

THE ELEVATOR

April 2025

MEMORY
cafe *where every story counts*



MEMORY CAFÉ: A GATHERING OF SUPPORT & UNDERSTANDING

Join us for the launch of our Memory Café—a welcoming space for caregivers, family members, and individuals navigating the journey of memory loss. Starting Thursday, April 24, we invite you to connect, learn, and share experiences in a supportive environment. Each session features expert insights, open discussions, and practical advice to help you and your loved ones live well through memory challenges.

Our monthly gatherings focus on key topics related to dementia care, offering guidance and shared experiences to empower families and caregivers.

APRIL 24 – HOW DID WE KNOW?

A panel of spouses will share their personal experiences, discussing the early signs they noticed that indicated their loved one may be experiencing memory loss.

MAY 22 – ASKING FOR HELP & FAMILY INVOLVEMENT

Identifying caregiver burnout, getting family involved in care plans, and learning how to respond to offers of help like, “How can we help?” or “Let us know what you need.”

JUNE 26 – DEMENTIA-RELATED BEHAVIORS

Tips and strategies for handling behavior changes and challenges throughout the journey of memory loss.

JULY 24 – MAKING SAFETY DECISIONS

Guidance on navigating safety concerns related to dementia, including driving, firearms, tools, and home hazards.

AUGUST 28 – PROACTIVE PLANNING

Enhancing safety for individuals living at home with dementia through alarms, emergency notification systems, Smart 911, and community support.

SEPTEMBER 25 – LIVING WILLS & POWER OF ATTORNEY

Understanding the importance of legal and medical directives to ensure decisions align with your loved one's wishes.

Who Should Attend?

Caregivers, family members, and anyone interested in learning more about memory loss and dementia care. Whether you are seeking support, resources, or just a listening ear, the Memory Café is here for you.

FOURTH THURSDAYS OF THE MONTH

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

LEARN MORE

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

Join us for connection, education, and encouragement. Because no one should navigate memory loss alone. We look forward to seeing you there! ➤

WE'RE CELEBRATING VOLUNTEER MONTH

We're dedicating this month to celebrating our incredible volunteers who give their time and talents to make our community stronger. From serving lunch to driving the van, their kindness and generosity make a real impact!

In this spread and on our social media accounts this month, you'll find inspiring photos of our volunteers in action, step-by-step instructions on how to use our Helper Helper platform to find opportunities, and details about our Spring into Action Volunteer Fair—a perfect chance to learn how you can get involved.

Volunteering doesn't just help others—it's good for you, too! Let's come together to celebrate, recruit, and spread the word about the power of giving back. We'd love for you to join us! ➤

BRAIN GAME

*HOW MANY TIMES CAN YOU
SPOT "VOLUNTEER" THROUGHOUT
THE NEWSLETTER?*

Email your guess to mindi.larson@perhamhealth.org, and we may just have a prize or two laying around!

DR. WAHL'S WELLNESS WISDOM THE HEALTH BENEFITS OF VOLUNTEERING

When discussing overall health with patients, I emphasize that true well-being encompasses physical, mental, and spiritual health. Taking care of all these aspects is essential, and one powerful way to support mental health is through giving back to others.

Volunteering is not only a fulfilling experience, but **research shows it can significantly improve mental well-being**. Helping others reduces stress, boosts self-worth, and even triggers the release of dopamine—a natural chemical in the body that promotes relaxation and happiness.

Beyond emotional benefits, volunteering can also enhance confidence by providing opportunities to develop new skills and build meaningful relationships. The sense of purpose gained from helping others can serve as strong motivation to achieve personal goals.

I encourage patients to focus on a well-rounded approach to health: staying physically active, making mindful dietary choices, and nurturing mental well-being through acts of kindness. Setting a goal to volunteer just 2-3 times per month can make a noticeable difference in overall health and happiness. ➤



Our Elevate Elves helped young shoppers wrap gifts for their adult loved ones during the holiday season.

Student volunteers from PHS Interact provide technology help at the PACC each month.



Ellen Lampton is once again the Top Volunteer, providing over **324 hours** of service to numerous organizations.

In 2024, dedicated drivers like Doug spent 450 hours helping community members get to appointments and run errands.



ELEVATE YOUR IMPACT: VOLUNTEER WITH US!

Looking for a way to give back, meet new people, and make a difference? There are plenty of volunteer opportunities waiting for you—whether you have an hour to spare or want to make it a regular commitment.

With our Helper Helper app, finding the right opportunity is easier than ever!

Why Volunteer?

- ✔ **Make a Difference** – Support local programs and help those in need.
- ✔ **Stay Connected** – Meet new people and build meaningful relationships.
- ✔ **Feel Good** – Giving back is good for the soul (and your community!).



What Opportunities are Available?

- **Connections Lunch Helpers** – Help serve meals and get a free lunch!
- **Blood Pressure Checkers** – Have a medical background? Help monitor community health.
- **Van Drivers** – Provide essential rides to medical appointments and errands.
- **Memory Loss Chorus Helpers** – Support individuals with memory loss through music.
- **Event & Holiday Helpers** – Assist with seasonal events and special programs.

...and many more community opportunities!

Your time and talents can change lives—including your own. Get started today! ➤



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 Elevate's exciting volunteer opportunities!
RSVP Required.

**Tuesday, April 1 at 10:30am
at PACC**

VOLUNTEERING BY THE NUMBERS

From January - March, 2025, our volunteers have been busy making a difference!

923 MEALS SERVED

enough to feed a small army of grateful seniors!

CHECKED 154 BLOOD PRESSURES

keeping hearts healthy and stress levels low!

1,708 MILES IN THE VAN

covering enough miles to drive from Perham to Disneyland!

406 HOURS LOGGED

enough time to binge-watch every episode of Friends nearly 5 times!

A HEARTFELT THANK YOU

to our incredible volunteers for every moment of time, energy, and heart you've given—our community is better because of you!

Three Easy Steps to ELEVATING YOUR IMPACT

- 1 Create an account**
Sign up for our volunteer hub through Helper Helper to view opportunities.
- 2 Find opportunities**
Check out all of the organizations and opportunities to find one that works for you.
- 3 Make an impact**
Attend your event and make a difference in your community.



Ready to elevate your impact?
Visit elevateotc.org/volunteer or scan the QR code to sign up.

EXPLORATORIES

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



PICKLEBALL

FREE

Choose an Evening: Thursday, April 3, 17, 24, OR May 1 from 6:30-8:30pm at PACC
Don't miss your chance to learn to play the fastest growing sport in the country! Pickleball is a fantastic way to stay active year round! Whether you're in Perham or anywhere else—pickleball nets can be found worldwide. Learn the game from experienced players and get ready to jump into the action! All supplies will be provided. **RSVP required.**



SUSHI 101

COST: \$75

Monday, April 14 OR Tuesday, April 15 from 6-8pm at Elevate - 318 6th Ave SW, Perham
Join us in this hands-on class, you'll learn the art of sushi making—rolling two delicious sushi rolls from scratch! You'll leave with new skills, a bamboo mat, chopsticks, and a ceramic dipping bowl, plus a full belly. No experience necessary—just bring your appetite for fun! **RSVP required.**



STAINED GLASS TREE OF LIFE

COST: \$45

Saturday, May 3 - three sessions: Morning (10am-12:30pm), Afternoon (1-3:30pm), or Evening (4-6:30pm) at Elevate - 318 6th Ave SW, Perham
Choose from an array of precut glass pieces to design your own piece. Learn how to apply copper foil to the glass pieces and solder them together into a suncatcher that you can take home with you. Hosted by Morgan's Stained Glass. **RSVP required.**



MOTHER'S DAY CENTERPIECE

COST: \$45

Wednesday, May 7 from 5-7pm at Elevate - 318 6th Ave SW, Perham
Celebrate Mother's Day with a creative floral class! Design a beautiful bouquet in a clear jar using fresh flowers, greenery, and a ribbon accent, with 15 vibrant stems to choose from. Come alone or with a loved one to make this Mother's Day extra special. Hosted by Kellie Smith Floral. **RSVP required.**



SPRING POTTERY PAINTING

COST: \$22

Wednesday, May 14 from 6-8pm at Elevate - 318 6th Ave SW, Perham
Join us for a fun and relaxing pottery painting experience! Perfect for all ages and skill levels, this class allows you to explore your creativity while painting your choice of pottery pieces. We provide a variety of items to choose from, along with all the paints, brushes, and supplies you'll need. Hosted by the Crafty Otter. **RSVP required.**



FLY FISHING

COST: \$28

Thursday, May 22 from 5-9pm at Glendalough State Park
Join us for a fun fly fishing class where you'll learn the essentials of the sport, from setting up your rod and line to mastering casting techniques and choosing the right flies. All equipment is provided, but feel free to bring your own rod and reel if you'd like! Hosted by Front 20 Outfitters. **RSVP required.**

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.

CARD PLAYERS WANTED!

Love a good card game? Join us at Connections after lunch!

We play **Whist on Mondays** and **Cribbage or Nickel Nickel on Thursdays**—and we're looking to start **Pinochle** soon! Whether you're a pro or just want fun, come play with us!

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.



NATIONAL WALKING DAY

After the Connections Meal on **Wednesday, 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.



CONNECTING THE AGES

Join us **Tuesday, April 15 at 10am** for a fun, intergenerational Easter Egg Hunt around the PACC! In partnership with Mom's Life of Perham, this event is all about creating lasting memories and meaningful connections between generations. **All ages are welcome** to join the fun!



ASK NURSE JEAN

Elevate's RN Health Coach, Jean Tobkin, will be joining us at Connections on **Wednesday, April 23 at 10am** to chat with Connections Members about chronic conditions, medication, nutrition, and wellness!



MONTHLY BIRTHDAY LUNCH & BINGO

Celebrating a birthday in April? All are welcome to celebrate with us at our Monthly Birthday Lunch (complete with candles and singing) on **Monday, April 28** starting at 11:30am. Following lunch, we'll play Birthday Bingo!



MOVEMENT MONDAYS

Join us for Movement Mondays before lunch at Connections! Get your body moving with gentle exercises designed for any abilities. It's a great way to stay active, have fun, and enjoy a meal together afterward!

April 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>March 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</p> <p>3pm - Caregiver Support Group at Perham Living</p> <p>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</p> <p>10am - Coffee Talk: Intro to Memory Cafe at PACC</p> <p>12:15pm - National Walking Day with Connections at PACC</p> <p>1pm - Nosey Neighbor: Maple Lane Syrup</p> <p>🍴 Hamburger, Potato Salad / Watermelon</p>	<p>3</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections</p> <p>3:30pm - Nosey Neighbor: Disgruntled Brewing</p> <p>6:30pm - Exploratory: Beginner Pickleball at PACC</p> <p>🍴 Baked Chicken / Peanut Butter Bar</p>	<p>4</p>
<p>7</p> <p>12:15pm - Whist at Connections</p> <p>🍴 Chicken Cordon Bleu / Dessert Bar</p>	<p>8</p> <p>9am-2pm - Foot Care Clinic at Perham Living Salon (\$30)</p> <p>12:15pm - Elevating Histories at Connections</p> <p>1pm - Elevating Voices at Crosspoint Alliance Church</p> <p>🍴 Ribs & Garlic Potatoes / Strawberry Ice Cream</p>	<p>9</p> <p>9-11am - Free BP Check at PACC</p> <p>10:30am - Coffee Talk: Intro to Memory Cafe at New York Mills Public Library</p> <p>1:30pm - Nosey Neighbor: The Backyard + J&L Nutrition</p> <p>🍴 Chicken & Dumpling Casserole / Warm Apples</p>	<p>10</p> <p>2:30pm - Parkinson's Support Group at Elevate</p> <p>🍴 BBQ Meatballs, Potatoes / Crème Pie</p>	<p>11</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>14</p> <p>12:15pm - Whist at Connections</p> <p>12:30pm - The Health Reset starts at PACC (\$96)</p> <p>6pm - Exploratory: Sushi 101 at Elevate (\$75)</p> <p>🍴 Hearty Bean Chili / Rice Pudding</p>	<p>15</p> <p>10am - Connecting the Ages at PACC</p> <p>10:30am - Matter of Balance at PACC</p> <p>1pm - Elevating Voices at Crosspoint</p> <p>1:30pm - Tech with Teens at PACC</p> <p>4:30pm - The Mixer: Continental Divide Brew Pub in New York Mills</p> <p>6pm - Exp: Sushi 101 at Elevate (\$75)</p> <p>🍴 Sliced Ham & Pesto Pasta / Pears</p>	<p>16</p> <p>9-11am - Free BP Check at PACC</p> <p>10am - Coffee Talk: Tri-State Diving at PACC</p> <p>🍴 Turkey Ala King & Biscuit / Pumpkin Spice Fluff</p>	<p>17</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections</p> <p>2pm - Grieving with Grace Support Group at Elevate</p> <p>6:30pm - Exploratory: Beginner Pickleball at PACC</p> <p>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>	<p>18</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>21</p> <p>12:15pm - Whist at Connections</p> <p>1pm - Monday Matinee "Bonhoeffer" at Comet Theatre (\$6)</p> <p>🍴 Roast Beef & Mash Potatoes / Chocolate Pudding</p>	<p>22</p> <p>12:15pm - Elevating Histories at Connections</p> <p>1pm - Elevating Voices at Crosspoint</p> <p>6:30pm - The Collectors Club at Aleshire Townhomes Community Room</p> <p>🍴 BBQ Pork Sandwich / Crème Puffs</p>	<p>23</p> <p>9-11am - Free BP Check at PACC</p> <p>10am - Ask Nurse Jean at Connections</p> <p>10:30am - Passport Series: Korea at New York Mills Public Library</p> <p>1:30pm - Nosey Neighbor: Meat Market</p> <p>5pm - Farmers Market Vendor Info Session at Elevate</p> <p>🍴 Chicken Alfredo / Pineapple</p>	<p>24</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections</p> <p>1pm - Memory Cafe at Crosspoint Alliance Church</p> <p>6:30pm - Exploratory: Beginner Pickleball at PACC</p> <p>🍴 Chicken Noodle Soup & Sandwich / Oranges</p>	<p>25</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>28</p> <p>11:30am - Monthly Birthday Lunch & Bingo at Connections</p> <p>1-3pm - Spring Into Action Volunteer Fair at Perham Living</p> <p>🍴 Beef Stroganoff / Sherbet</p>	<p>29</p> <p>10am - Movement Challenge Celebration at Connections</p> <p>1pm - Elevating Voices at Crosspoint</p> <p>🍴 Chicken Veggie Stir Fry / Butterscotch Pudding</p>	<p>30</p> <p>9-11am - Free BP Check at PACC</p> <p>🍴 Pot Roast, Potatoes, Carrots / Peaches</p>	<p>May 1</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections</p> <p>6:30pm - Exploratory: Pickleball Beginner at PACC</p> <p>🍴 Grilled Brat, Pasta Salad, Baked Beans / Brownie</p>	<p>2</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p>Saturday, May 3</p> <p>10am/1pm/4pm - Exploratory: Stained Glass Tree of Life at Elevate (\$45)</p>

VOLUNTEER SPOTLIGHT: TOLI LUBITZ

Celebrating Volunteers Who Elevate Our Community

April is Volunteer Month, and we're thrilled to highlight Toli Lubitz, a dedicated volunteer making a big impact in Perham.

Originally from Park Rapids, Toli moved to Perham in 2009 but didn't fully connect with the community until she retired five years ago. That changed when she discovered Elevate. "I finally had time to try new things, but I didn't know where to start," she shares. "Elevate helped me find opportunities that fit my interests and schedule."

Since March 2024, Toli has volunteered at Connections lunches, Perham Living's Happy Hour, the Compassion Closet, and community events like the Celebrate Aging Expo. She also helps distribute The Elevator newsletter each month. "I love the flexibility—some opportunities take an hour, others half a day. You can sign up for what works for you," she says.

One of the most rewarding experiences for Toli has been seeing the growth of the Connections lunch program. "Watching more people attend, build friendships, and socialize has been so heartwarming," she says. As a self-proclaimed "people person," she enjoys meeting new faces and giving back.

Her advice for anyone considering volunteering? "Check out Helper Helper and give it a try! You might just find something you love."

Want to get involved? Explore opportunities on [Helper Helper](#) or reach out to the Elevate team! ➤



Judy & Toli volunteering at Celebrate Aging Expo



Toli was one of our first Connections Lunch Helpers



WHAT IS THE COMPASSION CLOSET?

In times of need, a little kindness can make a world of difference. That's the mission behind Perham Health's Compassion Closet—a resource providing patients and families with essential items like clothing, hygiene products, and comfort supplies when they need them most. Whether it's a warm pair of socks, a toothbrush, or a fresh set of clothes, the closet ensures no patient leaves without the basics to feel comfortable and cared for.

Stocked through generous donations from the community, hospital staff, and local organizations, the Compassion Closet is a testament to the power of giving. Anyone can help by donating new, unused items or making a monetary contribution to keep this vital resource available.

To donate or learn more, contact Mindi Larson at mindi.larson@perhamhealth.org or 218-347-1974. ➤



A FRESH START FOR YOUR WELLNESS JOURNEY

Are you ready to take control of your health and make lasting changes? Whether you want to lose weight, increase energy, or simply feel better every day, The Health Reset is here to support you!

Starting April 14 and running through September 22, this bi-weekly, 6-month program meets on the 2nd and 4th Mondays from 12:30–1:30 PM at the PACC Conference Room. Designed to guide participants through a structured wellness plan, The Health Reset offers accountability, encouragement, and expert advice to help you reach your personal health goals.

WHAT YOU'LL GET:

- ✓ A clear roadmap to achieving your health goals
- ✓ Encouragement, tips, and motivation
- ✓ Accountability to help you stay committed
- ✓ A supportive group to share your journey

Now is the time to reset your health and take the first step toward feeling your best! ➤

TWO MONDAYS/ MONTH
FROM 12:30-1:30PM
 at Perham Area Community Center

April 14 & 28
 May 12 & 19
 June 9 & 30
 July 14 & 28
 August 11 & 25
 September 8 & 22

COST: \$96



FARMERS MARKET

STARTING FRIDAY, MAY 23

VENDOR APPLICATIONS OPEN!

Secure your spot for the 2025 season! Learn more and apply at elevateotc.org/farmers-market

VENDOR MEET-UP

Connect & prep for the season!
Wednesday, April 23 at 5pm
 at Elevate

PROUDLY INTRODUCING 2025 PRESENTING SPONSOR:



We're excited to welcome United Community Bank as the Presenting Sponsor of the 2025 Perham Farmers Market! Their support helps us grow a vibrant market, bringing fresh produce, handmade goods, and community connections all season long.

Ground Beef and Broccoli Fried Quinoa

Ingredients

- 8 oz ground beef
- 1 cup broccoli florets, chopped
- 1 cup cooked quinoa
- 3 garlic cloves, minced
- 1 1/2 Tbsp tamari sauce
- 2 spring onions, chopped
- 1 carrot, chopped
- 1 Tbsp olive oil

Optional:

- some crushed red pepper
- 1 cup spinach, chopped
- 2 Tbsp cilantro, chopped

Directions

1. In a large non-stick pan cook the beef for a few minutes at medium / medium-high until almost done. Cover with a lid if needed.
2. Add olive oil, garlic and crushed red pepper (spicy and optional!) and sauté until fragrant.
3. Stir in the broccoli and let cook for 2-3 minutes. Then add the soy sauce and stir in the carrots, spring onions and quinoa.
4. Have a taste and adjust for salt if needed (you can add some more tamari sauce), cook while stirring for a few more minutes.
5. Stir in the cilantro and
6. spinach (if desired!) and turn the heat off.
7. Serve immediately!



Coffee Talks

Free and open to the public!

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

April 2 - Intro to Memory Cafe

Learn about Elevate's new Memory Café, a welcoming space for individuals and care partners to connect, share experiences, and gain insights into dementia and memory care.

April 16 - Tri-State Diving

Hear about Tri-State Diving's thrilling stories from over 4,000 dives, recovering everything from ATVs to semi-trucks using specialized tools in lakes, rivers, and beyond.

Save the Date

- May 7 - Otter Tail County K9 Unit
- May 21 - Coffee with a Cop

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

April 9 - Intro to Memory Cafe

Learn about Elevate's new Memory Café, a welcoming space for individuals and care partners to connect, share experiences, and gain insights into dementia and memory care.

April 23 - Passport Series: Korea

Join Ryan Kickhafer as he shares his experience living, working, and traveling in Seoul and Busan while in the Air Force, offering insight into Korean culture, daily life, and cuisine.

Save the Date

- May 14 - Show & Tell
- May 28 - TBD

**BLOOD
PRESSURE
CHECKS**



FREE!

Wednesdays
from 9-11am
at PACC

Collectors Club



Do you love collecting? Whether it's coins, comics, vinyl records, stamps, toys, books, or something unique, Collectors Club is the place for you!

4th Tuesday of the Month
Starting at 6:30pm

Aleshire Park Townhomes Community Room
692 8th Ave SW, Perham

DO YOU HAVE CONCERNS ABOUT FALLING?

Join in on the next round of **Matter of Balance!**
The program is designed to manage falls and increase activity levels.

Wednesdays from 10:30-12:30pm

April 15 - June 3

at Perham Area Community Center
No cost. Donations accepted.

To sign up, contact Vanessa at 218-346-9845 or
wellness@perhamareacommunitycenter.net.

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 April

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

*No class April 4. For more details,
contact B Still Yoga at 218-205-2955.*



**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!

NOSEY NEIGHBORS

Be Curious. Take a Peek.



DISGRUNTLED BREWING

Tuesday, 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 & JI

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.**

PERHAM MEAT MARKET

Wednesday, April 23 from 1:30-2:30pm at Perham Meat Market - 459 3rd Ave SE, Perham

Join us for a behind-the-scenes tour of Perham Meat Market before their major expansion. See how different types of meats are processed and learn how doubling their space will enhance operations and future capacity. **RSVP Required.**

FARGODOME

Thursday, May 15 from 10am-noon at 1800 North University Drive, Fargo

Join us for a behind-the-scenes tour of the Fargodome, home to NDSU Bison football and major events. The day includes a guided tour, lunch at Buffalo Wild Wings, and optional carpools from Perham. **RSVP Required.**



The Mixer

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

Continental Divide Brew Pub

Tuesday, April 15 from 4:30-6pm

They are opening up just for us, so let's fill the place up and show our support!

All are welcome!

Please RSVP



FINDING SUPPORT & COMMUNITY

through local support groups

Navigating life's challenges can be overwhelming, but you don't have to face them alone. We are helping to spread the word about several community support groups designed to provide comfort, education, and encouragement. All are welcome to join!

CAREGIVER SUPPORT GROUP

Caring for a loved one can be both rewarding and challenging. Perham Living's Caregiver Support Group provides a confidential space to share experiences, exchange advice, and find encouragement.

1st Tuesday of the Month
from 3-4pm at Perham Living

PARKINSON'S SUPPORT GROUP

Join us to view Sanford Health's Parkinson's Support Group virtually, led by Dr. Sarah Matcha. These sessions offer expert speakers, valuable education, and a supportive community for those affected by Parkinson's disease.

2nd Thursday of the Month
from 2:30-3:30pm at Elevate

GRIEVING WITH GRACE

Losing a loved one can be one of life's most difficult experiences. Whether your loss happened recently or years ago, Grieving with Grace provides a compassionate space where you can share your story, connect with others, and receive support.

3rd Thursday of the Month
from 2-3pm at Elevate

Spring into Action **VOLUNTEER FAIR**

Looking for a way to give back? Explore local volunteer opportunities and find the perfect fit for your skills and interests. Meet organizations making a difference in our community and discover how you can get involved. Whether you have a little time or a lot, there's a way for you to help!

DISCOVER WAYS TO
GIVE BACK TO YOUR
COMMUNITY!

MONDAY, APRIL 28

**FROM 1-3PM
PERHAM LIVING**

Snacks & refreshments provided!

**BRAIN
GAME**

SOLVE THIS RIDDLE!

I give my time without pay,
I help others in every way.
I don't seek fame or fortune's gold,
But my efforts make hearts bold.
What am I?

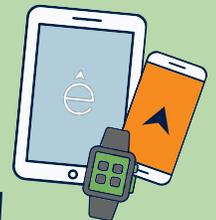
Answer: A Volunteer!

DID YOU KNOW?

You don't need to be a "member" to join our activities! All of our programming is open to the public. We'd love for you to join us!

TECH *with* TEENS

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



Get help with your devices!

- Local students provide one-on-one tech help
- Bring your phone, tablet, or laptop
- Get assistance with apps, settings, and more
- No appointment needed – just stop by!
- Hosted by PHS Interact Students

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