

Inside Lifestone

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Always a Great Time!

One of our monthly highlights was our visit from our community friends. It's always a great time and gets the whole house buzzing!



Trouble!

We got into some "Trouble" this month! Game nights are always a good time, and we love getting together for a little friendly competition.



It's Your Special Day!

We celebrated someone special this month, Janet! We love celebrating our own and wish her lots of happiness, good health, and prosperity in the year ahead!



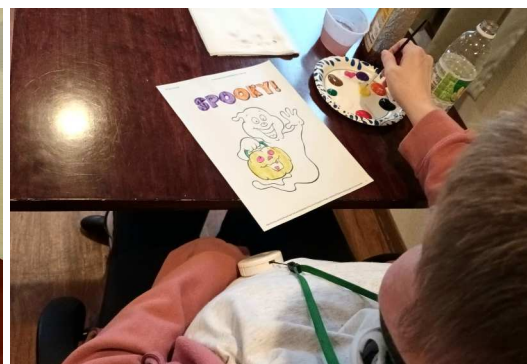
A Voice for Care

We welcomed Representative Natalie Zeleznikar and care Providers of Minnesota, to Lifestone for a meaningful conversation about assisted living challenges, including admissions, medical transportation, and staffing. Thank you for joining us to discuss ways to better support vulnerable adults.



Paint & Peace

Painting with relaxing music was such a wonderful way to unwind at the end of the day! We enjoyed getting creative, relaxing, and spending some peaceful time together.



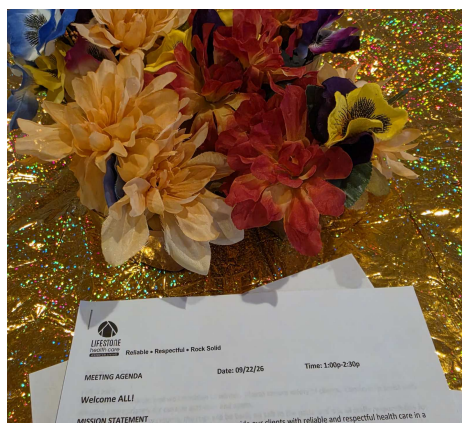
Movie Night Tribute

We watched the classic Steel Magnolias together as a tribute to Dolly Parton! It was a lovely time enjoying a favorite film together.



Ready, Set, Bingo!

Bingo! So many fun prizes to win. Everyone had a great time playing, cheering each other on, and seeing who would win next.



Staff Meeting

We had our quarterly staff meeting this month! It was a great opportunity to gather, share ideas, and discuss how we can continue providing the best care possible.

Healthy Aging

September was National Healthy Aging Month. It's a great time to focus on habits that help us stay active, independent, and feel our best as we age. At Lifestone, we believe that taking care of our health is important at every stage of life. Here are some ways to support healthy aging:

-Staying active with regular movement, such as walking or stretching.

-Eating balanced meals and staying hydrated.

-Spending time with friends, family, and the community.

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

Welcome to the Team!

Lifestone welcomed a few more caregivers this month! We're excited to have them join our team and look forward to all the great things ahead.

