



THE LIBERTY STAR

MONTHLY NEWSLETTER

August 2025

The Newsletter Team

August is End of Summer

We have lots of news to share so read on and enjoy. LOL Newsletter Team

August Birthdays & Anniversaries

Happy Birthday to our fellow team members and program participants.

Program Participants: MARICELA G 8/5, ROBERT S 8/5, JOEY L 8/9, MAISIE D 8/12, GINA K 8/19, ANAHI 8/27, KIRK 8/28, GREGORY S 8/29

Support Staff: MS PAULA 8/9, MR ARRION 8/11



Happy Anniversary to our fellow team members and program participants.

Participants: ROBERT S 4YRS, VERENICE 7YRS, SCOTT C 8YRS, EDGAR D 10YRS, KRISTIAN 11YRS, MARICELA 15YRS, GINA K 4YRS, STEVEN L 15YRS, NILSON L 2YRS, GEORGE 4YRS, RYAN 2YRS

Support Staff: ARRION 12 YRS

August Friday Fundraiser Menus

August 1
August 8
August 15
August 22
August 29

President's Corner



August is the end of summer and with it comes the hottest days of summer, called "The Dog Days of Summer". The Dog Days of Summer are usually the hottest and most humid days of the summer. As we enjoy the last days of summer we can look forward to the cooler temperatures of Fall.

In August we have American Artist Appreciation Month, Back-to-school month, Family fun month, International Left-Handers Day and on August 23 we have International Day for the Remembrance of the Slave Trade and its abolition. Also in August on the 26th we celebrate Women's Equality Day in honor of the 1920 ratification of the Nineteenth Amendment and women's right to vote in the United States.

Enjoy these last days of summer with a walk on the beach in the evening when it's cool or even celebrate National S'mores Day with a bonfire and S'mores.

Debra Howard
CEO/President

"PROMOTING SUCCESSFUL INDEPENDENCE"

SUMMER ARTWORK

At the September 5, 2025 First Friday Art Walk in downtown Oceanside, you can see this work and more on display (and for sale) from the business of our tech person, Michelle Russell.



LOL Updates

MONTHLY ONSITE:

Mondays – Oral hygiene skills, personal care skills cafeteria restock and cleanup

Tuesdays – COVID precaution review, clean up backpacks, name tag count, locker clean up

Wednesdays – Fitness walks in the community (weather permitting), tabletop activities outside under the umbrella

Thursdays – Street Fair, street safety, community signs skills money skills – going to store nearby, math money management

Friday – Community walks, lunch outside under the umbrella, beauty – nail shop and hair grooming.

LOL Activities

- Arts and crafts
- Fitness and recreation
- Movie theater
- Community outings
- Pantry for the homeless population
- Culinary skills classes
- Zumba

Zucchini and Corn Side Dish

Ingredients:

- 4 zucchinis, chopped into 1" pieces
- 1 can of sweet corn, open and drained
- 1 tomato, chopped
- ½ onion, chopped

Directions: Spray a frying pan with Pam and saute the zucchini, corn, tomato and onion. Quickly cook the vegetables just until warmed through. Use crumbled Feta cheese to season the veges. Serve with pork, beef, fish, chicken or with rice as a side or main course. Add salt and pepper to taste.

Enjoy!!!

Donation Needs

Help Us Create a Fresh, Welcoming Space for Our Participants.

We are currently in the process of renovating our bathrooms and are seeking donations to help us restore and beautify our bathrooms. Due to 17 years of normal wear and tear, our bathroom needs a little love and attention. Current quote for renovation is \$15,000. Please visit our website at www.lollife.org to donate.

August Days of Celebration

- 8/4 – National Chocolate Chip Cookie Day
- 8/6 – National Root Beer Float Day
- 8/9 – National Book Lovers Day
- 8/10 – National Son & Daughter Day
- 8/13 – International Left Handers Day
- 8/15 – National Relaxation Day
- 8/18 – National Fajita Day
- 8/19 – World Humanitarian Day
- 8/21 – National Senior Citizen's Day
- 8/23 – International Day for the Remembrance of the Slave Trade and its Abolition
- 8/24 – National Waffle Day
- 8/26 – National Women's Equality Day
- 8/26 – National Cherry Popsicle Day
- 8/30 – National Beach Day