

Inside Lifestone



Movie Night

Lights, camera, action! The magic of storytelling was experienced at its finest as we cozied up for a thrilling movie night.



Physical and Sports Fitness Month

May is national physical fitness and sports month! At Lifestone Assisted living, we're dedicated to supporting our clients on their wellness journeys. From tailored workout routines to healthy strategies, we're here to make fitness fun and accessible for everyone!



Ice cream on the Patio

The weather was perfect as we enjoyed delicious ice cream in the sunshine on our patio. There's nothing like a sweet treat and great company to brighten our already sunny day.

Vitamin-D

Did you know that sunlight is the most important natural source of vitamin D? That's why we always apply sunscreen and spend time outdoors whenever possible, especially after spending the past few months predominantly indoors.





Fresh Lemon Cake

There's nothing like the aroma of freshly baked lemon cake filling the house! We had a blast baking this zesty, sweet treat. Homemade treats always bring so much joy!



Camaraderie

At Lifestone, we are a family. The camaraderie is truly heartwarming. Our clients and staff come together, sharing stories, laughter, and creating lasting bonds. Sometimes, we even enjoy a sweet treat to add to the lively afternoon.



Blood Pressure Education

May is high blood pressure education month.

Did you know that 1 in 3 adults have high blood pressure? It's often silent but serious. Here are some tips for handling your blood pressure:

- Eat a balanced diet
- Exercise regularly
- Limit salt and alcohol
- Check blood pressure regularly (normal range is 120/80 mm/Hg)

Learn more at the American Heart Association website. Stay informed, stay healthy, Your heart will thank you!



Walk to End Alzheimer's

Our team joined to kick-off the Walk to End Alzheimer's. Lifestone is committed to promoting quality care for those living with Alzheimer's and other forms of dementia.

National Small Business Week

Lifestone's licensed assisted living director participated in the Women in Business Round Table discussion during National Small Business Week to celebrate the Women's Business Center, the winner of this year's award!



Care Providers of Minnesota

The Lifestone team actively participated in the heart of the action at the 2024 Care Providers of Minnesota Assisted Living Summit. We are eager to apply our new found knowledge to further propel positive change in healthcare.

