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Tall Oaks

A S S I S T E D  L I V I N G

WHERE YOUR FAMILY IS OUR FAMILY



Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981.



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*Check out our website at www.talloaksal.com.
 If you like what you see, please write a review.
 We love 5 star reviews!!
 Thank you in advance!*

April 2024



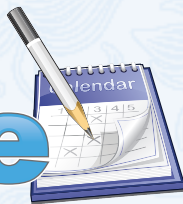
Good Afternoon, Everyone,
 Happy April! I hope that you are enjoying the lovely weather that we have recently and hopefully in the days to come. April is always unpredictable, but one thing is for sure ... it will be beautiful at Tall Oaks.

I wanted to share an inspirational quote with you that I looked up and thought it was appropriate for this time of year. "Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds." Some of you may be asking yourselves, "Why did he choose that as his quote?" The answer is because we are what we choose to be. If we choose to be happy, we are happy. If we choose to be sad, we will be sad. When obstacles come our way we need to rise to new heights and continue to push forward. Every challenge is an opportunity for upcoming success.

Shifting gears, I am happy to share that Tall Oaks Assisted Living was awarded one of the Top Assisted Living communities in the state of Virginia for a second year in a row. Tall Oaks received a citation free inspection from our partners at the Department of Social Services. This is a major accomplishment, and we are so proud of our team. Please join me in congratulating the team members who have worked tirelessly. We take pride in making this community a warm and welcoming environment where relationships can bloom just like the flowers that surround our beautiful community!

All the best,
 George

Save the Date



Splash & Dash

Stop by and get your assistive devices cleaned (wheelchair, walker, etc.).

Courtesy of Legacy Hospice.

April 1st

10:30-12:00 pm.

Food Committee Meeting

April 16th

11:00 am

Resident Council Meeting

April 17th

1:30 pm

Live Music Entertainment

Eric Highsmith: April 5th,
2:30pm

Tacy Foundation: April 7th,
3:30pm

Vince Borrelli: April 10th,
2:30pm

Caleb Nei: April 19th, 1:30pm

Bradley Davis Duo: April 21st,
3:00pm

Jan & Randy: April 24th, 1:30pm

"Just Friends" Concert : April
27th, 2:30pm

**WE HOPE TO SEE
YOU THERE!**

**Please See the Daily Life
Enrichment Sheets
for Updates!**

Assisted Living Neighborhood



PUZZLES & DANCE PARTIES ANYONE?!

Engaging the mind and body!

Memory Care Neighborhood





Celebrating Soy Foods

One of the country's largest crops, soybeans are a complete protein—containing all the essential amino acids—and are also high in fiber, calcium and iron, among other nutrients. Celebrate National Soy Foods Month in April with this sampler:

Edamame. These are soybean pods harvested before they ripen, so the legumes inside are tender and sweet. They're

typically boiled and salted, then eaten as a snack or added to stir-fry dishes.

Soy sauce. This staple of Asian cuisine is made from fermented soybeans and is often an ingredient in other marinades, including teriyaki sauce.

Soy milk. Before oat and almond milk became more common, soy milk was the go-to dairy alternative. It's still a popular option at coffee shops and supermarkets.

Tofu. Made by curdling fresh soy milk, tofu is also called soybean curd. It's praised as a meat alternative, since it easily absorbs the flavor of spices and sauces.

The Influence of Earth Day

The modern-day environmental movement kicked off over 50 years ago on the first Earth Day, April 22, 1970.

The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a "national teach-in on the environment" that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of the country's population at the time, took part in rallies, raising awareness about environmental

issues and appealing to protect the health of the planet.

Earth Day's success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues—the Environmental Protection Agency, which began work in December 1970. By 1990, Earth Day became a worldwide observance.



Wit & Wisdom

"So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us."
—Hal Borland

"I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you."
—Bill Withers

"A smile is the light in your window that tells others that there is a caring, sharing person inside."
—Denis Waitley

"Falling asleep while the rain is clashing down on the window is nature's best lullaby."
—Kim Pape

"Look out of the window and you have a finer sight than any painter has ever placed on a piece of canvas."
—Iain Pears

"If a window of opportunity appears, don't pull down the shade."
—Tom Peters

"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."
—Lynda Resnick

Word Search

Category: Weather

T S O R F N Y B L S J B
 E G O F D R S D U O L C
 M N R A I N F N I I I T
 P I A W O N S A Z T A O
 E N P C O H T Z H S H R
 R T T P I B A U T U Q N
 A H E N C R N O M S V A
 T G E K D D R I S X I D
 U I L X E M D U A H A O
 R L S R T I A N H R U D
 E V A W T A E H I H U A
 X X I Y Z E E R B W I P

1. Tornado
2. _____
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- Word Search Solution:
1. Blizzard
 2. Breezy
 3. Clouds
 4. Fog
 5. Frost
 6. Hail
 7. Heat wave
 8. Humidity
 9. Hurricane
 10. Lightning
 11. Rain
 12. Rainbow
 13. Sleet
 14. Snow
 15. Storm
 16. Sunshine
 17. Temperature
 18. Thunder
 19. Tornado
 20. Wind

