



703.834.9800

www.TallOaksAL.com

12052 N Shore Drive

Reston, VA 20190

Tall Oaks

ASSISTED LIVING

WHERE YOUR FAMILY IS OUR FAMILY



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



Our Team At Your Service

Business Office Manager: Yesica Martinez
ymartinez@talloaksal.com

Director of Community Relations
& Marketing:
Michelle Morgan

DCRM@talloaksal.com

Director of Nursing: Mavis Adu, BSN, RN
madu@talloaksal.com

Director of Maintenance: Sergey Dvoretzky
sdvoretzky@talloaksal.com

Director of Food Services: Cheryl Beckwith
cbeckwith@talloaksal.com

Director of Environmental Services:
Patty Canas

pcanas@talloaksal.com

Director of Life Enrichment: Mycal Ross
mross@talloaksal.com

Move-In Coordinator: Allison Whittaker
awhittaker@talloaks.com

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If you like what you see, please write a review.

We love 5-star reviews!!

Thank you in advance!

A Break From the Festivities

If the upcoming holidays find you in the home of family members or friends, try sticking to your own routine as much as possible, especially when it comes to rest. If the festivities have you feeling tired or overwhelmed, don't be embarrassed to seek out a quiet place to take a break or catch a nap. Your loved ones will want you feeling your best.

November 2024



November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?

To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

'Coin' Is One

How many words can you come up with using the letters in "election"?

Flowers of November

Changing leaves take center stage this time of year, but several flowers hold special meaning during the month of November.

Chrysanthemum. From Greek words meaning "gold flower," this stunning autumnal bloom is not only found in shades of orange and yellow, but also white, red, pink, purple and green. Mums, which are the primary birth flower of November, are associated with loyalty, friendship and joy.

Red poppy. Veterans Day, Nov. 11, is a time to recognize all past and present U.S. veterans and thank them for their service. The red poppy has been linked with veterans since World War I, thanks to the poem "In Flanders Fields," written by Canadian soldier Lt. Col. John McCrae. Red poppies are a large part of veterans' ceremonies in countries such as Australia, Canada and the U.K., where Nov. 11 is known as Remembrance Day. In the U.S., red poppies are more often associated with Memorial Day in May, but you'll still find veterans groups handing out artificial poppies in November.

Forget-me-not. The delicate blue forget-me-not is a poignant symbol of Alzheimer's disease and other dementias. Since November is Alzheimer's Disease Awareness Month, now is a good time to showcase the blossom.

October at a Glance:



You Are Home

"Home is people. Not a place." —Robin Hobb



Wit & Wisdom

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."

—Eleanor Roosevelt

"There's nothing like a really loyal, dependable, good friend. Nothing."

—Jennifer Aniston

"The most beautiful discovery true friends make is that they can grow separately without growing apart."

—Elisabeth Foley

"Friends are those rare people who ask how we are and then wait to hear the answer."

—Ed Cunningham

"A single rose can be my garden ... a single friend, my world."

—Leo Buscaglia

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad."

—Arnold H. Glasow

"I would rather walk with a friend in the dark, than alone in the light."

—Helen Keller

"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."

—Bernard Meltzer

Stay Tuned for November. See You All Then!!

Special Event-

- Thanksgiving Lunch Meal
November 24
@11:30am-1:00pm



"This Month In History"

NOVEMBER

1876: Yale defeats Princeton in the first college football game played on Thanksgiving.

1935: Departing from San Francisco, the China Clipper seaplane carries over 110,000 pieces of mail across the Pacific Ocean, arriving in the Philippines seven days later. The completion of the voyage marked the beginning of trans-Pacific airmail service and travel.

1945: The super-strong, spunky girl with the mismatched socks is introduced to readers when

Astrid Lindgren's book "Pippi Longstocking" is published in Sweden.

1963: Priced at \$15.95, the Easy-Bake Oven debuts in toy stores. Half a million of the mini appliances were sold during the first year.

1982: The first Honda Accord rolls off the assembly line in Marysville, Ohio, making Honda the first Asian automaker to manufacture cars in the U.S.

1993: A football record is set when the Miami Dolphins defeat the Philadelphia Eagles, crowning head coach Don Shula the winningest coach in NFL history.

2005: Angela Merkel is sworn in as the first female chancellor of Germany.

2019: The iconic black leather outfit worn by Olivia Newton-John in the 1978 film "Grease" is auctioned off for \$405,700, with 100% of the proceeds donated to the actress' cancer research organization.