Early Morning Prep for a Great Cause at the Super Rhubarb Festival!

Our dedicated team was up bright and early to help set up the venue for the highly anticipated Super Rhubarb Festival at Stella Maris Academy - Holy Rosary Campus. This fantastic event, known as the great Duluth get-together, is more than just a celebration of rhubarb. It's a heartwarming effort to support the incredible work of Chum, benefiting individuals experiencing homelessness. We are honored to be a part of this meaningful event, contributing our time and energy to ensure everything runs smoothly. Together, we're making a difference in our community, one rhubarb dish at a time.

Menu Planning

Our team is dedicated to crafting wonderful dining experience for everyone. We enjoy getting together to plan our delicious weekly menu! Our menu planning is filled with laughter as we brainstorm our delicious dishes.

Lifestone Mission

Our mission at Lifestone is dedicated to providing our clients with reliable and respectful healthcare within a nurturing home-like setting. We are equally committed to fostering opportunities for the wellbeing and professional development of our employees. Together, we strive to create an environment where compassion meets excellence, ensuring both our clients and team members thrive.

Patio Socialization and Ice Cream

The beautiful sunny day beckoned us to the patio, where our clients enjoyed some leisurely reading and delightful conversations. After basking in the sunshine, we headed indoors for a delicious, refreshing treat to cool off. There's nothing quite like brightening an already sunny day with great company and a touch of indulgence.

Community Outings and Fun!

We love getting out into the community for supplies and fun. We visited Petco to pick out new toys for our bird pets and enjoyed seeing all the other animals in the store. Another outing took us to a general merchandise store for personal items. Our staff are doing a fantastic job making these trips enjoyable.
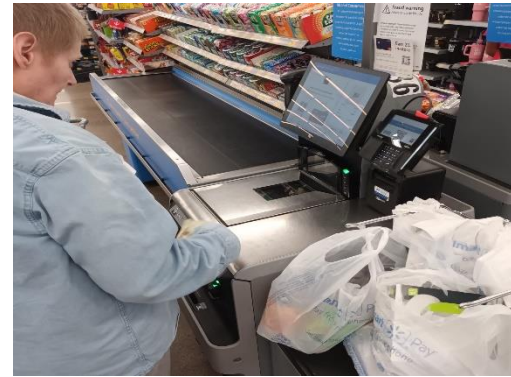
National Movie Day

Our clients and staff gathered in theater-style seating for a fantastic celebration of National Movie Day, watching Spider-Man together. Thanks to our amazing staff for making, it the ultimate movie experience at Lifestone.

We Celebrated our CNAs

We celebrated CNA week, expressing our heartfelt gratitude to our incredible CNAs, Laurie and Adaeze! Their dedication and compassion make a world of difference every day and we appreciate everything they do at Lifestone.

A Productive Day in the Garden

The day was filled with camaraderie and a shared sense of accomplishment. Working together to cultivate our own fresh produce was truly special.
Peppers: Soon, vibrant peppers will be adding a spicy kick to our dishes. **Green Beans:** Crisp and nutritious green beans are on their way. **Tomatoes:** Juicy red tomatoes will be delightful to our meals.

June is Alzheimer's and Brain Awareness Month
-Tips for Healthy Brain-

- ✓ **Challenge your mind** - Put your brain to work and do new thing.

- ✓ **Get moving** - Engage in regular exercise, whatever works for you.

- ✓ **Protect your head** - Help prevent an injury to your head. Do what you can to prevent falls, especially for older adults.

- ✓ **Control your blood pressure** - Work with a health care provider to control your blood pressure.

- ✓ **Manage diabetes** - Type 2 diabetes can be prevented or controlled by eating healthier and physical activity.

- ✓ **Eat right** - Eating healthier foods can help reduce your risk of cognitive decline.

- ✓ **Sleep well** - Good quality sleep is important for brain health.

Visit Alzheimer's Association for details

Quarterly Staff Meeting

Great quarterly meeting with our wonderful team! We love the opportunities to learn from each other, enjoy good food, and have fun together. Special thanks to our guests, Jenna and Emma from the Alzheimer's Association, for joining us and sharing valuable caregiver education on Alzheimer's.