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# 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

Executive Director: Mavis Adu  
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Director of Environmental Services:  
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Visit us on Facebook.

Check out our website at [www.talloaksal.com](http://www.talloaksal.com).  
If you like what you see, please write a review.

We love 5-star reviews!!  
Thank you in advance!

## Dazzling Ball Drop

More than 1 million spectators crowd New York City's Times Square every Dec. 31 to watch the famed New Year's Eve ball drop at midnight. Over the years, the materials used to make the ball have included wood, wrought iron, aluminum and crystal, and the number of lights adorning it has increased from 100 in the early days to more than 30,000 today.

## December 2024

### Get to Know the New Executive Director: Mavis Adu

I am Mavis Adu. I migrated from Ghana, West Africa to the United States at the age of 16 with my parents and three siblings. I became interested in healthcare at the age of 23 and attended Virginia School of Nursing and became a Licensed Practical Nurse in 2014. I then completed my bachelor's in Healthcare Administration and bachelor's in Science of Nursing.

I am married with three boys. I have been in the Assisted Living industry for over ten years, I have worked as charge nurse, memory care nurse, Assisted Living Coordinator, Assistant Director of Nursing, and Director of Nursing for various communities.

I love working in the senior living industry—my passion is Resident Care and bringing the best quality of care to our residents. I pride myself on being responsive, detailed oriented, and customer-service focused. I am a driven caregiver, who is compassionate and will always lead my team by example and sets high standards and expectations for my team. I pride myself on my open-door policy and welcome feedback, concerns, and conversations.

My goal as Tall Oaks' new Executive Director will be to ensure that every resident receives the quality care and attention they need and deserve!

### Reading Challenge: Revisit a Favorite

December can be a busy month, so seek some peace and quiet by rereading a favorite book. It could be a new title you discovered this year or a cherished story from childhood. Make some hot tea or cocoa, cozy up with a blanket and find comfort in a familiar tale.



### Live Music

- Dec. 2 ..... Nashville Standard
- Dec. 6 ..... Eric Highsmith
- Dec. 7 ..... Billy Sarkis
- Dec. 8 ..... Tacy Foundation
- Dec. 11 ..... Vince Borrelli
- Dec. 11 ..... Tom Stringer
- Dec. 19 ..... Just Friends Con.

### Socials

- Dec. 2 ..... Tree Decorating
- Dec. 3 ..... Our Tree Lighting
- Dec. 12 ..... Cookie Decorating
- Dec. 12 ..... Eggnog & A Movie
- Dec. 13 ..... Holiday Karaoke
- Dec. 18 ..... Resident Council

### Faith

- December 5 ..... Father Dyer
- December 12 ..... Father Dyer
- December 19 ..... Father Dyer
- December 26 ..... Father Dyer

### Holiday

- December 15 ..... Holiday Lunch

### Trips

- Dec. 10 ..... Wegmans
- Dec. 12 ..... Holiday Lights
- Dec. 17 ..... Rose Garden's Day
- Dec. 19 ..... Holiday Lights
- Dec. 24 ..... Target
- Dec. 26 ..... Top Golf
- Dec. 31 ..... 5 Below

## November at a Glance



### Glitter Buster

Glitter from holiday cards, projects and decorations can easily be cleaned up with a lint roller.

### 'Print' Is One

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



### Protect Your Peace

"People can't drive you crazy if you don't give them the keys."  
—Mike Bechtle



### We've Got Mail

About 1.3 billion holiday cards are sent each year in the U.S., says the Greeting Card Association.



### Frosty and Festive

"Winter is not a season, it's a celebration." —Anamika Mishra



### Wit & Wisdom

"The more positivity, love and light you reflect, the more light is mirrored your way."  
—Suzy Kassem

"Reflection is one of the most underused yet powerful tools for success."  
—Richard Carlson

"The journey into self-love and self-acceptance must begin with self-examination ... until you take the journey of self-reflection, it is almost impossible to grow or learn in life."  
—Iyanla Vanzant

"The moon is the reflection of your heart and moonlight is the twinkle of your love."  
—Debasish Mridha

"Self-reflection is an important stage to diagnose, develop and strengthen your creativity."  
—Pearl Zhu

"Art is not a reflection of reality, it is the reality of a reflection."  
—Jean-Luc Godard

"Reflection is the lamp of the heart. If it departs, the heart will have no light."  
—Abdallah ibn Alawi al-Haddad

"Let go of rejections and focus on self-reflection. For it is within that you will find the light you seek."  
—Amy Leigh Mercree



## America's Official Poets

Each year, the Library of Congress names a poet laureate of the United States to promote the reading and writing of poetry. Find inspiration in the works of these poets of the nation.

<u>Year Appointed</u>	<u>Poet Laureate</u>
1937	Joseph Auslander
1945	Louise Bogan
1958	Robert Frost
1968	William Jay Smith
1976	Robert Hayden
1985	Gwendolyn Brooks
1993	Rita Dove
2000	Stanley Kunitz
2015	Juan Felipe Herrera
2022	Ada Limón

# "This Month In History"

## DECEMBER

**1901:** With a goal of setting rules and safety standards, representatives from over 60 universities meet to form the Intercollegiate Athletic Association of the United States. In 1910, the organization was renamed the NCAA.

**1924:** At age 2, Judy Garland makes her stage debut at her father's movie theater in Grand Rapids, Minn.

**1948:** The United Nations General Assembly adopts the Universal Declaration of Human Rights. Defining

fundamental freedoms of all human beings, the document has been translated into more than 500 languages.

**1973:** Astronauts on NASA's Skylab 4 mission take a 7-hour spacewalk, the longest at the time.

**1987:** Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to score a goal by intentionally firing the puck into the other team's net.

**2001:** "The Lord of the Rings: The Fellowship of the Ring" premieres. It was the first film in the trilogy based on author J.R.R. Tolkien's fantasy series.

**2007:** At 81, Queen Elizabeth II becomes the oldest ever monarch of the U.K., surpassing her great-great-grandmother, Queen Victoria.

**2016:** Global retailer Amazon makes its first delivery by drone. The package arrived at its destination 13 minutes after it was ordered.