888
- Email [polishedspa18@gmail.com](mailto:polishedspa18@gmail.com)



**WALKING CLUB**  
Every Tuesday | 10am | PACC



## **MASTERING MEDICARE** **PRIOR AUTHORIZATIONS**

Most Medicare eligibles are overwhelmed by their coverage options. We're partnering with Burgau Insurance to offer Mastering Medicare sessions so that you have the right coverage and can make the most of it.

**TUESDAY, JANUARY 16**

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



Light apps provided. **RSVP Appreciated!**  
[elevateotc.events/medicare-authorizations](http://elevateotc.events/medicare-authorizations)

Join us for next session of Mastering Medicare! This time, we're talking about the hot topic: prior authorization. We'll talk about how prior authorizations affect Medicare clients and their care, including what they are, their intent, problems you may run into, how to appeal a decision, and new laws and regulations to protect seniors and ensure they get access to necessary care and prescriptions. ▲

# Upcoming SIGNATURE EVENTS

**Walking Club every  
Tuesday at 10am at PACC**

 **PACC Coffee Talk Kickoff**  
Wed, January 3 at 10:30am  
Perham Area Community Center

 **Chair Yoga**  
Fridays, January 5, 12, 19, 26  
from 10-11am at B Still Yoga  
Cost: \$10

 **Beginner Pickleball**  
Monday, January 8, 15, and 22  
from 6:30-9pm at PACC

 **Coffee Talk: Kinship Program**  
Wed, January 10 at 10:30am  
New York Mills Public Library

 **Water Fitness**  
Tues, January 16 & February 20  
Fridays, January 26 & February 16  
from 9-9:30am at PACC

 **Downsizing: Closets +  
Kitchens**  
Wednesday, January 10 from 1-2pm  
Elevate Conference Room  
Cost: \$10

 **Tech 101: Internet Resources**  
Thursday, January 11 from 2-4pm  
New York Mills Public Library

 **Mastering Medicare: Prior  
Authorizations & Medicare**  
Tues, January 16 from 4-5:30pm  
Lakeside Event Center, Perham

 **Coffee Talk: State Services for  
the Blind**  
Wed, January 17 at 10:30am  
Perham Area Community Center

 **State Services for the Blind**  
Wed, January 17 at 1:30pm  
Briarwood Community Room, Perham

 **Downsizing: Basements +  
Garages**  
Wed, January 17 from 5:30-6:30pm  
Elevate Conference Room  
Cost: \$10

 **Funeral Preplanning**  
Thurs, January 18 from 1:30-3pm  
Elevate Conference Room

 **Arvig**  
Tuesday, January 23  
from 3-4:15pm

 **The Mixer: TBD**  
Tuesday, January 23 from 4:30-6pm  
Mills Liquor

 **Passport Series: Iceland**  
Wed, January 24 at 10:30am  
New York Mills Public Library

 **Tech 101: eBooks**  
Tuesday, January 30 from 2-4pm  
Perham Area Public Library

 **Coffee Talk: Fall Prevention**  
Wed, January 31 at 10:30am  
Perham Area Community Center

 **Coffee Talk: TBD**  
Wed, February 7 at 10:30am  
Perham Area Community Center

 **Foot Care Clinic**  
Tues, February 13 from 9am-2pm  
Perham Living Salon  
Cost: \$30

 **Coffee Talk: TESTIFY Exhibit**  
Wed, February 14 at 10:30am  
New York Mills Public Library

 **Coffee Talk: TBD**  
Wed, February 21 at 10:30am  
Perham Area Community Center

 **Coffee Talk: State Services for  
the Blind**  
Wed, February 28 at 10:30am  
New York Mills Public Library



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 **EXPLORATORY**  
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in our casual, no-commitment  
classes.

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

**REGISTER AT**  
[elevateotc.org/events](http://elevateotc.org/events)

# 2023 UNWRAPPED

## *Our Year in Numbers*

We've had a wild year full of adventures, fun, and learning. Our team had a blast getting to know so many new faces around the area, and then seeing them at all of our events.

We took a look back on the year as a reminder of what we all accomplished. Check out our Year in Numbers to see how far we've come!

**150**  
TOTAL EVENTS  
HOSTED

**2,400+**  
TOTAL EVENT  
ATTENDEES

**3,625+**  
HOURS VOLUNTEERED  
(THROUGH HELPER HELPER)

**33**  
VAN RIDES  
PROVIDED

**2**  
FULL-TIME  
EMPLOYEES HIRED

**500+**  
HEALTH COACH PATIENTS

### TOP 5 EVENTS

1. Elevating Voices Performance
2. Mastering Medicare: Top 10 Medicare Mistakes
3. Exploratory: Stained Glass Aloe
4. NYM Senior Center Appreciation Lunch
5. Mastering Medicare: Annual Election Period



Save the Date

# SILVER SNEAKERS DAY

FEBRUARY 13  
AT THE PACC

### VOLUNTEER OPPORTUNITY

## *Blood Pressure Checkers*

We are going to start offering free blood pressure checks on Wednesdays from 9-11am at Perham Area Community Center, but we're looking for some volunteers to staff it.

If you've got a relevant background, please [check out the opportunities on Helper Helper to sign up!](#)

