

Langley's Latest . . .

Keeping you *informed* about how we're making a *difference* in people's lives . . .



Reflections & Ruminations

Betsy Schatz

Langley's Executive Director

Happy holidays! I hope with all the hustle of the holidays you are able to enjoy the moments we all look forward to—spending time with loved ones and counting your blessings.

At Langley it really has been a time of reflection! In this issue of Langley's Latest we will share with you a more in depth look of how we support our individuals, an assessment of our services and saying goodbye to a Program Manager. We are proud of the work we are doing and the great strides that everyone is making. We couldn't do it without the support of our community. Thank you for recognizing the importance of the service we provide and sharing our vision that everyone deserves the chance to live a rich, full life.

Betsy

Our Services

We talk a lot about the lives of the people we serve in Langley's Latest and the ways they are able to seize the opportunity to live rich, full lives. What you may not realize is exactly how Langley supports the individuals in our programs and the impact our programs make on their lives.

Langley works with each individual in our program on what is generally called life skills. The life skills we work with each individual on vary, but our main focus is supporting the individual to achieve a life where they can be as independent as possible. For some of the residents in our houses it may be working with hygiene reminders, packing lunch for the next day, cooking dinner or daily medication reminders. For our individuals in our community support program we work on things will grocery shopping, budgeting, including paying bills, and accompanying people to medical appointments. Having support in these areas of daily living enable the adults we serve to focus on maintaining **(Continued on Page 2)**



Wayne playing Sorry! during a Game Night.

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**Langley Residential
Support Services**

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www.LangleyResidential.org

Because everyone *deserves*
the chance to live a *rich, full life . . .*

Happy Trails Stephanie!

This month we are wishing Langley Program Manager Stephanie Adkins well as she moves on to become a Support Coordinator for Fairfax County. Stephanie has been with Langley since 2010 and began her tenure here as a Langley counselor for our community support program, then moved up to a house counselor and has been serving as Program Manager since 2013. Stephanie is respected by everyone who works with her for her competency and empathetic nature. She will be missed at Langley, but we are very excited to see what her future holds as she continues to work with adults with developmental disabilities for the county. Happy trails Stephanie!



Stephanie Adkins

Our Services Continued . . .

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their relationships and living their lives.

We are very proud of our direct support staff who work with our individuals. We refer to our direct support staff as counselors, and they truly are the heart of the work that we do. We recently completed a quality assurance review from the Delmarva Foundation for the work we do with individuals who receive Medicaid Waiver in our programs. The Delmarva Foundation said Langley provides "outstanding service" to the individuals in our programs and particularly noted that the long standing relationships between the individuals and direct support staff greatly contribute to better outcomes for the individuals in our programs. Our counselors have been with us for a very long time, with the average full time counselor having worked at Langley for almost five years and the average part time counselor for over six years. In an industry that commonly faces high turn over, we are very proud to have wonderful staff who stay with us and work with our individuals to achieve their best possible outcomes!

The life skills we work with our individuals on help them achieve the life they want to lead. Thank you for supporting Langley and our counselors to help give everyone in our programs the tools they need to build a foundation of practices and habits that allow them to lead productive, rich, full lives.



Residents at Junior League getting ready to celebrate a birthday!

The Men at Marshall Heights



This holiday season we are featuring the four residents at our Marshall Heights home. The men in this house live very independently with a Langley counselor only in the house from 4pm—9pm on weekdays and twelve hours each weekend day. This is a very fun house to visit and the residents here are truly friends. Here is a glimpse into what makes up their daily lives.



Alex moved into Marshall Heights about two years ago. He enjoys bowling and going grocery shopping with his roommates when he is not exhausted from his job vacuuming at work at Fort Belvoir and his sometimes long commute to get home! His favorite show is “Big Bang Theory” and he is currently on season five of “Sex and the City.”

Chris is a long time resident of Marshall Heights. He works at George Mason University on a maintenance crew. Chris recently celebrated Thanksgiving with his mom with a road trip to Ashville, NC, which took 13 hours each way. His favorite shows of all time are “Buffy and the Vampire Slayer” and “Smallville.” He is very excited about release of the new Star Wars, and we would not be surprised if he has already seen it!



Freddie moved into Marshall Heights last year and is our newest resident. He works for the Department of Transportation in DC and usually is able to catch a Metro Access ride home. On the days the drivers miss him so then he takes the Metro trains and buses back to Marshall Heights. When he isn't working he enjoys bowling and walking around the Tysons mall. Freddie is happy at his new home!

Richard is also a long time resident of Marshall Heights. He works at the Department Of Commerce and delivers packages from the mail room. He has been with the Department of Commerce for over twenty years. Richard lives for Monday and Tuesday nights when he can catch his favorite shows WWE's “Raw” and “SmackDown Live.”



Langley Life Snapshots



Debby and Lorraine showing off their new dining room table with their counselor Jaime.



Kayvan relaxes in a new armchair and ottoman made possible by a KOVAR grant.



Adelle and Susie show off their Christmas tree.



Jennifer and Cindy work on a Thanksgiving project at Junior League of Washington's Literacy Club meeting in November.



Paul makes his move during a contentious game of Sorry! during a Game Night. Contact Development Manager Angela Riesterer at Angela@LRSS.org or 703-893-0068 ext. 1800 if you would like to learn more about Langley Game Nights!



Bill and his counselor Isaac

Langley's Wish List

Many of the men and women Langley serves live on fixed incomes with tight budgets. Every year Langley becomes aware of people in our programs who will not receive any type of holiday gift. These people are oftentimes the people who would most appreciate a new sweater, gloves or socks. Please consider donating to Langley help us support the men and women in our programs this holiday season.

A small gift can make a big difference this holiday season!

\$10 could provide a new set of gloves

\$25 could provide a new sweater

\$50 could provide a new pair of shoes

\$100 could refresh someone's wardrobe

All donations to Langley made by Dec. 31st are tax deductible for 2017! Checks can be made out to "Langley Residential Support Services" and mailed to *Langley Residential Support Services 2070 Chain Bridge Rd Ste G55 Vienna, VA 22182*. You can also make a donation online by visiting **www.LangleyResidential.org** and clicking on the Donate Now! button.



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Auction Recap

We are thrilled to report that we raised over \$28,000 after expenses at this year's "Uncorking a Rich, Full Life" Annual Wine/Beer Tasting & Benefit Auction on October 21st. We are very grateful to Fairfax County Supervisor John Foust and Dr. Marilyn Jerome Foust for opening their beautiful home to us for the ninth year in a row. We'd also like to thank our auction item donors who made the night such a success, Vienna Vintner for selecting delicious wines and beers and donating 20% of wine sales and 10% of beer sales to Langley and Karen Herring Garvin for making our delectable desserts. Mary Weaver, a Langley Founder, was the winner of our raffle of Capitals VIP Suite tickets donated by Blank Rome. Thank you to everyone who came out and made this such a wonderful night of celebration of Langley!



This year we featured a Langley Handbag Market, generously curated and donated by Langley Board Member Karen Herring Garvin. Each bag featured a snapshot of each of our Langley residents' story and was a great way to take home Langley!

9th Annual Langley Bowl

Sunday, March 11th, 2018

2pm—4pm

Registration opens at 1:30pm

Bowl America-Shirley

6450 Edsall Road Alexandria, VA 22312

\$30/Bowler

\$150/Team of 5 Bowlers



Sponsorship Levels that include Bowling Teams

Independence-\$600 Contribution

Includes premier placement of logo on event tee shirt, 2 bowling teams of 5 bowlers each, 10 event tee shirts and more!

Confidence-\$300 Contribution

Includes logo on event tee shirt, 1 bowling team of 5 bowlers, 5 event tee shirts and more!

Sponsorship Levels without Bowling Teams

Life Skills-\$150 Contribution

Includes logo on event tee shirt, 1 event tee shirt and more!

Social Skills-\$75 Contribution

Includes name on event tee shirt (up to 25 characters), 1 event tee shirt and more!

Contact Angela Riesterer at Angela@LRSS.org or 703-893-0068 ext. 1800 to register and learn more about our sponsorship opportunities!



**Langley Residential
Support Services**

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