

THE ELEVATOR

October 2024



STOP THE BLEED - SAVE A LIFE

We invite you to join us for a Stop the Bleed Training hosted by Perham Health and Perham EMS. This critical training is open to all members of the community—students, parents, teachers, farmers, and anyone who wants to be prepared to respond in an emergency.

In today's world, knowing how to stop life-threatening bleeding can save lives. The Stop the Bleed initiative began in response to tragedies like the Sandy Hook shooting and the Boston Marathon bombing, where lives could have been saved if more people knew how to act quickly. In these and other emergencies—whether it's a car accident, farm injury, or another incident—bleeding control is essential.

STOP THE BLEED COMMUNITY TRAINING

Tuesday, October 22 from 4-5pm or 5-6pm
at Elevate Conference Room
318 6th Ave SW, Perham | **RSVP required**

At this training, you will learn simple but powerful techniques to stop severe bleeding before first responders arrive. The session will include a brief presentation followed by hands-on practice using real equipment. You'll leave knowing how to apply a tourniquet, pack a wound, and more.

No prior medical experience is necessary, and the techniques are suitable for all ages—everyone can make a difference when it comes to saving a life! ➤



**HAPPINESS
STARTS HERE**



**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

Lakeside  elevate

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

October 2 - CBD & Holistic Health
discover how CBD can enhance overall wellbeing and support health, especially those living with chronic pain, anxiety, ADHD, dementia, or neurodegenerative diseases.

October 16 - Acupuncture
Dr. Wahl will introduce acupuncture principles, demonstrate techniques, and explain how it treats musculoskeletal issues and chronic spinal pain.

Save the Date

- November 6 - Stroke Education & Prevention
- November 20 - Personal Emergency Response System

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

October 9 - Passport Series: Thailand
Join Danielle Glorvigen and her son, Brayden, for an inspiring chat about their mission trip to Thailand, where they helped human trafficking victims. They'll share travel tips on how to explore the culture, food, and history of Thailand.

October 23 - Decluttering & Organizing
Join us for a chat about decluttering with expert tips, a free checklist, a chance to win storage supplies, and insights from Elite Space 4U's Chief Organizer, Tiffany Landor Meyer.

Save the Date

- November 13 - MN DNR
- November 27 - TBD

EXPLORATORIES

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



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 precut glass sets to craft 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. **RSVP required.**



PUMPKIN SUCCULENT WORKSHOP

COST: \$38+

Thursday, October 17 from 4:30-8pm at Disgruntled Brewing - 735 NE 2nd St, Perham
Celebrate fall at our Pumpkin Succulent Workshop! Drop in anytime from 4:30-8pm to choose your pumpkin size and decorate it with vibrant succulents—perfect for festive decor. Prices start at \$38, with more succulents for larger pumpkins. Hosted by Kristy's Succulent Kreation. **RSVP required.**



SOUND BATH

COST: \$28

Monday, October 28 from 5:45-6:45pm at Elevate - 318 6th Ave SW, Perham
Join Nancy Hebert for an hour-long Sound Bath. Dress comfortably and bring a mat, pillow, and blanket. Sound Baths have been shown to reduce stress, ease tension, and give you a sense of peace and calm. Nancy says "It's like a gentle massage and a great nap all wrapped into one". **RSVP required.**

FOOT CARE CLINIC

OCTOBER 15
DECEMBER 17
FEBRUARY 11

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

The Mixer

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

The Salty Pickle

Tuesday, October 15
from 4:30-6pm

Lucky Strike Grill, NYM

Tuesday, November 19
from 4:30-6pm

All are welcome!
Please RSVP

elevate

YOUR HEALTH • YOUR WAY



STILL ACCEPTING DONATIONS

We have received some great donations of new and gently used items for our Kids Holiday Market, but we have room for more! If you have new and gently used items that a kid could gift to their adult loved one this holiday season, we'd love to have them!

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 SW, Perham anytime.

TESTIFY EXHIBIT

Wednesday, October 9 from 2-3pm at Perham Area Public Library
Join us to learn about and view the traveling exhibit, TESTIFY: Americana, Slavery to Today. This powerful exhibit features selected pieces from the Diane and Alan Page Collection of African American art and artifacts, presented as a large-format, high resolution photo display. The aim of the exhibit is to help bridge divides, deepen dialogue, and encourage action on justice. **RSVP required.**

This project is sponsored by Perham Area Public Library and Viking Library System, funded in part or in whole with monies from Minnesota's Arts and Cultural Heritage fund.

The exhibit is open to the public October 1-31: Monday through Thursday from 10am-7pm, Friday from 10am-5pm, and Saturday from 10am-2pm.



TESTIFY AMERICANA
SLAVERY TO TODAY
THE DIANE & ALAN PAGE COLLECTION

October Calendar

EVENT COLOR KEY >

Free Registration

Paid Registration

Free Event

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>September 30</p> <p>12:15pm - Whist at Connections 1pm/2pm/3pm - Nosey Neighbor: Lund Boats <i>in New York Mills</i></p> <p>🍴 Beef Stroganoff / Strawberry Rhubarb Pie</p>	<p>1</p> <p>🍴 Chicken Vegetable Stir Fry / Assorted Bars</p>	<p>2</p> <p>9-11am - Free BP Check at PACC 9:30am - Chair Yoga at PACC (membership or day pass required) 10:30am - Coffee Talk: CBD & Holistic Health <i>at PACC Front Lobby</i></p> <p>🍴 Pot Roast, Potatoes, Carrots / Carrot Cake</p>	<p>3</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections</p> <p>🍴 Grilled Brat, Pasta Salad, Baked Beans / Brownie</p> <p>5</p> <p>10am/1pm/4pm - Exploratory: Stained Glass Sunflower at Elevate Conference Room (\$50) 1pm - Fall Pottery Painting at Perham Center for the Arts (prices vary)</p>
<p>7</p> <p>12:15pm - Whist at Connections</p> <p>🍴 Chicken Parmesan / Apple Crisp</p>	<p>8</p> <p>11:30am - Learn to Make a Quilt at Bay Window Quilt Shop (\$60) 4pm - Mastering Medicare: Preparing for AEP <i>at Lakeside Event Center</i> 6pm - Harvest Owl Painting Class at Perham Center for the Arts (\$48)</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>9</p> <p>9-11am - Free BP Check at PACC 9:30am - Chair Yoga at PACC (membership or day pass required) 10:30am - Passport Series: Thailand at New York Mills Public Library 2pm - TESTIFY Exhibit at Perham Public Library</p> <p>🍴 Hamburger, Potato Salad, Baked Beans / Cheesecake</p>	<p>10</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections 12pm - Art for Lunch: Rag Doll Monster at NYM Cultural Center (\$10) 2pm - Polka Dance at Lakeside Event Center (\$7)</p> <p>🍴 Baked Chicken, Mashed Potatoes / Peanut Butter Bar</p>
<p>14</p> <p>12:15pm - Whist at Connections 1pm - Nosey Neighbor: The Bridge Community Pantry <i>in Perham</i></p> <p>🍴 Chicken Cordon Bleu / Assorted Bars</p>	<p>15</p> <p>9am-2pm - Foot Care Clinic at Perham Living (\$30) 4:30pm - The Mixer: Salty Pickle Bar & Grill</p> <p>🍴 Ribs, Garlic Mash Potatoes / Strawberry Dream Cake</p>	<p>16</p> <p>9-11am - Free BP Check at PACC 9:30am - Chair Yoga at PACC (membership or day pass required) 10:30am - Coffee Talk: Acupuncture at PACC front lobby</p> <p>🍴 Chicken and Dumpling Casserole / Warm Apple Slices</p>	<p>17</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 4:30-8pm - Exploratory: Pumpkin Succulents at Disgruntled Brewing (\$38+)</p> <p>🍴 BBQ Meatballs, Potatoes / Pecan Pie</p>
<p>21</p> <p>11:30am - Monthly Birthday Lunch & Root Beer Floats at Connections 12:15pm - Whist at Connections 1pm - Monday Matinee "Ezra" at Comet Theatre (\$6)</p> <p>🍴 Hearty Bean Chili / Root Beer Floats</p>	<p>22</p> <p>1pm - Healthy Living for Your Brain & Body <i>at Elevate Conference Room</i> 4pm/5pm - Stop the Bleed Training at Elevate Conference Room</p> <p>🍴 Sliced Ham & Pesto Pasta / Toffee Bar</p>	<p>23</p> <p>9-11am - Free BP Check at PACC 9:30am - Chair Yoga at PACC (membership or day pass required) 10:30am - Coffee Talk: Decluttering & Organizing <i>at New York Mills Public Library</i></p> <p>🍴 Turkey Ala King, Biscuit / Pumpkin Spice Fluff</p>	<p>24</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 1pm - Nosey Neighbor: Maple Hills Orchard in Frazee (\$5)</p> <p>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>
<p>28</p> <p>12:15pm - Whist at Connections 5:45pm - Exploratory: Sound Bath at Elevate Conference Room \$28</p> <p>🍴 Roast Beef / Mini Cheesecake</p>	<p>29</p> <p>1pm - Memory Mingle at Crosspoint Alliance Church 6pm - Watercolor Painting Class at Perham Center for the Arts (\$48)</p> <p>🍴 BBQ Pork on Bun / Creme Puffs</p>	<p>30</p> <p>9-11am - Free BP Check at PACC 2pm - Dementia Friends at Perham Living Community Room 5:30pm - XaLite Halloween Dance Fitness Party at PACC (membership or day pass required)</p> <p>🍴 Chicken Alfredo / Chocolate Chunk Bar</p>	<p>31</p> <p>10:30am - Daycare Halloween Parade at Connections 12:15pm - Nickel Nickel / Cribbage at Connections</p> <p>🍴 Chicken Noodle Soup & Sandwich / Cookie</p>

NOSEY NEIGHBORS

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

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.**

PERHAM LIVING ADULT DAY SERVICES

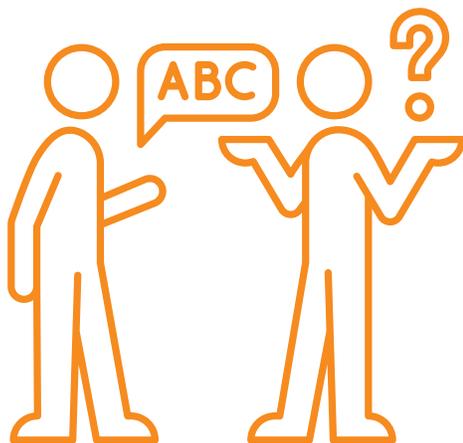
Tuesday, November 12 from 4:15-5:15pm at Adult Day Services - 735 3rd St SW, Perham

Adult Day Services offers supervised care providing activities for adults and giving caregivers a needed break. Join us for an informational session to explore their space, and learn who it's for and how to sign up. **RSVP required.**

LIGHTS IN THE PINES

Friday, December 13 from 6:30-7:30pm at Pioneer Grounds - 1251 1st Ave N, Perham

Join us for a magical evening at Lights in the Pines. We'll meet at the entrance to learn more about the event, and then you're free to explore on your own! **RSVP preferred.**



MASTER YOUR MEDICARE FOR 2025

Medicare's Annual Election Period (AEP) is fast approaching, and now is the time to ensure you're prepared to make informed healthcare coverage decisions for 2025. Running from October 15th to December 7th, AEP allows you to review your current plan, explore new options, and make any necessary changes.

To help you navigate this important process, we're hosting *Mastering Medicare: Preparing for Annual Election Period*, an event designed to simplify Medicare and equip you with the knowledge you need. Join expert LeAnn Burgau from Burgau Insurance Agency on **Tuesday, October 8th, from 4-5:30pm at Lakeside Event Center** for an informative session covering essential tips, tricks, and updates.

LeAnn will break down Medicare's often confusing terminology, walk you through reviewing your current plan, and show you how to explore the best options for your healthcare needs. Whether you're new to Medicare or a long-time beneficiary, this event will arm you with the tools to make confident decisions for the year ahead.

This is your chance to take control of your healthcare and ensure you're getting the most out of your Medicare coverage. Don't miss out on this opportunity to gain peace of mind for 2025! **RSVP preferred.**

TUESDAY, OCTOBER 8

from 4-5:30pm

at Lakeside Event Center
2727 450th St, Perham



Join us at the Connections Program in the Connections Room at the Perham Area Community Center (across from Adventureland) for lunch and social time! We serve lunch Monday through Thursday at 11:30am, and you're welcome to come early or stay late for cards and conversation.

Reserve your meal by leaving a message at 218-347-1974 by 12 PM the day before. Meals are a suggested donation of \$4, and your first meal is FREE! We can't wait to see you!



MONTHLY BIRTHDAY LUNCH + ROOT BEER FLOATS

Celebrating a birthday in October? Join us for our Monthly Birthday Lunch complete with root beer floats!

Monday, October 21 at 11:30am
Connections Room at PACC



LOVE PLAYING CARDS?

Join us after lunch throughout the week and deal yourself in!

- Mondays - Whist
- Thursdays - Nickel Nickel and Cribbage



DAYCARE HALLOWEEN PARADE

Come see a bunch of cute kiddos from local daycares all dolled up in their Halloween costumes! Candy provided.

Thursday, October 31 at 10:30am
Connections Room at PACC



JOIN OUR TEAM: WE'RE HIRING A CONNECTIONS COORDINATOR!

Are you passionate about fostering connections and building community? We're excited to announce an opportunity to join our small but mighty team as a part-time Connections Coordinator at the Perham Area Community Center!

In this role, you'll be at the heart of organizing and supporting our community events, bringing people together and helping to create meaningful relationships. It's a chance to work with a dedicated group of individuals who care about making a difference in the lives of those around them. **Apply online today!**

BECOME A DEMENTIA FRIEND!

Dementia Friends is a global initiative aimed at transforming how people perceive, interact with, and discuss dementia. Join us for an informational session where we'll explore what dementia is, what it's like to live with the disease, and effective communication tips. Learn how to turn your newfound knowledge into action as a Dementia Friend. Let's work together to create a more understanding and supportive community.

Wednesday, October 30 from 2-3pm

at Perham Living Community Room - 735 3rd St SW, Perham
No registration necessary.



HEALTHY LIVING FOR YOUR BRAIN & BODY

Tuesday, October 22 from 1-2pm at Elevate Conference Room
- 318 6th Ave SW, Perham

For centuries, we've understood the connection between brain and body health. Today, science offers deeper insights into how certain lifestyle choices can support both as we age. Join us for an engaging session where you'll explore the latest research on diet, nutrition, exercise, cognitive activities, and social engagement. You'll also get hands-on tools to help you create a personalized plan for healthy aging. **RSVP required.**
Hosted by Alzheimer's Association of MN & ND



MEMORY MINGLE

TUESDAY, OCTOBER 29

1-3pm at Crosspoint Alliance Church
600 NE 8th St, Perham

Join us for a warm and welcoming afternoon at Memory Mingle, a special gathering for individuals living with memory loss and their caregivers. We'll have soothing music, refreshments, door prizes, and plenty of opportunities to socialize.
RSVP preferred.

Technology 101:

DIGITAL PHOTO ORGANIZATION

Thursday, November 7 from 2-4pm
at Perham Area Public Library

You probably take a lot of photos on your phone, but what do you do with them? 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.
RSVP required.

Help!
We're looking for...



Volunteer Van Drivers

Jump in the our Elevate van and help transport patients to their critical medical appointments!

Interested? Contact katie at (218) 347-1974
or katie.murdock@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