

# Inside Lifestone



## Happy Easter!

One of the ways we embraced the Easter holiday was with some egg dyeing. Apart from seeing all the beautifully colored eggs, it was also heartwarming to see our Lifestone family bonding over creativity and joy. We celebrated Easter Day together as one big happy Lifestone family!



## At Home Salon

Who doesn't love being pampered? We converted our living room into a spa, and got all dolled up together!



## St. Patrick's Day

In honor of St. Patrick's Day, we spread the luck of the Irish with delicious meals, treats, and camaraderie. Cheers to celebrating and making memories!



## Lifestone in the Community

Lifestone was represented at the 27th Annual Duluth & St. Louis County at the Capitol Days event. It was a great opportunity to interact with many businesses and remarkable leaders in our society. What an informative and engaging event!



# Long-Term Care

This month, Lifestone’s President Dr. Enemuoh gave a seminar on long-term care to the Leadership Duluth class of 2024. Many adults will need long-term care at some point in their lives. Valuable information was shared about the type of care provided in long-term care facilities such as Lifestone.



## Basketball

Who would have known that our Lifestone family is full of amazing athletes? We had a blast playing basketball together. It is all about having fun and keeping those muscles moving!



## Movie Nights

It’s hard to find someone who doesn’t love a good movie! We gathered our favorite snacks and cozy blankets for a relaxing evening filled with the magic of cinema. Let the good times roll!



## National Nutrition Month

The month of March is National Nutrition Month! Eating healthy food is like giving your body a VIP pass to the ultimate wellness party! A colorful plate packed with fruits, veggies, whole grains, and lean proteins is the best way to achieve this. Remember that it’s okay to allow yourself to enjoy treats in moderation. Don’t stress over occasional indulgences because, at the end of the day, it’s all about balance and consistency in the long run.

## Quarterly Staff Meeting

We had our first quarterly staff meeting this month, and it was a success! We covered policy updates and care standards for our clients. We bonded over team building exercises topped off with a delicious meal!



## International Women’s Day

Earlier this month was International Women’s Day. We celebrated the incredible Lifestone women caregivers (a few of which are pictured), for their dedication, compassion, and strength that make this world a better place.

