

**LANGLEY RESIDENTIAL  
SUPPORT SERVICES**

# THE LANGLEY LETTER

*Because everyone deserves a rich, full life that has meaning...*

Volume 27, Issue 1

Spring 2010

**SAVE  
THE  
DATE!**

Mark your calendars to support Langley at the following events:

**MARCH 12—26**

**Easter/Spring Honey-Baked Ham Sale**

*Ordering details inside!*

**April 10**

**McLean Spring Community Garage Sale**

*See details inside about how you can contribute!*

**MAY 2**

**The Langley Bowl**

*We're having a bowling tournament! Find out inside how you can participate.*

**MAY 15**

**McLean Day**

*Come visit us at our booth. We'll have free face painting from 12:00 -3:00 pm!*

## March is Intellectual and Developmental Disabilities Inclusion Month

The Fairfax County Board of Supervisors has proclaimed March to be Intellectual and Developmental Disabilities Inclusion Month. In this newsletter we focus on how Langley works to ensure that the individuals we serve are made to feel included in their community through our life-enrichment programs, and some exciting ways you can make a difference in the lives of some very special people.

## Upcoming Bowling Tournament to Benefit Life-Enrichment Programs

Langley is holding a bowling tournament—The Langley Bowl—to raise funds to support and expand our life-enrichment programs such as Improv, Literacy Club, and to add a potential Art Club. The event will be held on May 2, 2010 from 1:30pm-4:30pm at the Bowl America -Shirley. We currently have 40 lanes reserved for teams of 5 people each, so gather your families, friends, and co-workers together to have some fun on a Sunday afternoon! We also have some great sponsorship opportunities for local businesses and organizations looking to get some extra visibility while contributing to a worthy cause. See page 3 for more specific details on how to register for the event and/or become a sponsor.



Why bowling you may ask? Well, primarily because many of the individuals we serve bowl in various leagues, and we wanted to be able to include them in our event. Feeling included is very important to everyone, but especially to individuals with intellectual disabilities since their lives are filled with challenges to break down barriers of one sort or the other. It is for this reason that Langley's life-enrichment programs are so important. These programs not only give the individuals an opportunity to have some fun, but they provide a safe arena in which they can practice the life-skills and socialization skills that they've learned working with their Langley counselors and staff. From these experiences, their confidence builds and they start to believe that they can do more than they thought they could. An exciting process starts where they begin to dare to dream and work to realize those dreams.

Please join us in being a part of this process and participate in The Langley Bowl, or any of the other events listed in the column to the left. All proceeds from these events will go towards Langley life-enrichment programs. **We appreciate your support.**

*Individuals with intellectual disabilities "... want what you or I want... They want to have a life separate from their families, a community that they're a part of...relationships...friends, jobs that are meaningful, and they want to be able to exercise their own independence."*

—Alan Wooten,

Fairfax County-Falls Church  
Community Services Board



**Many Langley residents bowl regularly in a variety of leagues.**



**Our Hosts:** Dranesville Supervisor, John Foust & Dr. Marilyn Jerome

**Our Donors:**

Amphora Diner  
Ardin Goss  
Austin Grill  
Beau Rivage  
Betsy Schatz  
Betty Jane's Sweet Delights  
Blank Rome  
Busboys and Poets  
Café Oggi  
Capital Grille  
Carly Coho  
Carol Mournighan  
Carvel Ice Cream Oakton  
Celebrate Fairfax  
Cheesecake Factory  
Chevy's Fresh Mex  
Christie & Leon Radomsky  
Clyde's Restaurant Group  
Comfort & Joy Wellness Spa  
CommonHealth Chiropractic  
Curious Grape  
Dale Kelsey  
Don & MaryJo Frickel  
Dorothy Hassan  
Dr. Michael DeRose  
Ellen Lee  
Evo Bistro  
Fire & Ice  
Fleming's Prime Steakhouse & Wine Bar  
Glory Days Grill  
Godiva Chocolatier  
Great American Restaurant Group  
Great Harvest Bread  
Gregory Ossi  
Jazzercise of McLean  
Joanne Heiningner  
Judith A. Yolles  
Karin's Florist  
Kazan Restaurant  
Kelly Wolfe  
Lansdowne Resort & Conference Center  
Madame Tussauds  
Massanutten Resort  
Melissa Smarr  
Meti Fekadu  
Metro Run Walk  
Name Droppers  
National Crime & Punishment Museum  
Newseum  
Norm's Beer & Wine  
Passion Food Hospitality  
Patriot Center  
PF Changs Fair Oaks  
Philip Russell Hair Design  
Potbelly Sandwich Works  
Reston Limousine  
Scott & Lori Smith  
Sean & Bridget Manley  
Sensei Enterprises  
South Riding Golf Club  
Squire Chase  
Steve Cohen  
Tempo Restaurant  
The Grooming Lounge for Men  
Tortilla Factory  
Trader Joe's Tysons  
Tyra S. Garlington  
Tysons Corner Center  
Uncle Julio's  
Uno Chicago Grill  
Victor Mettler  
Vintage Virginia Festival  
Whole Foods - Tysons Corner  
Wildfire Restaurant  
Wine Styles South Riding  
Wintergreen Resort

**Betsy's Byline**

One of the Langley Board's main tasks is raising funds to support the organization. Our Board has a 100% participation rate, through the donation of funds and/or goods. Some Board members make regular monthly contributions through their credit cards, others have named Langley as a beneficiary of their life insurance policies or in their wills.

Did you know that Langley's staff members also give regularly? Some donate through payroll contributions, some through monthly credit card contributions, and some by helping at Langley fund-raising events. Langley's excellent reputation is based in large part on their hard work, their willingness to go the extra mile, and their commitment to the people we serve.

Please consider honoring a Langley staff member--make a contribution to recognize their efforts!

Thank you.

— Betsy Schatz  
Langley Executive Director



**Betsy Schatz (in blue shirt) with some Langley residents.**

**"Our Board has a 100% participation rate, through the donation of funds and/or goods."**

—Betsy Schatz

**Recapping Langley's Fall Wine Tasting & Silent Auction**

John Foust, our Dranesville District Supervisor, and his wife Dr. Marilyn Jerome, kindly hosted Langley's wine-tasting fund-raiser in November. Their beautiful McLean home provided the perfect setting for our most successful event ever, and the Fousts could not have been more gracious and hospitable.

*Curious Grape*, a vintner specializing in leading wine-tastings, suggested a menu of wines and provided snacks, and the Langley Board provided a delicious buffet. A *Curious Grape* representative presented the wines for tasting and discussed their various qualities. The wines were available for order at a discount. A silent auction featuring gorgeous gift baskets, weekend getaways, and other outstanding items raised an impressive sum for Langley. As always, the proceeds go towards activities that will



**"We raised over \$8,000. The Langley Board thanks all those who attended and contributed..."**

**"...a sparkling event in one of McLean's finest homes."**

—Dorothy S. Hassan



enrich the lives of the individuals we serve.

Part of the success of the evening was due to the record number of guests—over ninety. While ticket sales are certainly important to our efforts, a larger number of attendees leads to higher bidding on the silent auction items. We raised over \$8,000. The Langley Board thanks all those who attended and contributed and made the evening a re-

sounding success.

Many thanks also to our wonderful hosts, John and Marilyn Foust, who have generously volunteered their home for our fund-raiser next fall. We hope that those unable to attend last November will join us next year for a sparkling event in one of McLean's finest homes.

—Dorothy S. Hassan  
Langley Board Member

*Because everyone deserves a rich, full life that has meaning...*

# HELP US BOWL FOR DOLLARS!

## FORM A TEAM!

\$100 /Team or  
\$20/Person

## BE A SPONSOR!

*Increase the visibility of your business while contributing to a great cause.*

## HAVE FUN!

*Come out and enjoy yourself while you support programs that make a difference in people's lives.*

# The Langley Bowl



**WHAT IS IT?** A Bowling Tournament Fundraiser

**WHEN IS IT?** Sunday May 2, 2010 — 1:30pm—4:30pm

**WHERE IS IT?**  
Bowl America—Shirley 6450 Edsall Road, Alexandria, VA 22312 (Route 395 & Edsall Road)

**WHO IS LANGLEY?**  
Langley Residential Support Services is a 501(c)(3) non-profit organization that provides comprehensive residential and community support services that enable people with intellectual disabilities to live an active and rich life, and to develop the self-confidence that comes with being more independent.

**WHY DOES LANGLEY NEED YOUR HELP?**  
Langley relies on private donations and in-kind support to fund life-enrichment activities and programs for the individuals it serves. Langley's current Improv Club and Literacy Club provide opportunities for Langley individuals to proudly display their talents, practice skills that they've learned with their life-skills counselors, increase their confidence, socialize with their peers, and feel connected to their community. Proceeds from this fundraiser will support existing activities and enable Langley to enhance/expand its program offerings.

### Langley Bowl Team/Player Registration & Sponsorship Form

**STEP 1: Check box**

**YES!**

- I want to register a team
- I want to register myself
- I want to be a sponsor

#### Sponsorship Levels

**Lane Sponsor: \$100**

*See your name every time the bowling pin machine drops*

**Scoring Sponsor: \$125**

*Everyone will see your name when they check their score*

**T-Shirt Sponsor \$150**

*Publicity will outlast the event with your name on our T-Shirt*

**STEP 2: Enter Team/Player and/or Sponsor Information below**

Sponsor Name: \_\_\_\_\_

Team/Player Name: \_\_\_\_\_

Primary Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Team Members' Names (Teams can have a maximum of 5 members—Individuals without a team will be grouped into teams of five prior to the tournament):

Player #1: \_\_\_\_\_

Player #2: \_\_\_\_\_

Player #3: \_\_\_\_\_

Player #4: \_\_\_\_\_

Player #5: \_\_\_\_\_

**STEP 3: Calculate amount due**

Qty	Category	Price
___	Team	\$100/ea
___	Player	\$20/ea
___	Lane Sponsorship	\$100/ea
___	Scoring Sponsorship	\$125/ea
___	T-Shirt Sponsorship	\$150/ea
<b>Total Due: \$</b>		_____

**STEP 4: Send completed form with check payable to LRSS to address below OR fax completed form w/credit card information to 703-893-5047.**

VISA  MasterCard

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date: \_\_\_\_\_

## McLean Day 2010

Langley will have a booth at this year's McLean Day Festival. Come see us and learn more about Langley — the work we do and the inspiring individuals we serve.

We will have free face painting from 12-3pm courtesy of *Brush & Beret*, so bring the kids in your life or the kid in yourself!

### When:

Sat. May 15  
(11am—5pm)

### Where:

Lewinsville Park  
Chain Bridge Rd.  
McLean, VA



Face Paint Artist  
Designs for all Ages...

***"We are providing such enrichment to their lives so that they can live just like you and I do. Their social lives are busier than mine. They have opportunities to see what the world is all about."***

—Stephanie Davidson  
Langley Program Manager

## Improv Night

On Wednesday evenings last fall, some of our residents participated in Langley's new Improv Club to learn the art of improvisational drama. Two marvelous teachers from ArtStream led the group with gratifying results. I had the privilege of observing the group at work one evening.

Improv is a risky business. You have let your imagination run loose, strike strange poses, and pretend to be someone—or something—quite different. And you have to be able to team up with your classmates to develop a skit when you may be told what to portray, but not how to go about it. You must react to the other actors, cooperate with their ideas, and look for ways to present the overall scene. You have to create, and do it without thinking about it for long. It's a real workout for imagination, empathy, focus, teamwork, and all kinds of other worthwhile proficiencies.

A warm up period on this evening started with a question: "Who do you admire the most?" and prompted some interesting replies: "Obama. He's strong and thinks about what he's going to say before he speaks." "Three people I don't see everyday—my Mom, my sister, God." "My sister who takes me to my mother's house." "My father."

Then the real work started: "Be the thing I call out." That's a tough one because there may be different things to think about at the same time—a person or thing, an action, and even a mood. On the night of my visit, they did a terrific job of presenting

all these quirky ideas: A scared baby duck; a sad dancer; a chilly bunny; a shy dinosaur; a giggly construction worker; a happy robot; a floppy fish out of water; a silly bear; melting ice cream (particularly challenging!); a smelly penguin (how does a penguin know he's smelly? No fair!).

Our talented actors next moved onto full scenes. They were given a general theme, but had to come up with a skit on their own. Half the group formed an appreciative audience—their turn onstage came soon enough.

An ice cream parlor had a unique cast of characters, including a life-size ice cream cone, a woman with a big orange wig that she later took off and parked on the ice cream cone, an apple pie, a waitress, an old man, and a spoiled little kid who tasted the ice cream and had a tantrum because there was a hair in it.

A second-hand appliance shop came next. The cast included, of course, a T.V., a remote control, and a knob turner. The antenna was very convincing, and the manager was properly outraged when a customer spilled his drink on the DVD player; of course, the DVD player wasn't too pleased, either. But, all's well that ends well, and the DVD player was duly dried off by another character, the hair dryer.

After these terrific scenes, the group played a game. A stuffed penguin by the name of Seth, sat in a chair, and one by one they pretended to tell him a big secret. They

***"Improv is a risky business."***

—Dorothy S. Hassan

had to start off with a dramatic "I have something to tell you!" This initially caused some consternation because not all participants had understood that no, the lady didn't want them to divulge a REAL secret, just a pretend one. As it turned out, some of our actors have quite a sense of humor!

I had a wonderful and inspiring evening, one I won't soon forget. Many thanks to the Langley friends who have supported the club, and also to Trinity United Methodist Church and Lutheran Redeemer Church who provided the space.

The club is working toward performing at the Langley talent show in May. I hear we may possibly find out at that time what people do at a Martian beach picnic, and what a steel wool sheep looks like. I can hardly wait!

—Dorothy S. Hassan  
Langley Board Member



**Basketball Uniforms and Holiday Donations Warm Hearts**

The holiday season is usually a popular time of year for people and organizations to donate time, money, and resources to those in need. Langley was fortunate enough to receive several donations over the holidays, some in very unique ways. As always, Langley appreciates every donation and uses the donations to help enrich the lives of people with intellectual disabilities. Donations allow for the people at Langley to participate in fun and meaningful activities like Improv Club or go to lunch all together at events like the State Special Olympics Basketball Tournament, etc.

Around Thanksgiving, Iliff Nursing and Rehabilitation Center in Dunn Loring started a canned food drive to benefit Langley. They collected over 300 cans of food! These cans were distributed among all of the Langley homes. Emily Atkinson, Activities Director and Volunteer Coordinator at Iliff, stated, "The Iliff staff, residents, and families really enjoyed participating in this canned food drive. It was a huge success!"

In addition, the International Association of Fire Chiefs (IAFC) started an Angel Tree/Adopt a Family program to help Langley individuals over the holidays. The IAFC gave gift cards and presents to several people at Langley. As IAFC presented the gifts, one of the recipients exclaimed, "Wow! How did you know what to get me? I love going to the movies and shopping at Target."

In a previous newsletter, it

was mentioned that the Langley Special Olympics Basketball Team wanted to get new uniforms. Previously, the Langley team has used generic uniforms provided by Special Olympics. Ed Plaucher, former Arlington County Fire Chief and now Assistant Executive Director of IAFC, heard about this and decided that a

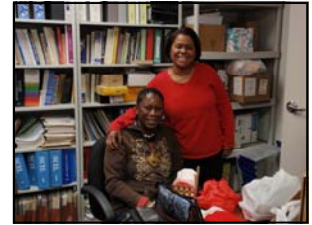
great holiday gift would be to donate new uniforms for the start of the new basketball season. Thanks to Ed, Langley now has red and white reversible jerseys with Langley's name and logo. When the team first saw the new uniforms, they said, "Now we look like a professional team and everyone knows who we are!"

Langley thanks these organizations and individuals as well as everyone else that helped to make the holidays brighter for the people we serve. We appreciate all of the support from the community not only during the holidays, but year-round. Your donations truly do make a difference!

***"Now we look like a professional team and everyone knows who we are!"***

— Langley Residents

—Kelly Wolfe  
Langley Board Member



***The IAFC started and Angel Tree/Adopt a Family program to help Langley individuals over the holidays.***



***Iliff Nursing and Rehabilitation Center conducted a food drive to benefit the Langley homes.***



***Thank you, Ed Plaucher and IAFC for the new basketball uniforms.***



## McLean Spring Community Garage Sale 2010

For the first time, Langley will take part in this hugely popular event. Please stop buy and visit our sale—you can find something for yourself and benefit a great cause at the same time!

**When:**  
Sat. April 10  
(9am—1pm)

**Where:**  
The Business Bank  
Parking Garage  
- Across from J. Gilbert's  
Restaurant, Ingleside  
Ave., and 1451 Dolley  
Madison Blvd. (Rt. 123)

**How You Can Help:**  
We are looking for new or gently used items to sell at the event. Please call Dorothy Hassan at 703-407-2828 if you have anything you would like to donate. We are especially looking for items in the follow categories:

- Power Tools
- Sporting Equipment
- Electronics (stereos, computers, etc.)
- Gardening Equipment
- Children's clothes, toys, books, etc.
- Glassware, dishes

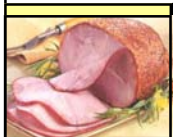
### Langley Nominates Junior League of Washington for Award

Langley has nominated the Junior League of Washington's (JLW's) LRSS Committee for a Fairfax County Volunteer Service Award in the Adult Volunteer Group category. Award winners will be announced on April 23, 2010. While the JLW's partnership with Langley goes back 21 years, for the past 10 years, they have been sponsoring a Literacy Club, Talent Show, and other special events/activities for the individuals Langley serves. Because these individuals face special (and unique) challenges in their daily lives, the Literacy Club focuses intensively on providing practical lessons geared to both improving functional literacy and reinforcing the life-skills that they learn from working with their Langley counselors. Each meeting has a different theme which could range from writing out a grocery list for a future trip to the store; reading the movie  
*(continued on page 7)*

### Easter/Spring 2010 HoneyBaked Ham Sale

Once again Langley has partnered with The HoneyBaked Ham Company to bring you high-quality holiday/seasonal food, while raising money to support important programs that make a difference in the lives of those we serve. Please consider choosing our Easter/Spring 2010 HoneyBaked Ham Sale as the source for this Spring's holiday meal or special occasion. Fifteen percent (15%) of your purchase will be donated to Langley. Proceeds from this campaign will help support our life-enrichment programs, such as the Improv Club and Literacy Clubs mentioned in this newsletter. **We thank you in advance for your generosity and support.**

### HoneyBaked Ham Company Offerings



**The Original & Authentic HoneyBaked Ham®**

- Our most popular item. Each Original and Authentic HoneyBaked Ham® is hand-selected then hickory smoked, spiral-sliced and topped with our unforgettable crunchy sweet glaze. It's simply the best choice every time.

4lb. qtr ham	serves 6-8	\$35.00	8 lb. half ham	serves 12-15	\$60.00
6 lb. half ham	serves 8-10	\$46.00	9 lb. half ham	serves 15-20	\$67.00
7 lb. half ham	serves 11-13	\$53.00	14 lb. whole ham	serves 26-28	\$90.00



**Sliced & Glazed HoneyBaked Turkey Breasts®**

- That same quality and taste that made our ham a favorite continues with our HoneyBaked Turkey Breast®. Tender, juicy, & 98% fat-free! Choice of 2.6 lb. Smoked or Roasted fully cooked, sliced and topped with crunchy sweet glaze. Serves 8-10.

\$25.00



**Classic Combo**

- A 7 pound Authentic HoneyBaked Ham®, slow-cooked, spiral-sliced and topped with our sweet, crunchy glaze, paired with our 2.6 pound sliced and glazed, smoked HoneyBaked Turkey Breast® – plump, juicy and bursting with flavor.

\$78.00



**The HoneyBaked Boneless Ham®**

- The HoneyBaked Boneless Ham® is gently smoked over a blend of hardwoods to seal in that delicious smoky flavor. Fully cooked, completely boneless, sliced and smothered in our renowned crunchy-sweet glaze. A 4 lb. Boneless Ham serves 8-10.

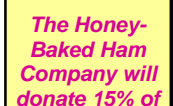
\$37.00



**My Grandma's of New England® Cinnamon/Walnut Coffee Cake**

- This incredibly moist coffee cake is baked using only the finest ingredients. From farm fresh eggs and pure bourbon vanilla to cultured sour cream, each double layer is hand-poured then baked with a crunchy topping of butter and brown sugar. Serves 12

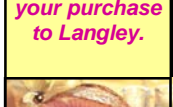
\$16.00



**Carrot Cake**

- A multi-layered masterpiece packed with carrots, raisins, pineapple, cinnamon and layers of luscious cream frosting covered with crunchy pecans and walnuts. Serves 12

\$20.00



**Lemon Cake**

- Delicious lemon cake filled and topped with lemon mousse with a butter cream frosting and white chocolate shavings Serves 12

\$20.00



**Coconut Cake**

- A light yellow cake with a layer of Belgian mousse filling topped with a sweet butter cream frosting and shaved coconut. Serves 12

\$20.00



**HoneyBaked Mustards**

- HoneyBaked Honey Mustard, Honey Mustard Mayonnaise and Horseradish Sauce are made using the finest, natural ingredients with no artificial colors, flavors, corn sweeteners or preservatives.

\$ 4.00

**HoneyBaked Mustard Assortment**

- **Special Value!** Select the Assortment and receive all three mustards: HoneyBaked Honey Mustard, Honey Mustard Mayonnaise and Horseradish Sauce. With special value pricing.

\$ 10.00

**Gourmet Jumbo Cashews**

- One Pound of the finest Gourmet Jumbo Fancy Cashews roasted and lightly salted to perfection. Packaged in a Gold Gift Tin.

\$15.00

**Fancy Mixed Nuts**

- One Pound of Roasted and lightly salted Almonds, Pecans, Cashews and Brazil nuts make for this very flavorful combination.

\$15.00

**HoneyBaked Ham Gift Certificates**

- Great for year-round shopping, HoneyBaked Ham gift certificates let you choose your favorite gourmet foods, whenever you want.

\$40.00

(continued from page 6)

and TV listings in the newspaper; understanding and following a recipe for tomorrow's dinner; or sending holiday cards to family and friends. The annual Talent Show and other activities hosted by the JLW, provide opportunities for the Langley individuals to proudly display their talents, practice skills that they've learned, increase their confidence, socialize with their peers, and feel connected to their community. The Langley individuals greatly anticipate participating in JLW events. Through its volunteer programs with Langley, the JLW increases the independent living skills of individuals with intellectual disabilities and enriches their lives.



*"The women of the Junior League of Washington are WONDERFUL. From the committee chairs on down, the enthusiasm for the Literacy Club, Talent Show and other programs is infectious and inspiring."*

—Betsy Schatz



### Easter/Spring 2010 Honey Baked Ham Order Form

**STEP #1**— Please select your purchase(s) from the options below:

Quantity	Item	Price
_____	4lb. Qtr. Ham	\$35
_____	6lb. Half Ham	\$46
_____	7lb. Half Ham	\$53
_____	8lb. Half Ham	\$60
_____	9lb. Half Ham	\$67
_____	14lb. Whole Ham	\$90
_____	Roast Turkey Breast	\$25
_____	Smoked Turkey Breast	\$25
_____	Classic Combo	\$78
_____	Boneless Ham	\$37
_____	Cinn-Wal Cake	\$16
_____	Carrot Cake	\$20
_____	Lemon Cake	\$20
_____	Coconut Cake	\$20
_____	Honey Mustard	\$4
_____	Honey Mustard Mayo	\$4
_____	Horseradish Sauce	\$4
_____	Mustard Assortment	\$10
_____	Gourm. Jumbo Cashews	\$15
_____	Gourmet Mixed Nuts	\$15
_____	\$40 Gift Certificate	\$40

**STEP #2**— Please total the number of items purchased and the total amount owed below:

Total Number of Items: \_\_\_\_\_

Amount Due: \$ \_\_\_\_\_

**STEP #3**— Please provide your contact information below so that we can let you know when and where to pick up your order:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

**STEP #4**— Please cut out this completed order form along the dotted lines and insert it in the enclosed return envelope with your check or money order made payable to L.R.S.S.

OR

If you prefer to pay via credit card, please provide your credit card information below, cut out this completed order form along the dotted lines and fax it to Langley's office (our fax number is 703-893-5047).

VISA  Master CARD  Credit Card Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date: \_\_\_\_\_

*Because everyone deserves a rich, full life that has meaning...*

**LANGLEY  
RESIDENTIAL  
SUPPORT SERVICES**

1487 Chain Bridge Road  
Suite 200  
McLean, VA 22101

Phone: (703) 893-0068  
Fax: (703) 893-5047  
E-mail: [Langleyres@aol.com](mailto:Langleyres@aol.com)

**Visit Our Website**

[www.langleyresidential.org](http://www.langleyresidential.org)



**What is Langley?**

Langley Residential Support Services (LRSS or Langley) is a 501(c)(3) non-profit organization headquartered in McLean, Virginia. It was created in 1983 to provide quality comprehensive residential and community support services that enable people with intellectual disabilities to live an active and rich life, and to develop the self-confidence that comes with being more independent. Langley currently supports approximately 70 individuals in Fairfax County, VA through our programs. We invite you to learn more about us and the inspiring people we have the privilege to serve.

**A Langley Board Member's Perspective...**

Langley Residential Support Services or LRSS, as it is often fondly referred to, is a non-profit organization which makes a dynamic contribution to the quality of life in Fairfax County. I serve on the Board because LRSS is resolved to provide velocity to the integration of a once marginalized part of this nation into our extraordinary community of people. Established on the premise that just because people are different does not mean they need to be institutionalized, LRSS has over its almost twenty-seven (27) years provided residential and support services to individuals with intellectual disabilities. As a result, the individuals we serve live active and rich lives today and recognize for themselves too that they have abilities be-



*Langley Residents enjoy a game of scrabble with Betsy.*

yond the perceptions ascribed to persons with intellectual disabilities just only a few decades ago. This builds their confidence, allows them to maintain a relatively independent lifestyle and make their own contribution to mainstream society...no different than you or me. It is a great organization with a noble mission. For me serving them is an opportunity to do good for those that need help in the same community where I live, work and play. I encourage you to check out our website at <http://langleyresidential.org> and join us for one of our upcoming events or support us in our efforts on behalf of the intellectually disabled in our community.

—Meti Fekadu  
Langley Board Member