

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



# THE LIBERTY STAR

**MONTHLY NEWSLETTER**

**December 2025**

**The Newsletter Team**

**President's Corner**

**December brings our annual celebrations and holiday parties. We have fun things planned for this month so don't miss out.**

*– Newsletter Team*

## Upcoming Events & Holidays

### LOL ANNUAL STAFF AWARDS BANQUET

Saturday, December 6<sup>th</sup>, 7-9pm

Hunter Steak House

302 Vista Way Oceanside, CA 92056

(view the event flyer for additional details)

- 12/1 – Cyber Monday & Rosa Parks Day
- 12/2 – Giving Tuesday
- 12/3 – International Day of People with Disabilities
- 12/17 – National Day of Pearl Harbor Remembrance
- 12/11 – Holiday food drive for needy animals
- 12/13 – National Gingerbread decorating day
- 12/14-22 – Hanukkah
- 12/19 – National Ugly Christmas Sweater Day
- 12/21 – Winter Solstice (shortest day of the year)
- 12/24 – Christmas Eve (staff Secret Santa exchange)
- 12/25 – Christmas Day (LOL Closed)
- 12/26-1/1 – Kwanza
- 12/31 – New Year's Eve
- 1/1 – New Year's Day (LOL Closed)

The holiday season is almost here, and I couldn't be more excited! This is one of the most magical times of the year at Life Of Liberty because it gives us so many fun and meaningful ways to promote independence. From decorating our facility to trimming the Christmas tree and helping plan our annual Christmas party—our participants get to take the lead, make choices, and experience the joy of creating something beautiful together. It's truly a season where independence, creativity, and celebration come to life!

As the holidays approach, I also look forward to one of my favorite LOL traditions—our **Annual Christmas Staff Awards Banquet**. This year, we will gather for an evening of celebration, dinner, and games at the Hunter Steak House. I can't express how much joy it brings me to honor our incredible support staff. Their dedication is unmatched. They show up every single day with heart, patience, and determination, helping our participants achieve their goals and celebrate their victories. Their work is demanding, but they do it with grace, compassion, and unwavering commitment. This banquet is our chance to shine the spotlight on *them* and show just how truly valued they are.

To all of our participants, families, social workers, and group homes who have chosen LOL as your program of choice—**thank you**. Your trust means everything to us. We know there are other wonderful programs out there, and the fact that you chose Life Of Liberty is something we never take for granted. As we move into the new year, please know that we remain committed to earning that trust every day and making sure you feel confident, supported, and proud to be part of the LOL family.

From my heart to yours, I wish you a **merry, joyful, and safe Christmas season**. Here's to a holiday filled with love, celebration, and the spirit of independence!

Warmest regards,  
**Debra Howard**  
CEO • President • Founder  
Life Of Liberty



## DECEMBER BIRTHDAYS AND ANNIVERSARIES

Happy Birthday to our fellow team members and program participants:



Participants: Ricardo R 12/3  
Marcey S 12/4  
David V 12/12  
Breana X 12/15

Here at LOL, we offer a wide range of activities and classes, including MiraCosta College classes.

Mira Costa is currently out for winter break and will be back Jan 20TH



**"PROMOTING SUCCESSFUL INDEPENDENCE"**

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## COOKING WITH CLAUDIA

### Air Fryer Pork Chops

Ingredients:

4 Thin pork chops

Olive oil spray

Desired Seasonings (onion powder, salt, pepper, garlic powder or other seasonings you like to use)

Lightly spray both sides of the pork chops for a crispy texture when cooked. Lightly sprinkle each pork chop with your favorite seasonings.

Air fry for 10 min at 400 degrees.

Serve with a side of mixed vegetables or a salad and rice. Enjoy!

### December Friday Fundraiser Menus

FRIDAY DEC 5 Meatloaf Dinner

FRIDAY DEC 12 Baked Chicken

FRIDAY DEC 19 Turkey Gravy and veggies

FRIDAY DEC 26 Pizza

Spirit Week

12/15 Fuzzy pajama pants day

12/16 Beanie day

12/17 Holiday decoration pajama

12/18 Christmas hat

12/19 Santa shirts

### EMPLOYEE OF THE MONTH



**Kerene Glasgow-Caines**

Ms. Kerene is an instructor in MPR. Although she has only been with us a short time, she has developed a special connection with our participants and has quickly caught on to their likes and needs. Congratulations Ms. Kerene!

## PARTICIPANT'S ART & ACTIVITIES

