

**LOL-Life of Liberty, Inc.  
Adult Day Program**



# THE LIBERTY STAR

**MONTHLY NEWSLETTER**

**October 2025**

## The Newsletter Team

**“Happy October”** Everyone!

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

## October Birthdays & Anniversaries

Happy Birthday to our fellow team members and program participants.

A special “Happy Birthday” to Ms. **Claudia M.**, our Program Director.



**Support Staff:** 10/12 Teresa B.

**Program Participants:** 10/5 RAHALA; 10/9 LIZANDRO; 10/14 JULIE G, GREGORY M, & ETHAN N; 10/16 NADIA T, NICK W; 10/17 NILSON; 10/18 WYATT M

**Participant Anniversaries:** JD 6YRS, VALERIE 2YRS, WYATT C 5YRS, AUSTIN 6YRS, TYLER 5YRS, ANAHI R 5YRS, CHRIS R 5YRS, MARCEY S 5YRS, CHRIS W 2YRS

**HAPPY 17<sup>TH</sup> Anniversary to LIFE OF LIBERTY!**

## October Fundraiser Menus

FRIDAY OCT 3 SHREDDED CHICKEN PIE, VEGGIES & DESSERT  
FRIDAY OCT 10 SPAGHETTI BAKE, SALAD & DESSERT  
FRIDAY OCT 17 VEGGIE LASAGNA, SALAD & DESSERT  
FRIDAY OCT 24 BURRITOS & DESSERT  
FRIDAY OCT 31 SMOTHERED PATTIES W/RICE, VEGGIES & DESSERT

## President’s Corner

Welcome to Fall, everyone! October is a very special month because there are so many things to recognize, such as Down Syndrome awareness, Fire Safety week, Breast cancer awareness, Halloween, and not least of all, October is the founding month (October 8, 2008) of our LOL-Life of Liberty adult day program.

October is also the time to start looking for the Hunter’s Moon on October 6<sup>TH</sup>. It will be below the horizon, so we’ll have to wait until sunset to watch it rise and take its place in the sky. Like [September’s Harvest Moon](#), the Hunter’s Moon rises around the same time for several nights, so start looking for it on October 6<sup>th</sup>!

With all these special celebrations, October provides a plethora of opportunities for everyone to get involved in community activities. I encourage each of you to get involved and learn more about one or all of these special events and celebrations. Here are a few ideas: Create or review your family fire safety plan; participate in a breast cancer awareness/fundraiser walk; read an article on Down Syndrome to educate yourself; celebrate with fun and safe festivities. Don’t forget to stop by one of our social media sites or visit our website to show your support and help us celebrate our 17<sup>th</sup> anniversary.

Don’t forget to have that seasonal special pumpkin-spiced beverage of your choice. Yum!

Happy Fall, everyone!

Debra Howard  
CEO/President



## October Donation List

The Life of Liberty Participant Bathroom Renovation Project is still ongoing, and we are still accepting donations. Thank you to everyone who has donated to this project so far! If you are interested in donating, scan the QR code!

We are also in need of Construction paper, writing paper, colored pencils, glitter, multi color pipe cleaners, green paint, orange paint, black paint, mini blank canvas, small paint trays, paint brushes, and tubs of clay.

LOL-LIFE OF LIBERTY INC  
at 760-415-8474



**zelle**

## Community Events

Thursdays – Farmers' Market in the morning and Sunset Market in the evening.

10/4 – St. Francis Day Festival & Blessing of the Animals  
10/18 – 9 am – 12 pm - Fire Dept. Open House & Fire safety demonstrations at Oceanside Training Center, 110 Jones Rd.  
10/18 – 5 pm Movie in the Park at Heritage Park and Museum – Ghost Busters - \$7/person  
10/25 – 7am – 10 am - LOL Public Safety Breakfast  
10/25 – Trunk or Treat 2-5 pm at Mance Buchannon Park 10/26 – Dia De Los Muertos, 10 am – 5 pm, 311 N Tremont St Oceanside

## LOL Updates & Activities

10/6 – 10/12 - Fire Prevention Week

**10/13 – STAFF TRAINING DAY (CLOSED TO PARTICIPANTS)**

10/7, 14, 21 & 28 Pumpkin Patch \$25 (\$15 entrance & \$10 for small pumpkin)

10/31 Halloween Party – No scary costumes please

## Cooking with Ms. Claudia

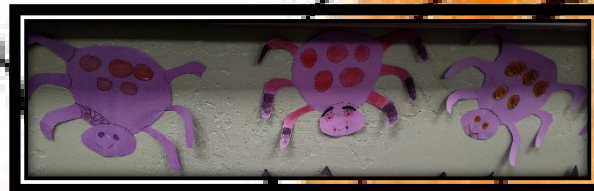
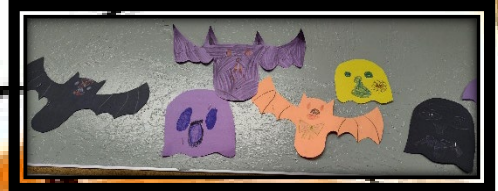
### PICADILLO

Ingredients:

1lb of ground beef or turkey  
6 zucchini cut into small cubes,  
1 onion diced  
2 tomatoes chopped  
1 regular size can of corn  
1 small bunch of cilantro washed and chopped  
Chicken stock – ½ to 1 cup

In a small frying pan, brown the ground beef or turkey until well done. Remove from the pan and add a small amount (1 teaspoon) of cooking oil to the pan. Heat over medium heat and add chopped veggies. Sauté the veggies until tender and season to taste with salt and pepper. Once zucchini is slightly cooked return the cooked meat to the pan along with chicken stock to taste. Cover and let simmer for 7 minutes. Serve over rice or on top of pasta. Enjoy!

## Participant Art & Program Decorations



## National Month & Days Of Celebration

### “Breast Cancer Awareness Month”

Everyone in one way or another has been affected by some form of cancer. We urge everyone to go to the doctors semi-annually for checkups and physicals; and try to stand by healthy lifestyle choices. We want to let all survivors and families affected know that they are strong and powerful warriors fighting on each day.

### “Down Syndrome Awareness Month”

We here at LOL embrace all the differences each of our participants brings. We welcome and accept everyone for their amazing ability to see the world differently. It's our pleasure to service the community.

### “Days of Celebration”

10/6 – World Cerebral Palsy Day  
10/7 – National Taco Day  
10/12 – World Arthritis Day  
10/16 – Boss's Day  
10/28 – National First Responders Day & National Immigrants Day



## “PROMOTING SUCCESSFUL INDEPENDENCE”