

# Inside Lifestone

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**Play, Laugh, Compete!**  
We love coming together for a little friendly competition! Between bean bag toss, basketball, and bingo, we tested our aim, cheered each other on, and created lifetime memories.



## A Vibrant Garden

Our garden has been thriving! We've been at work picking fresh fruits and vegetables, and we're excited to keep creating delicious meals with everything we've grown.



## Walk to End Alzheimer's

The Walk to End Alzheimer's Twin Port is wrapped up! Thank you to everyone who supported and donated to our Lifestone Health Care team. Together, we are making a difference.



## A Legacy of Service

Our president, Dr. Chiamaka Enemuoh completed her service as Board Chair for the Duluth Area Chamber of Commerce in September. She was the first minority to serve in this role in 154 years. We are grateful for her service in our community.





## Happy Birthday

We celebrated Janet's birthday this month with cards, camaraderie, and her favorite, carrot cake!



## Quarterly Staff Meeting

Our third quarterly meeting was filled with joy and celebration as we recognized birthdays, work anniversaries, and welcomed amazing new staff. We enjoyed delicious food and shared new ways to keep delivering quality care.



## Rose Garden

We had a wonderful day enjoying nature at the Rose Garden! Everyone loved strolling through the beautiful flowers, taking in the lake views, and soaking up the perfect weather.



## Celebrating Our Caregivers

We had a month full of anniversaries! First, we celebrated caregiver Laurie, who marked her third year at Lifestone. We also recognized Donna, our Client Support Staff Activities Coordinator. Both are amazing caregivers, and we're so thankful for their dedication to our team.



## Healthy Aging Month

September was Healthy Aging Month! While no one can stop the aging process, we can make sure we're doing it in a healthy way. Here are some simple tips to help us age well:

- Stay active: Aim for regular physical activity such as walking and stretching.
- Get enough sleep: Quality rest helps your body recover and supports overall health.
- Keep your mind engaged: Try puzzles, reading, or learning something new to boost brain health.
- Stay connected: Socializing with friends, family, or community members can improve mood and emotional well-being.