

THE ELEVATOR

November 2024

NOVEMBER IS HOME CARE, CAREGIVER, AND ALZHEIMER'S AWARENESS MONTH

As we enter November, we're turning our focus to three important themes: Home Care Month, Caregiver Month, and Alzheimer's Awareness Month. To honor these, we've curated a variety of events to help individuals and families better understand how to live well in their homes and navigate the complexities of caregiving and health management. Whether you're supporting a loved one or preparing for your own future, our November lineup has something for everyone.

- ▲ **Health Care Directives - November 4**
Learn how to create a plan for future healthcare decisions, ensuring your wishes are known and followed.
- ▲ **Stroke Prevention & Education - November 6**
Understanding the signs of stroke and how to prevent it can be life-saving. This session offers vital information to help you stay prepared.
- ▲ **Tour of Adult Day Services at Perham Living - November 12**
Explore the compassionate care options available at Perham Living, providing support for caregivers and enriching activities for individuals with memory loss or other health conditions.
- ▲ **Probates, Wills & Trusts - November 18**
Gain clarity on managing your estate, setting up wills and trusts, and ensuring your legacy is protected for your loved ones.

Each of these events is designed to equip you with the knowledge and resources needed to navigate aging and caregiving with confidence. Find details for each one throughout this newsletter. We hope you'll join us in celebrating these awareness months and take advantage of the opportunities to learn and connect with our community. Together, we can help each other live well at any age. ➤



JOY IN EVERY MOMENT

- ▲ **Personal Emergency Response Systems (PERS) - November 20**
Learn about the technology that can give you or a loved one peace of mind at home.
- ▲ **Medications & Falls - November 20**
Understand the link between medications and fall risks, and learn practical ways to reduce the chance of falling while maintaining independence.
- ▲ **Let's Talk Fraud: Current Scams to Be Aware Of - November 21**
Stay one step ahead of fraudsters by learning about current scams targeting older adults. This session will provide valuable tips to protect yourself and your loved ones.



CONGRATULATIONS, POLLY!

Congratulations to Polly Solberg for winning our Healthspan Challenge! Polly's commitment to staying active and healthy earned her the grand prize of \$400 in Perham Bucks. We're so proud of everyone who participated and made wellness a priority in their lives. Stay tuned for more fun and healthy challenges ahead!

EXPLORATORIES

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



ELEVATED BREADS

COST: \$10

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

Join us for Elevated Breads with Peggy! In this instructional class, Peggy will demonstrate how to make three different kinds of yeast bread, including a basic dough, a sweet dough, and a whole grain dough. She'll share her favorite techniques and creative tips for elevating each loaf for various events and seasons. Samples included! **RSVP required.**



BEGINNER PICKLEBALL

COST: FREE

Tuesday, November 12, 19, or 26 from 6:30-8:30pm at PACC - 650 3rd Ave SE, Perham

Dive into the world of pickleball with our Beginner Pickleball Lessons at Perham Area Community Center! These lessons are intended for first-time players to learn the fundamentals of the game. Experienced pickleball players will teach you the basics, so you can jump right into the action. **RSVP required.**



EVERYTHING BUT THE KITCHEN SINK CHARCUTERIE BOARDS

COST: \$30

Thursday, November 14 from 5:30-7pm at Williams Company Store - 101 Main St, Ottertail

Whether you're prepping for unexpected holiday guests or aiming to impress at your next gathering, this class will help elevate your entertaining skills. Mallory will guide you step-by-step in designing a beautiful board using ingredients you likely already have in your fridge or pantry. Enjoy a fully prepared board at the end of class! **RSVP required.**



GINGERBREAD HOUSES

COST: \$25

Thursday, December 19 from 1:30-3pm at Elevate - 318 6th Ave SW, Perham

Join us for a gingerbread house decorating event! With plenty of candy and icing, you'll have everything you need to design and build your own unique gingerbread house. It's a fun, creative way to get into the holiday spirit—perfect for all ages. Come for the treats, stay for the festive atmosphere! Hosted by Cake Walk, Wendy Frensko. **RSVP required.**

Hey you!
Need a ride?



Our transportation program is here to help! We offer van rides to critical medical appointments and essential errands in the area. Whether it's for you or a loved one, we've got you covered!

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

Technology 101:

DIGITAL PHOTO ORGANIZATION

Thursday, November 7 or December 5 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.**



HEALTH CARE DIRECTIVES

Join us for a session on Health Care Directives and learn how to plan for future medical decisions. You'll be guided through the process of creating a directive to ensure your wishes are followed in case you're unable to speak for yourself. It's an important step in taking control of your health care decisions. **RSVP Required.**

Monday, November 4 from 5:30-6:30pm

at Elevate Conference Room - 318 6th Ave SW, Perham
Hosted in partnership with Perham Health

FOOT CARE CLINIC

DECEMBER 17

FEBRUARY 11

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

MEDICATIONS & FALLS

Join Mark Dewey, Pharm.D., for Medications & Falls to learn how certain prescriptions may contribute to falls and what you can do to stay safe. In this casual presentation, we'll discover medications that have the potential to increase fall risk, review the proper monitoring of medications that contribute to fall risk, and recognize how Medication Management can aid in reducing medications that may be adding to fall risk.

Wednesday, November 20

from 2-3pm at Elevate Conference Room
318 6th Ave SW, Perham



Hosted in partnership with Dancing Sky Area Agency on Aging,
Lake Region Healthcare, and NDSU



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 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. **RSVP Required.**

Monday, November 18

from 5:30-7:30pm at Lakeside Tap
2727 450th Ave, Perham

LET'S TALK FRAUD

**CURRENT SCAMS
TO BE AWARE OF**



Scammers are getting crafty with phone calls, emails, and social media tricks—but you can outsmart them! Join us for an info-packed session to learn the latest scams, how to spot the red flags, and keep your identity and money safe. Our experts will share real-life stories and give you the tools to stay one step ahead.

Thursday, November 21

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

Hosted in partnership with United Community Bank

November 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

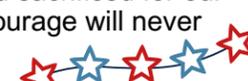
TUESDAY

WEDNESDAY

THURSDAY

<p>4</p> <p>12:15pm - Whist at Connections 5pm - Health Care Directives at Elevate Conference Room</p> <p>🍴 Beef Stroganoff / Strawberry Rhubarb Pie</p>	<p>5</p> <p>1pm/2pm - Nosey Neighbor: Lund Boats in New York Mills</p> <p>🍴 Chicken Vegetable Stir Fry / Assorted Bars</p>	<p>6</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Stroke Education & Prevention at PACC Front Lobby 1pm - Exploratory: Elevated Breads at Elevate Conference Room (\$10)</p> <p>🍴 Pot Roast, Potatoes, Carrots / Carrot Cake</p>	<p>7</p> <p>11am - Volunteer Lunch & Learn at PACC 12:15pm - Nickel Nickel/Cribbage at Connections 2pm - Tech 101: Digital Photo Organization at Perham Public Library</p> <p>🍴 Grilled Brat, Pasta Salad, Baked Beans / Brownie</p>
<p>11</p> <p>11:30am - A Salute to Our Veterans Lunch & Program at ITOW 12:30pm - Bingo at Connections</p> <p>🍴 Chicken Parmesan / Apple Crisp</p>	<p>12</p> <p>1pm - Nosey Neighbor: Perham Egg 4:15pm - Nosey Neighbor: Adult Day Services at Perham Living 6pm - Acrylic Painting Class at Perham Center for the Arts (\$48) 6:30pm - Beginner Pickleball at PACC</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>13</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: MN DNR Officer Update at New York Mills Public Library</p> <p>🍴 Hamburger, Potato Salad / Cheesecake</p>	<p>14</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections 12pm - Art for Lunch: Flat Needle Felting at NYM Cultural Center (\$10) 5:30pm - Exploratory: Charcuterie Boards at Williams Company Store (\$30)</p> <p>🍴 Baked Chicken / Peanut Butter Bar</p>
<p>18</p> <p>12:15pm - Whist at Connections 1pm - Monday Matinee "Reagan" at Comet Theatre (\$6) 5:30pm - Probates, Wills, & Trusts at Perham Lakeside Tap</p> <p>🍴 Chicken Cordon Bleu / Assorted Bars</p>	<p>19</p> <p>1:30pm - Tech with Teens at PACC front lobby 4:30pm - The Mixer: Mills Lanes & Lucky Strike Grill in New York Mills 6:30pm - Beginner Pickleball at PACC</p> <p>🍴 Ribs, Mashed Potatoes / Strawberry Dream Cake</p>	<p>20</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Personal Emergency Response Systems at PACC front lobby 2pm - Medication & Falls at Elevate Conference Room</p> <p>🍴 Chicken and Dumpling Casserole / Warm Apples</p>	<p>21</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 1pm - Let's Talk Fraud: Current Scams to Be Aware Of at Elevate Conference Room</p> <p>🍴 BBQ Meatballs, Potatoes / Pecan Pie</p>
<p>25</p> <p>11:30am - Birthday Lunch & Root Beer Floats at Connections 12:15pm - Whist at Connections</p> <p>🍴 Hearty Bean Chili / Root Beer Floats</p>	<p>26</p> <p>12:30pm - Bingo at Connections 6:30pm - Beginner Pickleball at PACC</p> <p>🍴 Sliced Ham & Pesto Pasta / Toffee Bar</p>	<p>27</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Edible Landscaping at New York Mills Public Library</p> <p>🍴 Turkey Ala King, Biscuit / Pumpkin Spice Fluff</p>	<p>28</p> <p>HAPPY Thanksgiving</p> <p>🍴 No lunch today.</p>
<p>December 2</p> <p>12:15pm - Whist at Connections</p> <p>🍴 TBD</p>	<p>3</p> <p>1pm - Senior Day at NYM Christmas Tree Festival at NYM City Hall</p> <p>🍴 TBD</p>	<p>4</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Patriot Assistance Dogs at Perham Area Community Center</p> <p>🍴 TBD</p>	<p>5</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 2pm - Tech 101: Digital Photo Organization at Perham Public Library</p> <p>🍴 TBD</p>

HAPPY VETERANS DAY!
This Veterans Day (11/11), we honor and thank all those who have served and sacrificed for our country. Your courage will never be forgotten.



WEEKEND HAPPENINGS

Christmas Plus Bazaar
Saturday, November 2 from 9am-4pm at Prairie Wind Middle School

The Wizard of Oz Community Musical
Friday, November 22 at 7pm
Saturday, November 23 at 7pm
Sunday, November 24 at 2pm at Perham Auditorium

Free State Park Day
Friday, November 29 at all MN State Parks

Holiday Parade of Lights
Friday, November 29 at 5:30pm in Perham

Lighting of the Pines
Friday, November 29 at 6:30pm at Perham Pioneer Grounds

Dent Christmas Market
Saturday, November 30 from 9am-2pm at Dent Community Center

CONNECTIONS LUNCH

Monday - Thursday
served at 11:30am in
Connections Room at PACC

Coffee Talks

Come chat with us about a range of lifestyle topics over a cup of coffee. **No RSVP needed.**

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

November 6 - Stroke Prevention & Education
With stroke being the 5th leading cause of death in the U.S., early detection is key to improving outcomes. Learn how to spot the signs and take action to protect yourself and your loved ones.

November 20 - Personal Emergency Response Systems (PERS)

Learn why falls are a leading cause of emergency calls and get practical tips for prevention, plus discover innovative PERS solutions that keep seniors safe, connected, and independent.

Save the Date

- December 4 - Patroit Assistance Dogs
- December 18 - Holiday Health with Holly

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

November 13 - MN DNR Officer Update

Ever wondered what a Conservation Officer's day-to-day looks like? Got questions about wildlife, outdoor safety, or the latest regulations? Join us for a chat about the great outdoors!

November 27 - Edible Landscaping

Have you ever wondered about different ways to grow more food at home? Come learn how to make your gardens both beautiful and delicious for you and your family with edible landscaping.

Save the Date

- December 11 - Cookie Exchange
- No Coffee Talk on December 25

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.

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.**



EMPOWERING KIDS AND BOYS & GIRLS CLUB

Tuesday, December 17 from 1-2:30pm starting at Empowering Kids - 231 Fox St, Perham

Join us for a Nosey Neighbor tour of Empowering Kids and the Boys & Girls Club to get an inside look at two incredible spaces in the old high school that support the youth in our community! This tour is a chance to see how the generosity of our community has created a positive, engaging environment for kids to grow, learn, and thrive. **RSVP Required.**



Stop in for a
FREE BLOOD PRESSURE CHECK

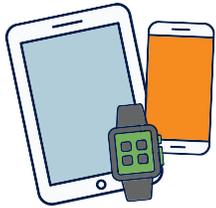
Wednesdays from 9-11am

Perham Area Community Center

TECH *with* TEENS

Need a little help with your tech? Join us for Tech with Teens! Community members are invited to receive one-on-one support for basic technology questions.

3RD TUESDAY OF THE MONTH
from 1:30-3pm at PACC Front Lobby



**BRING YOUR DEVICES
& QUESTIONS!**

Hosted by PHS Interact

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.



COFFEE IS ON!

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

PLAY CARDS

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

- **Mondays - Whist**
- **Thursdays - Nickel Nickel or Cribbage**



A Salute to Our Veterans

VETERANS DAY LUNCH & PROGRAM

Veterans and their families are invited to enjoy a complimentary lunch followed by a special program hosted by the Daughters of the American Revolution (DAR). This is a wonderful opportunity to honor and celebrate those who have served and continue to serve our country.

11:30-12:15pm COMPLIMENTARY LUNCH

12:15-12:30pm DAR PROGRAM

at ITOW Museum - 805 W Main St, Perham

Hosted By:

United Community Bank, Elevate, and
Daughters of the American Revolution



MONTHLY BIRTHDAY LUNCH

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

Monday, Nov. 25 at 11:30am
Connections Room at PACC

BINGO

Everyone is welcome to play for a chance to win fabulous prizes in a lively atmosphere with friends.

Tuesday, Nov. 26 at 12:30pm
Connections Room at PACC



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!**

The Mixer

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

Lucky Strike Grill, NYM

Tuesday, November 19
from 4:30-6pm

includes a tour of the bowling alley and \$6 burger baskets

Holiday Trivia at The Cactus

Tuesday, December 17
from 4:30-6pm

All are welcome!

Please RSVP



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 free lunch and learn session to explore exciting volunteer opportunities! **RSVP Required.**

Thursday, November 7 at 11am
at Perham Area Community Center



Our Elevate Elves are excited to host a special Holiday Market for kids in December. All kids in the community are invited to come purchase holiday gifts to surprise their adult loved ones for just \$1-2 per gift.

SHOPPING DATES

- Monday, December 2 from 3-6pm
- Wednesday, December 4 from 3-6pm
- Saturday, December 7 from 8am-1pm
- Tuesday, December 10 from 3-6pm
- Thursday, December 12 from 3-6pm
- Saturday, December 14 from 8am-1pm

AT ELEVATE CONFERENCE ROOM
AT 318 6TH AVE SW, PERHAM

Visit our website for more details.



ELEVATE SWAG ROUND 2

Did you miss out on the last clothing order? Good news for you, we're doing another round! This time, we've added a unisex full-zip crew and unisex crewneck sweatshirt. We'll be taking preorders from **Friday, November 1 - Friday, November 15** online or in person in the Connections Room at PACC. The items will be available for pickup in time for Christmas!

To order, visit elevateotc.org/shop

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