



Our Memory Café offers joy, support, and connection to those with memory challenges, care partners, and loved ones, in a welcoming space for social engagement and community building.

A NOTE FROM MINDI

Every time I attend Memory Café, I still have to pinch myself. It's hard to believe it's real. What began as an idea tacked to my bulletin board and my most-searched topic on YouTube for nearly two years has become a vibrant, supportive monthly gathering right here in our community. I'm so very grateful to the Elevate team and committee who worked through every detail, big and small, to make this dream come to life.

Memory Café will always hold a special place as one of Elevate's greatest joys, but I hope you'll also explore all that the Elevate program has to offer. I'd even say that nearly everything we do is dementia-friendly: from our Connections lunches at the PACC, peaceful summer pontoon rides, to Elevating Voices Chorus, the farmers market, support groups, flower picking, cookie decorating, and more. Whether you're revisiting an old favorite or trying something new, it's all about staying active, connected, and part of the community.

We're so proud of everything Elevate offers. Let Memory Café be just the beginning of your journey with us—there's so much more joy to be found across Otter Tail County and beyond.

We are so happy to serve you,
Mindi



UPCOMING EVENTS

Perham Farmers Market

Wednesdays & Fridays, 9am-1pm

Find fresh produce, homemade goodies, and local crafts! Plus, seniors 60+ get a voucher for **free produce** on July 9 and July 27 for PoP Plus.

Connections Lunch

Monday–Thursday at 11:30am at the PACC

Join us for a delicious lunch and friendly conversation. Look on the next page for a free lunch coupon to use!

Caregiver Support Group

Tuesday, July 1, 3pm at Perham Living

Connect with others who understand the journey of caregiving, share experiences, and find support.

Exploratory: U Pick Flower Bouquets

Monday, July 14 at 2pm at True Blue Flower Co in Vergas

Take a peaceful stroll through the flower fields and, if you'd like, gather a few blooms to create your own beautiful bouquet for \$25.

Nosey Neighbor: Troll Trek & Treats

Thursday, July 31 at 1pm in Detroit Lakes

Join us for a fun walk to see a giant Thomas Dambo troll, followed by a cool treat from The Day Tripper!

Join us for connection, fun, and community!
There's always more activities to enjoy. See these
and more events at elevateotc.org

MINI MOVEMENT ROUTINE

Try out this gentle routine to help you feel more energized, grounded, and strong—right from your chair!

1 5 Deep Belly Breaths
 Inhale through your nose, drawing breath down into your belly. Exhale slowly through your mouth, focusing on the rise and fall of your belly.

2 10 Seated Marches
 Sit upright with your back straight and feet flat on the floor. Alternate lifting one knee toward the ceiling at a time.

3 10 Arm Reaches
 Sit or stand tall. Inhale as you reach your arms to the ceiling, exhale as you lower them back down.

4 10 Arm & Leg Raises
 Sit tall and raise your opposite arm and leg at the same time. Switch sides and repeat.

5 10 Sit-to-Stands
 From a seated position, rise to standing—if possible, without using your hands. Slowly sit back down and repeat.

6 5 Deep Belly Breaths
 Finish the routine with another round of slow, calming belly breaths.

Bonus: Take a short walk before or after this routine for even more benefits!

Make a New Connection!
 Memory Café is all about community and meeting others who understand and support one another.

Use this space to write down names and numbers so you can keep in touch, share a laugh, or plan a visit between gatherings.



Ask Dr. Stong

Do you need a primary referral to get tested for dementia?

Dr. Stong: Some primary care doctors feel comfortable making that diagnosis, but most primary care doctors will refer to neuropsychology for more formal and intensive testing. A good time to bring up memory concerns is at your Medical Annual Wellness Visit. Referrals can easily be placed at that time.

JULY MEMORY CAFÉ
 Thursday, July 24 from 1-3pm
 at Crosspoint Alliance Church
 RSVP Appreciated



Next month's Memory Café explores Making Safety Decisions with Perham Police Officer Wayne Striebel. Learn how to navigate important dementia-related safety concerns (like driving, firearms, etc.) to help protect your loved ones while supporting their independence.

Mobility Market

Gently used. Greatly needed.

Coming Soon: Mobility Market
 We're starting a new program called Mobility Market to provide free, gently used medical and mobility gear—like walkers, shower chairs, and adult briefs—to anyone who needs a little extra support. We're currently collecting donations to help get it stocked, so if you have items to give—or might need something in the future—keep us in mind!

Have donations or want to learn more?
 Call the Elevate office at 218-347-1974 and choose option 4.

FOOT CARE CLINIC

UPCOMING DATES:
 JULY 29 | SEPTEMBER 23
 NOVEMBER 18 | JANUARY 13

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

Hey you!

Need a lift?



Our transportation program is here to help! We offer van rides to critical medical appointments and essential errands in the area. Whether it's for you or a loved one, we've got you covered!

Interested?
 Contact Katie at (218) 347-1974 or katie.murdock@perhamhealth.org to request a ride.

elevate Connections

GOOD FOR TWO FREE LUNCHES

at our Connections Program

Did You Know?

Managing behaviors like wandering, aggression, or incontinence can take a serious emotional toll—and is strongly linked to caregiver depression. You're not alone, and support is available.

In the Quiet Moments

I hold your hand though time slips by,
Your eyes reflect a changing sky.
You may not know my name today,
But love still finds its gentle way.

You wander far in thought and mind,
Yet still, small sparks of you I find.
A smile, a song, a whispered word—
The past in echoes faintly heard.

Each day repeats, yet feels brand new,
As I walk this path with you.
Though memory fades like morning dew,
My heart remembers enough for two.

**BUILD
YOUR TEAM**



A Guide for Dementia Support

Build Your Team is a free, practical guide designed to help individuals and caregivers feel more supported, connected, and informed. Inside, you'll find local resources, expert tips, and helpful information on everything from healthcare and counseling to Meals on Wheels and financial planning. It's all about making the journey a little easier with guidance every step of the way.

Have you built your team yet? Ask us for a copy and start building your circle of support today.

Did You Know?

More than 40% of dementia caregivers report experiencing anxiety. Taking time to care for yourself is essential—for your well-being and for the one you love.

NOTES

Use this space to jot down helpful tips, ideas you want to remember, or anything that stood out to you today!