

# Tall Oaks

ASSISTED LIVING  
AND MEMORY CARE

WINTER  
2025

A Publication For Residents, Families And Friends of Tall Oaks Assisted Living  
12052 North Shore Drive • Reston, Virginia 20190 • 703-834-9800 • talloaksal.com

## Holiday Happenings

We are so grateful for our amazing residents, their loved ones, and our local partners in senior care. We were thrilled to host a delicious holiday dinner for residents and guests and two December networking events. Thank you all for being a part of the Tall Oaks family!



CNA Yah  
Nosegbe was  
all smiles.



Jacqueline Maschke  
(seated) and Dining  
Services Director  
Cheryl Beckwith



David Bronfin  
rings in the  
new year!



Walter Dicks  
(front) shares a  
hearty holiday meal  
with his family.



# Worth a Thousand Words

Edmund Midura began painting in his 20s as a hobby. Now, over 60 years later, he has a beautiful collection of one-of-a-kind artwork that adorns the walls of his Tall Oaks apartment.

Although he has a PhD in Mass Communication, Edmund is a pure painting talent, especially using his favorite medium, which is acrylic. Edmund graciously gave us a peek at his stunning work!



*The view from the apartment Edmund and his wife shared in Columbia, Maryland.*



*Neuschwanstein Castle in Bavaria*



*Edmund and his painting of a landmark in Wroclaw, Poland.*



*Housekeeper  
Ashley Cruz and  
Moe match in  
navy blue.*



*Moe enjoys a  
nap on the lap  
of Lou Morgan.*



*Moe and owner,  
Michelle.*



## The CSM Community Family

**Chesterbrook Residences**  
*Residential Living, Assisted Living*  
Falls Church, Virginia • 703-531-0781

**Marian Manor**  
*Assisted Living,  
Intensive Assisted Living*  
Virginia Beach, Virginia • 757-456-5018

**Mennowood**  
*Independent Living, Assisted Living,  
Memory Care*  
Newport News, Virginia • 757-249-0355

**Our Lady of Hope**  
*Assisted Living, Memory Care,  
Intermediate & Skilled Nursing Center*  
Richmond, Virginia • 804-360-1960

**Our Lady of Peace**  
*Residential Living, Assisted Living,  
Memory Care, Nursing Center*  
Charlottesville, Virginia • 434-973-1155

**Our Lady of Perpetual Help**  
*Extensive Assisted Living,  
Memory Care, Nursing Center*  
Virginia Beach, Virginia • 757-495-4211

**Our Lady of the Valley**  
*Assisted Living, Memory Care,  
Intermediate & Skilled Nursing Center*  
Roanoke, Virginia • 540-345-5111

**Potomac Place**  
*Assisted Living, Memory Care*  
Woodbridge, Virginia • 703-494-3817

**St. Mary's Woods**  
*Residential Living, Assisted Living*  
Richmond, Virginia • 804-658-2085

## Moe Snuggles, Please!

Meet Moe, our Tall Oaks community pet (whose official owner is our canine-loving Director of Community Relations and Marketing, Michelle Morgan). Michelle brings Moe to Tall Oaks often to visit with residents in both Assisted Living and Memory Care. They are quickly spoiling the five-month-old French Bulldog who came from a Tennessee rescue organization. He stole our hearts on day one!

### Four-Legged Fact:

Spending time with a pet offers a range of health benefits, from reduced anxiety and loneliness, to improved cardiovascular health and mood. Animals have been proven to improve emotional wellbeing, particularly for older adults.



*Moe gets a scratch  
behind the ears from  
Missy Waddle.*



**CSM** Senior Living  
Management



## Best Seats in the House

Did you know that Tall Oaks has a cozy movie theater, perfect for afternoon matinees and intimate movie screenings? With fresh popcorn popping in our own popper, classic movie theater candy, and drinks, it's the perfect place to watch your favorite flick! Contact the Life Enrichment team to learn about scheduling your own showing.



Florence Carson  
and Marti  
Sebastiani

Dorothy "Bunny" Fritz and  
her friends enjoyed a personal  
screening of the holiday classic,  
"It's a Wonderful Life."



Please visit our website at [talloaksal.com](http://talloaksal.com). Call 703-834-8900 for more information about exceptional living opportunities at Tall Oaks Assisted Living.

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*Where your family is our family!*



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