

THE ELEVATOR

June 2024

DISCOVER THE NEW AND IMPROVED PERHAM FARMERS MARKET!

We've kicked off an exciting new season of the Perham Farmers Market in a fantastic new location on the grounds of the old Perham High School. With over 45 vendors joining us throughout the season, you'll find an even greater selection of fresh produce, artisanal crafts, and homemade goods.

Join us every Wednesday and Friday from 9am to 1pm, starting after Memorial Day and running through October (weather pending). Come support our local growers, makers, and vendors, and experience the best of what our community has to offer! ➤



WEDNESDAYS + FRIDAYS | 9AM-1PM
Old PHS Grounds - 200 5th St SE, Perham

OVER 45 VENDORS!



AND INTRODUCING POP PLUS

Also new this year, we're partnering with Perham Living Home Care to bring PoP Plus to the market! On the third Wednesdays of the month, seniors 60+ can get \$2 in PoP Plus vouchers to spend on fresh fruits and vegetables from our local growers!

The 2024 PoP Plus Dates are June 19, July 17, August 21, September 18, and October 16. Be sure to mark your calendars!

YOU MAY BE WONDERING...

WHAT IS ELEVATE ANYWAY?

Whether this is your first newsletter or your 10th, we thought we'd take a little space to reintroduce Elevate and what we're all about! Elevate is a grant based program out of Perham Health, and we're on a mission to help people age well.

How do we do it? We host events to keep people active and social, promote volunteer and flexible work opportunities to stay engaged, and help patients navigate aging through health coaching and resources. In a nutshell, we want to infuse joy and meaning into all of our lives!

All of our events and activities are open to all adults, and we encourage you to join the fun in whatever ways interest you. There is something for everyone to enjoy!

Check out the newsletter and our website to see all of the options to get involved. We'd love to see you out and about at our events!



THANKS TO NYHUS FAMILY SALES

Thanks to the amazing support from Nyhus Family Sales, our trusty van got a well-deserved oil change, keeping it revved up and ready to hit the road for all the important work it does!

This sweet little van has a team of dedicated volunteers behind the wheel making sure patients get to their medical appointments with ease. Not only that, but it's also delivering around 25 meals a week, spreading joy and nourishment wherever it goes.

Thank you to Nyhus for helping us keep our wheels turning and making a real difference in people's lives!

elevate

Connections

DAILY ACTIVITIES TO KEEP YOU CONNECTED

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



FIRST LUNCH IS FREE!



COME JOIN THE FUN!

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!**

LUNCH PUNCH CARDS

Lunch punch cards are here! Grab 10 punches for just \$40. Treat yourself, gift a friend, or donate one and spread the love—we'll make sure it reaches someone special.

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 June? Join us for our Monthly Birthday Lunch complete with Carrot Cake, candles, and singing Happy Birthday!

Wednesday, June 19 at 11:30am
Connections Room at PACC

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

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.

Save the Date

- July 3 - Daughters of the American Revolution
- July 17 - Elevate Health Coach
- July 31 - Smart911
- August 7 - Community Paramedic Program

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

June 12 - Osteoporosis Prevention

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

June 26 - Meal Planning + Prep

Get meal planning tips and recipes for 1-2+ people to save time, money, and eat healthier, hosted by Erin Swyter, Pampered Chef.

Save the Date

- July 10 - TBD
- July 24 - Starting with Sourdough
- August 14 - MN State Services for the Blind

**FREE + OPEN
TO THE
COMMUNITY!**

THRIVE PRACTICES: Gratitude

Each month, we explore a THRIVE Mental Wellbeing Practice with a casual chat about how to weave the practice into your daily life. First up: Gratitude! Expressing gratitude has numerous benefits, including lifting your mood, improving memory and sleep, boosting your immune system, strengthening relationships, and helping you handle life's ups and downs.

Tuesday, June 11 from 10-11am at PACC Front Lobby



TURTLE FEST GRAND PARADE WATCH WITH ELEVATE

Join us to watch the Turtle Fest Grand Parade! We'll block off some space in front of our Elevate office. Bring a chair and enjoy the parade with us! Parade begins at 6:30pm.

Friday, June 14 at 6pm at 318 6th Ave SW, Perham



MYCHART 101

Discover the ease of using MyChart to schedule appointments, check lab results, and communicate with your healthcare provider effortlessly!

Monday, June 24 from 10-11am
at PACC Front Lobby

TECHNOLOGY 101

Free. Please register!

Intro to Email

Thursday, June 13 from 2-4pm at NYM Library

In this digital world, we need to be able to communicate safely. Let's talk through email set up, management, and security.

Intro to Facebook & Social Media

Tuesday, June 25 from 2-4pm at Perham Library

Keep up with family, friends, and happenings on social media! Learn the ropes and what platform is best for you with Intro to Social Media. We'll cover the most popular apps, specifically Facebook and Instagram.

June 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

FRIDAY

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| <p>3</p> <p>10:30am - Mystery Guest in Connections Room/PACC 1pm - Exploratory: Westlands' 5L Horse Ranch Cost: \$15</p> <p> Hearty Chili with Corn Bread / Rice Pudding</p> | <p>4</p> <p>5:30pm - Exploratory: Handguns 101 at Perham Sportsman's Club 6:30pm - Pickleball 101 at Perham Pickleball Courts</p> <p> Sliced Ham with Pesto Pasta / Toffee Bar</p> | <p>5</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: The File® at PACC Front Lobby</p> <p> Turkey Ala King / Pumpkin Spice Fluff</p> | <p>6</p> <p>9am - Outdoor Walk: Vergas</p> <p> Cheesy Chicken Bake / Red Velvet Cake</p> | <p>7</p> <p>9am-1pm - Perham Farmers Market</p> |
| <p>10</p> <p>10:30am - Mystery Guest in Connections Room/PACC</p> <p> Roast Beef, Mashed Potatoes / Cheesecake</p> | <p>11</p> <p>10am - THRIVE Practice: Gratitude at PACC Front Lobby 1pm - Nosey Neighbor: Otter Tail County Operations Center 4pm - Mastering Medicare: Top 10 Mistakes at Elevate Conference Room 6:30pm - Pickleball 101 at Perham Pickleball Courts</p> <p> BBQ Pork on Bun / Creme Puffs</p> | <p>12</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Osteoporosis Prevention at NYM Library 12:30pm - Exploratory: Plantable Greeting Cards at NYM Barn \$30</p> <p> Chicken Fettuccini Alfredo / Choco Chunk Bar</p> | <p>13</p> <p>1pm - Turtle Fest Polka Dance at Lakeside Event Center 2pm - Tech 101: Intro to Email at New York Mills Public Library</p> <p> Chicken Noodle Soup & Sandwich / Cookie</p> | <p>14</p> <p>9am-1pm - Perham Farmers Market 6:30pm - Turtle Fest Parade outside Elevate Conference Room</p> |
| <p>17</p> <p>10:30am - Mystery Guest in Connections Room/PACC</p> <p> Beef Stroganoff with Noodles / Apple Crisp</p> | <p>18</p> <p>10am - THRIVE in Practice: Gratitude Cards at PACC Overflow \$15 4:30pm - The Mixer: Gobbler Grub & Pub in Frazee 6:30pm - Pickleball 101 at Perham Pickleball Courts</p> <p> Chicken Vegetable Stir Fry / Bistro Bar</p> | <p>19</p> <p>9am-1pm - Perham Farmers Market and POP+ Day! 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: All Things Biking at PACC Front Lobby 11:30am - June Birthday Lunch at Connections Room/PACC</p> <p> Pot Roast, Potatoes & Carrots / Carrot Cake</p> | <p>20</p> <p>7pm - Nosey Neighbor: Walking Tour of Historic Downtown Perham starting at NP Park</p> <p> Cheesy Beef Tortellini / Brownie</p> | <p>21</p> <p>9am-1pm - Perham Farmers Market</p> |
| <p>24</p> <p>10am - MyChart Training at PACC Front Lobby 10:30am - Mystery Guest in Connections Room/PACC</p> <p> Chicken Parmesan / Apple Crisp</p> | <p>25</p> <p>2pm - Tech 101: Intro to Social Media at Perham Area Library 4pm - Pontoon Ride on Little Pine Lake 6:30pm - Pickleball 101 at Perham Pickleball Courts</p> <p> Turkey Orzo Casserole / Peanut Butter Bars</p> | <p>26</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Meal Planning + Prep at NYM Library</p> <p> Hamburger with Potato Salad / Cheesecake</p> | <p>27</p> <p>9am - Nosey Neighbor: Kenny's Candy - registration full</p> <p> Scalloped Potatoes & Ham / Lemon Pudding</p> | <p>28</p> <p>9am-1pm - Perham Farmers Market 2pm - Exploratory: Outdoor Sound Bath at 1910 Sip House</p> |



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 or by calling 218-347-1974.



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.



BEGINNER PICKLEBALL

FREE

Tuesdays in June from 6:30-8:30pm at Perham Pickleball Courts - 640 3rd Ave NW
Dive into the world of pickleball with Beginner Pickleball Lessons at Perham Pickleball Courts! These lessons are intended for first-time players to learn the fundamentals of the game. There are only 16 spots available, so you'll get to learn and play throughout the entire session. Paddles are provided!



PLANTABLE GREETING CARDS

COST: \$30

Wednesday, June 12 from 12:30-2:30pm at NYM Sculpture Park
Join us for a hands-on workshop where you'll learn the art of making plantable paper greeting cards! In this interactive class, you'll discover the joy of crafting your own paper embedded with seeds, creating beautiful greeting cards that not only spread joy but also bloom into lovely flowers or herbs when planted. Hosted by NYM Cultural Center



THRIVE GRATITUDE CARDS

COST: \$15, INCLUDES 8 CARDS

Tuesday, June 18 from 10am-noon at Perham Area Community Center
Ready to put some gratitude into action? Join us for a fun card-making session with Stampin' BJ! You'll get to create 8 beautiful thank you cards, perfect for spreading joy and appreciation. Once you're done, we encourage you to use them right away to share heartfelt notes with the special people in your life.



OUTDOOR SOUND BATH

COST: \$28

Friday, June 28 from 2-3pm at 1910 Sip House - 41714 Foursquare Road, Battle Lake
Join us for a lakeside sound bath with Nancy Hebert at beautiful Lake Ethel! Enjoy an hour of relaxing outdoor sound therapy—just bring a mat, blanket, and pillow, and dress comfortably. Sound baths offer amazing benefits like stress relief, better sleep, and a calm nervous system. Stick around afterward for a fun gathering with cider!

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



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.



WALKING TOUR OF DOWNTOWN PERHAM

Thursday, June 20 starting at 7:30pm in NP Park (by Post Office)
Join Chris Schuelke from the Otter Tail County Historical Society for a tour of historic downtown Perham. A walk through downtown Perham reveals a treasure trove of historic buildings and details.



KENNY'S CANDY

Thursday, June 27 from 9am-noon or 1-4pm at KLN HQ - 105 Lakeside Dr., Perham
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! Full event, but there is a waitlist.



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 in Otter Tail County. Explore nine historic buildings and discover the stories that shaped this vibrant community.



OUTDOOR WALK: VERGAS

Join us for a healthy stroll outside along the beautiful boardwalk on Long Lake in Vergas. We'll start at Otter Coffee & Ice Cream, so we can enjoy a little treat afterwards! Please register, so we know to wait for you!

Thursday, June 6 from 9-10am
*starting at Otter Coffee & Ice Cream
118 E Main St, Vergas*



PONTOON RIDE ON LITTLE PINE LAKE

Set sail on a relaxing cruise around Little Pine Lake and savor the Minnesota summer from the water!

This outing is designed for adults who may not easily access the lake, offering a wonderful opportunity to connect with others. Bring a senior friend who would cherish this experience! RSVP Required. Participants will need to sign a waiver as well.

Tuesday, June 25 from 4-5pm
leaving from Lady Bird Access

TURTLE FEST

POLKA DANCE

All Ages Welcome!

THURSDAY
JUNE 13
FROM 1-3PM

with live music by:
**JULIE LEE & THE
WHITE ROSE BAND**

LAKESIDE EVENT CENTER
2727 450th Street, Perham
Bar & Restaurant open with
food and drinks for purchase!

elevate
Lakeside

Free Will Offering • Proceeds Benefit Elevate Senior Programming

The Mixer

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

Gobbler Grub & Pub

Tuesday, June 18 from 4:30-6pm
120 W Main, Frazee

All are welcome! Please RSVP

FOOT CARE CLINIC

JULY 2 • AUGUST 27 • OCTOBER 15

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



MASTERING MEDICARE TOP 10 MISTAKES

Are you new to Medicare or looking to maximize your Medicare coverage? Join us for Mastering Medicare session where we will dive into the common errors that people make with their Medicare coverage. Whether you are approaching Medicare eligibility or have been enrolled for some time, understanding these mistakes can help you make informed decisions about your healthcare coverage.

TUESDAY, JUNE 11

from 4-5:30pm
at Elevate Conference Room
318 6th Ave SW, Perham

elevate
YOUR HEALTH • YOUR WAY

-  connect@elevateotc.org
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