

# Inside Lifestone

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## Yahtzee

Yahtzee was the pre-dinner tradition! Dice clattered and shouts of excitement filled the room. It was a mix of lucky rolls and playful teasing, a perfect way to connect before supper.



## Go Red for Women

Lifestone Health Care, along with some of our residents' families, proudly joined the American Heart Association Northland Go Red for Women event. This inspiring gathering brought together people committed to championing cardiovascular health at every stage of life.



## Happy Easter!

All of us at Lifestone hope you had a wonderful Easter filled with joy, hope, and new beginnings!



## Happiest of Birthdays

We loved cheering and celebrating Stacey on her special day this month. The cake was delicious and made the day even sweeter!







## Tossing Balloons and Bean Bags

We had a blast playing bean bag and balloon toss, with everyone showing off their aim and reflexes. What a fun way to exercise!



## Chocolate Chip Cookies

The kitchen smelled amazing as we baked warm, gooey chocolate chip cookies. Fresh from the oven, they were a delicious treat.



## Shopping and Sweets

Who doesn't love shopping? And better yet, who doesn't love a sweet treat? We went out for a shopping trip, and later, we went out for a sweet treat!



## Our Wonderful Neighbors

We are grateful for our wonderful neighbors who visit Lifestone each month, sharing time, laughter, and a delicious treat with our clients and staff. Your kindness brightens our community!



## Strategic Goals

Our team had a successful 2025 Strategic Goals Meeting, driven by our mission. We remain committed to maintaining a home-like setting for clients while supporting our employees' growth and well-being.



## Stress Awareness

April is stress awareness month. Stress is unavoidable, so knowing how to manage it is an essential component of a healthy lifestyle. Here are some tips to help manage them:

1. Move around, get some physical activity.
2. Deep breathing to calm your mind and body.
3. Mindfulness or meditation.
4. Talk it out.
5. Time Management.
6. Get Enough Sleep.
7. Take Breaks.

Step away from stressful situations to recharge and return with a clearer mind.

