

LOL-Life of Liberty, Inc.
Adult Day Program

THE LIBERTY STAR



MONTHLY NEWSLETTER

January 2026

The Newsletter Team

Happy New Year!

On behalf of the Admin team, we want to wish everyone a Happy New Year! We hope the start of your new year will bring good health and happiness.

-Admin Team

Upcoming Special Days

- 1/1 – New Year’s Day
- 1/3 – International Mind-Body Wellness Day
- 1/4 – World Braille Day
- 1/9 – National Law Enforcement Appreciation Day
- 1/12 – Stick to your New Year’s Resolution Day
- 1/19 – Martin Luther King, Jr. & Civil Rights Day
- 1/21 – National Hugging Day
- 1/31 – Backwards Day

January is also Family Fit Lifestyle Month and National “Thank you” month.

January Birthdays & Anniversaries

We would like to wish a Happy Birthday to our fellow LOL team members and participants. We wish you a year of happiness, good health, and fun.

Staff Birthdays

Mrs. Debra, 1/18

Ms.Elizabeth 1/14

Participant Birthdays

Scott C, 1/7

Glann R, 1/8

Julie G, 1/14

Amir Z, 1/21

Participant Anniversary

Rachael D – 1 year



President’s Corner



Take a deep breath everyone. The year 2025 is over. I think this is the year for self-assessment. As a program, and as a team, we accomplished many great things in 2025. We celebrated 17 years in business, raised enough funds to start bathroom renovation on one of the bathrooms.

Many of us enter each new year with new goals. When I googled the 10 most common goals or New Year resolutions for 2026, I found that “exercise more” was at the top of the list, followed by “lose weight, get organized, learn a new skill or hobby, live life to the fullest, save money, quit smoking, spend more time with family and friends, travel more, and read more.”

Unfortunately, according to a study published in *Baylor college of Medicine reports that*, only 12% of individuals who make New Year’s resolutions are successful. This means that more than 88% of these individuals will fail.

With those grim statistics it seems that failure is the most likely outcome for New Year’s resolutions. Because 2026 is the year for self-assessment, LOL has made a big New Year’s resolution and that is to expand our services by providing residential care within the state of California and Georgia. To make sure LOL is not a part of the grim statistics seen in the study; LOL will break up these big goals into smaller, more manageable goals. LOL will first claim the State of Georgia, conduct research, then carefully select the ideal city. Additionally, LOL will create an action plan for each month. We are very excited and optimistic about our 2026 vision, growth and assessment plans. In the months to come, we continue to be determined to provide unparalleled care to our enrolled participants and to keep with our mission statement of “promoting successful independence.”

“Happy New Year” to each of you!

Debra Howard
CEO/President/Founder

“PROMOTING SUCCESSFUL INDEPENDENCE”

Friday Fundraiser Menu

- 1/2 Spaghetti and Salad
- 1/9 Shredded Chicken Bake
- 1/16 Baked chicken, mashed potatoes, and greens
- 1/23 Giant Burritos
- 130 Turkey, Gravy, rice, greens

Monthly Activities

Onsite:

Monday: Fitness walks (weather permitting), money management
Tuesday: Clean up backpacks, name tag count, locker clean up
Wednesday: Fitness walks in the community (weather permitting), tabletop activities outside under the umbrella
Thursday: Street fair, street safety, community signs skills, money skills – purchases at stores nearby, math money management, Panda Express
Friday: Community walks, lunch outside under the umbrella, Beauty, nail and hair grooming.

Participant Art



2025 Staff Award recipients

- Peer Choice Award- Ms. Shyanna
- Innovative Staff Award- Ms. Morgan
- Where the rubber meets the road Award- Mr. Jose
- Excellence Award- Mr. Marcuz
- Make a Difference Award- Ms. Kerene
- Employee Of the Year Award- Ms. Gina
- President's Award- Mr. Eric



EMPLOYEE OF THE MONTH

Ms. Elizabeth



On behalf of our LOL team, thank you for your endless support!
Feel free to stop by for a tour or just to say Hi. We are open Mon-Fri 9 a.m-3 p.m.

“PROMOTING SUCCESSFUL INDEPENDENCE”