

Fairfax County Times

Baby Boomers

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APRIL 2022



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Pets are the best medicine

BY LESLYE M LAWSON
TALL OAKS

To celebrate National Pet Day, Tall Oaks residents enjoyed a “fur-riently” visit from Keira, a 160-pound Mastiff, and Breeze, an 80-pound Golden Retriever. Recognizing the value of pet therapy

in combating loneliness and isolation, reducing stress, and promoting overall wellness, Tall Oaks partners with PAL (People. Animals. Love.) to bring the joy and companionship of pets into their community.

Gathered in the sunlit atrium, residents enjoyed the exercise and fellowship inspired by Keira and

Breeze. An avid dog-lover, Resident Ambassador Jim Fowler formed an immediate bond with Keira. It was not long before they were nose to nose – much to the delight of the other residents.

After embracing Keira in an affectionate bear hug, Tall Oaks resident Florence Carson, exclaimed,

“[My dog] Bailey is going to be so jealous!”

Resident Dana Durham summed it up best, saying, “The visiting pet program has enhanced the sense of community at Tall Oaks, helped to strengthen friendships, and allowed me to make memories with my neighbors.”



Tall Oaks resident Dana (top) kicks back with Breeze, while Florence (below) gives hugs and attention to both Keira and Breeze.

A Walk in the World of DEMENTIA

A Family Caregiver Event



Wednesday, May 11 • 10 am - 1 pm

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RSVPs are required for this in-person event. Lunch provided.

For more information or to RSVP, contact Leslye Lawson at LLawson@TallOaksAL.com or 703-834-9800. Hosted by Tall Oaks!

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703.834.9800 TallOaksAL.com
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ON THE COVER: FRIENDS ENJOY THE SPRING SUNSHINE.
PHOTO COURTESY ADOBE STOCK



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Falcons Landing offers health and happiness to those who've served

COURTESY OF FALCONS LANDING

Falcons Landing is an upscale, CARF-accredited retirement community in Potomac Falls, located just a short ride away from Metro Washington, DC. Designed for seniors with military and government backgrounds, the life plan community offers the chance to retire in style among peers who have the common bond of service to our

country.

Falcons Landing offers a full calendar of social events and activities, as well as a limitless array of resort-style activities, wellness opportunities, lifelong learning classes, and world-class dining. In 2021, Falcons Landing opened the Terrace Home Apartments, adding 24 new residences that fuse together the best aspects of apartment and cottage living. The Terrace Homes

offer spacious, open-concept floor plans with abundant closet space, outdoor living, and easy access to all the campus amenities.

Additionally, The Johnson Center at Falcons Landing delivers exceptional care in a modern and luxurious community designed to provide residents with an unmatched level of service, and was recognized by U.S. News & World 2020-2021 Report as one of the best skilled

nursing care facilities in the nation.

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COURTESY OF VINSON HALL



Here, at Vinson Hall Retirement Community, you can feel the excitement picking up as we head into Spring and our residents are getting back into the swing of things—on and off the pickle ball court! Here you'll discover a tight-knit community in the heart of McLean, Virginia with all the amenities you want alongside a full continuum of care. From independent living, assisted living, memory care

support, nursing care, rehabilitative care, to respite care, our active Life Plan Community has you covered.

Now is the perfect time to get outside to enjoy the beautiful weather and get active. With a state-of-the-art gym, swimming pool, walking paths and exercise programs, more and more residents are getting out and about on campus. There's no time like the present to get strong and stay healthy! Classes in mind-

fulness and yoga improve mental well-being, while courses like advanced photography, painting in our wonderful Art Studio, and instrument classes inspire the creative spirit. If you're up for the challenge, then table tennis, pool, volleyball or pickleball could be your game. Our diverse programming, lifelong learning opportunities and new friendships provide something for everyone. Plus, maintenance-free

living, 24-hours-a-day concierge and security give our residents the peace of mind to "live life their way."

Schedule a tour or give us a call to learn about all the exciting things going on this spring on our campus. We can't wait to meet you! Call us at 703-687-0677 or visit us online at Vinsonhall.org.

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