

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

# THE LIBERTY STAR

**MONTHLY NEWSLETTER**



**May 2026**

## The Newsletter Team

May is Mental Health Awareness Month! Although we have May Gray in the forecast, enjoy the cool ocean breeze to take a walk and appreciate the beauty that surrounds us.

We hope you enjoy our monthly newsletter to keep you up to date on the happenings at LOL-Life of Liberty, Inc.

## Upcoming Events & Activities

Farmers Market every Thursday Morning and Sunset Market every Thursday evening.

Fitness walks, beauty/nail/oral hygiene/grooming; & beach walks.

Monday through Thursday - Mira Costa

Monday through Thursday - Calvary Voc Site

## Employee of the month Kathy Thompson



## President's Corner



Welcome to the marvelous month of May! For many reasons, May is one of my favorite months of the year because for me it represents the robustness of life and living. In May, many flowers and plants are in full bloom, and their fragrance fills the air with the aromas of jasmine, honeysuckle, and rose. If we focus our minds and are present in the moment, we will become more in tune with our sense of smell. When our sense of smell recognizes a pleasant scent, it immediately travels to our brains and activates mood hormones such as serotonin, dopamine, and endorphins, which allow us to feel happiness, pleasure, satisfaction, and motivation. I was reminded on this during my last trip to LOL - Life of Liberty in Georgia. The moment I stepped out the door I was overcome by the sweet smell of Honeysuckle. I could not resist inhaling the sweet perfume. This scent always reminds me of the beauty, happiness and joy Spring brings with it.

I challenge each of you to take moments of mindfulness during this marvelous month of May to allow its smells and beauty to transform your senses and your state of mind.

The month of May is a perfect time to "wake up and smell the roses".

*- Debra Howard, CEO/President/Founder*

**"PROMOTING SUCCESSFUL INDEPENDENCE"**

Facility #37460364 320 North Horne Street, Oceanside, CA 760.433.5411 (office) 760.433.5414 (fax) [www.lollife.org](http://www.lollife.org)

## FRIDAY FUND RAISER MENU

5/1 – Spaghetti

5/8 – Tuna salad sandwich

5/15 – Sausage

5/22 – BBQ at the Park

5/29- Chicken Pot Pie

**BBQ Donation Request**

**Please Donate by 5/21**

HAMBURGER BUNS-140

BEEF Hamburger Patties – 100

Turkey Burger Patties – 25 Veggie  
Burger Patties – 15 Ketchup – 4  
LG BOTTLES Sliced pickles 6 lg jars

Sweet Relish- 3 lg jars Baked  
Beans – 4 XL cans( smart and final  
or Costco) Potato Salad – 6 XL  
tubs( smart and final or Costco)  
Macaroni Salad - 6 XL tubs( smart  
and final or Costco) Sliced Cheese  
– 140 pcs 4 punch powder lg cans  
Water bottles – 2 packs of 40  
bottles 2 Cake – Full Sheet cake  
pre-made 4 large watermelons  
Mayo – 1 XL jar Foil Trays – 8 XL  
Trays( ROASTING PANS) Plates –  
200 (large) Spoons & Forks – 200  
each Cups – 200

Bags of chips-200 Napkins – 6 XL  
Packs Small Bowls – 200 Ziplock  
Bags (XL) – 3 boxes Charcoal – 2  
XL bags Lighter Fluid – 1 XL Foil –  
1 XL roll

## May Birthdays & Anniversaries

We would like to wish a **Happy Birthday** to our fellow team members & participants.

### Program Participants Birthdays

5/7 JD A  
5/12 Jeremy H (Wola Nani)  
5/18 Saraly M  
5/26 Christopher R  
5/27 Paula F

### Staff Birthdays

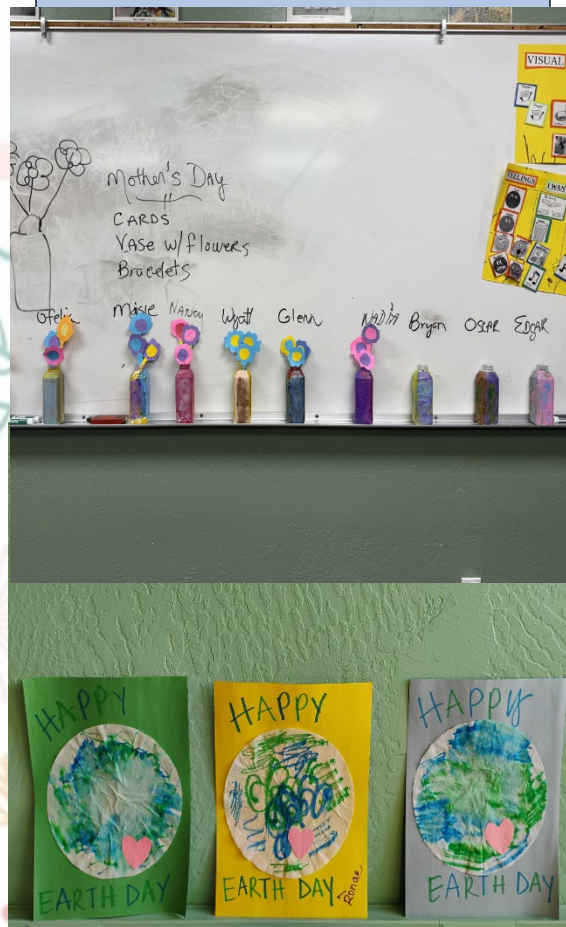
Ms. Betty 5/10



### Participant Anniversaries

Nick W (yrs),Chennelle W (Wola Nani—10  
Yrs, Marlem R (11yrs),Shannon P(Wola Nani -  
10yrs),Ashley K (2yr) Kevin H(2yr),Jeremy  
H(15yrs) Aaron G(10yrs), Benjamin D ( 10yrs)

## Participant Artwork



## May Celebrations

5/1 – May Day  
5/5 – Cinco de Mayo (Battle of Puebla)  
5/7 – National Fitness Day  
5/10 – US Mother's Day  
5/12 – Fibromyalgia Awareness Day  
5/17 – World Hypertension Day  
5/20 – Armed Forces Day & National  
Pizza Day  
5/26 – Eat more fruits & vegetables  
day

5/25 – Memorial Day (LOL CLOSED)

## Annual Participant Appreciation BBQ

**MAY 22,2026 10A-130P**

**Join us for food, fun, and  
friendship!**

We want to show our appreciation for all LOL participants and their families by throwing a special event in your honor! Please call Ms. Claudia for any donations: drinks, cakes, treats, or money!

**BUDDY TODD PARK**

**2800 MESA DR OCEANSIDE  
CA**

**5/22/26**

**10:00 AM-1:30 PM**

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