

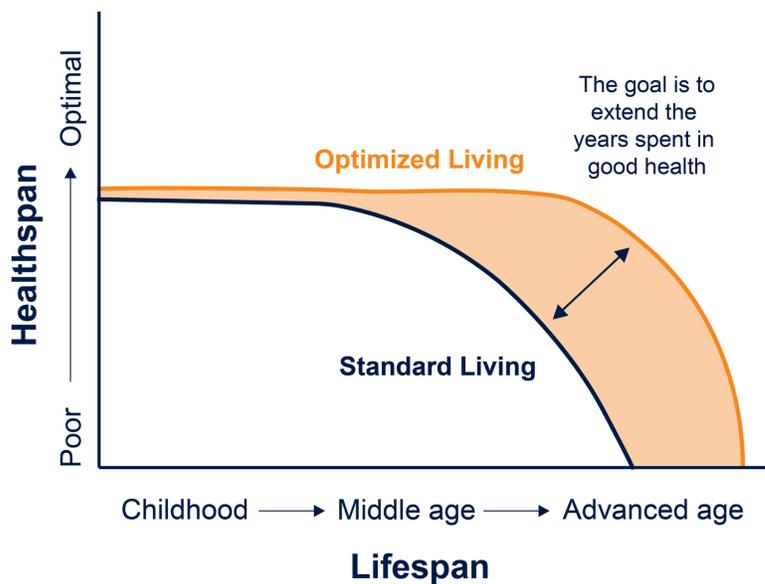
THE ELEVATOR

July 2024

INTRODUCING HEALTHSPAN: SIMPLE CHANGES FOR A HEALTHIER LIFE

We're excited to introduce you to the concept of Healthspan! Unlike lifespan, which is simply the number of years you live, healthspan focuses on the quality of those years. It's about living a life full of health, vitality, and joy.

The graph below illustrates the relationship between healthspan and lifespan. The Standard Living curve represents the typical decline in health over a lifetime, while the Optimized Living curve represents an improved lifespan where health remains optimal for a longer period of time.



The goal is to extend the years spent in good health, and there are quite a few different aspects of well-being that can help optimize your healthspan.

We've noted a few key areas to the right where simple changes can make a profound impact. By focusing on these areas and making small, sustainable changes, we can all significantly improve our individual healthspans.

Remember, it's never too late to start living a healthier, happier life! ➤



KEY AREAS

NUTRITION

Adding more fruits and vegetables into your diet can make a world of difference. Shop for locally grown produce at the Perham Farmers Market on Wednesdays & Fridays!

PHYSICAL ACTIVITY

Regular exercise is crucial for maintaining physical health. Get active with us in July with Outdoor Yoga or Chair Stretch & Strength, or get out and do your own thing!

MENTAL WELL-BEING

Mental health really is just as important as your physical health. Take care of your mind by learning ways to engage in kindness on the back page.

SOCIAL CONNECTIONS

Strong social ties can boost your mood and overall health. Join us for The Mixer, our daily Connections program at the PACC, or Coffee Talks throughout the month!

PREVENTATIVE CARE

Keep up with regular check-ups and screenings, and stay educated about your health with the sessions on the next page.

FULFILLMENT

Volunteering is a great activity to find meaning in daily life in a rewarding and significant way. Visit our website to find opportunities that interest you!

EMPOWERING YOU TO AGE WELL

At Elevate, we believe in helping everyone age well by providing valuable health education opportunities. Our events cover a range of topics, from recognizing warning signs and understanding available resources to being prepared for life's changes. These sessions are not just for those entering a new stage of life; they're for everyone. Being well-informed empowers you to make the best decisions for yourself or a loved one when the time comes.

Join us for one of our upcoming health education sessions and take an active role in your health and well-being. Together, we can create a supportive community where everyone can thrive. ➤

DEMENTIA: 10 WARNING SIGNS

Thursday, July 11 from 2-3pm at Elevate - 318 6th Ave SW, Perham

Alzheimer's and other dementias cause memory, thinking, and behavior issues that disrupt daily life. Join us to learn how to recognize common signs, approach someone with memory concerns, and understand the benefits of early detection. We'll cover diagnostic tests and share Alzheimer's Association resources. Please RSVP.

VIRTUAL DEMENTIA TOUR

Monday, July 22 at Elevate - 318 6th Ave SE
Two sessions: Morning from 9:30-11:30am, Afternoon from 1-3pm

Ever wondered what your loved one with dementia experiences? Join us for a hands-on tour to understand the physical and mental challenges of Alzheimer's and other dementias. Participants will use patented devices that alter their senses while they complete common tasks, followed by a debriefing to share insights and learn more about dementia. Hosted by Dancing Sky Area Agency on Aging. Space is limited. Please RSVP.

FOOT CARE CLINIC

JULY 2 • AUGUST 27 • OCTOBER 15

Call or text Christina at 218-371-8888 to book.



FIRST AID & EMERGENCY PREPAREDNESS

Learn how to respond effectively in the critical first moments of an emergency so you can feel confident and prepared to help. Our session will cover essential skills such as basic first aid (choking, hands-only CPR, stopping bleeding), creating Smart911 Profiles, and how to help first responders before they arrive. Hosted by Becca Huebsch, Director of EMS at Perham Health. Please RSVP.

Thursday, July 25 from 4:30-5:30pm
at Elevate - 318 6th Ave SE, Perham

POTENTIAL DANGERS OF POLYPHARMACY

Thursday, August 1 at 10:30am at Perham Area Community Center front lobby

Polypharmacy, or using multiple medications, is common, especially for chronic conditions. While necessary, overuse can cause side effects and complications. Join us to learn how healthcare practices can lead to increased medication use and how to develop a plan for regular reviews. We'll work with providers to ensure every medication is beneficial and safe. Stay informed and proactive in your medication management.

In partnership with Dancing Sky Area Agency on Aging, NDSU School of Pharmacy, and Lake Region Healthcare. Please RSVP.



Stop in for a FREE BLOOD PRESSURE CHECK

Wednesdays from 9-11am

Perham Area Community 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 from 10:30-11:30am

July 3 - Daughters of the American Revolution

Kick off the Fourth of July holiday by learning about this group that traces back to the Revolutionary War.

July 17 - All Things Biking

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

Bonus Day July 31 - Smart911

Come learn about and get signed up for the countywide safety portal.

Save the Date

- August 7 - Community Paramedic Program
- August 21 - Dementia Friends

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

July 10 - More for Le\$\$ Tours

Learn about the various group travel opportunities coming up!

June 26 - Starting with Sourdough

Learn why the world has gone crazy for sourdough, including the health benefits, samples, and more!

Save the Date

- August 14 - MN State Services for the Blind
- August 28 - TBD

**FREE + OPEN
TO THE
COMMUNITY!**

The Mixer

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

Battle Lake Boathouse

Tuesday, July 16 from 4:30-6pm
112 Lake Ave S, Battle Lake

All are welcome! Please RSVP

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 or call 218-347-1974.



TURNING NATURE

Monday, July 8 from 1:30-2:30pm at Turning Nature - 34804 Sybil Lake Lane, Vergas
Discover the magic of woodturning with Dan! Watch the transformation of a wooden block into a beautiful salad bowl, and explore other amazing creations. Items available for purchase as well. RSVP Required.



FINN CREEK OPEN AIR MUSEUM

Wednesday, July 17 from 1-2pm at Finn Creek - 55442 340th St, New York Mills
Join us for a tour of Finn Creek Open Air Museum, a hidden gem celebrating Finnish-American heritage around Otter Tail County. Explore nine historic buildings and discover the stories that shaped this vibrant community.



PERHAM STOCKYARDS

Tuesday, July 23 from 3-4pm at 45240 Co Hwy 80, Perham
Get a behind-the-scenes look at a top-notch livestock sale barn! See their facilities and get a better understanding of this part of the livestock chain on production agriculture. Plus, enjoy a live auctioneering demonstration!

July Calendar

EVENT COLOR KEY > Free Registration Paid Registration Free Event Farmers Market Community Event

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:30am - Monday Mystery Guest at Connections 1pm - Exploratory: Plant Stakes at Elevate \$32</p> <p>🍴 Baked Ziti / Strawberry Cake</p>	<p>9am-2pm - Foot Care Clinic at Perham Living \$30 1pm - Exploratory: Patriotic Cookie Decorating at Elevate \$30</p> <p>🍴 Chicken & Dumpling Casserole / Warm Apples</p>	<p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: DAR at PACC Front Lobby</p> <p>🍴 Chicken Cordon Bleu / Assorted Bars</p>	<p>HAPPY INDEPENDENCE DAY</p>	<p>9am-1pm - Perham Farmers Market</p>
<p>10:30am - Monday Mystery Guest at Connections 1:30pm - Nosey Neighbor: Turning Nature in Vergas</p> <p>🍴 Hearty Chili / Rice Pudding</p>	<p>9-11am - THRIVE in Practice: Kindness Rocks at NP Park</p> <p>🍴 Sliced Ham & Pesto Pasta / Toffee Almond Bar</p>	<p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: More for Le\$\$ Tours at NYM Library 12:30pm - Exploratory: Beginner Quilting at Bay Window \$12</p> <p>🍴 Turkey Ala King / Pumpkin Spice Fluff</p>	<p>11am - Exploratory: Outdoor Yoga at Paul Miller Park \$18 11:30am - July Birthday Lunch at Connections 12:15pm - Nickel Nickel at Connections 2pm - Dementia: 10 Warning Signs at Elevate</p> <p>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>	<p>9am-1pm - Perham Farmers Market</p>
<p>10:30am - Monday Mystery Guest at Connections 1pm - Monday Matinee "Summer Camp" at Comet Theatre \$6 5pm - Exploratory: Plant Swap at Wild Oak Market \$10</p> <p>🍴 Roast Beef & Mashed Taters / Mini Cheesecake</p>	<p>4:30pm - The Mixer: Battle Lake Boathouse in Battle Lake</p> <p>🍴 BBQ Pork & Mac-n-Cheese / Creme Puffs</p>	<p>9am-1pm - POP+ Day at Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: All Things Biking at PACC Front Lobby 1pm - Nosey Neighbor: Finn Creek Museum in New York Mills</p> <p>🍴 Chicken Alfredo / Choco Chunk Bar</p>	<p>11am - Volunteer Lunch & Learn at Connections Room/PACC 12:15pm - Nickel Nickel at Connections</p> <p>🍴 Chicken Noodle Soup & Sandwich / Cookie</p>	<p>9am-1pm - Perham Farmers Market</p>
<p>9:30am + 1pm - Virtual Dementia Tour at Elevate 10:30am - Monday Mystery Guest at Connections 5:30pm - Exploratory: Outdoor Yoga at Paul Miller Park \$18</p> <p>🍴 Beef Stroganoff & Noodles / Apple Crisp</p>	<p>3pm - Nosey Neighbor: Perham Stockyards</p> <p>🍴 Chicken & Veggie Stir Fry / Assorted Bars</p>	<p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Starting with Sourdough at NYM Library</p> <p>🍴 Pot Roast, Potatoes, & Carrots / Carrot Cake</p>	<p>12:15pm - Nickel Nickel at Connections 4:30pm - First Aid & Emergency Preparedness at Elevate</p> <p>🍴 Cheesy Beef Tortellini / Brownie</p>	<p>9am-1pm - Perham Farmers Market 11am-2pm - Senior Resource Fair at East Otter Tail County Fairgrounds</p>
<p>10:30am - Monday Mystery Guest at Connections</p> <p>🍴 Chicken Parmesan / Apple Crisp</p>	<p>12:30pm - Bingo at Connections</p> <p>🍴 Turkey Orzo Casserole / Peanut Butter Bars</p>	<p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 9:45am - Chair Stretch at PACC 10:30am - Coffee Talk: Smart911 at PACC Front Lobby</p> <p>🍴 Hamburger with Potato Salad / Cheesecake</p>	<p>August 1 10:30am - Potential Dangers of Polypharmacy at PACC front lobby 12:15pm - Nickel Nickel at Connections</p> <p>🍴 TBD</p>	<p>9am-1pm - Perham Farmers Market</p>

Exploratories

Come try something new with us! Registration is required due to space restrictions. RSVP at elevateotc.org or by calling 218-347-1974.



PLANT STAKES

COST: \$32

Monday, July 1 from 1-2pm at Elevate - 318 6th Ave SW, Perham

Get ready to add a touch of sparkle to your potted plants! Join us for a fun and creative Plant Stake class where you can design and make your own beaded plant stakes. Participants will craft three unique stakes, choosing from a variety of beads and toppers to match their style. Hosted by Homespun Creations by Toli



PATRIOTIC COOKIE DECORATING

COST: \$28

Tuesday, July 2 from 1-2:30pm at Elevate - 318 6th Ave SW, Perham

Celebrate the 4th of July with a delightful patriotic cookie decorating experience! Join Cake Walk & Elevate to decorate your own festive cookies with expert guidance and all materials provided. Tickets include nine cookies, a box for your creations, and all the decorating essentials such as icing, tools, and sprinkles. Hosted by Cake Walk



BEGINNER QUILTING

COST: \$12

Wednesday, July 10 from 1-2pm at Bay Window Quilt Shop - 116 2nd Ave SW, Perham

Have you ever wondered what the steps are to make a quilt? Join us for this introductory session to learn all of the details. From using a rotary cutting system to accurate pressing and sewing, we'll explore the entire process to see if it's something you'd like to try. The session includes demonstrations and lecture on the quilt making process. You do not need to bring anything!



OUTDOOR YOGA

COST: \$18/SESSION

Thursday, July 11 from 11am-noon or Monday, July 22 from 5:30-6:30pm at Paul Miller Park, Perham

Join Nancy for a soothing, one-hour yoga session designed for all levels. This gentle practice will help you enhance balance, strength, focus, and relaxation. Bring a yoga mat (or a blanket/towel if you don't have one) and dress comfortably.



PLANT SWAP

COST: \$10

Monday, July 15 from 5-7pm at Wild Oak Market - 114 1st Ave S, Perham

Join us for a lively Plant Exchange event at Wild Oak Market! Enjoy plant talks, delicious snacks, and mingling with fellow plant enthusiasts. Spread out and share your plants or cuttings on tables in the store, and enjoy after-hours shopping!



CHAIR STRETCH & STRENGTH

FREE

Wednesday, July 31 from 9:45-10:15am at Perham Area Community Center

Join us for Chair Stretch & Strength, a fun and engaging class where you'll move to the music with a variety of exercises designed to increase flexibility, muscular strength, and coordination. This class is perfect for all fitness levels and offers a supportive environment to improve your overall well-being. No PACC membership needed. Sign in at front desk.



FARMERS MARKET

**WEDNESDAYS + FRIDAYS
FROM 9AM-1PM**

200 5th St SE, Perham

COME CHECK OUT LOCAL GOODS + PRODUCE AT THE FARMERS MARKET!

Come explore the Perham Farmers Market this season! We've got fresh produce coming in from local growers, plus delicious baked goods and other handcrafted items to enjoy.

NEXT POP+ DATE: WEDNESDAY, JULY 17

We've partnered with Perham Living Home Care to bring POP+ to the market! On the third Wednesdays of the month, the first 50 seniors (age 60+) can get a \$2 voucher to spend on fresh fruits and vegetables from our local growers!

SEE YOU THERE!

elevate Connections

DAILY ACTIVITIES TO KEEP YOU CONNECTED

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

Join us at Elevate Connections for some fun throughout the week! Lunch is served daily at 11:30am, and you're welcome to come early or stay late to enjoy social time, cards, and more. Reserve your meal by calling 218-347-1974 by 12pm the business day before. Meals are a suggested donation of \$4, and your first meal with us is **FREE!**



MYSTERY GUEST MONDAYS

We've got a fun lineup of Mystery Guests for June! Each Monday, we'll have a new face join us at for lunch and social time starting at 10:30am.

Please Note: These are not formal speakers. Just a friendly new face to visit with. Meals need to be reserved the Friday before.



MONTHLY BIRTHDAY LUNCH

Celebrating a birthday in July? Join us for our Monthly Birthday Lunch complete with Red Velvet Cake, candles, and singing!

Thursday, July 11 at 11:30am
Connections Room at PACC



BINGO

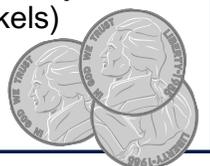
Bingo is back in July! Come join us for a rousing afternoon of Bingo with fabulous prizes.

Tuesday, July 30 at 12:30pm
Connections Room at PACC

NICKEL NICKEL

Join us for a fun game of Nickel Nickel, a fun game of rummy where the wild card changes each hand. Bring your change jar and join the fun! (at least 3 quarters and 33 nickels)

Thursdays in July after lunch
Connections Room at PACC



THRIVE PRACTICES: *Kindness*

Each month, we're exploring one of the five THRIVE Mental Wellbeing Practices and how we can weave it into our daily life.

Next up: Kindness! Kindness is the quality of being friendly, generous, and considerate. Practicing Kindness has all sorts of benefits, including increasing energy, happiness, and pleasure while decreasing blood pressure, pain, stress, and depression.

There are so many different ways to practice Kindness. Here are a few ideas and events to get you started.

Let's make July a month filled with positivity and goodwill! ➤

Kindness Checklist

- Brighten someone's day with a smile
- Give a genuine compliment to someone
- Write a positive review for a local business you love
- Pay for the coffee or meal of the person behind you in line
- Find a volunteer opportunity in Helper Helper to share your time and talents
- Leave encouraging notes in public places for others to find



KINDNESS ROCKS

Join us for a fun activity for all ages! Come paint rocks with messages of love and encouragement, and then go spread the painted rocks and positivity throughout our community. No artistic skills needed. Just bring your creativity and kindness—and rocks if you have some!

Tuesday, July 9 from 9-11am
at NP Park, Perham



VOLUNTEER LUNCH & LEARN

Are you looking to make a difference in your community? Your free time or retirement years are waiting to be filled with purpose and fulfillment! Join us for a complimentary lunch and learn session to explore exciting volunteer opportunities! RSVP to secure your spot.

Thursday, July 18 from 11am-12pm
in the Connections Room/PACC



✉ connect@elevateotc.org

☎ (218) 347-1974

🌐 elevateotc.org

📍 318 6th Ave SW, Perham



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