

Inside Lifestone

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Annual Christmas Party

Our annual Christmas party was a hit! We had so much fun with live classical music, storytelling in multiple languages, and delicious food and treats. This festive season was filled with joy and laughter.



Wreath Making

We got creative with wreath making as we enjoyed the holiday season. Tinsel decided they were all his and claimed every single one, how mischievous!



Santa's Helper

Tinsel had an adventurous month! He got into all sorts of shenanigans, from handing out kisses to getting tangled in his web on the bird's cage. He even had coffee with Santa and reported back to him. We'll see Tinsel again next year!



December Birthdays

We had quite a few birthdays this December. We celebrated beautifully, together, with cake and laughter. Cheers to another year together.





Strength Training

Strength training is one of the best ways for older adults to stay active, steady, and strong. We celebrate every step toward stronger living.



Oatmeal Banana Cookies

We made some healthy oatmeal banana cookies using simple, nutritious ingredients. Everyone enjoyed helping with the process from start to finish. The cookies turned out to be a wholesome and delicious treat.



Christmas Carolers

We appreciated the time our wonderful carolers spent with us. Their cheerful songs brought smiles and festive energy to our home.



Reliable, Respectful, Rock Solid

As we reflect on this past year, we do so with so much gratitude and pride. With each quarterly meeting, including our final one in December, our focus has remained on continuous improvement, guided by our core values of being Reliable, Respectful, and Rock Solid. Thank you to every team member of the Lifestone teams for your dedication and hard work.



Handwashing

During December, we take the time to focus on proper handwashing. As cold and flu season approaches, we remind everyone of the importance of washing hands often to help prevent the spread of germs.

Let's review the correct steps for handwashing:

1. Wet your hands with clean water.
2. Apply soap and lather well.
3. Scrub hands, including the fronts, backs, between fingers, and under nails for at least 20 seconds.
5. Rinse your hands thoroughly under clean, running water.
6. Dry your hands completely using a clean towel or air dryer, and turn off the faucet using a paper towel, if available.

