



# THE LIBERTY STAR

MONTHLY NEWSLETTER

November 2025

## The Newsletter Team

“Happy November” Everyone!

## November Birthdays & Anniversaries

Happy Birthday to our fellow team members and program participants.

### Program Participants:

11/11 Chennelle W (WN) ; 11/16 Samantha;  
11/17 Kathy

### LOL Staff:

11/14 Ms. Linda; 11/26 Mr. Marcus.



Happy Anniversary to our fellow team members and program participants.

Participants: Rosemary L. 8 yrs; Gregory M. 8 yrs; Kirk 7 yrs., CJ (WN) 8 yrs;

Support Staff: 11/1 (2 yrs) Mr. Marcus; 11/7 (3 yrs) Mr. Brian; 11/18 (6 yrs) Ms. Gina

## President's Corner



Can you believe it's already November? As we turn our clocks back and watch the evenings arrive a little sooner, nature reminds us that change can be beautiful. The trees are showing off their golden and crimson colors, and there's finally a refreshing coolness in the air.

Before we know it, our Fall Fundraiser and Thanksgiving celebrations will be here! With the crisp temperatures rolling in, please remember to stay warm and comfortable, dress in layers, especially as we'll be spending time both indoors and out in the community.

This is also flu and cold season, so let's take extra care to stay healthy. Cover your mouth when you cough, wash your hands often with warm water and soap, and wear a mask when needed to help protect yourself and others.

We're excited to announce our **signature Thanksgiving Fundraiser**, happening **Thursday, November 20th!** This is our only fundraiser of the year, and we warmly invite you to join us for a delicious, festive meal in support of our mission. A donation of **\$15** is suggested (see the flyer included with this newsletter for details).

Wishing everyone a cozy, joyful, and healthy November—  
**Happy Fall from all of us at LOL-Life of Liberty!**

## LOL ANNUAL THANKSGIVING FUNDRAISER

COME JOIN US FOR THANKSGIVING LUNCH

LOL-Life of Liberty, Inc. Adult Day Program  
320 North Horne Street, Oceanside, CA 92054  
Office Phone - 760.433.5411

November 20, 2025

11am - 1pm

**Entrée Choices: Fried chicken, Meat Loaf, Vegan Asian Chicken Bowl  
(beverage & dessert included)**

**Order now and receive free delivery for 5 orders or more!**

“PROMOTING SUCCESSFUL INDEPENDENCE”

## EMPLOYEE OF THE MONTH



Linda Belford Woods  
Congratulations on a job well done!

## Cooking with Ms. Debra

**SWEET POTATO BAKE:** (8) peel sweet potato and cut up med chunks, add melted butter, 2 cups of brown light sugar, 1 tbsp cinnamon, 1 tbsp nutmeg, 2 cups of raisins, 2 cups chopped walnuts, 1 cup of shredded coconut. Mix all the ingredients in a bowl, then add them to a baking pan. Grease the pan with cooking spray. Once added to the pan, mix and cover with foil, then bake at 350°F for 45 minutes or until soft. Serve while warm as a side dish or dessert... Enjoy!

# Happy Thanksgiving

## New COO, Mark Wertz

As of November 3<sup>rd</sup> we will welcome our new Chief Operating Officer, Mark Wertz.

Mr. Mark is currently the Director of Centralized Billing, Coding, Budgeting and Collections for Archibald Memorial Hospital in Thomasville, GA. He also held the position of Executive Director for Legacy, a 61-resident facility in Moultrie. Mr. Wertz also oversees Professional Services. Mr. Mark holds two master's degrees in healthcare and is a retired Naval Officer, where he became the CEO of Navy medical operations.

Mr. Mark will be based in Moultrie, GA, but plans a trip to Oceanside soon to get to know the staff and participants at LOL Oceanside. WELCOME MR. MARK!



## Donations Needed for Fundraiser

Brown sugar  
Butter (*not margarine*)  
Canned sliced peaches  
Chicken (*drumsticks, wings & thighs only*)  
Dinner rolls  
Fresh green beans (*please no can*)  
Fresh lemons  
Fresh onions  
Fresh small red potatoes  
Ground beef  
Lipton soup mix (*mushroom, onion & beef*)  
Lipton tea bags (*large decaffeinated*)  
Marshmallows (*petite*)  
Peanut cooking oil  
Pillsbury pie crust dough  
Sweet potatoes  
Sugar  
Vanilla extract (*real, not imitation*)  
Cups (*10-12 oz*)  
Forks, spoons, and knives (*heavy or sturdy*)  
Napkins  
Plates, paper (*heavy duty, sectional*)  
Plates, container (*to-go, sectional*)  
Plates, dessert (*small*)

## National Month & Days of...

### "Days of Celebration"

11/1 World Vegan Day  
11/2 Daylight Savings Time Ends  
11/10 Marine Corps Birthday  
11/11 Veterans Day  
11/13 World Kindness Day  
11/14 World Diabetes Day  
11/15 World COPD Day  
11/20 LOL Thanksgiving Fundraiser  
11/27 **Thanksgiving Day and National Adoption Day**  
11/28 Black Friday

## "PROMOTING SUCCESSFUL INDEPENDENCE"