

# Inside Lifestone



## Merry Christmas and Happy Holidays!

What an unforgettable Christmas celebration we had! With our incredible staff leading the way and the warmth of family and friends around us, we filled the day with joy, laughter, and an abundance of delicious food, treats, and festive drinks. The occasion was made even more special by the beautiful live music of Doug Spartz.

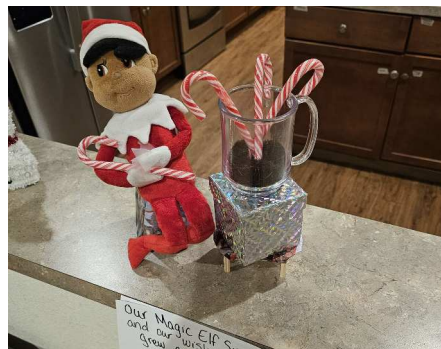


## Bentleyville "Tour of Lights"

We spent a magical evening at Bentleyville! Beautiful light displays, warm cookies, hot cocoa, and festive entertainment. We were lucky to get out right before the cold front! At Lifestone, we believe in the power of community activities that create memorable moments for our clients.

## Holiday Magic

Our Elf returned with surprises galore. From building an indoor snowman, swallowing bubble gum, and growing candy canes from magic seeds overnight, he spreads the holiday spirit at Lifestone!



## Christmas Carols

We had a heartwarming visit from a group of young carolers. They spread joy to our Lifestone clients with beautiful songs that filled the air with cheer.





## Cards for Our Heroes

Our clients and staff helped spread gratitude and holiday joy by participating in a meaningful American Red Cross Minnesota & Dakotas Region initiative, completing Christmas cards for veterans at the 148th Fighter Wing. Small actions make big impacts.



## December Birthdays

Happy birthday to all of our December celebrants! The cake was as beautiful as it was tasty, and the celebration was so much fun. Cheers to creating more amazing memories.



## Tour of Lights

Driving through the city, we were captivated by the dazzling lights, each display adding a touch of magic to the evening. The vibrant glow brought warmth and joy to the winter night.



## Grateful for Great Neighbors

We are lucky to have amazing neighbors who take the time to visit our clients! Their visits bring so much joy, camaraderie, and connection, making our clients' days brighter. It's the little things that mean the most!



## Staff Meeting

Our final quarterly staff meeting was a great success! It was filled with meaningful discussions, team collaboration, and a positive outlook as we wrap up this year. We look forward to another great year together!



## Hand Hygiene

National Handwashing Awareness Week is an annual event that takes place during the first week of December. Handwashing with soap is one of the best ways to stay healthy. In fact, many diseases and conditions are spread by not washing hands with soap and clean water. When washing your hands, wet them before applying soap and lather your hands by rubbing them together for at least 20 seconds. Rinse your hands under clean, running water and dry them. Use a towel to turn off the faucet and avoid touching contaminated surfaces. Lastly, if you have no soap available, be sure that your hand sanitizer contains at least 60% alcohol.

