

Tall Oaks

Fall
2024

ASSISTED LIVING
AND MEMORY CARE

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

Director of Community
Relations and Marketing
Michelle Morgan
(in mask) with Dining
Services Director
Cheryl Beckwith.

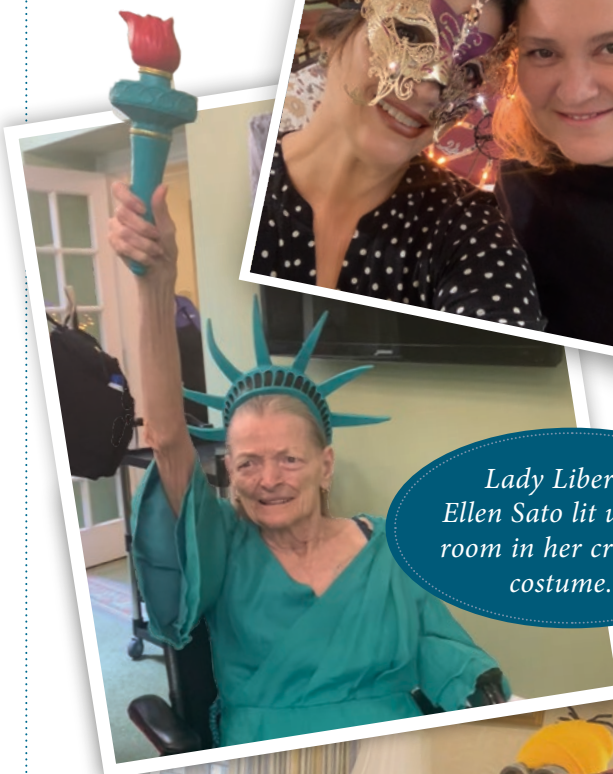


Fab-BOO-Lous Halloween

Halloween was simply “spooktacular” at Tall Oaks—complete with pumpkin carving, games, and candy for kids and adults. Residents took joy in seeing all the little ones dressed up for the occasion—from cows and cowboys to movie and comic book characters. Even our staff and residents got into the act.

Our youngest
visitors were especially
excited to carve their
own jack-o-lanterns!

Lady Liberty
Ellen Sato lit up the
room in her creative
costume.



Marion Alany enjoys a visit
from a few colorful characters.



*Powerback Director
of Rehab Keri Beltran,
Bobby Paschall,
David Bronfin.*

Playing the Long Game

Residents joined Keri Beltran with Powerback Rehabilitation for an outing to Top Golf!

Visitors to Top Golf can hit balls from a covered bay on a large driving range. It was a beautiful day and residents enjoyed perfecting their swings while getting some fresh air.

Mr. Behrend—who happens to be 101 years young—was showing everyone how it's done!



*James Behrend and
Keri chat about his
longest drive.*

*Bobby Paschall—who
regularly practices his putting
with friends on the Tall Oaks
campus—tees it up during the
Top Golf outing.*



Turkey and Sweet Potato Stew

A Tall Oaks seasonal favorite from Chef Cheryl's kitchen!

INGREDIENTS

- 1 ½ pounds Turkey breast (raw ½ inch cubes)
- 4 small or 3 medium Sweet potatoes (½ inch cubes)
- 2 small Onion (½ inch diced)
- 1-8 oz package Mushrooms (quartered)
- ¼ cup plus 3 tbsp Fresh sage (shredded)
- 1 tsp Fresh thyme leaves
- ¼ cup Flour
- 2 tsp Minced garlic
- 64 oz Chicken broth (salt-free or 1 regular)
- Salt and pepper to taste

DIRECTIONS

In a large pot, cook the sweet potatoes, onions, mushrooms, garlic, and chicken broth until the sweet potatoes are almost al dente and the broth is at a boil. Meanwhile, coat the turkey in flour and add to the pot along with the fresh herbs. Cook until the stew is thickened and the turkey is cooked to an internal temperature of 165 F. Add salt and pepper to taste and serve hot with your favorite rustic bread!

Note: if using dried herbs instead of fresh, add them at the beginning of the cooking process.



The CSM Community Family

Chesterbrook Residences
Residential Living, Assisted Living
Falls Church, Virginia • 703-531-0781

Marian Manor
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Virginia Beach, Virginia • 757-456-5018

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Woodbridge, Virginia • 703-494-3817

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Richmond, Virginia • 804-658-2085

Employee Spotlight: Mavis Adu, RN

The Tall Oaks team is happy to celebrate the promotion of our very own Mavis Adu from the role of Director of Nursing to Executive Director! Mavis has worked at Tall Oaks since 2018, beginning as an LPN. Last year, Mavis became a Registered Nurse, and she holds degrees in Healthcare Administration and Nursing. Congratulations, Mavis!



Mavis pictured with her husband and three boys.



"I love working in the senior living industry—bringing the best quality care to our residents is my passion. My goal as Executive Director will be to ensure every resident receives the care and attention they need and deserve!"



Happy Holidays!

From our family to yours, we wish you a wonderful holiday season and a blessed New Year.

A special thank you to the residents and team members who generously volunteered as models for our recent photo shoot. People like you are the essence of the Tall Oaks community!



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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