

# Inside Lifestone

(218) 481-7306



## Annual Barbeque

Our annual barbecue was a blast! So much fun, laughter, great food, and fantastic live music, all with family and friends. Shoutout to everyone who helped make the day so special.



## Independence Day

We celebrated Independence Day with an amazing meal and great company. From delicious bites to festive vibes, it was a celebration full of flavor, fun, and patriotic spirit.



## Fair Days

Our clients and staff enjoyed two fun-filled days at the South St. Louis County Fair! Day one included a delicious dinner and time spent with the horses in the barn. On day two, we returned for lunch and more fair fun together.



## Alzheimers Awareness

Lifestone is still accepting donations in support of the Alzheimer's Association. You can show your support by purchasing promise flowers, donating online, or buying handmade artwork created by our residents. Thank you for your generosity!





## Blooming Garden

Our garden is blooming. Everything is looking so good, especially our basil. The basil fills the air with its rich fragrance. Grateful for this little patch of peace and beauty.



## Sidewalk Shuffle

Our team was happy to lace up and take part in the Duluth YMCA Sidewalk Shuffle! This event helps raise vital funds to ensure the YMCA's programming, memberships, and lifesaving community resources remain accessible for all! We walked and ran together, just like we do every day, caring for our residents.



## Shopping & Smiles

Our clients had a wonderful day out shopping, finding special items, and sharing lots of laughter. Trips like these create meaningful moments and happy memories.



## Art with Heart

How do you like to show your creativity? One way we love to express ourselves is through painting. Recently, we spent time creating beautiful artwork, and our clients are excited to sell some of their pieces, with all proceeds benefiting the Alzheimer's Association. Feel free to reach out if you are interested in taking one home!



## UV Safety

July is UV Safety Month! Let's stay safe and protect our skin while enjoying the summer sun. Here are some tips for staying protected:

- Apply broad-spectrum sunscreen that is SPF 30 or higher and reapply every 2 hours.
  - Wear a wide-brimmed hat to shield your face and neck.
  - Use sunglasses that block 100% of UVA and UVB rays.
  - Seek shade during peak sun hours
  - Wear lightweight, long-sleeved clothing for added protection.
- By taking these simple steps, you can enjoy the sunshine safely all summer long!

