

Tall Oaks

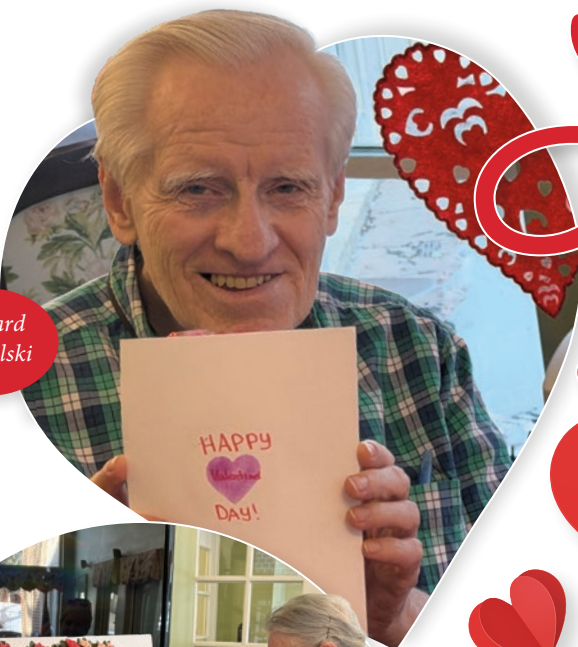
ASSISTED LIVING
AND MEMORY CARE

Winter
2026

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

Love is in the Air

Edward
Ciesielski



Valentine's Day reminds us that love is meant to be honored, embraced, and most of all, shared!

Residents were showered

with affection through sweet treats and homemade cards.

The feeling of love is what makes Tall Oaks more than a place to live—it makes it home. Because, after all, home is where the heart is!

Fern Maki picks her "punch" from the Valentine surprise board.



Above: Maureen Phillips, Life Enrichment Associate Fatena Habal, and Sharon Headrick share cards. At left: Dorothy "Bunny" Fritz spends time with her daughter, Liz Susla.



Holiday Happenings

While Jack Frost brought cold air, snow, and ice, we were warm and cozy, enjoying all the best of the Christmas season! Residents found themselves gathering around the tree for photos or to decorate cookies.

In the dining room, a Christmas Lunch welcomed residents and their loved ones, and entertainers played holiday favorites throughout the season. Not to be outdone, our team took a short break for a staff Christmas party to get in the spirit. Thank you to everyone who made this winter one to remember!



Chong Chappell smiles beside CNA Hirut Chekol.



Musician Laurie Blue was a hit on guitar.



Marti Sebastiani

Our nurses were ready for the holidays! From left: CNAs Yah Nosegbe, Victoria Owusu, and Teresa Ortiz with Executive Director Mavis Adu.



Visitor ZJ (grandson of team member Sarra) and his adorable demeanor brought a smile to the faces of many residents, including John Schultz.



Esther Lucas picks out her favorite cookies!



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

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*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



Maureen
Phillips



Jacqueline
Maschke



Bobby
Paschall

Let the Good Times Roll

Bright decorations, festive colors, bold hats, and lots of beads gave an authentic feel to our Mardi Gras celebration. This year's lively, New Orleans-inspired lunch had us all wondering... who is under the mask?



Bob
Drach



Shirley
Nesselrodt



CSM Senior Living
Management

Introducing lifeloop

We are excited to debut LifeLoop, our new communication and life enrichment platform designed to help loved ones stay more connected to residents' daily experiences. LifeLoop provides a secure way to stay "looped" in.

- View daily and monthly activity calendars
- See photos and updates from community events
- Receive important announcements and reminders
- Message our Life Enrichment team
- Stay connected to what matters most in your loved one's day-to-day life
- Send free weekly postcards to your loved one (we're really excited about this fun feature!)

Questions?
Contact our
Director of Life
Enrichment.

In early 2026, families will receive an invitation email with instructions about how to create a LifeLoop account. Be on the lookout for this important email!

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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