

THE ELEVATOR

September 2024

PERHAM CELEBRATE AGING EXPO

COME CELEBRATE AGING WITH US!

We're thrilled to be partnering with Leighton Media to bring a Celebrate Aging Expo to Perham on Wednesday, September 18 from 9am-1pm. It's an educational community event that is geared towards aging adults and designed to help attendees navigate the maze of products, services, and resources available in Central Minnesota.

JOIN US FOR A FUN-FILLED DAY

Over 60 vendors
Amazing door prizes
Coffee, treats, and samples
Make & take crafts
Interactive demos and seminars
Wellness screenings
Free Bingo



Come join our Elevate crew and other vendors on Wednesday, September 18 from 9am-1pm at Perham Area Community Center! ➤



**FREE
ADMISSION**

BREAKOUT SESSIONS

- 9:30am - Dementia
- 10am - Fall Prevention
- 10am - Banks Never Ask That! Protect Yourself From Scams, Spam, and Fraud
- 10:30am - Chair Stretch Class
- 11am - Protecting Yourself from Scams & Fraud
- 11:30am - Navigating Long Term Care Choices
- 11:45am - Nutrition
- 12pm - Living Well in Your Home
- 12:15pm - Planning for 2025 Changes During Medicare Annual Election Period
- 12:30pm - Volunteerism
- 1pm - Bingo



COME JOIN US AT CONNECTIONS IN SEPTEMBER!

Lunch is served daily (Monday - Thursday) at 11:30am, and you're welcome to come early or stay late to enjoy social time, cards, and more throughout the week.

Here are some fun activities to join in on:

- **Mondays** - Whist after Lunch
- **Thursdays** - Nickel Nickel after Lunch
- **Tuesday, 9/10** - Monthly Birthday Lunch
- **Monday, 9/16** - Special Lunch Guest: Superintendent Mitch Anderson
- **Wednesday, 9/18** - No Lunch - Celebrate Aging Expo!
- **Monday, 9/23** - Fall Prevention Bingo

elevate
Connections

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 is **FREE!**

Exploratories

Come try something new with us! Registration is required due to space restrictions. RSVP at elevateotc.org.



AUTUMN OASIS: FINDING CALM IN THE SEASONAL SHIFT

COST: FREE

Monday, September 9 from 2-3pm at Elevate - 318 6th Ave SW, Perham

Looking for a bit of peace and sanity as we transition from Summer to Fall? Please join Celeste Kostohryz, MPT (owner of Oasis Wellness LLC) for some simple self-care practices you can work into your day to help you feel more calm, centered, and ready to step into the next season.



SCARECROW CAKE DECORATING

COST: \$25

Tuesday, September 10 from 1-2:30pm at Elevate - 318 6th Ave SW, Perham

Join us for a fun and festive Fall Cake Decorating event! Get creative as you decorate your own 6-inch cake to look like an adorable scarecrow, perfect for the autumn season. All supplies are included, so just bring your imagination and enjoy a delightful afternoon of cake decorating. Hosted by Cake Walk by Wendy Frensko



STAINED GLASS SUNFLOWER

COST: \$50

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



THURSDAY, OCTOBER 10

FROM 2-4PM AT LAKESIDE EVENT CENTER

Join us for a fun
afternoon of polka music
and good company!
Cost: \$7 per person



FOOT CARE CLINIC

OCTOBER 15

DECEMBER 17

FEBRUARY 11

Call or text Christina at
218-371-8888 to book your
appointment!



FUNERAL PREPLANNING

Thursday, September 12

from 1:30-3pm

at Elevate - 318 6th Ave SW, Perham

RSVP Required

Join us for a thoughtful event on funeral preplanning with Schoeneberger Funeral Home. Discover the peace of mind that comes with preplanning and prepaying for your final arrangements. We'll explore various options that alleviate the emotional and financial burden from your loved ones.



PROBATES, WILLS, & TRUSTS

Tuesday, September 24

from 1-3pm

at Elevate - 318 6th Ave SW, Perham

RSVP Required

We added another session! **Please be sure to RSVP to reserve your spot.** Curious about what happens to your estate after you pass? Join us for an enlightening and friendly conversation with attorney Sam Felix from Karkela, Hunt, & Chesire PLLP on probates, wills, and trusts. You'll gain a clearer picture of the legal steps and tax considerations involved in managing your estate.

The Mixer

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

Silvermoon Lounge

Tuesday, September 17
from 4:30-6pm

The Salty Pickle

Tuesday, October 15
from 4:30-6pm

All are welcome!
Please RSVP



Mastering Medicare:

PREPARING FOR AEP

Tuesday, October 8 from 4-5:30pm

at Elevate - 318 6th Ave SW, Perham

Running from October 15th to December 7th, Medicare's Annual Election Period (AEP) is your chance to make crucial healthcare coverage decisions. Join expert LeAnn Burgau as she shares essential tips to review your current plan, explore new options, and make confident choices for the year ahead. Whether you're new to Medicare or looking to optimize your coverage, this is your opportunity to take control of your healthcare. Space is limited - RSVP required.

September 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>2</p> <p>Happy Labor Day</p>	<p>3</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>4</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Lakes Home Solutions at PACC Front Lobby</p> <p>🍴 Hamburger with Potato Salad / Cheesecake</p>	<p>5</p> <p>7am - XaBeat Express Dance Class at PACC (Free) 12:15pm - Nickel Nickel at Connections</p> <p>🍴 Baked Chicken, Mashed Potatoes / PB Bar</p>	<p>6</p> <p>9am-1pm - Perham Farmers Market 10am - Yoga for Strength & Flexibility at B Still Yoga (Free)</p>
<p>9</p> <p>7:15am - Full Body Strength at PACC (Free) 12:15pm - Whist at Connections 2pm - Autumn Oasis: Finding Calm in the Seasonal Shift at Elevate 4:30pm - XaLite Dance Class at PACC (free)</p> <p>🍴 Chicken Cordon Bleu / Assorted Bars</p>	<p>10</p> <p>11:30am - Monthly Birthday Lunch at Connections 1pm - Exploratory: Scarecrow Cake Decorating at Elevate Conference Room \$25</p> <p>🍴 Ribs & Garlic Potatoes / Strawberry Cake</p>	<p>11</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 9:30am - Chair Yoga at PACC (free) 10:30am - Passport Series: China at New York Mills Public Library</p> <p>🍴 Chicken & Dumpling Casserole / Warm Apples</p>	<p>12</p> <p>10am - Silver Sneakers at PACC (free) 12:15pm - Nickel Nickel at Connections 1:30pm - Funeral Preplanning at Elevate Conference Room 4:30am - Hatha Yoga One at PACC (free)</p> <p>🍴 BBQ Meatballs & Potatoes / Pecan Pie</p>	<p>13</p> <p>9am-1pm - Perham Farmers Market 12pm - Ashtanga Yoga at B Still Yoga (Free)</p>
<p>16</p> <p>10:30am - Lunch Guest at Connections 12:15pm - Whist at Connections 1pm - Monday Matinee "Thelma" at Comet Theatre \$6</p> <p>🍴 Hearty Chili / Rice Pudding</p>	<p>17</p> <p>4:30pm - The Mixer: Silver Moon 5:30pm - Slow Flow Yoga at B Still Yoga (Free)</p> <p>🍴 Sliced Ham & Pesto Pasta / Toffee Bar</p>	<p>18</p> <p>9am-1pm - POP+ at Perham Farmers Market</p> <p>Celebrate Aging Expo from 9am-1pm at Perham Area Community Center</p> <p>🍴 No lunch today</p>	<p>19</p> <p>10am - Nosey Neighbor: Fargodome 12pm - Art for Lunch: Quilling at NYM Cultural Center \$5 12:15pm - Nickel Nickel at Connections 4:30am - Yoga Sculpt Lite at PACC (free)</p> <p>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>	<p>20</p> <p>9am-1pm - Perham Farmers Market</p>
<p>23</p> <p>12:30am - Fall Prevention Bingo at Connections</p> <p>🍴 Roast Beef / Mini Cheesecake</p>	<p>24</p> <p>9am - Feel Good Flow Yoga at B Still Yoga (Free) 1pm - Probates, Wills, & Trusts at Elevate 6pm - Watercolor Class at Perham Center for the Arts \$48</p> <p>🍴 BBQ Pork on Bun / Creme Puffs</p>	<p>25</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Credible Mind at New York Mills Public Library</p> <p>🍴 Chicken Alfredo / Chocolate Chunk Bar</p>	<p>26</p> <p>12:15pm - Nickel Nickel at Connections</p> <p>🍴 Chicken Noodle Soup & Sandwich / Cookie</p>	<p>27</p> <p>All Day - Coach Bus Trip to Minnesota Renaissance Festival 9am-1pm - Perham Farmers Market</p>
<p>30</p> <p>12:15pm - Whist at Connections 1pm - Nosey Neighbor: Lund Boats in New York Mills</p> <p>🍴 Beef Stroganoff / Strawberry Rhubarb Pie</p>	<p>October 1</p> <p>🍴 TBD</p>	<p>2</p> <p>9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: CBD at PACC front lobby</p> <p>🍴 TBD</p>	<p>3</p> <p>12:15pm - Nickel Nickel at Connections</p> <p>🍴 TBD</p>	<p>4</p> <p>9am-1pm - Perham Farmers Market</p> <p>5</p> <p>10am, 1pm, & 4pm - Exploratory: Stained Glass Sunflower at Elevate Conference Room \$50</p>

NOSEY NEIGHBORS

Join us for these upcoming Nosey Neighbor tours. Tours are free, but registration is typically required due to capacity limitations. Please RSVP at elevateotc.org.

FARGODOME

Thursday, September 19 from 10am-noon at the Fargodome - 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 - ALREADY FULL

Monday, September 30 at 1pm, 2pm, 3pm at Lund Boats - 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.



THE BRIDGE COMMUNITY PANTRY

Monday, October 14 from 1-2pm at The Bridge - 501 4th Ave NW, Perham
Take a behind-the-scenes tour of The Bridge Community Pantry, Perham's local food shelf. Discover who they serve, how they uplift the community, and the daily operations that power their mission. RSVP required.

MAPLE HILLS ORCHARD

Thursday, October 24 from 1-3pm at Maple Hills Orchard - 29355 130 St, Frazee
Enjoy an apple tasting, take a scenic trolley ride through the orchard, and explore the store filled with fresh apples, pumpkins, squash, and other seasonal treats. It's the perfect fall outing to experience the best of the harvest season! Cost: \$5. RSVP required.

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

September 4 - Lakes Home Solutions
Join us for an insightful conversation with Robb Hendrickson, a Certified Dementia Practitioner, as he shares how he helps individuals living with dementia and their caregivers thrive at home.

September 18 - No Coffee Talk
Join us at Celebrate Aging Expo from 9am-1pm at the PACC instead! See cover for details.

Save the Date

- October 2 - CBD & Holistic Health
- October 16 - Acupuncture

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

September 11 - Passport Series: China
Come hear Lacey Hendrickx's tales of being a literal standout (due to her height and ethnicity), living locally, and experiencing as much of China as she could.

September 25 - CredibleMind Resources
Join us to discover how you can tap into valuable mental health resources to support your wellbeing courtesy of Otter Tail County.

Save the Date

- October 9 - Passport Series: Thailand
- October 23 - TBD



Have you joined our Healthspan Challenge yet?

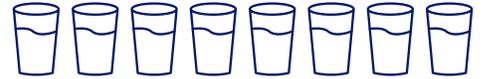
If not, there is still time! Get registered online, and then start checking off boxes on your Challenge Tracker. Here are some ideas to help you get started or finish off your Tracker.

JOURNAL FOR 10 MINUTES

Take a deep cleansing breath and close your eyes. Continue relaxed breathing and bring to mind 3 things that make you smile. Let yourself really see and feel those 3 things.

When you are ready, open your eyes and get out your journal. Record your thoughts from this experience.

DRINK 8 GLASSES OF WATER IN A DAY



CHECK YOUR BLOOD PRESSURE

Wednesdays from 9-11am
at Perham Area Community Center

BUY FRESH VEGGIES AT FARMERS MARKET

Check out the Perham Farmers Market on Wednesdays and Fridays from 9am-1pm at 200 5th St SE, Perham!

WRITE DOWN 3 GOOD THINGS

- 1.
- 2.
- 3.

VOLUNTEER FOR ONE HOUR

Visit elevateotc.org/volunteer for a variety of different volunteer opportunities that suit your interests and schedule!

FREE PACC FITNESS CLASSES

XaBeat Express

Thursday, September 5
from 7-7:30am

XaLite Dance Fitness

Thursday, September 5
from 4:30-5:15pm

Silver Sneakers

Thursday, September 12
from 10-10:45am

Feel The Beat

Saturday, September 14
from 9-10am

Full Body Strength

Monday, September 9
from 7:15am-8:00am

Chair Yoga

Wednesday, September 11
from 9:30-10:15am

Hatha Yoga One

Thursday, September 12
from 4:30-5:15pm

Yoga Sculpt Lite

Thursday, September 19
from 4:30-5:15pm

FREE B STILL YOGA CLASSES

Yoga for Strength & Flexibility

Friday, September 6 at 10am

Ashtanga

Friday, September 13 at 12pm

Slow Flow

Tuesday, September 17 at 5:30pm

Feel Good Flow

Tuesday, September 24 at 9am

Be sure to return your completed Challenge Trackers by Monday, September 30 to be entered to win the Grand Prize!



SCAN FOR DETAILS





KIDS-ONLY

HOLIDAY MARKET

HELP US CREATE A MAGICAL GIFT MARKET

Our Elevate Elves are excited to host a special Holiday Market for kids this holiday season. We're inviting the community to donate gently used or new items that kids can choose as holiday gifts for their loved ones.

We're seeking donations of:

- **Kitchen Essentials:** Cookware, utensils, small gadgets
- **Accessories:** Jewelry, scarves, gloves, hats
- **Tech & Gadgets:** Small electronics, phone accessories
- **Home & Living:** Decor items, candles, picture frames
- **Self-Care & Beauty:** Bath and body products, perfume
- **Outdoor/Hobby:** Hunting or fishing accessories, tools
- **Holiday Wrapping Supplies:** Wrapping paper, gift bags, tissue paper, holiday cards

If you have any of these items tucked away in storage, this is a perfect opportunity to give them a new home while spreading some holiday cheer. Donations can be left in the drop bin outside our Elevate office - 318 6th Ave SE, Perham starting Monday, September 9.

If you are interested in volunteering to help set up or help kids shop, please contact Katie at 218-347-1974 or katie.murdock@perhamhealth.org.

STAY TUNED FOR SHOPPING DATES & DETAILS!

COMMUNITY
CLEANUP
DAY



FREE FALL CLEAN UP

for local seniors

FRIDAY, SEPTEMBER 27

During Perham Schools' Homecoming Week, middle school students will be heading out into our community to extend a helping hand to our neighbors. If you or someone you know is in need of an extra hand, please submit your project! Projects include: raking leaves, cleaning out gardens, washing windows, and more.

Submit your Project Registration Form at the PACC or Elevate drop box (318 6th Ave SW, Perham) or contact Mindi at 701-793-2304 or mindi.larson@perhamhealth.org.

elevate

YOUR HEALTH • YOUR WAY

**Ready to live your best life?
Visit elevateotc.org to get started.**



connect@elevateotc.org



(218) 347-1974



318 6th Ave SW, Perham