



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 SEASON OF GRATITUDE: REFLECTING ON A YEAR TOGETHER

2025 will forever be remembered as the year the Elevate Memory Café was born—a year filled with hope, connection, and remarkable community spirit. When we opened the doors for our very first Memory Café, we quietly hoped that maybe 20 people would join us. Instead, we were met with an overwhelming turnout that filled the room with energy, curiosity, and heart. Month after month, that enthusiasm only grew, reminding us that there was a real need for a welcoming space where caregivers and those living with memory loss could come together.

What has unfolded since that first gathering has been truly inspiring. We've watched new friendships begin over cups of coffee, seen caregivers share tips and resources that make daily life a little easier, and heard stories that brought both laughter and understanding. Each Memory Café has become a place where people can show up exactly as they are—supported, accepted, and surrounded by others who “get it.” The simple act of coming together has proven to be powerful medicine.

As we look back on 2025, we are filled with gratitude for everyone who made the Memory Café such a success. The connections formed, the experiences shared, and the compassion shown have created something genuinely special in our community. A heartfelt thank-you goes out to the dedicated committee of spouses, professionals, and loved ones who helped bring the Memory Café to life, as well as the volunteers who faithfully serve each month. This first year has laid a beautiful foundation, and we can't wait to see how the Memory Café continues to grow, evolve, and support even more individuals and families in the years ahead.

-Mindi Larson, Elevate



We've created a Facebook group for our Memory Café community! Stay connected, share resources, and ask questions between gatherings. Search **Elevate Memory Café** on Facebook to join!



THE GIFT OF elevate

Elevate's monthly newsletter, *The Elevator*, connects people to their community with stories, events, resources, and a friendly reminder that no one ages alone. Each copy costs \$2 to print, and with 12 editions a year, those costs stack up quickly. If you'd like to help keep this beloved newsletter landing in all the places people gather, a gift to The Gift of Elevate goes a long way.

Be Part of the Good News!

Donate online at elevateotc.org/give or pick up a contribution form on our info table.

Did You Know?

Holiday music is one of the strongest memory triggers for people living with dementia. Even when other memories fade, familiar songs from childhood or early adulthood often remain deeply stored—meaning a classic carol can spark smiles, conversation, and connection in an instant. It's one of the reasons sing-alongs and music-based activities are so powerful during the holiday season!

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.



WHY SMART911 MATTERS FOR DEMENTIA AND HOME CARE

For someone living with dementia — who may have memory loss, difficulty communicating, disorientation, or sudden medical needs — Smart911 adds a layer of protection and peace of mind:

- If they're alone and need help (falling, wandering, confusion, medical incident), calling 9-1-1 will instantly let responders know about their dementia diagnosis, any medications, mobility limitations, or care needs.
- Caregivers and family members can list themselves or other trusted contacts in the profile — so if the person can't speak clearly, dispatchers know who to alert.
- In community-wide emergencies (severe weather, power outages, natural disasters), Smart911 alert messages and pre-registered needs (like requiring electricity for medical equipment) help emergency management to know ahead of time who may need extra help or check-ins.

Coffee Talk SMART911

Learn how to take control of your emergency response and protect what matters most with Patrick Waletsko from Otter Tail County.

Wednesday, January 14

from 10:30-11:30am
New York Mills Public Library



Save the Date

ELEVATING VOICES

MEMORY LOSS CHORUS

We're warming up our voices for another season of singing, laughter, and connection! Join us Tuesdays this spring:

- **Rehearsals:** March 17, 24, 31, April 14, 21, 28, and May 12
- **Community Performance:** May 19
- **Pizza Party Wrap-up:** May 26

Each session runs from 1–3pm at Crosspoint Church and includes music, snacks, and good conversation in a welcoming environment for individuals living with memory loss and their care partners.

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



Hey you! Need a ride?

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



MEMORY cafe

where every story counts

Breaking the News

The diagnosis has been confirmed, now, how do you tell loved ones of all ages? What's appropriate? Come to learn some tips on how to make the conversations a little easier and understandable, for friends, and family of all ages, including children. Presented by Deb Kaul from Memory Café of the Red River Valley.

THURSDAY, JANUARY 22 FROM 1- 3PM

at Crosspoint Alliance Church - 600 NE 8th St, Perham

RSVP Appreciated

Did You Know?

Bright holiday lights can impact circadian rhythm regulation. People living with dementia often experience disrupted sleep–wake cycles. Exposure to overly bright or blinking holiday lights in the evening can further confuse the brain's internal clock, while soft, consistent lighting supports better regulation. So consider dimming or reducing that holiday glow just a bit as bed time approaches!

NOTES

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

UPCOMING EVENTS!

There's always more activities to enjoy. Check out these events for connection, fun, and community.

Exploratory: Gingerbread Houses

Monday, December 22 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Come enjoy a fun and creative gingerbread house workshop hosted by Wendy Frensko from Cake Walk! Build and decorate your own gingerbread masterpiece using a variety of candies and icing. **RSVP required.**

Caregiver Support Group

Tuesday, January 6 at 3pm at Perham Living - 735 3rd St SW, Perham

Connect with others who understand the journey of caregiving. Supervision for your loved one during the meeting is available by advanced request.

Parkinson's Support Group

Tuesday, January 13 at 2:30pm at Elevate - 318 6th Ave SW, Perham

Join for an informative session with Perham Living and North Central Medical Supply to explore home care options, PCA services, and adaptive equipment that support safety and independence at home. **RSVP appreciated.**

The Mixer: Cactus

Tuesday, January 20 from 4:30-6pm at 43521 Ft Thunder Rd, Perham

Enjoy good food, friendly company, and relaxed conversation as we gather for a fun social evening with new and old friends! **RSVP requested.**

Coffee Talk: Common Pharmacy Questions


Wednesday, January 21 from 10-11am at PACC - 620 3rd Ave SE, Perham

Join Perham Health pharmacists for a session covering common pharmacy questions, including what to do with expired or unused medications, how to stay organized with your prescriptions, and which vaccines are available and covered. **No RSVP needed.**


elevateotc.org

*Connect with
our team!*

 connect@elevateotc.org

 (218) 347-1974

 318 6th Ave SW, Perham