

THE ELEVATOR

August 2024

HEALTHSPAN CHALLENGE

AUGUST 15 – SEPTEMBER 30



OPTIMIZE YOUR HEALTH WITH OUR UPCOMING HEALTHSPAN CHALLENGE

Last month, we introduced the concept of healthspan as the period in your life spent in good health. We want to help you maximize those good years, so we're launching the Healthspan Challenge!

This initiative is designed to help you live a longer, healthier, and more vibrant life by focusing on four key pillars of well-being: movement, balanced nutrition, healthy habits, and mental wellness. Our goal is to support you in making small, sustainable changes that can have a big impact on your overall health and happiness.

How does it work?

Register to be part of the Challenge anytime. The sooner you register, the more chances you have to win! We'll draw weekly prizes every Monday.

Throughout the Challenge, work to complete at least 21 out of the 30 activities (on the honor system), and then submit your completed form by Friday, September 30. Winners will be announced on October 4! Visit the Challenge webpage for full details. ➔

HOW IT WORKS

- 1 Register as a participant for a chance to win weekly prizes
- 2 Complete 21 or more of 30 activities during the Challenge
- 3 Submit your completed sheet by Friday, September 30 for a chance at the Grand Prize

LEARN MORE + REGISTER

Sign up at
elevateotc.org/healthspan

Attend our Kickoff on
Tuesday, August 13 from 8-11am
in the PACC front lobby

Registration opens Tuesday, August 13

Follow along on social media or check your emails for ideas on how to complete activities, the full list of prizes, and other special events we have in store!

Exploratories

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



MINI GOLF

COST: \$12

Tuesday, August 6 starting at 2pm at Forest Hills - 22931 185th St, Detroit Lakes

Join us for a fun-filled mini golf outing at Rock 'n Water Extreme Mini Golf! Enjoy an afternoon of adventure as you navigate through exciting water features, challenging obstacles, and vibrant courses. This experience promises laughter, friendly competition, and unforgettable memories. Reserve your spot now — pay when you get there!



BEGINNER PICKLEBALL

FREE

Tuesday, August 6 & 20 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!



FOAMING SOAP DISPENSERS

COST: \$25

Monday, August 12 from 1-2pm at Elevate - 318 6th Ave SE, Perham

Join us for a hands-on, creative DIY class where you'll craft your own foaming soap dispensers with Homespun Creations By Toli! All supplies are provided for you to create two personalized dispensers. Choose your favorite soap scents and decorate with colorful beads to add a personal touch to your home or give as a thoughtful gift!



U-PICK FLOWER BOUQUETS AT TRUE BLUE FLOWER CO

COST: \$20 - FREE TOURS

Wednesday, August 14 from 1-3pm at True Blue Flower Co - 35191 Co Hwy 4, Frazee

Come frolic in the flowers with us at the enchanting True Blue Flower Co. We'll hear from owner Bayleigh about her vision for her flower farm. Then enjoy an afternoon in the fields cutting your own blooms to create a stunning bouquet. If you prefer not to make a bouquet, you're still welcome to join us for a leisurely stroll among the flowers.



OUTDOOR SOUND BATH

COST: \$50

Friday, August 23 from 2-3pm at 1910 Sip House - 41714 Foursquare Rd, 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!



STAINED GLASS SUNFLOWER

COST: \$50

Saturday, October 5 at 10am, 1pm, and 4pm at Elevate - 318 6th Ave SE, Perham

Create your very own sunflower sun catcher! 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! Hosted by Morgan's Stained Glass



CHAIR STRETCH & STRENGTH

Join us for 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.

Wednesday, August 28 at 9:45am
at PACC

The Mixer

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

Lakeside Patio

Tuesday, August 20
from 4:30-6pm

Silver Moon

Tuesday, September 19
from 4:30-6pm

All are welcome!
Please RSVP

BLOOD PRESSURE CHECKS

FREE!

Wednesdays from 9-11am

Perham Area Community Center



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.



CASTAWAY CLUB

Wednesday, August 7 from 10am-noon at 51709 County 31, Detroit Lakes

Explore the beauty of Castaway Club on Pelican Lake! Join us for a tour of this incredible camp, where many local middle and high school students create unforgettable summer memories. RSVP required.



KENNY'S CANDY — FULL

Thursday, August 22 from 9am-noon or 1-4pm at KLN Family Brands

get a first-hand look at their operations and manufacturing processes at Kenny's Candy, as well as an update on their other operations. We'll also get to taste test all of the different licorice flavors! RSVP required.



OTTER BERRY FARM RASPBERRY PICK

Monday, August 26 from 1-2pm at 38132 470th Ave, NYM

Join us for a full tour of all of the beauty at Otter Berry Farm, including strawberry fields, pumpkin patch, and raspberry patch. All attendees will get to pick a pint of raspberries to take home. RSVP required.



FARGODOME

Thursday, September 19 from 10am-noon at 1800 North University Drive, Fargo

Join us for an exclusive behind-the-scenes tour to learn about the logistics, coordination, and staffing to plan and execute major events at the Fargodome. Plus, we'll stop for lunch somewhere after the tour! RSVP required.



LUND BOATS

Monday, September 30 at 1pm or 2pm at 318 W Gilman St, New York Mills

Did you know that Lund Boats builds 55 boats a day? Join us for an exclusive look at the production facility that churns out premier aluminum and fiberglass fishing boats for the ultimate fishing experience. RSVP required.

August 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>29</p> <p>10:30am - Monday Mystery Guest at Connections</p> <p>🍴 Chicken Parmesan / Apple Crisp</p>	<p>30</p> <p>12:30pm - Bingo at Connections</p> <p>🍴 Turkey Orzo Casserole / Peanut Butter Bars</p>	<p>31</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>1</p> <p>10:30am - Potential Dangers of Polypharmacy at PACC front lobby 12:15pm - Nickel Nickel at Connections</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>2</p> <p>9am-1pm - Perham Farmers Market</p>
<p>5</p> <p>10:30am - Monday Mystery Guest at Connections 12:15pm - Whist at Connections</p> <p>Clothing Preorders Open!</p> <p>🍴 Baked Ziti / Strawberry Cake</p>	<p>6</p> <p>12pm - Journey about Healing Speaker at PACC front lobby 2pm - Exploratory: Mini Golf at Rock 'n Waters, Detroit Lakes \$12 6:30pm - Beginner Pickleball at Perham Pickleball Courts</p> <p>🍴 Chicken & Dumpling Casserole / Warm Apples</p>	<p>7</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10am - Nosey Neighbor: Castaway Club in Detroit Lakes 10:30am - Coffee Talk: Community Paramedic Program at PACC front lobby</p> <p>🍴 Chicken Cordon Bleu / Bars</p>	<p>8</p> <p>12:15pm - Nickel Nickel at Connections</p> <p>🍴 BBQ Meatballs & Potatoes / Pecan Pie</p>	<p>9</p> <p>9am-1pm - Perham Farmers Market</p>
<p>12</p> <p>10:30am - Monday Mystery Guest at Connections 12:15pm - Whist at Connections 1pm - Exploratory: Soap Dispensers at Elevate \$25</p> <p>🍴 Hearty Chili / Rice Pudding</p>	<p>13</p> <p>8-11am - Healthspan Challenge Kickoff at PACC front lobby</p> <p>🍴 Sliced Ham & Pesto Pasta / Toffee Bar</p>	<p>14</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: State Services for the Blind at NYM Library 1pm - State Services for the Blind Presentation at Briarwood 1pm - Exploratory: U Pick Bouquets at True Blue Flower Farm \$20</p> <p>🍴 Turkey Ala King / Pumpkin Spice Fluff</p>	<p>15</p> <p>11:30am - Monthly Birthday Lunch at Connections 🎂 12:15pm - Nickel Nickel at Connections</p> <p>Clothing Preorders Close!</p> <p>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>	<p>16</p> <p>9am-1pm - Perham Farmers Market</p>
<p>19</p> <p>10:30am - Monday Mystery Guest at Connections 12:15pm - Whist at Connections 1pm - Monday Matinee at Comet Theatre \$6</p> <p>🍴 Roast Beef / Mini Cheesecake</p>	<p>20</p> <p>1pm - Probates, Wills, & Trusts with Sam Felix at Elevate 4:30pm - The Mixer: Lakeside Patio at Perham Lakeside Golf Course 6:30pm - Beginner Pickleball at Perham Pickleball Courts</p> <p>🍴 BBQ Pork on Bun / Creme Puffs</p>	<p>21</p> <p>9am-1pm - POP+ Day at Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Dementia Friends at PACC front lobby</p> <p>🍴 Chicken Alfredo / Chocolate Chunk Bar</p>	<p>22</p> <p>9am + 1pm - FULL - Nosey Neighbor: Kenny's Candy at KLN Family Brands 12:15pm - Nickel Nickel at Connections</p> <p>🍴 Chicken Noodle Soup & Sandwich / Cookie</p>	<p>23</p> <p>9am-1pm - Perham Farmers Market 2pm - Exploratory: Sound Bath at 1910 Sip House \$28</p>
<p>26</p> <p>10:30am - Monday Mystery Guest at Connections 12:15pm - Whist at Connections 1pm - Nosey Neighbor: Raspberry Picking at Otter Berry Farm</p> <p>🍴 Beef Stroganoff / Apple Crisp</p>	<p>27</p> <p>9am - Foot Care Clinic at Perham Living Salon \$30</p> <p>🍴 Chicken Stir Fry / Bistro Bar</p>	<p>28</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 9:30am-4pm - History on the Highway Bus Trip with NYM Library 9:45am - Chair Stretch at PACC</p> <p>🍴 Pot Roast with Potatoes / Carrot Cake</p>	<p>29</p> <p>All Day - Coach Bus Trip to Senior Day at Minnesota State Fair 12:15pm - Nickel Nickel at Connections</p> <p>🍴 Cheesy Beef Tortellini / Brownie</p>	<p>30</p> <p>9am-1pm - Perham Farmers Market</p>

Saturday, August 3

7am-noon - Breakfast on the Farm at 44734 410th Ave, Perham

Coffee Talks

Come chat with us about a range of lifestyle topics over a cup of coffee. These are free and open to the public!

PERHAM AREA COMMUNITY CENTER 1st + 3rd Wednesdays from 10:30-11:30am

August 7 - Community Paramedic Program

Learn about Denny's role as our Community Paramedic and how individuals can access these services.

August 21 - Dementia Friends

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

Save the Date

- September 4 - Lakes Home Solutions with Rob Hendrickson
- September 18 - TBD

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

August 14 - MN State Services for the Blind

Learn about the variety of resources available for those living with vision loss of any kind.

Replaced with Special Bus Trip

August 28 - History on the Highway

Join the bus tour stopping by different locations in Otter Tail County to learn more about local history. Free transportation. Reserve your space with NYM Public Library.

Save the Date

- September 11 - Passport Series: China
- September 25 - CredibleMind Resources



MANY SIZES
+ COLORS
AVAILABLE

ROCK YOUR OWN ELEVATE SWAG!

You've seen us wearing our branded gear, and now you can get your own! We're doing a preorder for Elevate clothing. The **online store will be open from August 5-15** for preorders. The items will be available for pickup in mid-September at the Elevate Conference Room.

Visit elevateotc.org/shop to place your order!

VOLUNTEERING MADE SIMPLE

Most people want to share their time and talents, but don't know where to look for opportunities. We created a community-wide volunteer hub, called Helper Helper, to make it easy to find opportunities that suit your schedule and interests.

There is a wide variety of different opportunities available from many local organizations. From helping serve lunch at Connections to shelving books at our local libraries, there really is something for everyone!

Ready to make an impact? Learn more and sign up for Helper Helper at elevateotc.org/volunteer



Sign up
today!



DANGERS OF POLYPHARMACY

Learn to recognize factors that increase medication use and create a plan to regularly review your medications. NDSU pharmacists will help you identify unnecessary or harmful drugs and work with healthcare providers to ensure your medications are beneficial and safe.

Monday, August 1 at 10:30am
PACC front lobby - 620 3rd Ave SW, Perham



PROBATES, WILLS, & TRUSTS

Curious about what happens to your estate after you pass? Join us for an enlightening and friendly conversation with attorney Sam Felix on probates, wills, and trusts. You'll gain a clearer picture of the legal steps and tax considerations involved in managing your estate. Please RSVP.

Tuesday, August 20 from 1-3pm
Elevate - 318 6th Ave SE, Perham

FOOT CARE CLINIC

AUGUST 27 • OCTOBER 15

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

elevate Connections

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.



MYSTERY GUEST MONDAYS

We've got a fun lineup of Mystery Guests for June! Each Monday, we'll have a new face join us 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.

PLAY CARDS

Join us for a few rounds of cards after lunch in the Connections Room at PACC!

- **Whist on Mondays**
- **Nickel Nickel on Thursdays**



MONTHLY BIRTHDAY LUNCH

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

Thursday, August 15 at 11:30am
Connections Room at PACC

COFFEE IS ON!

Stop in for a cup of coffee and social time starting at 10am daily in the Connections Room!



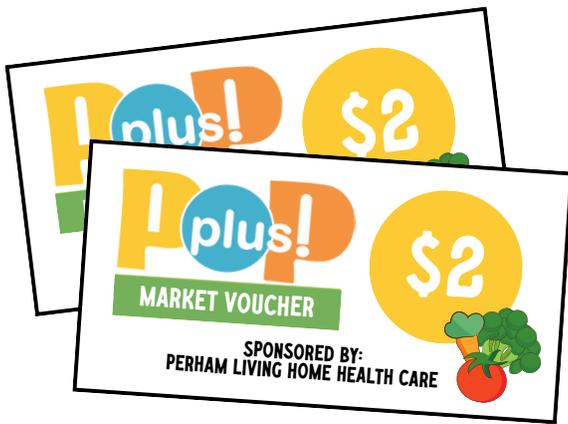
Reserve your meal by leaving a message at 218-347-1974 by 12pm the business day before. Meals are a suggested donation of \$4, and your first meal with us is **FREE!**



FARMERS MARKET

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

200 5th St SE, Perham



**NEXT POP+ DATE:
WEDNESDAY, AUGUST 21**

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!

THRIVE PRACTICES:

Find Your Flow

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

Next up: Find Your Flow!

Ever get so absorbed in an activity that time seems to fly by? That's the magic of flow. This state of complete focus and enjoyment isn't just fun; it's linked to improved happiness, performance, and clarity. You can find your flow by engaging in activities that captivate your attention and ignite your passion.

IDEAS TO FIND YOUR FLOW

- **Find a Hobby:** Check out inside cover of this newsletter to see a list of exploratories to test out.
- **Get Active:** Join group fitness classes or a group bike ride with Lakes Area Bike Club.
- **Give Back:** Sign up for Helper Helper to volunteer at local organizations.
- **Challenge Your Mind:** Solve puzzles, play board games, or join book clubs.
- **Practice Mindfulness:** Try meditation, journaling, or a passion project.
- **Get Outside:** Go for a hike in a local state park, try birdwatching, or start gardening.

