

# THE ELEVATOR

May 2024

## UNLOCKING HAPPINESS AND MEANING WITH THRIVE IN MAY & BEYOND

As we enter into Mental Health Awareness Month this May, we're excited to dive into the vibrant world of THRIVE, a community-based mental wellbeing program that's all about cultivating health through happiness and meaning. What better way to celebrate than by embracing practices that not only nourish our minds but also uplift our spirits?

Over the next few months, we'll delve deeper into each THRIVE practice, offering practical tips and strategies to incorporate them into your daily life. We invite you to join us on this transformative journey as we elevate our mental wellbeing and thrive together! ➤



NEW EVENTS  
INSIDE



### THE FIVE PRACTICES OF THRIVE

At the core of THRIVE are five powerful practices that can transform our daily lives into wellsprings of positivity and resilience:

1. **Gratitude:** A simple yet profound practice, gratitude is like a magic elixir for the soul. By cultivating thankfulness and appreciation, we unlock a cascade of benefits, from improved mood to strengthened relationships.
2. **Kindness:** The ripple effect of kindness knows no bounds. Whether it's a smile, a helping hand, or a thoughtful gesture, acts of kindness not only brighten someone else's day but also flood our own hearts with joy and fulfillment.
3. **Finding Your Flow:** Ever experienced that state of pure immersion in an activity, where time seems to stand still? That's flow, and it's a gateway to happiness, productivity, and a deep sense of purpose.
4. **Social Connections:** Humans thrive on connection. Nurturing meaningful relationships not only brings us joy but also boosts our overall wellbeing, making life's journey richer and more fulfilling.
5. **Values:** Understanding our core values is like setting a compass for life. It guides our decisions, shapes our actions, and empowers us to live authentically and with purpose.

### EMBRACING THRIVE IN DAILY LIFE

Incorporating THRIVE practices doesn't require grand gestures or radical changes. It's about infusing your everyday moments with intention and mindfulness. Here are some simple ways to start:

- Keep a gratitude journal to capture the beauty in each day.
- Perform random acts of kindness, from small gestures to meaningful deeds.
- Dive into activities that bring you joy and challenge in equal measure.
- Prioritize meaningful connections and carve out time for loved ones.
- Reflect on your values and align your actions with what matters most to you.

### THRIVE KICKOFF

Join us for a casual conversation about the transformative power of THRIVE and the resilience it brings to our lives.

**Tuesday, May 7 at 10am**  
*PACC Front Lobby*



## HOLD YOUR HORSES!

Please note that some events require registration and payment, which is noted in descriptions. To register, please visit our website [elevateotc.org](http://elevateotc.org) or call us at 218-347-1974.

## LET'S GET NOSEY!

Join us for these upcoming tours of local places. Tours are free, but registration is typically required due to capacity limitations.

Please RSVP at [elevateotc.org](http://elevateotc.org) or call 218-347-1974



### INCINERATOR

*Thursday, May 2 from 10am-12pm at Resource Recovery Facility - 201 6th Ave NE*  
Have you ever wondered where your garbage goes after you leave it at the curb? Come see for yourself how our garbage goes through the facility to become power for our local factories! RSVP required.



### CITY OF PERHAM

*Wednesday, May 15 from 1-2:30pm starting from Public Works Garage - 802 6th St NW*  
See what it takes to keep Perham running smoothly! We'll see the Public Works Garage, City Hall, and Perham Police Station. Plus ride the Perham Trolley between stops for added fun! RSVP required.



### OTTER TAIL OPERATIONS CENTER

*Tuesday, June 11 from 1-2:30pm at 469 Main St. W, Ottertail*  
Check out the "cop shop" in Ottertail with us! Chief Deputy Reed Reinbold will be there to inform us about the Otter Tail SWAT team, and we'll hear about the Dive Team from Dive Commander Dion Bredman. RSVP Required.



### KENNY'S CANDY

*Thursday, June 27 from 9am-noon or 1-4pm at KLN Family Brands HQ - 105 Lakeside Dr.*  
Join us for a first-hand look at their operations and manufacturing processes, as well as a history of the company and their growth. We'll also get to taste test all of the different licorice flavors! RSVP Required.

## 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 from 10:30-11:30am

#### May 1 - Neurofeedback Therapy with Dr. Big Brain

Learn more about how this unique service can retrain your brain to help with common brain health conditions.

#### May 15 - Perham Community Garden

Learn the history and goals of the garden, and how families learn about planting & care of a small garden plot.

#### June 5 - The File®

Discover how The File® can help you keep your vital records in one place for peace of mind.

#### June 19 - All Things Biking

Chat with us about biking opportunities, including the Lakes Area Bike Club, trishaw volunteering with Perham Living, e-bikes, and more.

### NEW YORK MILLS PUBLIC LIBRARY 2nd + 4th Wednesdays from 10:30-11:30am

#### May 8 - Grounding with Oasis Wellness

Explore the practice of grounding and meditation and how daily practices can improve your overall health.

#### May 22 - Country Schools of OTC

Find out about the early days of education in Otter Tail County and bring your own memories to share.

#### June 12 - Osteoporosis Diet & Exercise

Learn how proper diet and exercise can prevent osteoporosis with Jamie Belz from Nutritional Therapy Association.

#### June 26 - Passport Series: China

Next stop: China! Come hear from Lacey Hendrickx as she recounts her adventures in China.

FREE + OPEN  
TO THE  
COMMUNITY!

## Advance Health Care Directive

Name \_\_\_\_\_

Date \_\_\_\_\_

### HEALTH CARE DIRECTIVES

Elevate is thrilled to partner with Dr. Jennifer Stong and social workers from Perham Health, Taylor Helmeke, MSW, and Jenny Doll, LSW to guide you through this important process of completing your own Health Care Directive.

During this event, you'll not only learn the basics but also gain valuable insights into effectively communicating your health care preferences and wishes to your loved ones and healthcare providers. It's an opportunity to empower yourself with knowledge and ensure your voice is heard when it matters most.

**MONDAY, MAY 13**

from 5:30-6:30pm

Elevate Conference Room  
318 6th Ave SW, Perham

IN PARTNERSHIP WITH



Free. RSVP Required.

**OUTDOOR**

## WALKING Club

Join us for some walks to enjoy some steps and fresh air!



**TUESDAY, MAY 14 AT 10AM**

~45 minute walk leaving from the front of the PACC.



**WEDNESDAY, MAY 22 AT 9:30AM**

~45 minute walk leaving from the front of NYM Library.

Please register!



### CHAIR STRETCH & STRENGTH

For National Senior Health & Fitness Day, we're celebrating with a special activity! Join us for a quick session of chair stretches and strength that you can learn to do from anywhere!

**Wednesday, May 29 at 10:30am**  
at PACC (TBD)

### TECHNOLOGY 101

Free. Please register!

#### Connecting with Family

Thursday, May 9 from 2-5pm at NYM Library

This session is designed to help you make the most of your long distance relationships through FaceTime, Zoom, and other virtual options.

#### Digital Photo Organization

Tuesday, May 28 from 2-4pm at Perham Library

We'll talk about the different options for organizing and sharing photos with family, as well as how to edit photos using mobile phones or computers.



### KLN CHILDREN'S HOSPITAL DOG PROGRAM

Learn about the creation and growth of KLN's facility dog program in children's hospitals.

**Thursday, May 30 at 10am**  
at PACC Front Lobby

## FOOT CARE CLINIC

**MAY 7 - JULY 2**  
**AUGUST 27 - OCTOBER 15**

Appointments from 9am - 2pm  
@ Perham Living Salon Cost: \$30

#### BOOK YOUR APPOINTMENT:

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

# May Calendar

**ELEVATE CONNECTIONS**  
Monday - Thursday from 10am-2pm  
in the Connections Room at the PACC

 **COFFEE AT CONNECTIONS**  
starting at 10am daily

 **CONNECTIONS LUNCH**  
served daily at 11:30am

 **CONNECTIONS CARDS**  
starting at 12:15pm daily

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   |
|--|---|---|--|
| <p style="text-align: right;"><b>APRIL 29</b></p> <p><b>All Day - Medication Management at PACC</b></p> <p> Hearty Chili with Corn Bread / Mini Cheesecake</p>   | <p style="text-align: right;"><b>30</b></p> <p><b>10am - Walking Club at PACC</b><br/><b>2pm - Elevating Voices at Crosspoint Alliance</b><br/><b>2pm - Tech 101: Troubleshooting at Perham Lib.</b></p> <p> Sliced Ham with Pesto Pasta / Creme Puffs</p>   | <p style="text-align: right;"><b>MAY 1</b></p> <p><b>9-11am - Free BP Check at PACC</b><br/><b>10:30am - Coffee Talk: Neurofeedback Therapy with Dr Big Brain at PACC Front Lobby</b></p> <p> Turkey Ala King / Pumpkin Spice Fluff with Ginger Snaps</p>  | <p style="text-align: right;"><b>2</b></p> <p><b>10am - Nosey Neighbor: Incinerator</b><br/><b>5pm - Exploratory: Succulent Workshop at Red Barn Greenhouse \$5/succulent</b></p> <p> Cheesy Chicken Bake / Red Velvet Cake</p> |
| <p style="text-align: right;"><b>6</b></p> <p><b>10:30am - Mystery Guest in Connections Room at the PACC</b></p> <p> Roast Beef, Mashed Potatoes / Mini Cheesecake</p>   | <p style="text-align: right;"><b>7</b></p> <p><b>9am-2pm - Foot Care Clinic at Perham Living</b><br/><b>10am - Thrive Kickoff at PACC Front Lobby</b><br/><b>10am - Walking Club at PACC</b><br/>No Elevating Voices today!</p> <p> BBQ Pork on Bun / Creme Puffs</p>                                | <p style="text-align: right;"><b>8</b></p> <p><b>9-11am - Free BP Check at PACC</b><br/><b>10:30am - Coffee Talk: Grounding with Oasis Wellness at NYM Library</b></p> <p> Chicken Fettuccini Alfredo / Chocolate Chunk Bar</p>  | <p style="text-align: right;"><b>9</b></p> <p><b>2pm - Tech 101: Connecting with Family at NYM Library</b></p> <p> Chicken Noodle Soup &amp; Sandwich / Cookie</p>  |
| <p style="text-align: right;"><b>13</b></p> <p><b>10:30am - Mystery Guest in Connections Room at the PACC</b><br/><b>5:30pm - Health Care Directive at Elevate Conference Room</b></p> <p> Beef Stroganoff with Noodles / Apple Crisp</p>  | <p style="text-align: right;"><b>14</b></p> <p><b>10am - Outdoor Walking Club leaving from PACC</b><br/><b>2pm - Elevating Voices at Crosspoint Alliance</b><br/><b>5pm - Exploratory: Dish Decorating at Continental Divide Brew Pub \$40</b></p> <p> Chicken Vegetable Stir Fry / Bistro Bar</p> | <p style="text-align: right;"><b>15</b></p> <p><b>9-11am - Free BP Check at PACC</b><br/><b>10:30am - Coffee Talk: Perham Community Garden at PACC Front Lobby</b><br/><b>1pm - Nosey Neighbor: City of Perham at Perham Public Works Garage</b></p> <p> Pot Roast with Potatoes &amp; Carrots / Carrot Cake</p> | <p style="text-align: right;"><b>16</b></p> <p><b>12:30pm - Bingo in Connections Room/PACC</b></p> <p> Cheesy Beef Tortellini / Brownie</p>   |
| <b>Saturday, May 18</b>  |   |   |  |
| <b>All Day - Exploratory: Stained Glass Monstera at Elevate Conference Room \$55</b>   |   |   |  |
| <p style="text-align: right;"><b>20</b></p> <p><b>10:30am - Mystery Guest in Connections Room at the PACC</b><br/><b>1pm - Monday Matinee - "One Life" at Comet Theater \$6</b><br/><b>1:15pm - Exploratory: Silver &amp; Fit at PACC</b></p> <p> Chicken Parmesan / Apple Crisp</p> | <p style="text-align: right;"><b>21</b></p> <p><b>10am - Walking Club at PACC</b><br/><b>2pm - Elevating Voices at Crosspoint Alliance</b><br/><b>4:30pm - The Mixer: 1894</b></p> <p> Turkey Orzo Casserole / Peanut Butter Bars</p>  | <p style="text-align: right;"><b>22</b></p> <p><b>9-11am - Free BP Check at PACC</b><br/><b>9:30am - Outdoor Walk leaving from NYM Library</b><br/><b>10:30am - Coffee Talk: Country Schools at NYM Library</b></p> <p> Hamburger with Potato Salad / Cheesecake</p>   | <p style="text-align: right;"><b>23</b></p> <p><b>10am - Tech Trek at PACC Front Lobby</b></p> <p> Scalloped Potatoes &amp; Ham Casserole / Lemon Pudding</p>   |
| <p style="text-align: right;"><b>27</b></p> <p style="text-align: center;"><br/><b>HAPPY MEMORIAL DAY</b></p> <p>No Lunch</p>   | <p style="text-align: right;"><b>28</b></p> <p><b>10am - Walking Club at PACC</b><br/><b>2pm - Elevating Voices Performance at Crosspoint Alliance</b><br/><b>2pm - Tech 101: Photo Organization at Perham Library</b></p> <p> Chicken &amp; Dumpling Casserole / Warm Apple Slices</p>            | <p style="text-align: right;"><b>29</b></p> <p><b>9-11am - Free BP Check at PACC</b><br/><b>9am-1pm - Perham Farmers Market</b><br/><b>10:30am - Chair Stretch &amp; Strength at PACC</b></p> <p> Chicken Cordon Bleu / Dessert Bar</p>  | <p style="text-align: right;"><b>30</b></p> <p><b>10am - KLN Children's Hospital Dog Program at PACC Front Lobby</b></p> <p> BBQ Meatballs with Baked Potatoes / Pecan Pie</p>  |
| <b>Friday, May 31</b>  |   |   |  |
| <b>9am-1pm - Perham Farmers Market</b>   |   |   |  |



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

**EVENT COLOR KEY**

**Free, no registration**

**Free, registration required**

**Paid, registration required**

# Exploratories

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



## SUCCULENT WORKSHOP

**COST: \$5/SUCCULENT**

*Thursday, May 2 from 5-7pm at Red Barn Greenhouse - 49822 Co Hwy 67, NYM*

Join us for a tour of the greenhouse, including an explanation of their process from ordering seeds and plugs to transplanting seedlings and care of plants/planters. Then we'll dive into planting our own succulents! Bring your own pot (4" or larger) and select from an assortment of 300 succulents at \$5 each.



## DISH DECORATING @ THE DIVIDE

**COST: \$40**

*Tuesday, May 14 from 5-7pm at Continental Divide Brew Pub - 32 N Main Ave, NYM*

Using ceramic/glass markers and paints, participants will create their own unique design on a mug and a plate. Have fun creating your very own decorative dishes at the new Continental Divide Brew Pub! Workshop fee includes pizza and 1 beverage of your choice (additional food and beverages can be purchased on your own).



## STAINED GLASS MONSTERA LEAF

**COST: \$55**

*Saturday, May 18 at 10am, 1pm, 4pm at Elevate - 318 6th Ave SE, Perham*

Create your very own monstera leaf suncatcher! Choose from an array of precut glass pieces to design your own piece. Learn how to apply copper foil to the glass pieces and solder them together into a finished piece that you can take home with you by the end of class. It's our favorite exploratory!



## SILVER & FIT

**FREE**

*Monday, May 20 from 1:30-2:15pm at PACC - 620 3rd Ave SE, Perham*

Silver & Fit is an advanced class for active older adults held twice/week at the PACC. This class offers an extended low-impact aerobics section without chair support for 40 minutes. Standing stretches complete this class.



## WESTLANDS' 5L HORSE RANCH

**COST: \$15**

*Monday, June 3 from 1-3pm at Westlands' 5L Horse Ranch - 41026 475th Street, Perham*

Horses have proven themselves to be a calming and healing presence to humans. Join us to learn all about horse care, training, grooming, and the incredible therapeutic benefits horses offer. Participants will have the opportunity to groom, feed and love on a special equine friend! There will be an opportunity to ride if anyone is interested.



## HANDGUNS 101

**FREE**

*Tuesday, June 4 at 5:30pm at Perham Sportsmans Club - 42825 Harvest Ave, Perham*

Are you curious about handguns but feel a little uncertain or intimidated? This session is for people with little or no experience with handguns. Learn measures to ensure safe handling, different handgun sizes, and bring your questions. No equipment needed; you may bring your own handgun and ammunition.

## DAILY ACTIVITIES TO KEEP YOU CONNECTED

Monday - Thursday from 10am-2pm  
in the Connections Room at the PACC

We're having such a good time at our newest program, Elevate Connections! We enjoy coffee, social time, and lunch Monday through Thursday, and folks are starting to organize card games, rides, and more. We encourage you to come check it out!



### MYSTERY GUEST MONDAYS

We're so excited to introduce Mystery Guest Mondays in May! Each Monday, we'll have a new face join us at Connections for lunch and social time starting at 10:30am.

Who are the guests?  
People you may know in the community, folks that we work closely with, friends or family of frequent flyers, and more! If you're interested in being a mystery guest, let us know!

### FIRST LUNCH IS FREE!

Throughout the month of May, your first meal at Connections is FREE! Come join the fun and eat a delicious meal to boot.

*Note: Meals are a suggested \$4 donation. Pay what you can.*



### MONTHLY BIRTHDAY LUNCH

Celebrating a birthday in May? Join us for our Monthly Birthday Lunch complete with Carrot Cake, candles, and singing Happy Birthday!

**Wednesday, May 15 at 11:30am**  
Connections Room at PACC



### TECH TREK

Learn how to utilize technology to get where you're going. We'll explore apps like Google & Apple Maps, MapQuest, and more.

**Thursday, May 23 at 10am**  
PACC Front Lobby

### LET'S PLAY BINGO

Join us for a fun afternoon of free Bingo with fabulous prizes!

**Thursday, May 16 at 12:30pm**  
Connections Room at PACC



### SENIOR PICTURES

It's graduation season! Dust off your old senior pictures and bring them in to reminisce.

**Week of May 20-23**  
Connections Room at PACC



### VOLUNTEER AT CONNECTIONS!

Looking for a little something to do? We're looking for folks to help us with setting up, serving, and cleaning up our daily lunches. Plus, volunteers get a FREE LUNCH! Sign up at [elevateotc.org/volunteer](http://elevateotc.org/volunteer)

SAVE THE DATE

TURTLE FEST

# POLKA DANCE

All Ages Welcome!

**JUNE 13**  
FROM 1-3PM

**LAKESIDE EVENT CENTER**  
Free Will Offering

PERHAM · MINNESOTA

## FARMERS MARKET

**NEW LOCATION!**

BOYS & GIRLS CLUB OF THE PERHAM AREA  
empowering kids

NYHUS Family Sales

AZURE VISION CARE

PACC Find your fit!

LCC Lakes Community Cooperative

**WEDNESDAYS + FRIDAYS | 9AM-1PM**  
starting after Memorial Day

PLEASE JOIN US FOR THE SPRING PERFORMANCE OF

# ELEVATING VOICES

MEMORY LOSS CHORUS

**TUES 5/28 2PM**

REFRESHMENTS TO FOLLOW.  
FREE WILL OFFERING

CROSSPOINT ALLIANCE CHURCH  
600 NE 8TH ST, PERHAM

# The Mixer

Let's mix it up! Join us to explore and support local restaurants.

**1894**  
Tuesday, May 21  
from 4:30-6pm  
Perham

**The Gobbler**  
Tuesday, June 18  
from 4:30-6pm  
Frazee

*All are welcome!*  
Please RSVP

**elevate**  
YOUR HEALTH · YOUR WAY

✉ connect@elevateotc.org  
☎ (218) 347-1974  
🌐 elevateotc.org  
📍 318 6th Ave SW, Perham



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