

**From:** Langton Green <john@langtongreen.org>  
**Sent:** Wednesday, December 5, 2018 1:56 PM  
**To:** Patricia San Antonio  
**Subject:** December 2018 at Langton Green

Providing individualized services and supports for persons with intellectual and developmental disabilities since 1984



**LANGTON  
GREEN**  
Growing together.

3016 Arundel on the Bay Road  
Annapolis, MD 21403  
410-263-3225 / Fax 410-269-0297



Langton Green Community Farm  
Langton Green Happenings

## December 2018

### Giving Thanks

We hope everyone has a happy holiday season. Thanks to our donors including Woods Memorial Presbyterian Church in Severna Park for the donation from their Peace and Global Witness offering. The Annapolis Civitans also provided a generous donation. We have just learned that Keller Williams has selected LGI for their Red Day Project for May 2019. They will send many volunteers to the Langton Green Community Farm to help with much-needed new farm projects. We thank all who support adults with developmental disabilities; these funds and volunteers help so much in our mission.

### Eat Healthy Be Happy

In November our group talked about the history of Thanksgiving. We discussed the importance of hydration, how to know when you are drinking enough, how hydration helps with mood, your digestion, your skin and weight. After discussing some healthy alternatives to traditional Thanksgiving favorites, the participants shared a healthy Thanksgiving dinner with turkey, cranberry sauce, and fresh vegetables.

### Advocator's Group

The Advocator's Group discussed the meaning of the holidays for them: friends, family, food, and helping others. You can help others by being kind, sharing food, and buying or making gifts and cards for friends and family.

## Expecting Snow?

Contact Langton Green at [farminfo.org](http://farminfo.org). We can supply a team to help. Reasonable rates apply all year long for cleanup and landscaping services for residential areas.

## Ways to Give

We are getting a new website! In the meantime, if you would like to volunteer please contact [farminfo@langtongreen.org](mailto:farminfo@langtongreen.org). If you would like to donate please give us a call at 410-263-3225.

### Our Contact Information

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