

THE ELEVATOR

December 2024



THE GIFT OF elevate

THE JOY OF
GIVING

GIVE THE GIFT THAT KEEPS ON GIVING—ELEVATE

Elevate is more than a program—it's a lifeline of connection, support, and joy for our community. Fueled by grants and powered by community spirit, we've been able to bring people together in incredible ways. But there's so much more we can do, and that's where *The Gift of Elevate* comes in. With your help, we can keep the momentum going.

Whether you're looking to give a meaningful gift in honor of someone special or simply want to spread joy and connection in our community, *The Gift of Elevate* is the perfect way to be part of something truly special. Your support will help us continue building a stronger, more connected community where everyone feels uplifted and supported.

HOW YOUR GIFT MAKES A DIFFERENCE:

Your donation to *The Gift of Elevate* can directly support key areas that help us serve the community.

-  could provide 6 nutritious meals for a senior, cover fuel costs for meal deliveries, or supply thank-you gifts for our volunteers.
-  can sponsor music for an Elevating Voice Choir songbook, cover essential volunteer supplies, or cover printing for 45 newsletters.
-  could sponsor a community event, cover a ride to a medical appointment in Fargo, or cover produce vouchers for a PoP+ day.

THREE SIMPLE STEPS TO GIVING:

-  **Pick a cause close to your heart** – Events, Connections, Resources, or Volunteerism.
-  **Make your donation.** Select an amount that fits your giving goals, and make your donation online or via check.
-  **Enjoy the lasting impact** of your kindness as our community grows brighter together.

Donate today!

Donate online at elevateotc.org/donation

Checks written to Perham Health with Elevate in the memo can be mailed to 1000 Coney St W, Perham, MN 56573.

Every contribution counts—thank you for supporting The Gift of Elevate and helping us build a stronger, more connected community.

From all of us at Elevate, we wish you a joyful holiday season full of connection, kindness, and lasting memories. ➤

MEDICATION AND FALLS

Join Mark Dewey, Pharm.D., for a casual talk on how some prescriptions may increase fall risk and tips to stay safe. Learn about medications that may contribute to falls, proper monitoring, and how Medication Management can help reduce risks.

Monday, December 30
from 1-2pm at Elevate
318 6th Ave SW, Perham



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



SOLAR SOLUTIONS WITH WEST CENTRAL INITIATIVE

Tuesday, December 10 from 7-8pm
at Perham Area Public Library

Ready to harness solar energy for your home, farm, or small business but not sure where to begin? Join Cedar Walters from West Central Initiative to learn about the new Solar Co-op program, which brings neighbors together to use group buying power for the best solar prices. **RSVP Required.**

RIDES FOR WHAT MATTERS MOST

With Elevate's transportation program, you can count on us to help you with your essential errands and medical appointments. Our volunteer drivers are available to get you where you need to go—whether it's for health care, grocery shopping, or other essential needs. Rides are available by appointment, so don't hesitate to schedule yours!

Interested? Contact Katie at (218) 347-1974 or katie.murdock@perhamhealth.org to learn more or schedule a ride.

Your ride to wellness starts here.



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



**BRING YOUR DEVICES
& QUESTIONS!**

Hosted by PHS Interact



Protect Yourself Against Scams!

Fraud Forum

Scams are rising in today's digital world. Join Farmers & Merchants State Bank for a special event with **Homeland Security Investigations** (HSI) agents to help our community stay informed and protected.

We'll discuss:

-  Red Flags to Watch For
-  Reporting Fraudulent Activity
-  Common Scams Targeting Consumers

**TUESDAY
DECEMBER 17**

from 1:30-3pm
at NYM City Hall
28 W Centennial 84 Dr

RSVP Required

Technology 101: DIGITAL PHOTO ORGANIZATION



Thursday, December 5 from 2-4pm OR
Wednesday, December 11 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.**

FOOT CARE CLINIC

DECEMBER 17 | FEBRUARY 11

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

Coffee Talks

Free and open to the public!

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

December 4 - Patriot Assistance Dogs

Learn how rescue dogs are transforming the lives of military veterans, and how their small team grew into a thriving organization!

December 18 - Holiday Health with Holly

Join us for a festive chat with Perham Health's Holly Yonemura to explore healthy cooking, recipe swaps, and tips for a guilt-free holiday season!

Save the Date

- January 1 - No Coffee Talk
- January 15 - Taxes
- January 29 - Social Determinants of Health

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

December 11 - Cookie Exchange

Join us for a heartwarming holiday gathering at New York Mills Public Library! Bring along your most cherished seasonal treat and the recipe that makes it special.

December 25 - No Coffee Talk

Merry Christmas!

Save the Date

- January 8 - Living Well in Your Home
- January 22 - Passport Series: Denmark

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



MONTHLY BIRTHDAY LUNCH

Celebrating a birthday in December? Join us for our Monthly Birthday Lunch complete with candles and singing!

Monday, December 9 at 11:30am
Connections Room at PACC

CHRISTMAS COOKIE SHARE

Bring a batch of your favorite cookies to share, or just come and take some home—no baking required! It's a fun and festive way to swap holiday treats.

Monday, December 23 at 10am
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!**

December 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>2</p> <p>12:15pm - Whist at Connections 4:30pm - XaLite Dance Fitness at PACC (free)</p> <p>🍴 Roast Beef, Potatoes, Gravy / Mini Cheesecake</p>	<p>3</p> <p>11am - Holiday Feast & A Christmas Carol Matinee at DLCCC (\$52) 1pm - Senior Day at NYM Christmas Tree Festival at NYM City Hall</p> <p>🍴 BBQ Pork, Mac-n-Cheese / Crème Puffs</p>	<p>4</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Patriot Assistance Dogs at PACC Front Lobby 5:30pm - Puzzle Party FUN-draiser at NYM City Hall Ballroom</p> <p>🍴 Chicken Fettuccini Alfredo / Chocolate Chunk Bar</p>	<p>5</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections 2pm - Tech 101: Digital Photo Organization at Perham Public Library 4:30pm - Vinyasa Flow Level One at PACC (free) 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 Chicken Noodle Soup, Sandwich / Cookie</p>	<p>CONNECTIONS LUNCH</p> <p>Monday - Thursday served at 11:30am in Connections Room at PACC</p>
<p>9</p> <p>10am - Nosey Neighbor: PACC 11:30am - Birthday Lunch at Connections 12:15pm - Whist at Connections 4:30pm - XaLite Dance Fitness at PACC (free)</p> <p>🍴 Beef Stroganoff / Strawberry Rhubarb Pie</p>	<p>10</p> <p>10am - Paper Snowflakes at Connections 2pm - DL Cloggers Christmas Performance at Perham Living 7pm - Solar Energy Presentation at Elevate Conference Room</p> <p>🍴 Chicken Vegetable Stir Fry / Assorted Bars</p>	<p>11</p> <p>All Day - PACC Day of Yoga (day pass or membership) 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Cookie Exchange at New York Mills Public Library 2pm - Tech 101: Digital Photo Organization at Perham Public Library</p> <p>🍴 Pot Roast, Potatoes, Carrots / Carrot Cake</p>	<p>12</p> <p>12pm - Art for Lunch: Punch Tin Ornament at NYM Cultural Center 12:15pm - Nickel Nickel/Cribbage at Connections 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 Grilled Brat, Pasta Salad, Baked Beans / Brownie</p>	<p>WEEKEND HAPPENINGS</p> <p>Yoga for Strength & Flexibility Fridays in December at 10am at B Still Yoga (\$5)</p> <p>Lights in the Pines Fridays & Saturdays from 5-9pm and Sundays from 5-8pm through December 22 at Pioneer Grounds</p>
<p>16</p> <p>10am - Christmas Caroling at PACC 12:15pm - Whist at Connections 1pm - Monday Matinee "White Bird" at Comet Theatre (\$6) 4pm - Exploratory: Winter Greens Centerpiece at Elevate Conference Room (\$27)</p> <p>🍴 Chicken Parmesan / Apple Crisp</p>	<p>17</p> <p>9-2pm - Foot Care Clinic at Perham Living 1pm - Nosey Neighbor: EK/B&G Club 1:30pm - Tech with Teens at PACC 1:30pm - Fraud Forum at NYM Ballroom 4:30pm - The Mixer: Holiday Trivia at The Cactus in Perham</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>18</p> <p>All Day - PACC Day of Yoga (day pass or membership) 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Holiday Health with Holly at PACC front lobby</p> <p>🍴 Hamburger, Potato Salad / Cheesecake</p>	<p>19</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 1:30pm - Exploratory: Gingerbread Houses at Elevate Conference Room (\$25) 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 Baked Chicken / Peanut Butter Bar</p>	<p>Free Matinees at Comet Theater Saturdays, December 7, 13, 21 shows at 11am and 1pm</p> <p>Winter Sleigh Rides Saturday, December 7, 14, 21 from 5-7:30pm. Book your ride with Lakeside Golf Course!</p>
<p>23</p> <p>10:30am - Christmas Cookie Share at Connections 12:15pm - Whist at Connections</p> <p>🍴 Chicken Cordon Bleu / Assorted Bars</p>	<p>24</p> <p>25</p> <p>Merry Christmas</p> <p>🍴 No lunch today.</p>		<p>26</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 4:30pm - Vinyasa Flow Level One at PACC (free) 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 BBQ Meatballs, Potatoes / Pecan Pie</p>	<p>Christmas Candlelight Concert Sunday, December 8 at 7pm Perham Center for the Arts</p> <p>Nosey Neighbor: Lights in the Pines Friday, December 13 at 6:30pm Pioneer Grounds</p> <p>Christmas Cantata Sat. December 14 at 5pm at St. Paul's Church, Perham Sun. December 15 at 3pm at Trinity Lutheran Church, NYM</p>
<p>30</p> <p>12:15pm - Whist at Connections 1pm - Medications & Falls at Elevate Conference Room 4:30pm - XaLite Dance Fitness at PACC (free)</p> <p>🍴 Hearty Bean Chili / Rice Pudding</p>	<p>31</p> <p>🍴 Sliced Ham & Pesto Pasta / Toffee Bar</p>	<p>January 1</p> <p>Happy New Year</p> <p>🍴 No lunch today.</p>	<p>2</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 4:30pm - Vinyasa Flow Level One at PACC (free) 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 TBD</p>	<p>Longest Night Music Festival Saturday, December 21 at 7pm NYM Cultural Center</p> <p>Family Day at PACC Saturday, December 28 from 10am-4pm at Perham Area Community Center (\$6)</p>

NOSEY NEIGHBORS

PERHAM AREA COMMUNITY CENTER

Monday, December 9 from 10-11am at PACC - 620 3rd Ave SE, Perham

Have you gotten a chance to see PACC's remodeled spaces? Join us to get a look at the ultimate hub for community fitness and recreation, and see if you qualify for free membership through your insurance. **RSVP Appreciated.**

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! There is a free will donation that goes to Perham Scouts Troup 321. **RSVP Preferred.**

EMPOWERING KIDS AND BOYS & GIRLS CLUB

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

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 unique environment for kids to grow, learn, and thrive. **RSVP Required.**

THE VAULT

Thursday, January 9 from 1-2pm at The Vault - 815 2nd Ave SW, Perham

Come explore The Vault, Perham's go-to spot for gymnastics and fitness fun, and see what it's all about! Learn how the space is making a difference in youth fitness around the area. **RSVP Preferred.**

PERHAM POST OFFICE

Tuesday, January 14 at 1pm or 1:30pm at Perham Post Office - 100 3rd Ave NW, Perham

Join us for a behind-the-scenes tour of the Perham Post Office and see how the magic of mail happens! Learn about the processes that keep letters and packages moving smoothly, and hear some fun facts about our local operations. **RSVP Required.**



KIDS-ONLY

HOLIDAY MARKET

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
- 318 6TH AVE SW, PERHAM

Visit our website for more details.

Stop in for a
**FREE BLOOD
PRESSURE CHECK**



Wednesdays from 9-11am

Perham Area Community Center

Starting in January

GRIEVING WITH GRACE Support Group

Are you struggling with the passing of a loved one? Do you feel you need support to work through your grief? You are not alone. This group is open to anyone who has ever lost a loved one. It doesn't matter if it was yesterday or years ago; we have a place for you.

Hosted in partnership with Vivie Hospice
(formerly Knute Nelson)

3rd Thursday of the Month starting in January
from 2-3pm at Elevate - 318 6th Ave SW, Perham

No RSVP needed.

EXERCISE ORIENTATION

Monday, January 6 from 10:30-11:30am at PACC - 620 3rd Ave SE, Perham

Kick off the new year with confidence! Join Vanessa for a friendly, no-pressure orientation where we'll meet in the lobby and walk through how to use the gym equipment, machines, and other resources. This session is perfect for beginners or anyone looking for guidance to start the year off right with a solid workout routine! **RSVP Required.**

2025 COACH BUS ADVENTURES AWAIT!

Get ready for exciting day trips and adventures in 2025! Departing from Detroit Lakes and Perham, these coach bus trips are the perfect way to explore, connect, and have fun without the hassle of driving. Check out the list of destinations and join the adventure!

- St. Paul Overnighter
- Minnesota State Fair
- Grease at Chanhassen
- Oktoberfest Overnighter
- Minnesota Twins Game

Learn more & register at:
elevateotc.events/bus-trips



EXPLORATORIES

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



WINTER GREENS CENTERPIECE

COST: \$27

Monday, December 16 from 4-6pm at Elevate - 318 6th Ave SW, Perham

Add a touch of Minnesota's North Woods to your holiday table with a centerpiece made from local greenery. Craft your own festive arrangement and learn tips for decorating with natural, compostable materials, adding warmth and reducing waste. All materials, tools, and gloves provided. Hosted by True Blue Flower Co. **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.**



SOUND BATH

COST: \$28

Monday, January 13 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.**



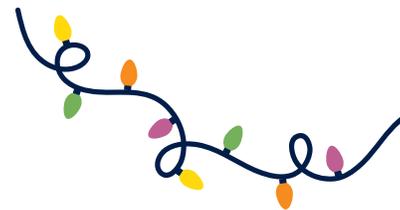
FOCACCIA BREAD

COST: \$25

Wednesday, January 29 from 1-3pm at MW Pastry – 105 E Main St, Suite 3, Vergas

Unleash your creativity in this hands-on class as you design and decorate your own loaf of focaccia bread using an array of colorful, fresh toppings. Learn tips for baking the perfect loaf and take home both your delicious creation and a tried-and-true recipe to recreate the magic at home. **RSVP required.**

'TIS THE SEASON Elevate Your Holidays



This holiday season, we've got something special for everyone! From heartwarming community events to fun-filled activities, there's no shortage of joy to go around. Whether you're creating, competing, or simply soaking in the season, these activities are sure to make your holidays merry and bright.



SENIOR DAY AT NYM
Christmas Tree Festival
Tuesday, December 3
from 1-3pm at NYM City Hall Ballroom
includes live music, food, and prizes!



JUST FOR FUN
Christmas Caroling
Monday, December 16
from 10-11am at Connections
All ages welcome to join!



JUST FOR FUN
Paper Snowflakes
Tuesday, December 10
from 10-11am at Connections
Supplies provided!



EXPLORATORY
Winter Greens Centerpiece
Monday, December 16
from 4-6pm at Elevate
Cost: \$27 | RSVP Required



SPECIAL PERFORMANCE
DL Cloggers
Tuesday, December 10
from 2-3pm at Perham Living
RSVP Required



THE MIXER
Holiday Trivia
Tuesday, December 17
from 4:30-6pm at The Cactus
RSVP Required



COFFEE TALK
Cookie Exchange
Wednesday, December 11
from 10:30-11:30am at New York Mills
Public Library



COFFEE TALK
Holiday Health with Holly
Wednesday, December 18
from 10:30-11:30am at PACC



NOSEY NEIGHBOR:
Lights in the Pines
Friday, December 13
from 6:30-7:30pm at Pioneer Grounds
RSVP Requested



EXPLORATORY
Gingerbread Houses
Thursday, December 19
from 1-2:30pm at Elevate
Cost: \$25/person | RSVP Required

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

HOURS Monday-Thursday from 9am-5pm | Friday from 9am-noon | Closed Saturday & Sunday