

Inside Lifestone

(218) 481-7306



It's a New Year!

We had a beautiful start to the year with our celebrations, filled with joy, laughter, and meaningful moments together. Cheers to a bright and beautiful New Year ahead!



Out and About

We were out in our community this month, from visits to local cafés like the Purple Car Café to trips to the market to pick up our everyday essentials.



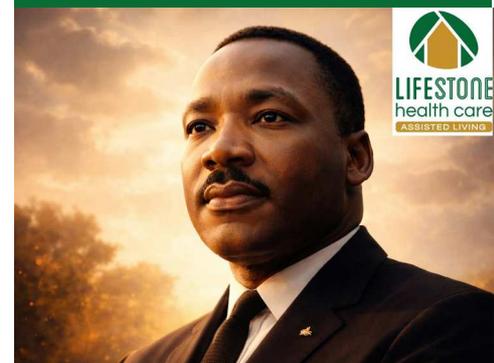
Fresh Homemade Cookies

Our baking talents have been growing, and we enjoyed some delicious oatmeal chocolate chip cookies that tasted even better fresh and warm from the oven.



A Moment of Remembrance

We took the time to honor Dr. Martin Luther King Jr. for his lasting legacy of courage, compassion, and service.



Sweet Treats and Warm Sips

From an ice cream social with friends to a cozy hot cocoa gathering, we indulged in sweet treats and warm moments together.



Creative and Joyful Days

When the weather is cold, we warm our hearts indoors with singing and peaceful hymns. We also enjoy activities like making centerpieces to decorate our tables for the upcoming holidays.



Trouble!

No real troubles over here, just a great time playing board games and making lots of memories together.



Active Days

We spent time playing bean bag toss along with a variety of other ball games, enjoying friendly competition, plenty of laughter, and moments that brought everyone together. We also use these activities as a form of exercise, since daily physical activity is very important, and this is just one fun way to stay active.



Thyroid Awareness

Thyroid disorders affect millions and often go undiagnosed because symptoms like fatigue, weight changes, and mood shifts can be easy to miss or attributed to other causes. January is Thyroid Awareness Month, making it a time to spotlight this small gland in the neck that has a big impact on energy, metabolism, and overall health. Knowing the signs and getting screened early can make a real difference in quality of life and long-term well-being.

To learn more, visit the American Thyroid Association: <https://www.thyroid.org/>

Also, be sure to connect with Lifestone on social media for more health tips like this!

