

# Inside Lifestone



## Walk for Alzheimers

The Lifestone team had a memorable time participating in the Walk to End Alzheimer's - Twin Ports Area for Alzheimer's Association. Each step brought us closer to a world without Alzheimer's.

## Happy 11th Birthday to Lifestone Health Care

Earlier this month, Lifestone Healthcare celebrated 11 years of proudly providing reliable and respectful care in a home-like setting. This milestone is a testament to the dedication of the staff, trust of clients, and the strength of our community. Here's to more years of compassion and growth!

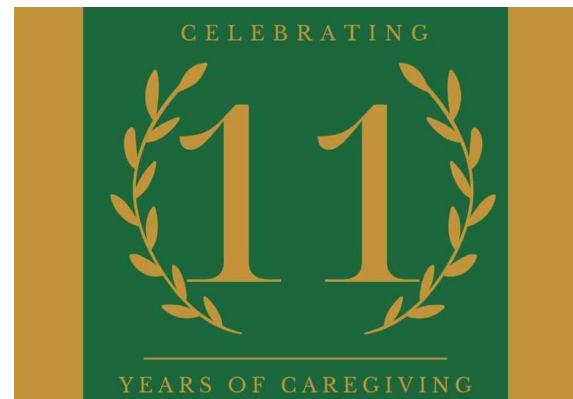
## S'mores by the Fire

Graham crackers, marshmallows, chocolate, and camaraderie, the perfect combo. Nothing beats laughter and shared experiences around the fire on a perfect day.



## Exercise

At Lifestone, we always remember the importance of exercise. It is essential for maintaining physical health and boosting mental well-being.





## Artistry

This month, we brought out our paints and brushes and let creativity take over. Painting provides a relaxing, creative outlet that fosters a sense of accomplishment and joy, enhancing emotional well-being.



## Sunday Worship

At Lifestone, we believe in honoring individual choices and providing care that empowers every person to live life their way. On Sundays, those who would like to, have the opportunity to spend time at church.



## Popcorn and Movie Magic

Some days, we enjoy cozy movie nights at home, while other times we head to the theater. Recently, we had a fantastic afternoon watching Deadpool and Wolverine. Cold drinks with popcorn by our side, nothing beats a fun movie experience.



## Happy Birthday!

The birthday of one of our beloved clients was celebrated this month. We are so grateful to have her as part of our Lifestone family!



## Quarterly Meeting

We had our quarterly staff meeting and shared valuable thoughts on the care we provide as well as future goals. After a great time together with some delicious food, we are excited for another amazing quarter ahead.



## Healthy Aging

.September is healthy aging month. It recognizes positive aspects of aging and raises awareness of the mental and physical health of older adults. Here are a few ways to promote healthy aging:

-Staying active is key to promoting healthy aging. Remember to make physical activity fun by doing something you enjoy!

-Eat a balanced diet. This means eating a variety of foods in the right amounts to get the nutrients you need to stay healthy.

-Stay proactive. This involves regular check ups and taking vitamins, supplements and medications as prescribed.

Lastly, change is natural, so embrace it!

