

THE ELEVATOR

January 2025



A LOOK BACK
2024



2024, WHAT A YEAR!

A note from Mindi Larson, Program Manager

As I reflect on 2024, I'm filled with pride—not just for all we've accomplished, but for the fun we've shared along the way. Some of my favorite moments this year have been the most impactful. The launch of our Connections program stands out as a deeply rewarding addition to Elevate, bringing people together daily to share meals, stories, and laughter. Watching these meaningful connections grow has been truly fulfilling, and I can't wait to see how this evolves this year and beyond. Along with the addition of Connections, to see the Elevate team grow in size has also been so neat to see. Without this group of ladies working together every day, we could only accomplish a fraction of what you have seen in 2024. I am so thankful to have them working passionately on growing the reach and impact of Elevate in East Otter Tail County.

Looking ahead, I continue to envision an even more connected community where aging well involves our entire community. We have some really exciting things to come and we can't wait to share them all with you in 2025 and beyond.

A special thank you to those who give their time volunteering, to those who attend and enjoy Elevate and for the constant words of encouragement and love that you show us. 2025 is sure to be something special. ➤

7,300+

EVENT ATTENDEES

2,400+ attendees in 2023

380

EVENTS HOSTED

150 events hosted in 2023

1,292

**HEALTH COACH
INTERVENTIONS**

2024 HIGHLIGHTS

- ▲ Connections Daily Lunches & Programming
- ▲ Frozen Meal Delivery in Outlying Communities
- ▲ Farmers Market Relocation, Growth, and PoP+ Days
- ▲ Bus Trips with Engage and Neighbor 2 Neighbor
- ▲ Celebrate Aging Expo
- ▲ Community Clean Up Day
- ▲ Helper Helper for PHS
- ▲ Kids-Only Holiday Market

COMING IN 2025

- ▲ Dementia Simulator
- ▲ Memory Café
- ▲ Additions to Connections Programming
- ▲ Updated Registration & Elevate App
- ▲ Continued Farmers Market Growth
- ▲ Accountability Group
- ▲ 1st Annual Fundraiser
- ▲ And More!

975+

**VOLUNTEER HOURS
FOR ELEVATE**

131 VAN RIDES
33 rides in 2023

480 MEALS DELIVERED
BY VOLUNTEERS

842 FREE BLOOD
PRESSURE CHECKS

3,160

**LUNCHES SERVED
AT CONNECTIONS**

NOSEY NEIGHBORS

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.**

LAKESHIRTS

Tuesday, February 25 from 1-3pm at Lakeshirts - 750 Randolph Rd, Detroit Lakes

Join us on an exclusive tour of Lakeshirts, a cutting-edge 325,000 square foot production and warehouse facility, where you'll witness firsthand the meticulous craftsmanship behind their premium clothing and merchandise. Learn why life is better in a t-shirt! **RSVP Required.**

The Mixer

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

Zorbaz on Little Pine

Tuesday, January 21
from 4:30-6pm

The Woodshed in Ottertail

Tuesday, February 18
from 4:30-6pm

All are welcome!

Please RSVP

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.

FOOT CARE



FEBRUARY 11 | APRIL 8 | JUNE 3 | JULY 29

at Perham Living

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

SHARE YOUR PASSION WITH ELEVATE!

Do you have a unique skill or hobby you'd love to share? Elevate is seeking enthusiastic individuals to host engaging classes and inspire the community! From creative ideas to practical tips, we'd love to help you bring your passion to life.

Ready to get started?

Contact Katie at katie.murdock@perhamhealth.org
or 218-347-1974 to get started!

\$5 FRIDAYS!

YOGA FOR STRENGTH & FLEXIBILITY

Fridays in January
from 10-11am at B Still Yoga
650 3rd Ave SE, Suite 4, Perham

For more details, contact B Still Yoga at 218-205-2955.

SAFE & SOUND: CREATING A CLUTTER-FREE HOME FOR AGING

Tuesday, February 4 from 1-2pm
at Elevate - 318 6th Ave SW, Perham

Ideal for seniors, family members, and caregivers, this event will help you plan a comfortable, safe, and adaptable home for the years ahead. Explore home modifications, downsizing tips, and financial considerations, and leave with a personalized plan and planning packet to make aging in place easier. Free session. **RSVP required.**

EXPLORATORIES

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



MIX & MINGLE MOCKTAILS

COST: \$30

Tuesday, January 7 from 5:30-7pm at Williams Company Store -

Shake up your evening with a fun and educational night out! Join us for Mix and Mingle Mocktails, where you'll master the art of crafting drinks that are not only delicious but also good for your spirit—no spirits required! Class includes education, a recipe booklet, and an expertly crafted mocktail to enjoy during the session. **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.**



OYSTER SHELL TRINKET TRAY

COST: \$15

Tuesday, January 28 from 1:30-3pm at Elevate - 318 6th Ave SW, Perham

Join us for a fun, creative class where we turn oyster shells into beautiful trinket trays! Choose your favorite designs and use Mod Podge to craft three unique pieces that are perfect for storing jewelry, rings, or other small treasures. These trays make great gifts or charming decorations for your home! **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.**

January 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	FRIDAY
<p>December 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>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>	<p>3</p> <p>10am - Yoga for Strength & Flexibility at B Still Yoga (\$5)</p>
<p>6</p> <p>10:30am - Exercise Orientation at PACC 12:15pm - Whist at Connections</p> <p>🍴 Roast Beef & Mashed Potatoes / Cheesecake</p>	<p>7</p> <p>5:30pm - Exploratory: Mix & Mingle Mocktails at Williams Company Store (\$30)</p> <p>🍴 BBQ Pork Sandwich / Creme Puffs</p>	<p>8</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Living Well in Your Home at New York Mills Public Library</p> <p>🍴 Chicken Alfredo / Chocolate Chunk Bar</p>	<p>9</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections 1pm - Nosey Neighbor: The Vault 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 Chicken Noodle Soup & Sandwich / Cookie</p>	<p>10</p> <p>10am - Yoga for Strength & Flexibility at B Still Yoga (\$5)</p>
<p>13</p> <p>12:15pm - Whist at Connections 1pm - Monday Matinee "Conclave" at Comet Theatre (\$6) 5:45pm - Exploratory: Sound Bath at Elevate Conference Room (\$28)</p> <p>🍴 Beef Stroganoff / Strawberry Rhubarb Pie</p>	<p>14</p> <p>10:30am - Sock Hop at Connections 1/1:30pm - Nosey Neighbor: Perham Post Office</p> <p>🍴 Chicken Vegetable Stir Fry / Assorted Bars</p>	<p>15</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Taxes at PACC</p> <p>🍴 Pot Roast, Potatoes, Carrots / Carrot Cake</p>	<p>16</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 2pm - Grieving with Grace Support Group at Elevate Conference Room 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 Grilled Brat, Pasta Salad, Baked Beans / Brownie</p>	<p>17</p> <p>10am - Yoga for Strength & Flexibility at B Still Yoga (\$5)</p>
<p>20</p> <p>12:15pm - Whist at Connections</p> <p>🍴 Chicken Parmesan / Apple Crisp</p>	<p>21</p> <p>1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Zorbaz in Perham</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>22</p> <p>9-11am - Free BP Check at PACC 10:30am - Passport Series: Denmark at New York Mills Public Library</p> <p>🍴 Hamburger, Potato Salad / Cheesecake</p>	<p>23</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 Baked Chicken / Peanut Butter Bar</p>	<p>24</p> <p>10am - Yoga for Strength & Flexibility at B Still Yoga (\$5)</p>
<p>27</p> <p>12:15pm - Whist at Connections</p> <p>🍴 Chicken Cordon Bleu / Assorted Bars</p>	<p>28</p> <p>1:30pm - Exploratory: Oyster Shell Trinket Tray at Elevate Conference Room (\$15)</p> <p>🍴 Ribs & Garlic Potatoes / Strawberry Cake</p>	<p>29</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Social Determinants of Health at PACC 1pm - Exploratory: Focaccia Bread at MW Pastry (\$25)</p> <p>🍴 Chicken & Dumpling Casserole / Warm Apples</p>	<p>30</p> <p>11:30am - Monthly Birthday at Connections 12:15pm - Nickel Nickel / Cribbage at Connections 5pm - Sit & Stitch at NYM Library (free)</p> <p>🍴 BBQ Meatballs, Potatoes / Pecan Pie</p>	<p>31</p> <p>10am - Yoga for Strength & Flexibility at B Still Yoga (\$5)</p>

elevate

Connections

Join us at Elevate Connections for some fun throughout the week! Lunch is served Monday - Thursday 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!



SOCK HOP

Come and enjoy a musical trip back to the 50/60's!

Tuesday, January 14 at 10:30am
Connections Room at PACC

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 January? Join us for our Monthly Birthday Lunch complete with candles and singing!

Thursday, January 30 at 11:30am
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!**



MEET AMANDA!

We are thrilled to introduce Amanda Kaldor as our new Connections Coordinator! A growing and thriving program like Connections allows us to expand the Elevate team, and we couldn't be more excited to have Amanda's knowledge, passion, and energy guiding us forward.

With Amanda on board, we're looking forward to enhancing our daily programming at the PACC and continuing our mission to help East Otter Tail County age well.

Here's a little message from Amanda:

"Hi! I'm Amanda Kaldor, a proud wife and mom of three, currently spending most of my time cheering on my kids at their activities—Go Yellowjackets! I have a background as a Registered Nurse and Health Coach, and I'm excited to now serve as the Connections Coordinator for Elevate. I'm passionate about staying active and helping adults discover how they can enjoy healthy living in a maintainable way. Looking forward to connecting with everyone!"

Join us in giving Amanda a warm welcome! ➤



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.

Coffee Talks

Free and open to the public!

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

NEW TIME

January 1 - No Coffee Talk
Happy New Year!

January 15 - Taxes

Learn about the AARP Tax Program's local tax sites, services, and updates on new tax laws.

January 29 - Social Determinants of Health

Explore how factors like nutrition, connections, and safety influence health and how Elevate helps our community age well.

Save the Date

- February 5 - MAHUBE-OTWA & Senior Services
- February 19 - Herbology

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

January 8 - Live Well in Your Home

Learn how to live well in your home! We'll chat about the range of services as we age and options to pay for those services.

January 22 - Passport Series: Denmark

Find out why Denmark is one of the happiest places in the world!

Save the Date

- February 12 - Moment's Hospice
- February 26 - TBD

FREE BLOOD PRESSURE CHECKS

Wednesdays from 9-11am

Perham Area Community Center



Staffed by volunteers. No registration needed!

TECH *with* TEENS

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



Bring your devices to get the help you need! Hosted by PHS Interact.



Introducing **WELLNESS WISDOM WITH DR. WAHL**

My name is Dr. Sean Wahl, and I am a chiropractor at Perham Health. I'm excited to share regular articles in the Elevate newsletter designed to support seniors on their health and wellness journey.

These articles will focus on practical tips and insights to help you maximize your overall wellness and maintain optimal function, so you can continue enjoying all the activities you love. Topics will include spinal and joint health, exercise (both strength and cardiovascular), nutritional guidance, and strategies for aging well while staying active and engaged in daily life.

To kick things off, I want to encourage all seniors to reframe how they think about aging. It doesn't have to mean being "stiff," "sore," or "weak." Instead, focus on small, consistent steps to increase your daily activity. For example, a 15–20 minute walk at a comfortable pace is a great starting point.

I look forward to sharing these articles with you and helping as many people as possible live their healthiest lives. If you have any questions or topics you'd like me to cover, please feel free to reach out to me at Perham Health. ➤

ADVENTURE AWAITS: JOIN 2025 COACH BUS TRIPS!

Gear up for unforgettable day trips and adventures in 2025! Departing from both Detroit Lakes and Perham, these coach bus excursions offer a hassle-free way to explore, meet new people, and enjoy the journey. Browse the list of destinations and hop aboard for the fun!



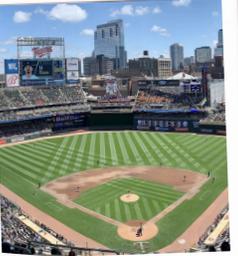
Kick the Winter Blues Overnighter - Thursday, April 17 and Friday, April 18

Feeling the winter blues? Brighten your spirits with a trip to St. Paul! Enjoy the Secret Warriors show at the History Theatre, a tour of the Swedish Institute Museum, coach bus travel, and a stay at the Drury Plaza Hotel—all fully guided! *Pricing starts at \$310. Early bird pricing ends January 17.*



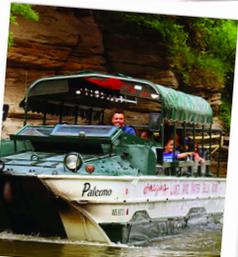
Grease at Chanhassen - Wednesday, June 18

Join us for a fun-filled coach bus trip to the Chanhassen Dinner Theatre to see Grease! Enjoy a delicious dinner and the iconic songs and story of Rydell High's rock 'n' roll era. Transportation, dinner, and the show are all included. *Pricing starts at \$140. Early bird pricing ends April 18.*



Minnesota Twins Game - Wednesday, July 30

Bring the whole family on this intergenerational bus trip for a fun-filled Twins game! Relax in section 105, with seats perfectly shaded and sheltered. *Pricing starts at \$100. Early bird pricing ends May 30.*



Minnesota State Fair - Thursday, August 28

Enjoy an intergenerational day exploring everything the State Fair has to offer without any hassle. Take in shows, booths, and all the food on a stick you can eat! *Pricing starts at \$75. Early bird pricing ends June 27.*

Oktoberfest Spectacular - Wednesday, September 24 - Friday, September 26

Celebrate Oktoberfest with an adventurous coach bus trip to Wisconsin Dells! Enjoy a Leinenkugel Brewery tour, a scenic Duck Boat ride, a Spook-tacular Dinner Show, and a visit to the cheese mart. Prost to a great time! *Pricing starts at \$325. Early bird pricing ends July 25.*

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

Questions? Contact Teri at 218-844-4221 ex. 218 or teri@dlccc.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

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