

THE ELEVATOR

June 2025



WHAT IS THIS elevate THING ALL ABOUT??

YOU'VE PROBABLY HEARD OF ELEVATE... BUT JUST IN CASE YOU HAVEN'T (OR THINK YOU KNOW IT ALL)

Elevate is your local go-to for living your best life as an adult in the Perham area. We're a grant-funded community initiative with a big heart and even bigger energy, working hard to help folks stay active, stay connected, and feel supported through every season of life.

And this isn't just an intro for newcomers—it's a refresher for those of you who think you know all about us. You might be surprised at everything we've got our hands in these days!

We're grounded in four main pillars—Connections, Events, Resources, and Volunteerism—and this newsletter is your front-row seat for it all. We'll cover what we're up to and who's behind it all (spoiler alert: we have a fantastic team). Whether you're looking to learn something new, give back, or just have some fun, Elevate is here for it—and for you.

So keep flipping pages and look for these light blue boxes. Let's get you reintroduced to all the ways Elevate is putting the "fun" in "functional community programming." ➤

Think of Elevate as your headquarters for:

- ★ Meeting new people and making lasting friendships
- ★ Attending fun, local events
- ★ Learning practical stuff (without it feeling like homework)
- ★ Finding resources to help you navigate life's curveballs
- ★ Giving back through meaningful volunteer opportunities

EXPLORE ELEVATE *at Turtle Fest*

Come join us under the tent at Turtle Fest in downtown Perham to experience Elevate! Explore the key pillars of wellness and community that Elevate stands for through a variety of free, family-friendly activities:

Free Blood Pressure Checks • Crafts for All Ages • Sign Up for Prizes

FRIDAY, JUNE 20 FROM 10AM-NOON
under the tent on Main Street in downtown Perham





SUMMER

WALKING CLUB

Thursdays at 8:45am
 leaving from front of the PACC

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!

BRAIN GAME

MINI HIDATO

Fill in the missing numbers from 1 to 16. Numbers must connect horizontally, vertically, or diagonally.

5	6	12	
			14
8		3	
9	2	1	16

FIRST PILLAR: EVENTS

As you can see, this newsletter is packed with them—and trust us, this isn't your average community calendar.

When we were first launching Elevate, we knew one thing for sure: we wanted to get people together. What we didn't expect was to end up with a full-blown social calendar that rivals the best of them.

From hands-on classes and unique guest speakers to behind-the-scenes tours of local businesses, our events are built around connection, curiosity, and community. We believe life is simply better when we're learning, laughing, and exploring—together.

So whether you're stepping out of your comfort zone or just stepping out for fun, there's something here for you. Go ahead—circle a few dates, bring a friend, and come see what Elevate events are all about. ➤



MEMORY

cafe *where every story counts*

THURSDAY, JUNE 26

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

Topic:
Responding to Dementia
Related Behaviors

Activity:
4th of July Crafts

Join us for this month's Memory Café as we explore how to navigate the behavior changes and challenges that often come with memory loss. Learn practical tips and compassionate strategies for responding to dementia-related behaviors, whether you're a caregiver, family member, or friend. This important conversation will be led by Perham Health's Dr. Jennifer Stong and Pam Tyler, RN.

All are welcome – come to connect, learn, and support one another.

RSVP APPRECIATED

Help us plan for snacks and activities! RSVP on our website or by calling 218-347-1974. We appreciate it!



NEXT PILLAR: RESOURCES

Life is easier with the right tools. You don't have to figure it all out alone. Life can get complicated—but the right support can make all the difference. Elevate is here to connect you with practical, meaningful resources that lighten the load and help you feel more in control.

Here are just a few ways we can help:

HEALTHCARE NAVIGATION

Our Health Coach is here to help you manage appointments, understand your care options, and feel confident in your health journey. Meet Jean on page 10!

TRANSPORTATION

Need a lift? The Elevate Van provides rides to medical appointments and essential errands, so you don't have to worry about how you'll get there.

Whether you're facing a big life change or just need a little extra help now and then, we're here when you need us. Reach out anytime—you've got a team in your corner. ➤

MEMORY LOSS SUPPORT

Our Memory Café, Memory Loss Chorus, and other offerings provide meaningful support for individuals living with memory loss and their caregivers. These resources are designed to foster connection, encourage creativity, and offer a sense of understanding and relief in the journey.

AND MORE!

From foot care and frozen meals to support groups and scam prevention—our offerings are always growing based on what our community needs most.

EXPLORATORIES

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



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 8, July 22, August 11, 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.**



PATRIOTIC COOKIE DECORATING

COST: \$28

Wednesday, July 2 from 1-2:30pm at the Elevate - 318 6th Ave SW, Perham
Celebrate the 4th of July with a delightful patriotic cookie decorating experience! Join Cake Walk & Elevate to decorate your own festive cookies with expert guidance and all materials provided. Your admission includes eight cookies, a box for your creations, and all the decorating essentials such as icing, tools, and sprinkles. **RSVP required by July 1.**



U PICK FLOWER BOUQUETS

COST: \$25

Monday, July 14 at 2pm at True Blue Flower Co - 35191 Co Hwy 4, Frazee
Join us for a delightful visit to True Blue Flower Co., where owner Bayleigh will share the inspiring story behind her flower farm. Afterward, enjoy wandering the fields and cutting your own blooms to create a beautiful bouquet. **RSVP required.**

NEXT PILLAR: VOLUNTEERISM

Helping others helps you, too. Volunteering isn't just good for the community—it's good for your health, your mood, and your sense of purpose. It's one of the easiest ways to feel more connected to the heart of where you live.

To make it easier than ever to get involved, we've teamed up with Helper Helper to provide a free, community-wide platform that lets you browse volunteer opportunities and sign up for what fits your schedule. Whether you have all day or just an hour, there's something for everyone—and every bit counts.

You'll find opportunities from all kinds of local organizations, and new ones can join the platform for free anytime. So spread the word, tell your friends, and take a peek—you might just find the perfect way to give back. ➤



Ready to make an impact? Set up your account today!

NOSEY NEIGHBORS



CITY OF PERHAM

Wednesday, June 18 from 2-4pm starting at City Garage - 802 5th St NE, Perham

Join us for a behind-the-scenes look at the City of Perham's facilities, riding the trolley between each stop. Explore the City Garage, City Hall, and the Emergency Services Building while learning fun facts and local history along the way! **RSVP required.**

KENNY'S CANDY - FULL

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

Let's get nosey 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.**

LUND BOATS

Monday, July 28 at 1pm or 2pm - 318 W Gilman St, New York Mills

Did you know that Lund Boats builds 55 boats a day? Join us for an exclusive look at the production facility that churns out premier aluminum and fiberglass fishing boats for the ultimate fishing experience. **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!**

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!



leaving from
**Detroit Lakes
& Perham**

2025 COACH BUS TRIPS

(like a Nosey Neighbor, but further south)

There's still time to hop aboard one of the bus trips this year! Check out the details and get yourself registered before the spots all fill up.

Minnesota Twins Game
Wednesday, July 30

Minnesota State Fair
Thursday, August 28

Oktoberfest Spectacular
Wednesday-Friday, September 24-26

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

Scan the QR code
for more details +
registration:



Offered in partnership with Engage and Neighbor 2 Neighbor. No refunds. Registration can be transferred.

June 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>2 5:30pm - Health Care Directive at Elevate</p> <p>🍴 Beef Stroganoff / Chocolate Ice Cream</p>	<p>3 9am-2pm - Foot Care Clinic at Perham Living 3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Orange Chicken / Vanilla Pudding</p>	<p>4 9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10am - Coffee Talk: Benefits of Senior Companions at PACC</p> <p>🍴 Pork Loin, Potatoes, Corn / Peaches</p>	<p>5 8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel/Cribbage at Connections 9am/1pm - Nosey Neighbor: Kenny's Candy 7pm - Nosey Neighbor: Historical Walking Tour of Perham (\$10)</p> <p>🍴 Grilled Brat & Pasta Salad / Brownie</p>	<p>6 9am-1pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>9 5:30pm - Exploratory: Aqua Sound Bath in PACC Therapy Pool (\$47)</p> <p>🍴 Chicken Parmesan / Tropical Fruit</p>	<p>10 All Day - Medication Management 2:30pm - Parkinson's Support Group at Elevate 6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Scalloped Potatoes & Ham / Lemon Pudding</p>	<p>11 9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Stay Safe at Home at New York Mills Public Library 1pm - Dementia Friendly Movie: The Sandlot at Comet Theater (\$8)</p> <p>🍴 Hamburger, Potato Salad / Watermelon</p>	<p>12 8:45am - Summer Walking Club at PACC 11:30pm - Birthday Lunch & Bingo at Connections</p> <p>🍴 Walleye Fingers & Potato Wedges / Sherbet</p>	<p>13 9am-1pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5) 5pm - Nosey Neighbor: Historical Walking Tour of New York Mills (\$10)</p>
<p>16 1pm - Monday Matinee "The Penguin Lessons" at Comet Theatre (\$6)</p> <p>🍴 Chicken Cordon Bleu / Homemade Dessert</p>	<p>17 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Silvermoon Lounge in Perham</p> <p>🍴 Ribs & Garlic Potatoes / Strawberry Ice Cream</p>	<p>18 All Day - Coach Bus Trip: Grease at Chanhausen 9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10am - Coffee Talk: A Day in the Life of Elevate at PACC 2pm - Nosey Neighbor: City of Perham</p> <p>🍴 Chicken & Dumpling Casserole / Warm Apples</p>	<p>19 8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel / Cribbage at Connections 2pm - Grieving with Grace Support Group at Elevate 5pm - Cruise Night at Cactus</p> <p>🍴 BBQ Meatballs, Potatoes / Butterscotch Pudding</p>	<p>20 9am-1pm - Perham Farmers Market 10am-12pm - Explore Elevate under the Turtle Fest Tent Downtown 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>23 6:30pm - The Collectors Club at Aleshire Townhomes Community Room 6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Broccoli Cheese Soup & Sandwich / Ice Cream</p>	<p>24 6:30pm - The Collectors Club at Aleshire Townhomes Community Room 6:30pm - Exploratory: Beginner Pickleball at KLN Outdoor Pickleball Courts</p> <p>🍴 Sliced Ham & Pesto Pasta / Pears</p>	<p>25 9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: MyChart Training at New York Mills Public Library 2pm - Pontoon Ride on Little Pine Lake</p> <p>🍴 Sloppy Joe & Waffle Fries / Peanut Butter Bite</p>	<p>26 8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel / Cribbage at Connections 1pm - Memory Cafe at Crosspoint Alliance Church</p> <p>🍴 Meatloaf & Baked Potato / Fruited Fluff</p>	<p>27 9am-1pm - Perham Farmers Market 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>30 Pot Roast, Potatoes, Carrots / Chocolate Pudding</p>	<p>July 1 Baked Chicken & Mashed Potatoes / Pineapple</p>	<p>2 9am-1pm - Perham Farmers Market 9-11am - Free BP Check at PACC 10am - Coffee Talk: Phelps Mill at PACC 1pm - Exploratory: Patriotic Cookie Decorating at Elevate (\$28)</p> <p>🍴 BBQ Pork & Mac-n-Cheese / Creme Puffs</p>	<p>3 8:45am - Summer Walking Club at PACC 12:15pm - Nickel Nickel / Cribbage at Connections</p> <p>🍴 Chicken Wild Rice Soup & Sandwich / Oranges</p>	<p>4 9am-1pm - Perham Farmers Market</p>



AND FINAL PILLAR: CONNECTIONS

In 2024, we knew we wanted something consistent—something you could count on every day. So we took on the challenge of hosting a daily lunch gathering, and it quickly became the heart of Elevate. Just one year in, we're blown away by the growth, friendships, and meaningful moments happening around the table.

The Perham Area Community Center is the perfect home for Connections—bustling with health and wellness, it's a natural fit for this vibrant, welcoming community. Lunch is open to anyone 60+ for a suggested \$5 donation.

Join us for Connections, our daily gathering that brings people together in the best possible way. It's all about good food, good company, and good times. Whether you're new to town or a familiar face, there's always a seat at the table for you. ➤

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. Meals are a suggested \$5 donation.



PONTOON RIDE ON LITTLE PINE LAKE

Set sail on a relaxing cruise around Little Pine Lake and savor the Minnesota summer from the water! This outing is designed for adults, ages 55+, who may not easily access the lake, offering a wonderful opportunity to connect with others.

Bring a senior friend who would cherish this experience! We'll provide water bottles and snacks for your enjoyment. **RSVP Required.** Participants will need to sign a waiver as well.

Wednesday, June 25 from 2-3:30pm
leaving from Lady Bird Access - 45599 Co Hwy 8

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.

Tuesday, June 10 at Elevate

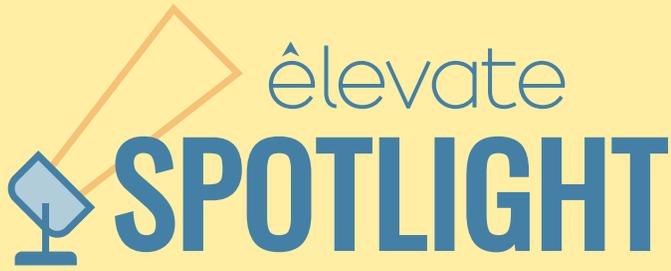
Two spots are available for each timeslot — 9am, 10am, 11am, 12:30pm, 1:30pm, 2:30pm.

RSVP required.

Claim your timeslot on our website!



In Partnership with Dancing Sky Area Agency on Aging and Lake Region Healthcare



elevate SPOTLIGHT

MEET THE ELEVATE TEAM!

This month, we're pulling back the curtain and introducing you to the powerhouse team behind Elevate. These are the friendly faces planning your favorite events, organizing volunteer opportunities, making health resources more accessible, and building a stronger, more connected community for adults in our region.

Each team member brings a unique mix of heart, humor, and hustle to the table—and together, we make Elevate what it is: a welcoming, ever-growing hub of connection, support, and possibility.

Take a moment to read our short bios and get to know who's who—then come see us in person! We'd love to meet you, hear your story, and help you plug in.



MINDI LARSON
Program Manager

Mindi oversees Elevate and the team behind it. She keeps us focused, fueled, and ready for whatever's next—always supporting where needed and dreaming up what's possible with heart, humor, and a bold vision.



JEAN TOBKIN
RN Health Coach

While the rest of us might be busy playing bingo, Jean is the real-life superhero quietly saving lives and guiding people through their healthcare journeys. She is a steady source of support, clarity, and compassion for patients.



KATIE MURDOCK
Community Coordinator

The ultimate planner and organizer, Katie manages all our events, coordinates rides, and keeps the calendar humming.

You'll see her at just about everything we do—making sure it's all welcoming and fun.



EMILY DREYER
Communications Coordinator

Our tech support and design guru, Emily makes sure everything Elevate looks good and reaches the world. She keeps things running behind the scenes—but you might spot her out and about, too!



AMANDA KALDOR
Connections Coordinator

Master of lunches, volunteers, and fun! Amanda brings warmth and energy to our Connections daily gatherings, blending her love for health and wellness to create a welcoming space that everyone can enjoy.

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 CARDS

Join us for a round of cards at Connections! All ages are invited to play after lunch (~12:15pm).

Mondays - Game of Choice
Thursdays - Nickel Nickel or Cribbage



AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

Fridays in June 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

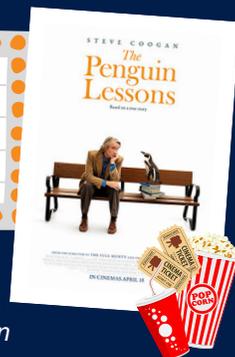
2nd Tuesday of the Month from 2:30-3:30pm at Elevate
Join us to view Sanford Health's Parkinson's Support Group virtually, led by Dr. Sarah Matcha. These sessions offer expert speakers, valuable education, and a supportive community for those affected by Parkinson's disease.

MONDAY MATINEE THE PENGUIN LESSONS

at Comet Theater

Monday, June 16

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.

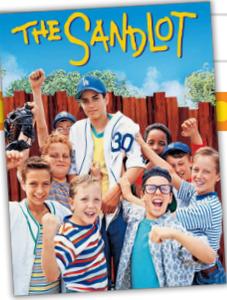
FOOT CARE CLINIC

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!

DEMENTIA FRIENDLY MOVIE



Cost: \$8 includes a pop
and popcorn

RSVP Appreciated! Visit elevateotc.org/events or call 218-347-1974

Join us for a special Dementia Friendly screening of *The Sandlot*, designed to offer a nostalgic, inclusive movie experience for those living with memory loss and their loved ones of all ages.

WEDNESDAY, JUNE 11

at **Comet Theater, Perham**

Starting at 1pm | Doors open 12:30pm



FARMERS MARKET

WEDNESDAY + FRIDAY
FROM 9AM-1PM

200 5th St SE, Perham



UNITED COMMUNITY BANK

PERHAM | DENT | FRAZEE

the CACTUS
Entertainment | Venue | Dining

JOIN US FOR
CRUISE NIGHT

FREE EVENT
NO AWARDS
JUST FUN!



LAST THURSDAY

MAY - JUNE - JULY - AUGUST

MAY 30 - JUNE 27 - JULY 25 - AUGUST 29

at **The Cactus | 5pm - 8pm**

FOOD & DRINK SPECIALS IN THE PARKING LOT
WHILE YOU ROAM AND VISIT WITH OTHER AUTO ADMIRERS

43521 Fort Thunder Rd
PERHAM, MN

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