

Inside Lifestone

(218) 481-7306



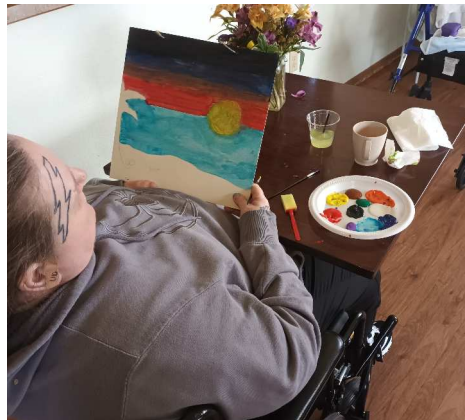
A Meaningful Start to the Month

We started May on a positive note with a creative activity where everyone made inspirational signs and chose a personal word to guide their month ahead. It was a meaningful way to welcome May with positivity and purpose.



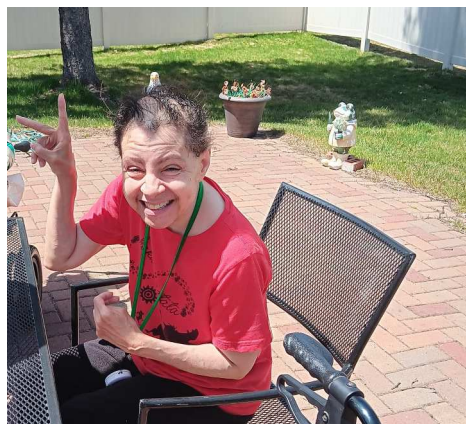
An Afternoon of Art

Our residents put their artistic talents on display during painting time! One of our artists even painted a stunning ocean scene that captured the beauty and tranquility of the sea.



Summer Days

Up north, summers may be short, but they're meant to be enjoyed. We're making the most of every sunny day on our beautiful private patio, relaxing outdoors and soaking in the fresh air.



Commitment to Quality Care

Lifestone Health Care was pleased to join other health care leaders at the Care Providers of Minnesota 2026 Assisted Living Summit. Learning and growing are all part of providing quality care, and we remain committed to continuous improvement so we can keep delivering the best possible support and care to our clients.



Muffin Time

We enjoyed a delicious snack of homemade muffins, freshly baked, and shared them together. It was a warm and comforting treat that everyone loved.



Community Connection

Our friends and neighbors joined us earlier this week and were so kind to bring sweet treats to share. Sweet treats, laughter, and great conversations made the time together extra special.



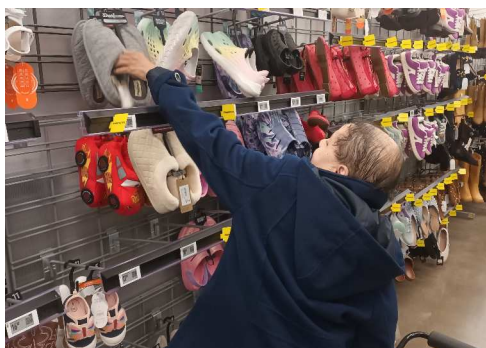
Bingo Fun

We had a fun time playing bingo together! There was laughter, conversation, and excitement with each number called. It was a great way to spend time together and enjoy a relaxing, engaging activity.



Shopping Spree

A shopping trip is more than just running errands. It's an opportunity to get out, explore, and enjoy a change of scenery. Our residents had a wonderful time browsing, finding a few favorites, and making memories along the way.



Women's Health

May is Women's Health Month, a time to raise awareness about the importance of prioritizing women's physical, mental, and emotional well-being. At Lifestone, we believe that prevention, education, and self-care play a vital role in living a healthy life. Here are some important things to keep in mind when it comes to women's health:

- Schedule regular check-ups and preventive screenings to stay proactive about your health.

- Make time for physical activity and balanced nutrition to support your overall well-being.

- Listen to your body and address health concerns early!

Be sure to connect with us on social media for more like this!

