

THE ELEVATOR

May 2025



LOCAL FLAVORS,
WEEKLY FINDS



FARMERS MARKET

WEDNESDAY + FRIDAY
FROM 9AM-1PM
200 5th St SE, Perham

IMPORTANT DATES YOU WON'T WANT TO MISS:

Kick Off: Friday, May 23

Come celebrate the start of the season
with us!

Rock Painting: Wednesday, May 28

A fun activity for all ages! Let your
creativity shine.

PoP Plus: Wednesday, July 9 & 23, August 13 & 27

Free produce vouchers for adults 60+.

PoP Kids: Friday, July 18 & August 22

New this year! Free produce vouchers for
kids.

Season Wrap-up: Friday, September 19

Join us to celebrate another great year at
the market!

PERHAM FARMERS MARKET: ANOTHER SEASON OF FRESH FINDS AND FUN!

The Perham Farmers Market is back and better than ever! From May 23 through September 19, we'll be gathering every Wednesday and Friday from 9am to 1pm at 200 5th St SE (next to Empowering Kids, across from the PACC and Perham Meat Locker). Whether you're looking for fresh produce, homemade goodies, or just a fun place to spend your morning, there's something for everyone.

This year, we're excited to welcome a mix of new and returning vendors, bringing everything from farm-fresh vegetables to handmade crafts and local treats. It's shaping up to be another great season of supporting our local community and enjoying the bounty that Perham has to offer!

Each market day is a chance to connect with the community, discover something new, and enjoy the fresh air while supporting local businesses. Be sure to stop by and check out all the exciting things happening this season! ➤

2025
PRESENTING
SPONSOR



UNITED COMMUNITY BANK

Perham | Dent | Frazee

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One of their first contributions was helping create the Elevating Voices Memory Loss Chorus, a group for individuals with memory loss and their care partners. Carol remembers feeling emotional at the first rehearsal: “The singers were so enthusiastic, and the social time was joyful.” Patsy added, “It gave me a chance to support caregivers, offer resources, and share my phone number. They’d call later just to say thank you—it felt like I made a small difference.”

Their presence goes far beyond music. They’ve played key roles in developing programs like Memory Café and dementia education events, all while mentoring others and encouraging fresh ideas. Carol and Patsy are constant sources of encouragement, showing up with heart and humor—and reminding all of us why community matters so much.

We are incredibly grateful to Carol and Patsy. Whether they’re helping shape a new program or sharing a warm conversation at a gathering, they represent the heart of Elevate. As Mindi puts it, “They’re the biggest cheerleaders for our whole team.” Thank you, Carol and Patsy, for helping us grow a community filled with care, creativity, and connection. ➤

CAROL & PATSY: OUR BIGGEST CHEERLEADERS

At Elevate, we love celebrating the people who make a lasting impact. Today, we’re shining the spotlight on two remarkable women—Carol Wilkowski and Patsy Holper—whose energy, insight, and compassion have helped shape Elevate from the very beginning.

When Mindi, Elevate’s Program Manager, moved to Perham in 2022, Carol and Patsy’s names came up again and again in early conversations. “They’ve given me so much history, support, and feedback,” Mindi shared. “They’ve yet to say no to a text or email from me saying, ‘I have an idea.’” From those first connections, Carol and Patsy became key voices in launching Elevate’s dementia-friendly work.



THURSDAY, MAY 22
from 1-3pm at Crosspoint Alliance Church
600 NE 8th St, Perham

Topic: Asking for Help and Family Involvement
Activity: Herb & Flower Planting

Join us at Memory Cafe! This month, we're diving into the important topic of Asking for Help and Family Involvement. Whether you're a caregiver or supporting a loved one, it can be tough to know how—and when—to ask for help. We'll explore signs of caregiver burnout, ways to involve family in care planning, and how to respond to those familiar offers like "Let us know what you need." Presented by Sue Sailer and Laura Drummond. We look forward to seeing you there! ➤

DEMENTIA Live®

Proven. Powerful. Essential.

Dementia Live® offers a unique inside-out understanding of dementia as well as the aging process. Participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

Wednesday MAY 21	Session 1 12:30-2:30pm	Session 2 3-5pm
Monday AUGUST 11	Session 1 10am-12pm	Session 2 1-3pm
Monday NOVEMBER 10	Session 1 2-4pm	Session 2 4:30-6:30pm

AT ELEVATE - 318 6TH AVE SW, PERHAM

There are 12 spots in each session. Please reserve your spot at elevateotc.org/events or by calling 218-347-1974!



DEMENTIA FRIENDS INFO SESSION

Dementia Friends is a global movement changing the way we think about dementia. Join us for a casual info session to learn what dementia is, what it's like to live with it, and how to better connect with those affected. You'll walk away with simple ways to make a difference as a Dementia Friend. Let's build a kinder, more supportive community—together.

Friday, May 23 from 1-2pm
at *Perham Living Town Center*
735 3rd St SW, Perham
No RSVP needed.



BUILD YOUR TEAM: A DEMENTIA SUPPORT GUIDE

Facing a dementia diagnosis—whether personally or as a caregiver—can feel overwhelming. That's why we created *Build Your Team*, a supportive guide filled with practical tips, local resources, and expert advice to help individuals and families navigate this journey with confidence and care. From healthcare planning to meaningful daily routines, this guide is designed to offer clarity and connection every step of the way.

BUILD YOUR TEAM

You're Not Alone—Build Your Team and Navigate Dementia with Confidence.

Inside, you'll find information on everything from Meals on Wheels and Adult Day Services to VA benefits, financial planning, counseling, long-term care, hospice, and more. Plus, monthly check-in calls are available to ensure ongoing support as needs evolve. Whether you're just beginning or already deep in the caregiving experience, *Build Your Team* can help you feel more prepared and supported.

Get Your Free Copy: Call us at 218-347-1974 or email mindi.larson@perhamhealth.org to request your guide. Digital copies are available, too. Let us help you take the next step with care, confidence, and community.

EXPLORATORIES

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



STAINED GLASS TREE OF LIFE

COST: \$45

Saturday, May 3 - two sessions: Morning (10am-12:30pm) or Afternoon (1-3:30pm) 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: \$40

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 6-9pm 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.**



AQUA SOUND BATH

COST: \$47

Monday, June 9 from 5:30-6:30pm at the PACC Therapy Pool - 620 3rd Ave SE, Perham

Experience deep relaxation at an Aqua Sound Bath, where you'll float in supportive water chairs in a heated therapy pool while calming crystal singing bowls soothe your senses. Let the gentle waves and harmonizing sounds melt away stress and restore balance. Hosted by Nancy Hebert. **RSVP required.**



OUTDOOR BEGINNER PICKLEBALL

FREE

Pick Your Session: Tuesdays, June 10, June 24, July 9, July 23, August 12, August 26 from 6:30-8:30pm at KLN Outdoor Pickleball Courts

Ready to try the fastest-growing sport? Beginner Pickleball is for first-time players and open to all ages —no equipment needed! Learn basics from experienced players, have fun, and get moving with a game you can play year-round, anywhere. **RSVP required.**

NOSEY NEIGHBORS



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.**

KENNY'S CANDY

Thursday, June 5 from 9am-12pm OR 1pm-4pm at KLN HQ - 109 Lakeside Dr., Perham

Let's get nosy at Kenny's Candy with a behind-the-scenes tour of their operations, from classic licorice twists to popcorn and dietary supplements. Enjoy a firsthand look at their manufacturing process—and taste test all the licorice flavors too! **RSVP Required.**

PERHAM HEALTH SLEEP CENTER

Thursday, May 29 from 5-6pm at Perham Health Clinic - 1000 Coney St W, Perham

Join us to learn why your provider may order a sleep study and what to expect from start to finish. You'll get a look inside the sleep study room, how you're monitored, and what happens after the test. **RSVP Required.**

HISTORICAL WALKING TOUR OF PERHAM

Thursday, June 5 from 7pm starting at NP Park

Join Chris Schuelke of the Otter Tail County Historical Society for a \$10 walking tour of downtown Perham, uncovering the hidden stories, styles, and history behind its historic buildings—**no RSVP needed!** Pay when you get there.

VEGGIE SCRAMBLE BRAIN GAME

There are 7 vegetables hidden throughout this newsletter. Each one has a letter on it. Find them all and unscramble the letters to discover the secret word!

If you figured it out, email your guess to mindi.larson@perhamhealth.org, and we may just have a prize or two laying around!

HISTORICAL WALKING TOUR OF NYM

Friday, June 13 from 5pm starting NYM Regional Cultural Center - 24 N Main Ave, New York Mills

Join Chris Schuelke of the Otter Tail County Historical Society for a \$10 walking tour of historic New York Mills, a town shaped by Finnish immigrants, public saunas, and a rich cooperative spirit. **No RSVP needed,** just pay when you get there!



SENIOR HEALTH & FITNESS DAY

Wednesday, May 28

at Perham Area Community Center

FREE Classes for ALL Seniors (60+):

9:10-10:15am - Chair Yoga	12:15-12:45pm -
10:30-11am - Chair Strength	Beginner XaLite
11am-noon - Gentle Yoga	Dance Fitness

No need to register, just show up and give it a try! Questions? Contact Vanessa at 218-346-9845 or wellness@perhamareacommunitycenter.net.

May 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>April 28</p> <p>11:30am - Monthly Birthday Lunch & Bingo at Connections 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 1pm - Elevating Voices at Crosspoint</p> <p>🍴 Sweet & Sour Chicken / Vanilla Pudding</p>	<p>30</p> <p>9-11am - Free BP Check at PACC</p> <p>🍴 Pot Roast, Potatoes, Carrots / Peaches</p>	<p>1</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections 6:30pm - Exploratory: Beginner Pickleball 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>	
Saturday, May 3					
	<p>5</p> <p>3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Chicken Parmesan / Tropical Fruit</p>	<p>6</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Otter Tail K9 Unit at PACC 5pm - Exploratory: Mother's Day Centerpiece at Elevate (\$40)</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>7</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Show & Tell! at New York Mills Public Library 6pm - Exploratory: Spring Pottery Painting at Elevate (\$22)</p> <p>🍴 Hamburger, Potato Salad / Watermelon</p>	<p>8</p> <p>12:15pm - Nickel Nickel/Cribbage at Connections</p> <p>🍴 Baked Chicken / Peanut Butter Bite</p>	<p>9</p> <p>10am - Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
	<p>12</p> <p>1pm - Elevating Voices at Crosspoint 2:30pm - Parkinson's Support Group at Elevate</p> <p>🍴 Chicken Cordon Bleu / Homemade Dessert</p>	<p>13</p> <p>9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Show & Tell! at New York Mills Public Library 6pm - Exploratory: Spring Pottery Painting at Elevate (\$22)</p> <p>🍴 Ribs & Garlic Potatoes / Strawberry Ice Cream</p>	<p>14</p> <p>10am - Nosey Neighbor: FARGODOME 12:15pm - Nickel Nickel / Cribbage at Connections 2pm - Grieving with Grace Support Group at Elevate</p> <p>🍴 Chicken & Dumpling Casserole / Warm Apples</p>	<p>15</p> <p>12:15pm - Nickel Nickel / Cribbage at Connections 2pm - Grieving with Grace Support Group at Elevate</p> <p>🍴 BBQ Meatballs, Potatoes / Butterscotch Pudding</p>	<p>16</p>
<p>19</p> <p>1pm - Monday Matinee "The Last Rifleman" at Comet Theatre (\$6)</p> <p>🍴 Hearty Bean Chili / Rice Pudding</p>	<p>20</p> <p>1pm - Elevating Voices Community Performance at Crosspoint Alliance Church 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Willy T's in Ottertail</p> <p>🍴 Sliced Ham & Pesto Pasta / Sherbet</p>	<p>21</p> <p>9-11am - Free BP Check at PACC 10am - Coffee Talk: Coffee with a Cop at PACC 12:30pm/3pm - Dementia Live at Elevate</p> <p>🍴 Turkey Ala King & Biscuit / Fruited Fluff</p>	<p>22</p> <p>8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel / Cribbage at Connections 1pm - Memory Cafe at Crosspoint Alliance Church 6pm - Exploratory: Fly Fishing at Glendalough State Park (\$28)</p> <p>🍴 Cheesy Chicken Bake / Red Velvet Cake</p>	<p>23</p> <p>9am-1pm - Perham Farmers Market 1pm - Dementia Friends at Perham Living Town Center</p>	
<p>26</p> <p>HAPPY MEMORIAL DAY</p> <p>🍴 No Lunch Today</p>	<p>27</p> <p>11:30am - Monthly Birthday Lunch at Connections 6:30pm - The Collectors Club at Aleshire Townhomes Community Room</p> <p>🍴 BBQ Pork Sandwich / Creme Puffs</p>	<p>28</p> <p>All Day - Senior Health & Fitness Day at PACC 9am-1pm - Perham Farmers Market + Rock Painting 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Stroke Education at New York Mills Public Library</p> <p>🍴 Chicken Alfredo / Pineapple</p>	<p>29</p> <p>8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel / Cribbage at Connections 5pm - Nosey Neighbor: Perham Health Sleep Center at Perham Health</p> <p>🍴 Chicken Noodle Soup & Sandwich / Oranges</p>	<p>30</p> <p>9am-1pm - Perham Farmers Market</p>	



THRIVE PRACTICES: SMALL HABITS FOR A BETTER LIFE

At Elevate, we believe well-being grows through small, everyday choices. The THRIVE Practices are simple habits that support health and happiness—many are already part of what we do together!

- **Social Connection** - Whether it's lunch, volunteering, or chatting at an event, staying connected keeps us healthier and happier.
- **Gratitude** - Take a moment to notice something good each day. It helps shift your mindset and boost your mood.
- **Kindness** - Small acts—like a smile or helping hand—create big waves of positivity for others and yourself.
- **Find Your Flow** - Get lost in something you enjoy, whether it's a hobby, project, or learning something new.
- **Values** - Knowing what matters most helps guide your time, energy, and choices.

These habits don't take much time, but they make a big difference. Check out the THRIVE Practices Checklist for easy ways to work these practices into your day! →

THRIVE Practices Checklist

Try to check off one or more each day!

Social Connection

- Call or text a friend or family member
- Join Connections lunch or Elevate event
- Talk to someone new

Kindness

- Do something nice for someone else
- Offer a smile or compliment
- Volunteer opportunity on Helper Helper

Find Your Flow

- Spend time doing something I enjoy
- Get lost in a hobby or creative task
- Try one of our upcoming exploratories

Values

- Reflect on what matters most to me
- Make a decision aligned with my values
- Take time for what brings me meaning

Gratitude

- Write down one thing I'm thankful for
- Share appreciation with someone
- Pause to savor a small joy

elevate
Connections

Join our vibrant community, Elevate Connections, to explore new interests, share a meal together, engage in fitness opportunities, socialize with old and new friends, and get the resources you need to enjoy life at any stage.



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.

Coffee Talks

Free and open to the public!

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

May 7 - Otter Tail County K9 Unit

Join us to learn about Otter Tail County Sheriff's Deputy Mike Wing and his K9 partner, Jocko, including his breed, training, work, and impressive accomplishments!

May 21 - Coffee with a Cop

Meet local officers, learn about the police department, and connect with the people who serve our community.

Save the Date

- June 4 - Benefits of Senior Companions
- June 18 - A Day in the Life of Elevate

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

May 14 - Show & Tell!

Join us for a Show & Tell event to share your quirky, sentimental, or mysterious treasures and the stories behind them!

May 28 - Understanding Strokes

Join Perham Health's Kevin Swenson, PA, and Ellie VanEnk, Stroke & Trauma RN Specialist, to learn how to recognize stroke symptoms, why quick action is crucial, and the treatment options available at the ER.

Save the Date

- June 11 - Stay Independent with Pioneer Care
- June 25 - TBD

The Mixer

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

Willy T's at Thumper Pond
Tuesday, May 20 from 4:30-6pm

Stay after for Bingo
starting at 6pm!

All are welcome!
Please RSVP

Stroke? Don't Wait!

B.E.F.A.S.T.



Sudden Signs of a Stroke:

- B.** Balance Loss
- E.** Eyesight Changes
- F.** Facial Drooping
- A.** Arm Weakness
- S.** Speech Slurred, Difficulty Speaking
- T.** Terrible Headache

Time to call **911.**

 **PerhamHealth**
SANFORD

MAY IS STROKE AWARENESS MONTH – KNOW THE SIGNS, SAVE A LIFE

Did you know that strokes are one of the leading medical emergencies in the U.S.? During Stroke Awareness Month, we're shining a light on how to recognize the signs and take quick action—because every second counts.

Check out the B.E. F.A.S.T. graphic above for a guide on what to look for if you suspect someone is having a stroke—knowing these signs could help save a life.

To support your health, we offer free blood pressure checks every Wednesday from 9–11am at the PACC—no appointment needed. High blood pressure is a major risk factor for strokes, so staying informed about your numbers is a great first step toward prevention.

We're also hosting Coffee Talk: Understanding Strokes on Wednesday, May 28 from 10:30–11:30am at the NYM Library, presented by stroke experts from Perham Health. Come learn how to recognize stroke symptoms, what to do in an emergency, and what treatment options are available.

Let's B.E. F.A.S.T. and stay informed together! ➔

SUMMER WALKING CLUB

Lace up your shoes and join our Summer Walking Club! We'll meet in the front lobby of the PACC and head out as a group, with everyone choosing the pace and distance that feels best for them. Whether it's rain, shine, or summer heat—we keep moving! On hot or rainy days, we'll take our steps indoors. No matter the weather, we walk together!

Thursdays starting May 22 from 8:45-9:45am
leaving from Perham Area Community Center

HEALTH CARE DIRECTIVE

Join us for a free, informative session on Health Care Directives with Tim Fresonke, PA, and Perham Health social workers Taylor Helmeke, MSW, and Jenny Doll, LSW, as they guide you through the process of completing your own directive with ease. Learn the basics and get helpful tips for clearly communicating your healthcare wishes. **RSVP required.**

Monday, June 2 from 5:30-6:30pm

Elevate - 318 6th Ave SW, Perham



MEDICATION MANAGEMENT

Medication Management is a free opportunity for you to visit with a pharmacist about your medications and whether you are taking them properly. These appointments cover interactions with other medications and conditions, appropriate doses, correct usage, monitoring, potential cost savings, and more. **Registration required.**



Tuesday, June 10 at Elevate

Two spots are available for each timeslot — 9am, 10am, 11am, 12:30pm, 1:30pm, 2:30pm.

DR. WAHL'S WELLNESS WISDOM: THE IMPORTANCE OF OPTIMAL POSTURE

Posture plays a vital role in your overall health and well-being—but in today's tech-driven world, it's becoming more of a challenge. Children and teens are growing up constantly looking down at phones, tablets, and other devices. In fact, the average teenager spends 4–5 hours a day on their phone, often resulting in a slouched, forward-head posture.

Poor posture doesn't just affect appearance—it can have serious impacts on health. A slumped posture can lead to increased neck and upper back pain, stiffness, and soreness. It's also linked to more frequent headaches and can even affect nerve function in the arms and hands, increasing the risk of carpal tunnel syndrome as well as numbness and tingling.

The good news? You can improve posture with just a few simple stretches and exercises. Stretching the front of the chest and shoulders helps release tension that pulls the head and shoulders forward. Strengthening exercises for the neck and upper back help your muscles better support a healthy, upright position.

By practicing these movements several times a week, you can reduce discomfort and stiffness while promoting better posture and long-term wellness. ➤



SUDOKU

			4	2			
7	1			3		4	6
4		8		7		5	9
2			8	9			5
	8					9	
9			6	3			2
8		7		6		3	4
6	5			9		1	7
				5			

Sudoku is a logic game where you fill in the grid so every row, column, and 3x3 box has the numbers 1 through 9 with no repeats. Start with easy spots, use logic to eliminate options, and take your time. No guessing is needed—just careful thinking!



RECURRING EVENTS

Looking for something fun to add to your routine? Come hang out with us at our weekly, monthly, and ongoing events! Join the fun, make new friends, and keep life interesting all year long.

PLAY GAMES

Join us for fun games and social time at Connections! All ages are invited to play after lunch (~12:15pm).

Mondays - Game of Choice
Thursdays - Nickel Nickel or Cribbage



YOGA FOR JOINT HEALTH & ARTHRITIS

Friday, May 2 & 9 from 10-11am at B Still Yoga - 650 3rd Ave SE, Suite 4, Perham

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

CAREGIVER SUPPORT GROUP

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

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
 from 9-11am
 at PACC

PARKINSON'S SUPPORT GROUP

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

MONDAY MATINEE THE LAST RIFLEMAN

at Comet Theater

Monday, May 19

12:30pm Doors Open | 1pm Movie Starts
 Cost: \$6 includes a pop and popcorn



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



GRIEVING WITH GRACE

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

Losing a loved one is never easy, whether it happened recently or long ago. Grieving with Grace offers a caring space to share your journey, connect with others, and find support. Hosted by Vivie (formerly Knute Nelson). No registration needed!

THE COLLECTORS CLUB

4th Tuesday of the Month starting at 6:30pm at Aleshire Park Townhomes Community Room - 692 8th Ave SW, Perham

Do you love collecting? Whether it's coins, comics, vinyl records, stamps, toys, books, or something unique, Collectors Club is the place for you! No registration needed.

FOOT CARE CLINIC

UPCOMING DATES:

JUNE 3 | JULY 29 | SEPT 23
 NOV 18 | JAN 13

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



JOIN US FOR
THE COMMUNITY
PERFORMANCE OF

ELEVATING VOICES

MEMORY
LOSS
CHORUS

Join us for a heartwarming performance by the Elevating Voices Memory Loss Chorus, featuring individuals living with memory loss, volunteers, and care partners. Enjoy a selection of favorite tunes that are sure to lift your spirits. Sing along if you wish and experience the joy of music and community!

Tuesday, May 20 at 1pm at Crosspoint Alliance Church
Refreshments to Follow • Free Will Offering



Front: Jean Tobkin,
Tracy Hendrickx, Katie
Murdock

Back: Emily Dreyer,
Maggie Fresonke,
Mindi Larson, Amanda
Kaldor, and Chuck
Hofius

📷 Kim J Photography

ELEVATE RECEIVES CHAMBER LEADERSHIP AWARD

We are beyond excited and grateful to have received the Chamber Choice Award at this year's banquet! A big thank you to the Perham Area Chamber of Commerce for the honor and to everyone who came out to support us. Your encouragement means so much!

This award reflects the hard work of our team and the incredible support of our community. We are proud to be part of a community that truly cares about making a difference. ➤

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