

# The Langley Letter

 We make a *difference* in people's lives...

2nd Quarter 2013  
Newsletter

**Upcoming  
Events...**



Please join us on Saturday, October 19th at the lovely home of Fairfax County Supervisor John Foust and his wife for our annual Wine/Beer Tasting and Benefit Auction. Event proceeds benefit Langley's programs and activities.

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**Please & Thank You**



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## **Betsy's By-line...**



Welcome to the latest edition of The Langley Letter! As I write this, I am in a reflective mood... I'm thinking about our wonderful supporters who contributed to our Brick-By-Brick fundraiser over the years. Many generous people and their loved ones will be remembered through the engraved bricks that Josh Kane and his company incorporated into the most lovely memorial garden and patio at our Langley House group home.

Langley has also been blessed with dedicated staff and volunteers. You will have the opportunity to meet some of them through this newsletter - as well as, Suzie, one of the women we serve.

I also find myself looking forward to the future... You may have noticed that we changed the colors, look and feel of the newsletter. We did this to synchronize the newsletter artwork and graphics with that of our redesigned website, which you can read more about in this issue.

I hope that you enjoy reading the new Langley Letter and learning more about how we are addressing more changes/challenges the future will bring.

**Betsy**

Betsy Schatz  
Executive Director



## **A beautiful outdoor space created Brick-By-Brick...**

This past Earth Day, April 22, 2013, volunteers from Kane Landscapes, Inc. participated in the nationwide PLANET Day of Service and created a beautiful patio and garden at our Langley House group residence. They also, re-established a vegetable garden.

Kane Landscapes, Inc.'s president, Josh Kane, has served on Langley's Board of Directors for the past two years. Of the project, Josh explains, "We wanted to donate our time and resources to make the lives of these individuals more enjoyable by creating an outdoor space that will bring them outside more frequently."

Showcased in the patio design are the remembrance bricks from our past Brick-By-Brick campaign. Many readers of this newsletter may have helped Langley raise funds by purchasing a brick engraved with a special message or in honor of a person/people (or pets!). We hope that you will enjoy seeing the photos from this day.

*Continued on Page 2*



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



Please  
&  
**THANK  
YOU!**

## Creating a beautiful space Brick-By-Brick (con't)...

See a close up below of the engraved bricks featured in the patio design.



**Special thanks to the sponsors of our 4th annual Langley Bowl:**

### **Independence Level:**

Ross, Langan & McKendree  
Beyer Auto Group  
Rotary Club of Bailey's  
Crossroads

### **Confidence Level**

The Business Bank  
Sensei Enterprises, Inc.  
Fairfax Civitans  
Joey Pizzano Memorial Fund  
Mary Beth & David Busby  
Judy Yolles  
Betsy Schatz  
M.C. Kulick

### **Life Skills Level**

CommonHealth Chiropractic  
USI  
Virginia Commerce Bank  
Deborah & Michael Mullen  
Ardin Goss

### **Well-Being Level**

Work Consultants  
MAI  
Melissa Smarr

**Additional thanks to all who came out to bowl with us, donated their time or treasure, and made this event such a success.**

**YOU ROCK!**

## Celebrating Cinco de Mayo at the Langley Bowl...

The 4th Annual Langley Bowl was held on May 5, 2013 at the Bowl America in Alexandria, VA. Participants raised money for Langley programs, and got to see first hand the difference Langley makes in the people we serve.

The trophy for Highest Scoring Team was reclaimed by the Rotary Club of Bailey's Crossroads, and Jo Pesko was named the Highest Scoring Player. We hope you will join in the fun next year on May 4, 2014 - please *Save the Date!*



**Langley's mission...** We serve adults with intellectual disabilities, their families and our communities by providing quality, comprehensive residential and community support services that will enable these individuals to live valued, productive lives.

*Please*  
&  
**THANK  
YOU!**



***We are very grateful to Jacqueline Garnier for donating so much of the beautiful necklaces and earrings she makes to our Jewelry by Jacqueline fundraiser held on April 16th. The event raised funds and awareness of the need for Langley's programs and services.***

***Jacqueline has also recently agreed to donate three additional pieces of jewelry to our benefit auction on October 19th. Thank you for your continued kindness and generosity, Jacqueline!***



## ***Meet the People We Serve...***

### **Suzie**



We'd like to introduce you to Suzie, a resident of one of our group residences. Suzie has just turned 50, which she says, "feels cool". One of three adopted children, she has a brother, Michael, and a sister, Cathy. Suzie was born in Washington, DC, but spent much of her youth in Smithtown, Long Island, New York. After living in Freehold, NJ for a time, Suzie moved back to the DC area. As an aunt with six nieces and nephews (2 boys and 4 girls), Suzie visits frequently with her sister, Cathy, who lives close by.

Twice in the past, Suzie has lived by herself in an apartment, which she really enjoyed, but she also likes the atmosphere of her Langley home – particularly the counselors and her housemates.

Suzie works in the mailroom of the Environmental Protection Agency (EPA) through a contract they have with Service Source, a non-profit that coordinates employment opportunities for adults with intellectual disabilities. She is very dedicated to providing good customer service and likes making sure that customers' mailing addresses are updated so that the mail gets to its correct destination.

A member of the Fairfax Civitans club, Suzie attends monthly meetings at the Red Lobster in Fairfax, VA and participates in monthly movie nights. She likes to help and volunteer. An avid baker, Suzie makes birthday cakes for individuals with intellectual disabilities residing in the Northern Virginia Training Center.

An active individual, Suzie also volunteers at the annual Fairfax City 4th of July Parade and she belongs to the Adult Social Club, where she is involved in planning their cookout and mini-golf tournament. She and her housemates also enjoy attending plays and the opera.

Suzie is an enthusiastic sports fan – particularly hockey. Even though she is a New York Rangers fan, she wanted the Boston Bruins to beat the Chicago Blackhawks to win the 2013 Stanley Cup. She also loves watching baseball and football, and playing basketball and bowling. She is a member of the Langley Lions team, and went to the Special Olympics State Championships for the first time where her team won a Bronze medal. She really liked the experience.

We hope that you enjoyed meeting Suzie, and look forward to introducing you to another Langley consumer in the next edition of The Langley Letter.



*Please*  
&  
**THANK  
YOU!**

## Get to Know Our Staff...

### Paul



Paul has been a Langley Counselor since 2008. He supports four men with intellectual disabilities who live in one of our Supportive Residences. Each evening, Monday – Thursday, Paul is there when the men arrive home from work. He works with them on their personal goals (e.g., learning/mastering a skill), takes them to activities/appointments, and helps them prepare for the next day. Around 9:00 p.m., Paul will leave for his own home. The next day, Paul will go to his day job at George Mason University's Recycling Department, and return in the evening to assist the Langley Residents.

Born in Ghana, Paul arrived in the United States on August 24, 1994. He has never regretted his decision to come to this country, and became a U.S. citizen in 2002. In Ghana, Paul graduated college with a general studies degree. He worked as an instructor in the social work field, and taught agriculture to people with disabilities. Prior to working with Langley, he worked with individuals with intellectual disabilities at the Northern Virginia Training Center.

A father of five children (2 girls and 3 boys), Paul has been able to bring one of his daughters and two of his sons (ages 19 – 26) to live with him in the U.S. The remaining daughter and son (ages 31 – 33) are on a waiting list for a visa. A soccer player in his youth, Paul is still a fan of the sport. He also enjoys reading – particularly mysteries.

Paul enjoys his work at Langley because it gives him "...the personal satisfaction that you contributed to the betterment of someone". He finds it both challenging, maintaining that you "...never know what to expect and everyone is unique...you have to be on your A-game all the time...", yet rewarding. Paul has learned many things from the individuals he's worked with, particularly patience. If there is one thing he would like others to know about people with intellectual disabilities, it is not to underestimate their ability to accomplish things – because they will surprise you.

## Check out our New Website!



Last summer, Langley engaged Leap Frog Solutions (Leap Frog) to redesign our website so that we would be able to update its content (a.k.a., information, photos, blogs, etc.) ourselves. We also wanted to expand our ecommerce functionality to be able to promote Langley's fundraising events and allow people to register for them online.

According to Lee Brinckley, Leap Frog's Digital Services Director, our new website was developed using Responsive Design – meaning that its content is "optimized for both computer screens and mobile devices". Our content management system, MODX, and the Volusion ecommerce software were chosen because they were very customizable for design and development purposes, as well as easy for our non-technical staff to update.

Our new site has great information about Langley's programs, history, employment opportunities, events, and how you can become involved with our mission. Our Executive Director, Betsy Schatz, now has a blog. Her postings will enable you to learn more about life at Langley and the issues faced by men and women with intellectual disabilities. You can view our new website now by going to [www.langleyresidential.org](http://www.langleyresidential.org).

*Very special thanks to Josh Kane and Kane Landscapes, Inc. for making our vision for a patio at Langley House such a wonderful reality! We love how you incorporated the engraved remembrance bricks from our supporters. This will be a lovely place space for our residents and staff to enjoy the outdoors for many years to come.*

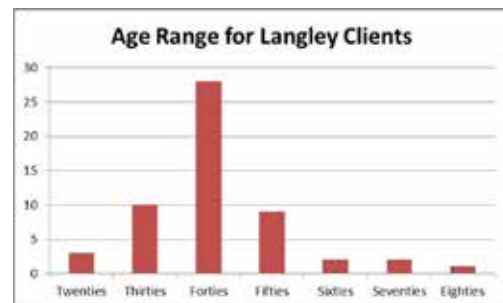
*Thank you, Megan Bowers and James Oliff for arranging for six tickets for Langley residents to attend a recent Baltimore Orioles game at Camden yards. Everyone had a great day!*

*We are extremely grateful to the many volunteers and individual donors who contributed gifts of their time and money to support our programs and activities. It is through your help that we can take our programs to a level beyond basic health and safety to enrich the lives of the men and women we serve.*

# Quarterly Topic...

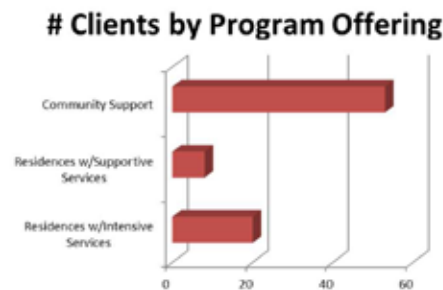
## Aging in Place: Assessing Future Needs

As you can see from the chart on the right, the majority of the men and women Langley serves are in their forties or older. As our consumers age, their skill levels and physical abilities will decline as a natural part of aging. However, like most adults, they will want to keep living active lives, be involved in their community, and, most importantly, grow old in the home that they know.



To ensure that we as an organization will be ready and able too meet those future needs, the Operations Committee of Langley’s Board of Directors conducted a client-by-client assessment to identify potential needs, and determine how, as an organization, we could address them. The assessment considered the following:

- Will our group homes need to be renovated to accomodate the future physical needs of our residents? For example, some individuals may no longer be able to navigate stairs, so what adjustments will be required to ensure that they can remain living in the home where they have become comfortable.



- Do area workshop placements have plans to expand into the area of providing programing for retired workers? As the men and women we serve retire from the workforce, they will still want to be active and productive. Activities will need to be available to ensure that they are able to retain skills and feel that they are still able to make a valued contribution.

-What about future medical, financial, and transportation needs? Will Langley need to have a nurse practioner on staff at some point? Should we expand our Langley Emergency Economic Assistance Program (LEEAP) because more of our consumers will have reduced incomes post-retirement? Will we need to increase the amount and type of transportation we provide in our programs?

Our Operations Committee is currently working to find answers/solutions to these issues so that we will be able to continue to serve our consumers as they move out of middle age and become senior citizens.

## Life at Langley...

On May 11, 2013, volunteers from the Junior League of Washington put on a special Year End Celebration for Langley’s Literacy Club with a Town-Hall theme. The Literacy Club is a popular weekly program that runs from September - May, and helps Langley consumers improve their functional literacy skills.







## Langley Board Member Gayle Bailey named 2013's Emerging Influential...

On June 19, 2013 the Fairfax Chamber of Commerce held its annual gala to announce the winners of its Corporate Citizenship awards. We are very proud to say that Langley's own Gayle Bailey was named the Emerging Influential of 2013.

Of the award, Gayle states "I was shocked!" It was such an honor to be named a nominee and finalist, yet alone a winner!" Gayle is very humble, and wants people to know "I get involved and volunteer in the community because organizations like Langley inspire and motivate me to make a difference... not [because of a desire to] be recognized and win awards."

He hopes that through his award he can "continue to raise awareness about Langley and its positive impact in the community."

Well said, Gayle, and well done!

## Volunteer Spotlight...

### Kelly Ameen & Gayle Bailey

This issue's Volunteer Spotlight focuses on our Special Olympics basketball coaches, Kelly Ameen and Gayle Bailey, who are also members of Langley's Board of Directors.

Kelly has been involved with Special Olympics since age 10 – from being a swimming timer in Girl Scouts to coaching a basketball team in college as part of her coed service fraternity. When she joined Langley's board, she saw coaching Langley's basketball teams as a good fit. She coached both teams by herself for the first year, but the last three years she has had a partner in Gayle. Introduced to Langley by his Leadership Fairfax program mentor, Betsy Schatz, Gayle fell in love with the organization and its mission. Like Kelly, he welcomed the opportunity to be involved.

We asked Kelly and Gayle what has been the most challenging, rewarding, and surprising about coaching individuals with intellectual disabilities:

- 1)Most Challenging: Gayle said that the most difficult part is "finding new and fun activities to continually challenge and adapt to different levels of skill [that the consumers possess]." Kelly agreed.
- 2)Most Rewarding: For Kelly, she finds that watching "their excitement and passion for everything they do," and how they enjoy every moment gives her the "perspective to enjoy my life... [They] show me how to live my life [by appreciating] what the important moments truly are..." Gayle appreciates the "relationships he's built with the consumers by far."
- 3)Most Surprising: For Kelly it was "seeing one of the people we serve who is quiet and not as expressive become very animated and excited during her first trip to Special Olympics State Championships." Gayle has been very impressed by the level of commitment shown by some of the consumers who practice in the off-season to be better prepared and improve their game.

When asked what they would most like our readers to know about people with intellectual disabilities, Kelly and Gayle shared the following:

Kelly: "[I would like people to know] that people with intellectual disabilities are more than capable of living rewarding lives, giving back of themselves to their community, being a part of their community, and giving back to me more than I could ever give to them." She also shares that "they're not that different from you and me. They have good days and bad days, strengths and weaknesses, friends, families, dramas – just all that stuff."

Gayle: "I would like readers to just reflect and spread the word on how amazing of an organization Langley is – from the staff and volunteers who work tirelessly on the operations side, to the consumers who work hard in the community and positively impact lives daily, it truly enriches the lives of everyone involved."

We thank Kelly and Gayle for giving the gift of their time (and that of their spouses Jeff and Jenna) to create such a positive experience for the consumers on Langley's basketball teams.