

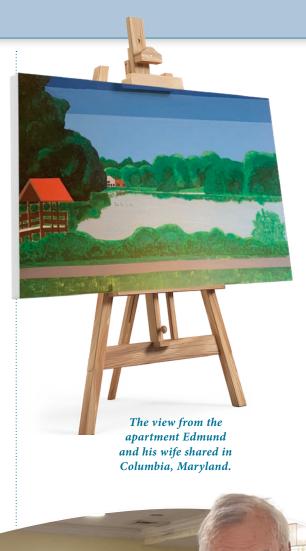
A Publication For Residents, Families And Friends of Tall Oaks Assisted Living 12052 North Shore Drive • Reston, Virginia 20190 • 703-834-9800 • talloaksal.com

# Alappenings

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!







# 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!



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

Neuschwanstein Castle in Bavaria





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.



# 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



## 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.



Please visit our website at 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!





