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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 Is Here to Serve

At Tall Oaks Assisted Living, we are committed to providing the best care and service possible. Feel free to reach out to any of our dedicated team members for assistance or with questions.

- **Executive Director:** Mavis Adu – madu@talloaksal.com
- **Business Office Manager:** Yesica Martinez – ymartinez@talloaksal.com
- **Director of Community Relations & Marketing:** Michelle Morgan – mmorgan@talloaksal.com
- **Director of Nursing:** Ama Badu, RN – abadu@talloaksal.com
- **Assistant Director of Nursing:** Margarita Webb – mebb@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 Activities:** Sarra Barakat – sbarakat@talloaksal.com

Stay Connected With Us:

- Visit our website: www.talloaksal.com.
- Connect with us on Facebook.
- We love 5-star reviews! If you've had a positive experience, we would greatly appreciate it if you could leave a review.

We're here to help and make you feel at home. Thank you for choosing us, and we look forward to hearing from you!

February 2025

Warm Thoughts From Mavis



Hello, Everyone,

As we navigate through these chilly winter months, I find myself reflecting on how cozy and warm Tall Oaks always feels. It's never too cold when I walk into the community, and for those who've stopped by my office, you know it's the coziest spot around!

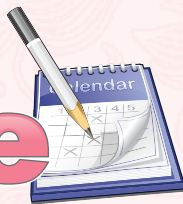
With winter in full swing, I want to remind everyone that if you're feeling under the weather, please stay home and take care of yourself. Our residents are especially vulnerable to germs, and we want to do everything we can to keep everyone safe.

On a more exciting note, I'm thrilled to introduce Sarra Barakat, our new Director of Life Enrichment. Sarra has been a part of the Tall Oaks family for 7 years, serving as a CNA and Life Enrichment Coordinator. With her strong background in both senior living and hospitality, we are so excited to have her join our leadership team!

As always, if you have any questions or concerns about your loved one's experience here at Tall Oaks, don't hesitate to reach out. Thank you for your continued support and for being such an important part of our community!

Warmly,
 Mavis Adu

Save the Date



1. Valentine's Day

- **When:** February 14
- **What:** A celebration of love and affection, typically by exchanging gifts and cards with loved ones

2. Groundhog Day

- **When:** February 2
- **What:** A tradition when a groundhog predicts the weather, especially the arrival of spring

3. Chinese New Year

- **When:** Between January 21 and February 20 (varies)
- **What:** A major Chinese festival marking the beginning of the lunar new year with celebrations lasting up to 15 days

4. Presidents Day (USA)

- **When:** Third Monday in February
- **What:** A federal holiday honoring U.S. presidents, especially George Washington and Abraham Lincoln

5. World Cancer Day

- **When:** February 4
- **What:** A global event to raise awareness about cancer prevention, early detection, and treatment

Pet Pals!



Cheers to a Happy New Year's!



Heartfelt Thanks to All Family Members



February Cuddles With the Best Kind of Company



Wit & Wisdom

"To fall in love with yourself is the first secret to happiness."

—Robert Morely

"How you love yourself is how you teach others to love you."

—Rupi Kaur

"Not only do self-love and love of others go hand in hand, but ultimately they are indistinguishable."

—M. Scott Peck

"If you have the ability to love, love yourself first."

—Charles Bukowski

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

—Lucille Ball

"Self-love is not a place we get to but a place we choose."

—Shannon Kaiser

"It is only when you have mastered the art of loving yourself that you can truly love others."

—Robin Sharma

"You yourself, as much as anybody in the entire universe, deserve your love and affection."

—Buddha

"Talk to yourself like someone you love."

—Brené Brown

Memory Care





“This Month In History”

FEBRUARY

1878: Thomas Edison receives a patent for his first major invention, the phonograph.

1905: The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

1914: In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

1922: Embracing the “broadcasting boom,” President Warren G. Harding

has a radio installed in the White House.

1935: The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

1947: Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

1954: A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

1968: With smiles, songs and stories, the TV series “Mister Rogers’ Neighborhood” premieres on national public television.

1985: The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

1995: American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

2006: At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

2011: “The Artist” wins the Oscar for best picture. It was the first silent film to win the award since “Wings” in 1927.

2014: Comedian Jimmy Fallon becomes the host of the late-night talk show “The Tonight Show.”