

THE ELEVATOR

March 2025

MARCH IS NUTRITION MONTH: NOURISH YOUR BODY, FUEL YOUR LIFE!

March is the perfect time to focus on making healthier choices, and we're excited to celebrate Nutrition Month with events and resources to help you feel your best! Good nutrition isn't about strict diets or giving up your favorite foods—it's about finding balance, making informed choices, and enjoying meals that fuel your body and mind.

Whether you're looking for meal-planning tips, clarity on supplements, or motivation to reset your health habits, we've got something for you this month!

- We're celebrating our **First Birthday at Connections**, our daily lunch program that has brought people together over nutritious meals—stop by to enjoy good food and great company!
- **Exploratory: Meal Prep Made Easy** will share simple strategies to save time in the kitchen while preparing balanced, delicious meals.
- We'll break down the facts at **Coffee Talk: Supplements Simplified** helping you understand what vitamins and supplements are truly essential for your health.
- Looking ahead, **The Health Reset** begins in April—a 12-session program aimed at helping adults stay on track with their health and wellness goals through accountability and support.

This March, we invite you to focus on nourishing your body and fueling your life with balanced meals, good nutrition, and a community that supports your well-being. Let's make March a month of nourishment, connection, and wellness! ➤



GOOD TIMES
START HERE

FACT OR FICTION

In a world full of easily accessible health information, separating fact from fiction can be tricky. Nutrition myths are everywhere, from social media to advice from friends and family. While seemingly harmless, these myths can lead to confusion about what, when, and how to eat.

Let's debunk some common nutrition myths and uncover the truth behind our food choices!

NUTRITION MYTH #1: CARBS MAKE YOU GAIN WEIGHT.

Reality: Not all carbs are created equal. Whole grains, fruits, and vegetables are rich in fiber and nutrients. The key is portion control and choosing healthy carbs, rather than refined sugars or processed foods.

NUTRITION MYTH #2: EATING FAT MAKES YOU FAT.

Reality: Healthy fats, like those found in avocados, nuts, and olive oil, are essential for the body. They support brain function and help absorb vitamins, and can actually promote weight loss, by keeping you fuller longer, when eaten in moderation.

NUTRITION MYTH #3: EATING EGGS INCREASES CHOLESTEROL LEVELS.

Reality: Recent research shows that for most people, eating eggs in moderation doesn't significantly affect cholesterol levels. Eggs are a great source of protein and essential nutrients.

We've sprinkled some common nutrition myths throughout this newsletter, so be sure to keep an eye out for them and see how many you can spot!

PROUDLY INTRODUCING

MEMORY

cafe *where every story counts*



We are thrilled to introduce our Memory Café, a welcoming space designed to bring joy, support, and connection to those experiencing memory challenges, along with their care partners and loved ones. In a warm and friendly environment, our Memory Café offers an opportunity to laugh, learn, and stay socially engaged with others who share similar experiences, fostering a true sense of community and belonging.

At the heart of our mission is caregiver support, ensuring that no one feels alone on this journey. By providing a space to connect, share, and find encouragement, we hope to lessen isolation and create meaningful moments for both individuals with memory loss and their care partners.

We invite you to join us for our kickoff event on **Thursday, April 24, from 1-3pm** at Crosspoint Alliance Church. Going forward, the Memory Café will meet on the fourth Thursday of each month, offering engaging activities, conversations, and a supportive community.

A special shoutout to the incredible crew of volunteers who helped us dream big and bring this vision to life! Each of them has been personally touched by memory loss in some way, and their thoughtfulness and intention will be felt throughout this program. Their dedication ensures that the Memory Café will be a place of warmth, connection, and support for all who attend.

We can't wait to welcome you! ➤

FOURTH THURSDAYS

Starting Thursday, April 24
from 1-3pm

Crosspoint Alliance Church
600 NE 8th St, Perham

SCHEDULE

1-1:20pm

Memory Motion with Amanda

1:25-2pm

Learning Lounge & Activity Hour

2-3pm

Social Spot & Refreshments

LEARN MORE

Call 218-347-1974 or visit
elevateotc.org/memory-cafe-perham



VIRTUAL DEMENTIA TOURSM
YOUR WINDOW INTO THEIR WORLD

Have you ever wondered what your loved one living with dementia might be experiencing? Join us for a hands-on experiential opportunity designed to help understand the physical and mental challenges of those living with Alzheimer's and other dementias. RSVP Required.

Thursday, March 27 from 9:30-11:30am
at Elevate - 318 6th Ave SW, Perham

DEMENTIA LIVE: AN EXPERIENCE IN EMPATHY

We're excited to share that Elevate team members Katie and Mindi are now Dementia Live Certified Coaches!

Similar to the Virtual Dementia Tour, Dementia Live is an eye-opening, hands-on experience that simulates life with dementia, helping people gain a deeper understanding of cognitive impairment and sensory changes. We believe it's a great way to spark emotion, exploration, and empathy, making us all better caregivers, friends, and neighbors.

Dementia Live will soon be available at the Elevate conference room and, upon request, can be offered to community members, organizations, and businesses who want to experience what life is really like for those living with dementia. ➤



FINDING HARMONY: KELLY & LINDA OLSON'S JOURNEY WITH ELEVATING VOICES

For Kelly and Linda Olson, music has always been more than just a pastime—it's been a lifelong passion and source of connection. When they discovered Elevating Voices Memory Loss Chorus, they found not only a way to keep music in their lives but also a community that understands and supports them.

Kelly, a lifelong singer and proud Navy veteran, has always had music woven into his life. Though he had to step away from his church choir, Elevating Voices provided an opportunity to keep singing. "When Elevate came to town, we decided to give it a try, and we love the variety of music," Linda said. One of their most cherished moments with Elevating Voices was when patriotic songs were played and flags were handed out.

The impact of music, especially for those facing dementia and Alzheimer's, is something Linda deeply appreciates. "Music is the last thing to go, and we are grateful for this program," Linda said. "We can't do much anymore, but this is something we can do together."

Beyond the music, the Olsons have also found meaningful connections through Elevating Voices. "We've met so many wonderful people in the choir, and we run into each other at other support groups. It's always nice to see familiar faces." The friendships and support they've encountered have reinforced just how special the Perham community is. "Elevate is the best thing that has happened to Perham. The support at the concerts shows just how much this community values programs like this."

Linda has seen firsthand how Elevate has given people new opportunities to stay engaged. "I see others in the community who didn't used to have these opportunities, but now they're out meeting new people and socializing."

For those considering joining Elevating Voices, Linda's message is simple: "Please come! Give it a try! It's a wide variety of music—come whether you can sing or not. Just enjoy the company, fellowship, and coffee while meeting new, kind people. Everyone there gets it—they understand each other and what we are going through."

Kelly and Linda's story is just one of many that highlight the power of community, connection, and the joy that music brings. ➤



ELEVATING VOICES

MEMORY LOSS CHORUS

Come sing with us! We're seeking individuals living with memory loss and volunteers to join our Elevating Voices Memory Loss Chorus **starting on Tuesday, March 25**. We'll sing familiar tunes and then spend time socializing for 8 weeks from 1-3pm at Crosspoint Alliance in Perham.

For more info or to sign up, visit elevateotc.org/elevating-voices or call 218-347-1974!

FOOT CARE CLINIC

UPCOMING DATES:
APRIL 8 | JUNE 3 | JULY 29

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

EXPLORATORIES

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



MEAL PREP MADE EASY

COST: \$5

Wednesday, March 12 from 5-6pm at Elevate - 318 6th Ave SW, Perham

Ready to make healthy eating easier? Join us to learn the essentials of meal prepping—from its health benefits to getting started and staying organized. You'll get simple tips, healthy recipes, and a chance to share your favorite dishes! Leave inspired, organized, and ready to meal prep like a pro! **RSVP required.**



CREPE PAPER FLOWER MAKING

COST: \$27

Wednesday, March 26 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Learn to make crepe paper flowers, we will make daffodils for spring. Please bring your own sharp scissors, other supplies provided. We will make one daffodil, and you will go home with enough crepe paper to make an additional flower. Hosted by Leona's Flowers. **RSVP required.**



SEED STARTING AT HOME

COST: \$40

Tuesday, April 1 from 5-7pm at Elevate - 318 6th Ave SW, Perham

Learn the basics of seed starting at home with soil blocking—perfect for all ages! Each student (or parent/child duos) will create a tray of soil blocks planted with seeds (veggie or flower) to take home. You'll also learn how to care for them indoors until they're ready for your garden. Hosted by True Blue Flower Co. **RSVP required.**

MOVE IT >>> CHALLENGE

February's Movement Challenge for our Connections Group was a resounding success! Our goal was to reach 2,400 minutes of movement, and we exceeded expectations by hitting the target a full week early. Throughout the challenge, we embraced new activities like Silver Sneakers and Pickleball, keeping things fresh and exciting. Whether it was stretching, walking, or trying out new exercises, everyone found ways to stay active while having fun.

One of the highlights was moving together for 10-15 minutes before enjoying a delicious meal, turning exercise into a shared and rewarding experience. While there was the occasional groan, the overwhelming response was positive—smiles, laughter, and many saying, "I feel better" after just 10 minutes of movement a day. This challenge proved that small, consistent efforts can lead to big results, and we're excited to keep the momentum going! As a fun reward, everyone who logged movement minutes for the Challenge will enjoy a meal and entertainment. >



elevate Connections



Connections is more than just a meal—it's a place to build friendships, share laughter, and feel supported. Come join the fun. You're always welcome at our table!

MONDAY - THURSDAY

at Perham Area Community Center
620 3rd Ave SE, Perham

10AM | SOCIAL TIME

All are welcome to swing by for some coffee and conversations!

11:30AM | LUNCH SERVED

Come enjoy a delicious and nutritious lunch with us! Please reserve your meal by leaving a message at 218-347-1974 by 12pm the day before.

CARDS & ACTIVITIES

We host a variety of fun activities to enjoy throughout the month. Plus, you can join us on Mondays for Whist and Thursdays for Nickel Nickel and Cribbage!

A COUPLE NOTES:

- Winter Weather Updates - Connections follows Perham Public Schools for cancellations and closures.
- Meals - The suggested donation is \$5 for those 60+, but no one will be turned away if they cannot pay.

NUTRITION MYTH #4: YOU SHOULD AVOID ALL SUGAR.

Reality: While added sugars should be limited, naturally occurring sugars in fruits, vegetables, and dairy come with essential nutrients and fiber. Moderation is key.

Celebrate Birthdays with us!



CONNECTIONS IS TURNING ONE!

Come celebrate one year of Connections with us on **Thursday, March 6!** Over the past year, we've shared meals, laughter, and community, and we're excited to mark this milestone with you. Stop by for great food, fun, and friendship as we look forward to another amazing year!

MONTHLY BIRTHDAY LUNCH

Celebrating a birthday in March? All are welcome to celebrate with us at our Monthly Birthday Lunch (complete with candles and singing) on **Thursday, March 27** starting at 11:30am!



ELEVATING HISTORIES

Join us to preserve your personal stories through guided prompts that encourage reflection on life experiences and memories. This ongoing series fosters connection and ensures your history is captured for future generations. (\$5 one-time fee)

Tuesdays, March 11 and 25
from 12:15-12:45pm at Connections



CONNECTING THE AGES

Gather with us on **Tuesday, March 18 at 10am** for fun, intergenerational activities that bring all ages together. In partnership with Mom's Life of Perham, this event is all about creating lasting memories and meaningful connections!



NATIONAL WALKING DAY

After the Connections Meal on **Tuesday, April 2**, lace up your walking shoes for a stroll around the PACC. Walking after a meal helps lower blood sugar and boosts overall health—and it's a great way to connect with friends! **Plus, lunch is on us if you join the walk!** RSVP by 12pm on Tuesday, April 1 to reserve your meal.

March 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>3</p> <p>12:15pm - Whist at Connections 1pm - Living to 100: Blue Zones Documentary Series at Elevate</p> <p>🍴 Chicken Cordon Bleu / Assorted Bars</p>	<p>4</p> <p>4pm - Mastering Medicare: Simplifying the Essentials at Elevate</p> <p>🍴 Ribs & Garlic Potatoes / Strawberry Cake</p>	<p>5</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Orthopedics & Robotics at PACC</p> <p>🍴 Tuna Casserole / Chocolate Pudding</p>	<p>6</p> <p>11am - First Birthday Party at Connections 5pm - Sit & Stitch at NYM Cultural Center</p> <p>🍴 BBQ Meatballs, Potatoes / Crème Pie</p>	<p>7</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>10</p> <p>12:15pm - Whist at Connections 1pm - Living to 100: Blue Zones Documentary Series at Elevate</p> <p>🍴 Hearty Bean Chili / Rice Pudding</p>	<p>11</p> <p>12:15pm - Elevating Histories at Connections 1pm - eBooks & Beyond: Mastering Library Technology at NYM Library 5:30pm - Funeral Pre-Planning at Elevate</p> <p>🍴 Sliced Ham & Pesto Pasta / Pears</p>	<p>12</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Safety & Survival Tips with OTC Sheriff at New York Mills Public Library 5pm - Exploratory: Meal Prep Made Easy at Elevate (\$5)</p> <p>🍴 Turkey Ala King & Biscuit / Pumpkin Spice Fluff</p>	<p>13</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 12pm - Art for Lunch: Scrimshaw at NYM Cultural Center (\$10) 5pm - Sit & Stitch at NYM Cultural Center</p> <p>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>	<p>14</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>17</p> <p>12:15pm - Whist at Connections 1pm - Living to 100: Blue Zones Documentary Series at Elevate 1pm - Monday Matinee "The Unbreakable Boy" at Comet Theatre (\$6) 5:30pm - Probates, Wills, & Trusts at Lakeside Golf Course</p> <p>🍴 Roast Beef & Mashed Potatoes / Mint Brownie</p>	<p>18</p> <p>10am - Connect the Ages at Connections 1pm - Blizzard: Severe Weather in OTC at New York Mills Public Library 1pm - Nosey Neighbor: Maple Lane Syrup 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Billy's Corner Bar</p> <p>🍴 BBQ Pork Sandwich / Crème Puffs</p>	<p>19</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Supplements Simplified! at PACC</p> <p>🍴 Chicken Alfredo / Pineapple</p>	<p>20</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 2pm - Grieving with Grace Support Group at Elevate 5pm - Sit & Stitch at NYM Cultural Center</p> <p>🍴 Chicken Noodle Soup & Sandwich / Oranges</p>	<p>21</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>24</p> <p>12:15pm - Whist at Connections 1pm - Living to 100: Blue Zones Documentary Series at Elevate</p> <p>🍴 Beef Stroganoff / Sherbet</p>	<p>25</p> <p>12:15pm - Elevating Histories at Connections 1pm - Elevating Voices Memory Loss Chorus Begins at Crosspoint Alliance Church</p> <p>🍴 Chicken Veggie Stir Fry / Butterscotch Pudding</p>	<p>26</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Parkinson's Warning Signs at New York Mills Public Library 1pm - Exploratory: Crepe Paper Flower Making at Elevate (\$27)</p> <p>🍴 Pot Roast, Potatoes, Carrots / Peaches</p>	<p>27</p> <p>9:30am - Virtual Dementia Tour at Elevate 12:15pm - Nickel Nickel / Cribbage at Connections 5pm - Sit & Stitch at NYM Cultural Center 6pm - Cookbook Club at New York Mills Public Library</p> <p>🍴 Grilled Brat, Pasta Salad, Baked Beans / Brownie</p>	<p>28</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>31</p> <p>12:15pm - Whist at Connections</p> <p>🍴 Chicken Parmesan / Tropical Fruit</p>	<p>April 1</p> <p>10:30am - Volunteer Lunch & Learn at PACC 5pm - Exploratory: Seed Starting at Home at Elevate (\$40)</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>2</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Safe Home Solutions at PACC 12:15pm - National Walking Day with Connections at PACC</p> <p>🍴 Hamburger, Potato Salad / Watermelon</p>	<p>3</p> <p>11:30am - Birthday Lunch at Connections 12:15pm - Nickel Nickel / Cribbage at Connections 3:30pm - Nosey Neighbor: Disgruntled Brewing 5pm - Sit & Stitch at NYM Cultural Center</p> <p>🍴 Baked Chicken / Peanut Butter Bar</p>	<p>4</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>

Cheesesteak Skillet

Sizzle up this one pan wonder and enjoy!

Ingredients

- 1 ½ tbsp avocado oil
- ½ pound shaved beef or thinly sliced steak
- 1 small or 1/2 medium yellow onion
- 1 clove garlic minced
- 1 cups cremini mushrooms
- 1 bell pepper (any color)
- 2 slices of provolone cheese
- Kosher salt & pepper

Optional:

Hoagie bread, rice or low carb tortilla

Directions

1. Season the steak with salt and pepper. Heat ½ tbsp avocado oil in a cast iron skillet over medium high heat. Add the steak once the pan is hot and sear for 1-2 minutes each side. It should be crispy on the outside and just cooked through on the inside. Remove the steak and set aside.
2. Add another tablespoon of oil then add the mushrooms. Stir occasionally for about 3 minutes then add another tablespoon of oil, onions, garlic and peppers. Season with 1/4 tsp kosher salt and 1/4 tsp black pepper.
3. Stir occasionally for about 5-7 minutes until the peppers and onions are soft. Add the steak back in and combine.
4. Reduce the heat to medium low, add the cheese on top and cover for about 1 minute or until cheese is melted. Serve while hot as is or add to a hoagie roll to make a sandwich.

FUNERAL PRE-PLANNING

Tuesday, March 11 from 5:30-6:30pm

at Elevate - 318 6th Ave SW, Perham

Join us for a thoughtful event on funeral preplanning with Schoeneberger Funeral & Cremation Service. 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. **RSVP Appreciated.**



NUTRITION MYTH #6: ALL SALT IS BAD FOR YOU.

Reality: While excessive sodium can be harmful, salt in moderation is necessary for fluid balance and muscle function. Opting for natural salts like sea salt can also offer trace minerals.

NUTRITION MYTH #5: ALL CALORIES ARE THE SAME.

Reality: The source of calories matters. Nutrient-dense foods like fruits, vegetables, and lean proteins provide more benefits for your body than empty-calorie processed foods, even if the calorie count is similar.



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, March 17

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

The Mixer

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

Billy's in Vergas

Tuesday, March 18 from 4:30-6pm

Continental Divide Brew Pub

Tuesday, April 15 from 4:30-6pm

All are welcome!
Please RSVP



How many times is
our Elevate ▲ triangle
in this newsletter?

Note: It's not always the same color, size, or orientation. Email your guess to mindi.larson@perhamhealth.org, and you just may win a prize!

Coffee Talks

Free and open to the public!



NOSEY NEIGHBORS

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

March 5 - Orthopedics & Robotics

Join Tim Fresonke, PA at Perham Health, to explore orthopedic procedures, robotics in the operating room, and how to start your orthopedic journey.

March 19 - Supplements Simplified!

Explore the supplement industry with Mindy Anderson, DNP, FNP-C, as we identify high-quality products, simplify your routine, and cut through the misinformation.

Save the Date

- April 2 - Safe Home Solutions
- April 16 - Tri-State Diving

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

March 12 - Safety & Survival Tips with Otter Tail County Sheriff

Chief Deputy Reed Reinbold will discuss safety tips, home protection, handling suspicious situations, and more for Otter Tail County residents.

March 26 - Parkinson's Warning Signs

Learn about the early warning signs of Parkinson's Disease, including subtle changes in movement and tremors, to help with early diagnosis and improve quality of life.

Save the Date

- April 9 - Memory Cafe
- April 23 - TBD

MAPLE LANE SYRUP

Tuesday, March 18 from 1-3pm at Maple Lane Syrup - 29463 406th St, Vergas

The trees are ready for tapping! Join us for a tour to learn about the process of making maple syrup. We'll take a walk through the woods, get a look at the equipment, and have a tasting. Please dress accordingly! **RSVP Required.**

DISGRUNTLED BREWING

Thursday, April 3 from 3:30-4:30pm at Disgruntled Brewing - 735 2nd St NW, Perham

Explore craft beer at Disgruntled Brewing with an exclusive tour, learn about their brewing process, and enjoy two 5oz samples. Stick around for Happy Hour to unwind and savor their finest brews with friends. **RSVP Required.**

THE BACKYARD AND J&L

Wednesday, April 9 from 1:30-3pm at The Backyard Perham - 105 9th Ave NE Perham

Explore their four amazing facilities: J&L offices and The Backyard Store, Backyard boarding facility, Playcare & dog training facility, and J&L seed warehouse. Discover their services, from pet care and training to custom feed rations and seed mixes for farmers! **RSVP Required.**

TECH *with* TEENS

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



Got technology troubles?

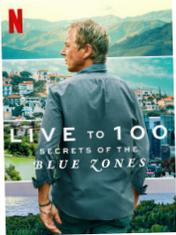
The savvy teens of PHS are here to help! Bring your device and questions to Tech with Teens, where patient students will guide you through apps, settings, and more—no judgment, just solutions (and maybe a few laughs)! Hosted by PHS Interact Students. ➤

**BLOOD
PRESSURE
CHECKS**



FREE!

Wednesdays
from 9-11am
at PACC



LIVING TO 100

BLUE ZONES

DOCUMENTARY SERIES

Explore the secrets to living longer, healthier, and happier lives in this engaging documentary series inspired by the world's Blue Zones—regions where people thrive well into their 100s.

Each week, we'll watch an episode of Live to 100: Secrets of the Blue Zones and discuss its fascinating insights, from lifestyle habits to community connections.

Mondays in March

from 1-2pm at Elevate - 318 6th Ave SW, Perham
RSVP Appreciated

eBOOKS & BEYOND

Mastering Library Technology



Tuesday, March 11
from 1-2:30pm

at New York Mills Public Library

Unlock the full potential of your library with this hands-on session! Explore the wealth of digital resources your library offers, including eBooks, audiobooks, and more. **RSVP Requested.**

NUTRITION MYTH #7: ALL PROCESSED FOODS ARE BAD FOR YOU.

Reality: Not all processed foods are unhealthy. For example, frozen vegetables or canned beans are convenient, nutritious options. It's important to look at the ingredients and choose minimally processed options.

NUTRITION MYTH #8: GLUTEN IS UNHEALTHY FOR EVERYONE.

Reality: Gluten is only harmful for individuals with celiac disease or gluten sensitivity. For most people, whole grains that contain gluten are a healthy source of fiber and nutrients.

MASTERING MEDICARE: SIMPLIFYING THE ESSENTIALS



Medicare can be tricky, but we're here to help you navigate it! Join us for a session covering essential topics like Annual Wellness Visits, Health Risk Assessments, vaccinations, and more, along with tips on understanding insurance terms and making informed decisions about your Medicare benefits. **RSVP Required.** Hosted in partnership with Burgau Insurance.

TUESDAY, MARCH 4 at Elevate - 318 6th Ave SW, Perham
from 4-5:30pm



EAT THE RAINBOW

WORD CHALLENGE

Fill in the blanks with a fruit or vegetable for each color:

RED _____

ORANGE _____

YELLOW _____

GREEN _____

BLUE _____

PURPLE _____

Eating a variety of colorful foods provides essential vitamins and nutrients for a healthy body and brain!

DR. WAHL WELLNESS WISDOM

THE BENEFITS OF DAILY STRETCHING

Flexibility is a key part of aging well, but as we age, muscles naturally become tighter and stiffer. This can lead to joint pressure, arthritis symptoms, and a general sense of discomfort. Regular stretching helps counteract these effects and offers a variety of benefits, including:

- Improved flexibility and posture
- Better sleep and focus
- Reduced back pain and anxiety

A daily stretching routine doesn't have to take long—10–15 minutes is enough. Focus on all major muscle groups, alternating which ones you target each day. Aim to stretch each muscle group 2–3 times a week, holding each stretch for 15–25 seconds in a pain-free manner.

Future articles will break down specific stretches to help you stay flexible and active. Start small, stay consistent, and enjoy the benefits!



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.**

Tuesday, April 1 at 10:30am
at Perham Area Community Center

NEW YORK MILLS REGIONAL CULTURAL CENTER

CULTIVATING THE ARTS

Please call the NYM Cultural Center at (218) 385-3339 or visit their website.

SIT 'N' STITCH

Weekly fiber artists' gathering every Thursday from 5-7pm. Free & open to all!

ART FOR LUNCH: SCRIMSHAW

A monthly creative break designed to try new art materials and processes. \$10
Thursday, March 13 at 12pm



Grieving a loved one? You're not alone. This supportive group is open to anyone, whether your loss was recent or years ago. Join us in a safe space to share, heal, and connect. *Hosted in partnership with Vivie Hospice.*

3rd Thursdays of the Month
from 2-3pm at Elevate
318 6th Ave SW, Perham

NEW YORK MILLS PUBLIC LIBRARY

Please call the NYM Public Library at (218) 385-2436 or visit their website.

BLIZZARD: SEVERE WEATHER IN OTTER TAIL COUNTY

Come hear stories from the Great Blizzard of 1873 and more!
Tuesday, March 18 at 1pm

COOKBOOK CLUB

Select and prepare a recipe from *Trinity Treats* to share and discuss!
Thursday, March 27 at 6pm
at St. Peter's Lutheran Church
101 W Gillman St, NYM

YOGA FOR JOINT HEALTH & ARTHRITIS

Join Monica at B Still Yoga for a gentle class that eases arthritis, improves mobility, and suits all levels—including those pre- or post-joint replacement. Only \$5/class!

Fridays in March

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.

PACC FREE FITNESS CLASSES

Get moving with free fitness classes at the PACC—no registration, membership, or day pass required! **Simply check in at the front desk** and join the fun. All are welcome to come and get active!

Senior Stretch

Tuesday, March 11
from 10-10:45am

SoulFoull Women's Day

Saturday, March 15
Feel the Beat from 9-10am
Line Dancing from 10:15-11am

Intro to Dance Fitness

Tuesday, March 11
from 11-11:30am

St. Patrick's Day Dance Fitness

Monday, March 17
XaLite from 4:30-5:15pm
XaBeat from 5:30-6:15pm



Common Threads is a social fiber arts gathering held **every Saturday morning from 10:30am-noon** through March at Perham Area Public Library.

For more information, contact Perham Library at 218-346-4892.



FARMERS MARKET

**STARTING
FRIDAY, MAY 23**

PERHAM FARMERS MARKET VENDOR APPLICATIONS ARE OPEN!

Spring is just around the corner, which means it's time to gear up for another fantastic season at the Perham Farmers Market! Whether you're a returning vendor or brand new to the market, we'd love to have you join us for a summer full of fresh produce, homemade goods, and community connections.

To help cover the costs of running and improving the market, we are implementing vendor fees this year.

- Season Membership - \$150 (sign up by 4/30 for a discount!)
- Daily Vendor Spot - \$10 per market day
- Food Trucks and Fundraising Groups - free, but limited

All vendors must complete a membership application before signing up for individual market days. Learn more and fill out your application by visiting elevateotc.org/farmers-market! ➤

NUTRITION MYTH #9: NUTRITION IS ALL ABOUT FOLLOWING THE LATEST TRENDS AND STRICT DIET RULES.

Reality: The world of nutrition is constantly evolving, so staying open-minded and educating ourselves is key to leading a balanced, healthy lifestyle. It's not about extremes—it's about moderation and making choices that work best for your unique needs. By focusing on balanced meals, portion control, and nutrient-rich foods, we can make sustainable choices that support our overall health.

THE HEALTH RESET

RESET YOUR HEALTH, ONE STEP AT A TIME!

Looking to improve your health? Whether you're aiming to lose weight, gain more energy, or achieve another health related goal, The Health Reset is here to support you every step of the way!

This 6-month, bi-weekly group will walk you through a step-by-step plan to reach your goals, offering encouragement, tips, and accountability. You'll never feel alone on your journey—together, we'll help you stay on track and celebrate your progress.

The journey starts **Monday, April 14**. Ready to take the first step? Join us and start your reset today! *Cost: \$96*

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