

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



THE LIBERTY STAR

MONTHLY NEWSLETTER

March 2026

The Newsletter Team

We can't believe it's already March! Time is going by too fast! We hope you enjoy our monthly newsletter, and the "latest and greatest" information it provides relating to LOL-Life of Liberty, Inc - *Newsletter Team*

President's Corner



We are now in the third month of this new year and I remain very excited and hopeful about all we have planned here at LOL. March is one of my most favorite months because where I'm from it is like a Wednesday.

Upcoming Events

- March is : Women's History Month and National Reading Month
- 3-3-26 National Pancake Day - Free Pancakes @ IHop
- 3-3-26 Free entrance to Air & Space Museum
- 3-8-26 International Women's Day
- 3-8-26 Turn back your clocks – Daylight Savings Time
- 3-16-26–3-20-26 – Spirit Week
- 3-17-26 – St Patrick's Day Party
- 3-20-26 – Free Ice cream cone @ Dairy Queen
- Sunset Market - Thursdays from 5 to 7 pm.
- 3-31-26 – Cesar Chavez Day

Wednesday is considered "*hump day*", which means it is the middle of the week and if we can make it through Wednesday, the rest of the week will be smooth. March, like Wednesday, is the month of inspiration. It signifies hope for the remaining year. January and February were considered very hard months for agriculture and farming. These months are right after the holidays and therefore, making it economically challenging to provide the basics like food, clothing, and shelter for families who lived on the farm, as I did. As a very little girl living on a farm, it was music to my ears when I would hear the farmers say, "We made it through January and February, now we can March on through". Those were very sweet-sounding words. I knew those words equated to our kitchen table having a few more-fresh vegetable choices on it. It also meant that the Azaleas and the Dogwood trees would soon be blooming. With that being said, I am glad it's March!

March Birthdays & Anniversaries

We would like to wish a Happy Birthday and Happy Anniversary to our fellow team members and participants. We wish you much happiness, health, and fun in the coming year.

Birthdays

Participants:

Austin G 3/5; George R 3/7; Nestor D 3/8; Rosemary L 3/11; and Edgar D 3/13

Staff:

Kerene G- 3/4
Eric W- 3/15



LOL is still on target with all our set goals. Importantly, remember to spring your clocks forward on Sunday, March 8th at 2 am PST for Daylight Saving Time (DST) and to celebrate St. Patrick's Day on March 17th.

- *Debra Howard, CEO/President/Founder*

"PROMOTING SUCCESSFUL INDEPENDENCE"

Donation & Volunteers

We are looking for donations for our treat bags for our St. Patrick's Day party. Lucky Charms cereal; Lucky Charms candy necklace; prepackaged St. Patrick's Day cookies

Fun Times at our Valentine's Party



Activities/Outings

Pancake Day @ IHop 3/3

Spirit Week 3-16 to 3-20

Mon.- Wear green; Tues.- wear clover PJs; Wed. – Wear Rainbow colors to find the pot of gold at the end of the rainbow; Thurs. - Wear wacky hats; Fri. – Crazy Hair Day.

St. Patrick's Day: 3/17 - Lucky Charm Hunt on site or if weather permits at Chavez Park on San Diego Street

Friday Fundraisers

3/6 Spaghetti and salad
3/13 Burritos
3/20 Burger and Tots
3/27 Pizza

Healthy Tips

Here are some cleaning tips to help you get rid of that winter cold just in time for Spring.

1. Toss those tissues away after blowing your nose. They contain viruses that can easily spread from person-to-person.
2. Keep a bottle of alcohol-based hand sanitizer in your bag, office drawer and car.
3. Always cover your mouth when you cough.
4. Avoid touching your face.
5. Wipe down surfaces to kill the cold viruses.

Cooking with LOL

Simple Green Salad

1 Bag of fresh spinach leaves.

1 medium cucumber

1 Bag of fresh Kale

1 Bunch of broccoli crowns

½ green honey dew melon.

Shredded Parmesan Cheese to taste

Directions:

- Rinse all vegetables.
- Chop Kale
- Chop cucumbers into cubes
- Chop broccoli into small pieces
- Peel and chop melon into cubes.

Once vegies and melon are prepared, add to a large bowl. Add dressing to the salad and toss. Top with Parmesan to taste

Dressing: Whisk together 1 cup olive oil, ¼ cup white rice vinegar and ½ cup salted pumpkin seeds. Add additional vinegar and/or olive oil to taste.

March Employee of the Month

Ms. Teresa



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