

Inside Lifestone



Thanksgiving

We are so thankful for our awesome staff and their dedication to our clients. Every single one of them played a role in making this another wonderful holiday for our clients and ensuring they have joyful holidays. To our amazing clients and everyone who supports our Lifestone family, we are beyond grateful for you!



Church Friends

Our wonderful neighbors from church came to visit earlier in the month, bringing smiles and camaraderie to our clients and staff. We enjoyed some sweet ice cream together, and it also happened to be nacho day. Nothing like good food and even better company. We're so grateful for these moments of connection.

Duluth Chamber's First Minority Board Chair

Our Lifestone President, Dr. Chiamaka Enemuoh, was honored as the first minority Board Chair in the Chamber's 154-year history. We are incredibly proud of Dr. Chiamaka's leadership and we wish her and the Duluth Chamber a bright future ahead.



2024 GRADUATE



Leading4Life

Our president, Dr. Chiamaka Enemuoh, is now a graduate of the 2024 Ethical Leadership Fellowship Program. The Leading4Life program embraces a holistic approach to leadership development. We are so proud and supportive of our president in her endeavors.



National Donut Day

On National Donut Day, we celebrated with friends, sharing laughter, joy, and of course, delicious donuts. Nothing beats a sweet treat!



Diabetes Awareness

November is diabetes awareness month. Did you know that 1.2 million Americans are diagnosed with diabetes each year? Many individuals with diabetes go undiagnosed for years. Here are some signs and symptoms to look out for.

- Extreme thirst and a greater need to urinate
- Frequent hunger
- Weight loss
- Blurred vision
- Fatigue
- Slow-healing wounds

If you are experiencing these symptoms, feel free to take an at-home test kit. Be sure to contact your primary provider with more questions.



Shopping

At Lifestone, we love a good shopping day! Our clients enjoyed a thoughtful outing with our caring staff, planning and shopping with purpose. Afterward, they shared a delicious lunch, celebrating independence and community.



Staying Strong

The weather may be cooling down, but our spirits are heating up! At Lifestone, we are determined to stay strong, active, and full of life all winter long. We are making every day count until we can soak up the sun again!



Ice Cream Social

The Ice Cream Wednesday tradition continues. From Cookie Dough to Rocky Road, ice cream is the perfect midweek delight. As we savored these treats, we shared our favorite stories of Thanksgiving from childhood.