

Inside Lifestone

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St. Patrick's Day

We had a fantastic St. Patrick's Day celebration. Our home was filled with festive decorations, fun activities, laughter, and the all-time favorite mint shamrock shake! We definitely enjoyed the luck of the Irish this month.



Out and About

We love to be out and about! With the weather warming up again, we thought it was the perfect time to explore our very own City of Proctor, and Purple Car Cafe was a blast. We always enjoy supporting locals like this.



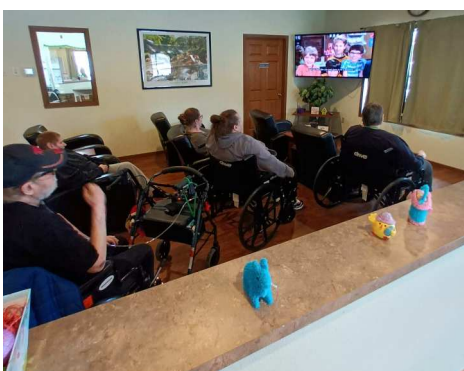
Baking Extravaganza

Our baking skills at Lifestone have been taken to the next level here at Lifestone. We baked so many delicious treats from cheesecake to cookies.



Movie Night

On a day when the wind howls, the rain pours, and the snowflakes dance, there's nothing better than cozying up for a great movie! We embraced the weather and enjoyed a heartwarming film together.



Sweet Moments of Kindness

We are grateful for our wonderful neighbors who visit Lifestone Assisted Living each month, sharing time, laughter, and delicious treats with our clients and staff. Kindness like this brightens our community.





Shopping and Smiles

Lifestone was out in the community from the mall to other local stores. We love a good shopping spree for our essentials, but also to spoil ourselves every once and a while.



Lunch and Laughter

Who doesn't love a lunch outing? Our clients enjoyed delicious food, laughter, and great conversation. Nothing beats good company and a tasty meal!



Lifestone in the Community

Lifestone's president, Dr. Chiamaka Enemuoh has been making positive impacts in our community. Earlier this month, she was appointed as a commissioner to the Duluth Economic Development Authority (DEDA). She is looking forward to serving alongside other local leaders in driving economic prosperity in Duluth. Later, she spoke at the St. Scholastica Sandbulte Center for Ethical Leadership Center on her career journey and values of ethical leadership.



First Quarterly Staff Meeting

We successfully held our first annual quarterly staff meeting this month. During this time, we reinforced our shared vision of quality care and took the opportunity to celebrate and recognize the milestones and achievements of our staff, including the one-year anniversary of our program manager, Amy.



The Importance of Nutrition

March is National Nutrition Month, a great time to learn about the role of nutrition in overall health and well-being. Here are 10 ways to improve your health:

1. Stay physically active.
2. Eat a variety of fruits and vegetables.
3. Choose whole grains.
4. Include healthy protein sources.
5. Use liquid non-tropical plant oils.
6. Choose minimally processed foods.
7. Avoid added sugars.
8. Reduce salt intake.
9. Limit alcohol consumption.
10. Make these choices a habit wherever you go.

Small steps like these can have a big impact in the long run!

