

# Tall Oaks Assisted Living recognizes our community heroes

**Provided by Tall Oaks**  
SPECIAL TO THE  
FAIRFAX COUNTY TIMES

The Essential Healthcare staff at Tall Oaks Assisted Living and Reston Hospital have put their own families second and their own lives on the line to continue to provide care for those in need. They suit up and show up each day despite their fears to safeguard and serve our community.

With Seniors at higher risk for severe illness from COVID-19, Tall Oaks Assisted Living staff understand how important it is to protect their residents and are working extended hours to provide care.

Tall Oaks extends our

gratitude to the true heroes that work here. **Thank you,** Tall Oaks Nursing, Activities, Dining, Maintenance, Environmental Services and Administrative staff, for exhibiting bravery and maintaining positive energy each day to keep our senior residents healthy and spirits high. Your kindness, work ethic, humility and selflessness in the face of adversity are truly admirable.

Tall Oaks Assisted Living Executive Chef Cheryl Beckwith honors our community heroes by providing complimentary meals for Tall Oaks staff. She is dedicated to serving not only Tall Oaks residents and staff, but our local healthcare and essential service staff who are also

putting themselves on the front lines to protect our community and save lives.

In between implementing extraordinary COVID-19 safety measures while planning, cooking and coordinating daily room service deliveries to our senior living residents, Chef Cheryl took the time to extend our gratitude to the Essential Healthcare staff at Reston Hospital by crafting and delivering 50 boxed lunches. These individually wrapped meals were given to the first responders, nurses, and other courageous staff working the COVID-19 floor at Reston Hospital.

It takes an exceptional team to keep moral high in the midst of crisis, to face an



PHOTO COURTESY TALL OAKS

**Tall Oaks Nursing & Onsite Rehabilitation Staff. From left to right: Priscah Ongwae, Patricia Bessie, Teri Braxton Colwell, and Mavis Adu.**

invisible enemy and keep pushing through, to lift each other up and continue to strive for excellence while selflessly helping others.

**Tall Oaks Assisted Living – HEROES WORK HERE**

*“Courage is not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” - Nelson Mandela*

**First Responders, Thank You For Your Bravery!**



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## FOSTER CARE

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okay – but he was really looking forward to starting his adoption process,” says Willis.

Another case in which two sisters were looking to move to a relative’s place in Florida, which was scheduled in April, has been postponed until September. “When it gets pushed back all these months, it’s devastating for these kids,” she says. “We do so much work with them to prepare them for what their next step is and now, at no fault of anybody, this is all thrown off.”

An additional problem that the children are facing now is that they can’t see their birth parents in person. Now, they speak through the phone. And on top of that, many therapies have stopped having sessions. Although some still do them over the phone, many children with trauma and mental health issues are left with no therapy during this time.

But Willis says that this has only brought families to support each other. “We’re a smaller agency and we like it that way

because it feels like a family.” Although they didn’t usually have support groups, now they’re fostering weekly virtual sessions for their families. “Through a time of crisis, we’ve all come together.”

What’s best to highlight during this year’s National Foster Care Month is the need for foster parents and other types of help. Although many of the children at the agency have lived in challenging environments and suffer from trauma, “they are children who just need a loving home.” Willis says that For Children’s Sake works with kids from birth to 18 years old, so there’s a large variety of age ranges for interested foster parents.

“There’s a dire need for foster parents, and if anyone’s ever thought of it, or if you want more information, it does not hurt to call.” She also adds that for those who can’t commit to fostering but still want to help, the agency is also looking for individuals to help with their daycare and with some of their trainings.

The agency’s phone number is 703-817-9890 and the program director’s email is KWillis@fcsva.org.



## Real Heroes Don't Wear Capes

*True heroes* are all around us. They are housekeepers, dining servers, maintenance staff, and cooks. They are chaplains, social workers, art directors and fitness staff. They are first responders, nurses’ aides, doctors and nurses. And the list goes on.

*We offer heartfelt thanks to all true heroes, at Goodwin House and throughout Fairfax County.*



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We're Putting Out the *Virtual* Welcome Mat.

In today's world, it might feel like we're missing out on a lot. But, thanks to technology, you can still visit Tall Oaks—virtually! Visit TallOaksAL.com to take your virtual tour. Our hope is that you'll feel like you do when you visit in person: warmly welcomed and right at home!



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