

Inside Lifestone



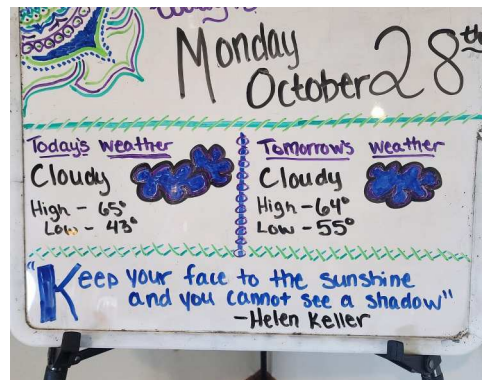
Distinction Award

Congratulations to Dr. Chiamka Enemuoh and Lifestone for being honored among the region's top ten small businesses for excellence in operations and mentorship of entrepreneurs of color. This honor is a testament to our President's hard work and dedication. Many thanks to the Entrepreneur Fund for many years of support!



A Spooky Celebration

Halloween was celebrated in full swing! Lifestone was transformed with spooky decorations for the Halloween season. On Halloween, we celebrated with a party together. From pirate and prisoner costumes to tasty mummy dogs, eyeball baked beans, and more, we had a blast with trivia bingo, cookie decorating, and treat bags galore.



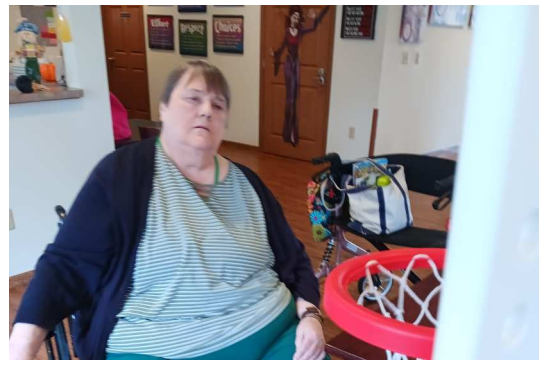
Autumn Leaves

What a beautiful fall it was! As the fall breeze filled the air, we embraced the weekend with gratitude and joy! We took a moment to relax and recharge while enjoying the crisp weather and vibrant colors of nature.





Fun and Fitness
Whether it's shooting hoops on the court or kicking the ball around for a fun game of soccer, we love bringing energy and joy to our Clients' days. Physical activity is a great way to keep the body and mind healthy.



Walk to End Alzheimer's Success

Our team had a great time at the Twin Ports Walk to End Alzheimer's celebration of its success. Purple Party Theme! Thanks to all who made this event so special and for supporting the fight to end Alzheimer's.



Lung Cancer Awareness

November is lung cancer awareness month. It is the leading cause of cancer death in both men and women in the United States. The average age of diagnoses is 65 years old, and many people don't have symptoms until the disease is advanced. That said, here are some tips to lower the chances of lung cancer.



Coloring Adventures

Coloring with friends and snacks in hand is not only fun, but coloring can reduce stress, boost focus, and spark creativity perfect for the season.

-Avoid smoking and secondhand smoke. As long as a person is inhaling the smoke, it is doing damage to the lungs.

Ice Cream Social
One of our favorite desserts here at Lifestone is ice cream. What better way to enjoy our favorite dessert, than with the camaraderie of each other? What a lovely afternoon!



-It is also important to be wary of radon levels in your home. Radon is a radioactive gas that can occur naturally in the environment. If it is too high, take steps to reduce the levels.

Caregiver of the Year

We're thrilled to celebrate our caregiver, Laurie, who was recognized as a 2024 nominee for Caregiver of the Year by Care Providers of Minnesota. This honor highlights her dedication and commitment to the long-term care profession.

-Lastly, as always, staying physically active is key!

