



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.

## SUPPORT STARTS WITH A YES

Saying “yes” to help isn’t always easy—especially for caregivers who are used to doing it all. But accepting support can make a meaningful difference, not only for your own well-being, but for the person you’re caring for, too. If saying yes feels uncomfortable, here are a few simple ways to make it a little easier.

Start small. You don’t have to hand over everything at once. Try saying yes to one specific task—like a grocery run, a ride to an appointment, or a short visit so you can take a break. Small steps can build trust and confidence over time.

Remember that helping others feels good. Many people genuinely want to support you, but don’t know how. By saying yes, you’re giving them an opportunity to show up and be part of something meaningful.

Let go of the idea that you have to do it all. Caregiving is a big job, and accepting help isn’t a sign of weakness—it’s a way to sustain your energy and avoid burnout. Taking care of yourself is part of taking care of your loved one.

With Spring upon us, here are a few ideas of things you could ask for help with to lighten the load:

- Yard clean-up and garden prep
- Bringing out patio furniture and outdoor décor
- Packing away winter clothing, shovels, snowblowers, sidewalk salt, and outdoor winter décor
- Window cleaning
- Vehicle clean-up

**Start your list now!** Use the blank list to the right to jot down your own go-to tasks. When someone offers to help, you won’t have to think twice, just point them to the list.



## MY “YES” LIST

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## Become a Dementia Friend

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.

**Wednesday, May 20 from 10:30-11:30am**  
at Elevate - 318 6th Ave SW, Perham

**RSVP Appreciated.**

## Did You Know?

**Early use of in-home support can delay the need for long-term care placement**, allowing individuals to remain in familiar surroundings longer. Like Patsy Holper always says, "Spend now so you can save later."



## NEW BEGINNER FITNESS SESSIONS

We're excited to partner with the Ottertail Community & Wellness Center to bring **Strength in Motion** to the community. This series of free, guided fitness classes is designed specifically for seniors and focuses on building strength, improving balance, and increasing mobility. Participants will also learn how to safely and confidently use gym equipment, making it easier to stay active and independent.

**THURSDAY, MAY 7 AT 10:30AM**

### Learn to Use Cardio Machines

*Focus on heart health & endurance, joint-friendly movement, and walking ability*

**THURSDAY, MAY 21 AT 10:30AM**

### Learn to Use the Compound Machines

*Focus on full body strength and mimics real-life pushing, pulling, and standing*

**THURSDAY, JUNE 4 AT 10:30AM**

### Learn to Do Dumbbell Compounds

*Focus on balance & coordination, stabilization, & functional movement*

**THURSDAY, JUNE 18 AT 10:30AM**

### Learn to Use Machine Accessories

*Focus on joint support, muscle imbalances, & mobility*

**Location:** Ottertail Wellness Center  
106 Main Street East, Ottertail

For more information, call 218-203-9953.  
No RSVP needed!



## DEMENTIA Live®

**Have you ever wondered what your loved one living with dementia might be experiencing?**

Come join us for a hands-on experiential opportunity designed to help understand the physical and mental challenges of those living with Alzheimer's and other dementias.

**Wednesday, May 20**  
from 12:30-2:30pm or 3-5pm  
at Elevate - 318 6th Ave SW, Perham  
**RSVP Required.**

## 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.



Join us for the community performance of

# ELEVATING VOICES

MEMORY LOSS CHORUS

TUES **MAY 19** 1 PM

Crosspoint Alliance Church  
600 NE 8th St, Perham

REFRESHMENTS TO FOLLOW.  
FREE WILL OFFERING

Brought to you by:  BlueCross BlueShield Minnesota



**MEMORY**  
cafe *where every story counts*

## Care Partner Burnout

Caring for someone you love is meaningful work, but it also requires support and care for yourself along the way. We'll share encouragement and practical perspective on how care partners can continue to care for themselves and stay connected to the parts of life that bring them joy.

**THURSDAY, MAY 28**

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

*An RSVP is appreciated, so we can make sure we have enough snacks and materials for everyone! Sign up online at [elevateotc.org](http://elevateotc.org) or give us a call at 218-347-1974.*

## Van rides within the City of Perham just \$10

*Errands, doctor appointments, medication pick-ups, groceries and more! Call 218-347-1974 to schedule your ride.*

## Did You Know?

**Nearly 90% of caregivers report improved overall well-being when using Adult Day Services regularly.** The average daily cost of Adult Day Services is significantly lower than residential care—often less than half the cost of assisted living or nursing home care.

# 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.

### Connections Lunch

*Monday - Thursday starting at 10:00am at Perham Area Community Center - 620 3rd Ave SE*

Come enjoy a delicious, nutritious lunch and good company! Start your morning with coffee and conversation at 10am, then settle in for lunch at 11:30am. Meals are a suggested \$6 donation—please reserve yours by leaving a message at 218-347-1974 by 12pm the business day before.

### Caregiver Support Group

*Tuesday, May 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.

### Nosey Neighbor: Stockyards Auction & Lunch

*Monday, May 18 starting at 10am at Perham Stockyards - 45240 Co Hwy 80, Perham*

Experience a live auction featuring multiple livestock breeds and get a glimpse into this lively local tradition. Afterward, stick around to grab lunch at the on-site restaurant (at your own expense). **RSVP requested.**

### Tech with Teens

*Tuesday, May 19 from 1:30-3pm at PACC - 620 3rd Ave SE, Perham*

Bring your questions and get personalized tech support in a relaxed and friendly environment! Hosted by PHS Interact Students

### Coffee Talk: Coffee with a Cop


*Wednesday, May 20 from 10-11am at PACC - 620 3rd Ave SE, Perham*

Learn more about the Perham Police Department, meet some local officers, and stay informed about what's happening in town with this casual gathering!

  
elevateotc.org

*Connect with  
our team!*

 [connect@elevateotc.org](mailto:connect@elevateotc.org)

 (218) 347-1974

 318 6th Ave SW, Perham