

Fall 2025

NEWSLETTER

Message from CEO

As the vibrant colors of fall begin to surround us, I'm reminded of the beauty that comes with change and reflection. The crisp air and golden leaves are a gentle nudge to pause, give thanks, and look ahead with purpose.

This season, we celebrate more than the change in weather—we celebrated 98 years of service to our community. Our residents continue to inspire us daily with their wisdom, resilience, and rich life stories. To our families, thank you for the trust you place in us to care for your loved ones. And to our dedicated team: your compassion and commitment make our community truly feel like home.

Over the past few months, we've introduced a resident community app, a wound certification program for our licensed nurses, and seasonal events that have brought joy and connection to our community—from a Hawaiian-themed celebration, to hosting Congressman Suhas Subramanian for a visit, and our resident gift giving to the local Supportive Shelter. Looking ahead, we're excited to continue enhancing our services and exploring ways to bring even more meaning and engagement into everyday life here.

As we enter the season of gratitude, I invite you all to take a moment to appreciate the small joys: a shared conversation, a smile across the room, or the peaceful quiet of an autumn morning. These are the moments that define our community and enrich all of our lives. Thank you for being part of this incredible journey. Wishing you a safe, healthy, and joy-filled fall.

With gratitude,



Denise Chadwick Wright, CEO

Denise Chadwick Wright

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Scan the QR code to stay current on news and events.





Birmingham Green Turns 98!

What a milestone — and what a day! Our 98th birthday celebration was filled with laughter, music, and memories shared among residents, families, staff, and community friends. Days like this remind us what makes Birmingham Green so special: the people who call it home and the community that surrounds it. Thank you to everyone who joined us in making it unforgettable. Stay tuned for details about our 99th birthday celebration — it's going to be one to remember!



FALL EVENTS

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|-------------|---|
| 10/11 | Walk to End Alzheimer's 2025 |
| 10/06-10/12 | National PA Week |
| 10/15-10/21 | International Infection Prevention Week |
| 10/24 | CEO Insider (NH Multi-Purpose Room) |
| 10/01-10/31 | National Breast Cancer Awareness Month |
| 10/01-10/31 | National Physical Therapy Month |
| 10/31 | Halloween |
| 11/09-11/15 | National Nurse Practitioner Week |



Events Recap



Game On: Fun, Friendship, and Friendly Competition

Our residents are gathering around board games not just for fun, but to connect, share laughter, and spark friendly competition. These moments turn an ordinary day into an opportunity for engagement, conversation, and camaraderie. Whether celebrating a clever strategy or a hard-fought win, board games bring our community together, creating joy, connection, and a little healthy rivalry along the way!



Happy Birthday Hawaii

We celebrated Hawaii Luau Style! Residents and team members wore leis and grass skirts. We served mocktails, and the residents enjoyed Pina Coladas!



Stories Told Through Their Hands

Across our campus, residents have been sharing their stories — not with words, but with their hands. The creativity, skill, and life experiences reflected in each piece are truly inspiring. What wonderful stories they have to tell!





Congressman Suhas Subramanian Visit

We had the pleasure of During his tour and visit, Congressman Suhas Subramanyam took the time to hear concerns from Birmingham Green team members about what's happening in the Senior Care Industry.



World Mental Health Day

Taking care of our residents and our team members is Birmingham Green's top priority. Mental health resources are available from confidential counseling and crisis support to mental health education and peer connection. Our goal is to foster a healthy, balanced environment where residents feel at home and team members feel empowered and supported in their workplace. Together, we're building a community rooted in care, compassion, and resilience.



LIFE ENRICHMENT FALL PROGRAMS

- 10/12 Trip to Frankenstein the Ballet
- 10/13 BG Goes Pink in Honor of Breast Cancer
- 10/25 Trunk Or Treat
- 10/31 Halloween Parade
- 11/27 Thanksgiving Meal with Tom the Turkey



VOHRA Graduate Inservice with Dr. Stephen Hawkins

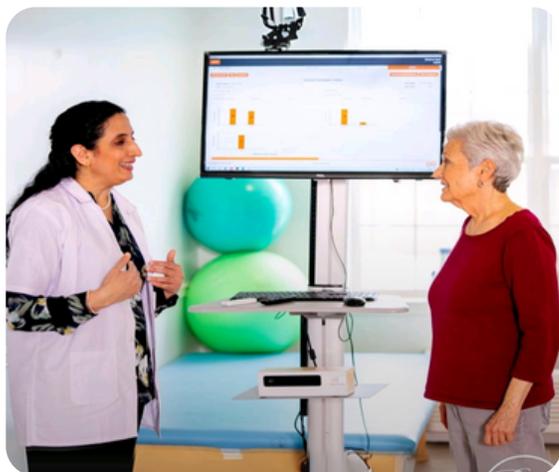
Many thanks to Dr. Steven Hawkins, who provided in-service training to 21 nurse graduate students who received their wound care certification training. Vohra's wound certification program demonstrates a distinct and specialized knowledge in wound management, thereby promoting the quality of care for patients while also providing nurses with career advancement opportunities. We are on our way to becoming a VOHRA wound care center of excellence!



Celebrating Leadership

We are thrilled to share that Denise Chadwick Wright, CEO of Birmingham Green, was recognized at the **2025 Women in Leadership Awards** on October 6th in Richmond, Virginia. Joining over 40 top corporate executive women, Denise was celebrated for her exceptional leadership, vision, and dedication to the community.

It's inspiring to see women making such a meaningful impact, and we couldn't be prouder. Congratulations, Denise



Birmingham Green's Skilled Therapy Team

Our skilled therapy team is known for high-quality care, proven outcomes, and compassionate support. From Occupational and Speech to Physical Therapy, we're here to help residents regain strength, independence, and confidence.

A Community with a holistic approach; fostering the spirit, nurturing the body and nourishing the mind.



From Garden to Community: A Harvest of Gratitude

Our on-campus garden was a huge success this year! We have been sharing our harvest with our staff members across campus. This year we decided to also share with The Supportive Shelter operated by **Streetlight Community Outreach Ministries** in Woodbridge, VA. This program is an eight-bed shelter designed to meet the needs of persons with medical challenges or other disabilities. Birmingham Green already has an ongoing partnership with them, providing weekly meals to support their mission to serve the community. Shelter Director, Chioma Exekwe (pictured below) was extremely grateful for the fresh vegetables, and they were all excited to create something delicious!



A Fresh Space for Fresh Air

Time spent outdoors has been proven to boost both physical and mental health — and now our residents can enjoy it even more. Thanks to a \$3,000 award from the **Rotary Club of Manassas**, Birmingham Green will soon be upgrading our courtyard with new furniture designed for comfort and connection. Spaces like these make it easier for residents to savor the crisp fall air, socialize with friends, and experience the restorative benefits of nature. Partnerships like this help us ensure that our residents can enjoy the beauty of every season to its fullest.

Pros Fore Clothes

Our residents are loving the chance to shop at our very own in-house store at Willow Oaks! The shop is stocked through generous donations of brand-new clothing from **Pros Fore Clothes**, along with donated funds that help us purchase special-request items residents ask for.

This small but meaningful experience gives residents the joy of choosing items for themselves — and they regularly share how much it means to know that people in the community are thinking of them.





Backpacks, Blessings, and Back-to-School Cheer

The start of the school year can be stressful, but **First Mount Zion Baptist Church** helped lift a huge weight off our team members' shoulders. In August, they donated over 120 backpacks filled with school supplies for our employees' children. This thoughtful gesture reminded us that supporting caregivers means supporting their families, too. Thank you, First Mount Zion Baptist Church, for making "back to school" a little brighter and easier for so many!



Partners in Progress: Thank You, Home Depot!

A big thank you to **Home Depot - Liberia Avenue** for donating materials to help renovate and upgrade our residents' Gazebo and Lunch Area. Because of partners like you, our residents have more comfortable, welcoming outdoor spaces to relax and connect with one another. Great partnerships truly lead to great results — and a more beautiful place to call home.

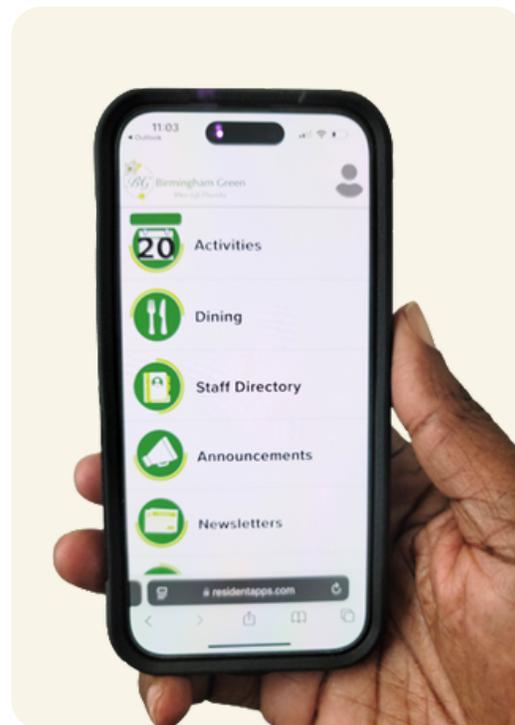
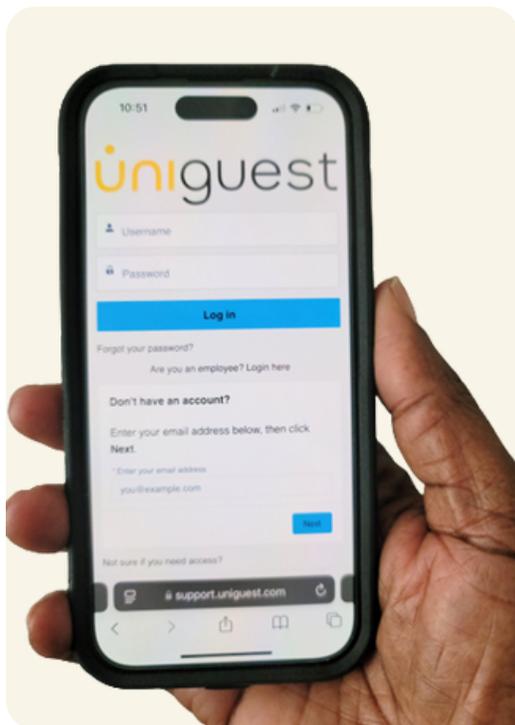


Have You Tried Our New Resident Community App Yet?

Have you seen our new **Resident Community App** in action? It's designed to make life at Birmingham Green even easier and more connected. With just a tap, residents can check daily menus, browse upcoming activities, read announcements, and more — all in one convenient place.

If you haven't explored it yet, ask your **Administrator** or a **Life Enrichment** team member to show you how to access it from your cellphone or one of the facility tablets. It's a simple way to stay up to date and get the most out of community life!

Birmingham Green Resident Community APP



Team Member Directory

The Health Center (Nursing Home)

Administrator:

Ishmael Koroma ~ Ext. 6209

Assistant Administrator:

Patricia McDowney ~ Ext. 6243

Life Enrichment Director (NH, DH & WO):

Alicia Boykin ~ Ext. 6275

Director of Dining Services:

Christopher West - 571-221-5600

Registered Dietitian:

Alice Ham ~ Ext. 6229

Director of Nursing:

Hawa Lamin-Sidique ~ Ext. 6220

Nurse Manager, Cardinal Heights:

Karina Herrera, RN ~ Ext. 6207

Nurse Manager, NH Garden Hill:

Adizatu Musah ~ Ext. 6218

Nurse Manager, NH Cherry Blossom Estates:

Ramatu Barrie ~ Ext. 6227

Admission Liaison:

Angela Asamoah ~ Ext. 6206



Director of Social Services:

Vacant ~ Ext. 6217

Social Worker:

Shawnita Collins ~ Ext. 3493

Jasper Hu ~ Ext. TBA

Social Worker:

Syndi Gonzales ~ Ext. 6215

Director of Volunteer & Support Services:

Andre Porter ~ Ext. 6252

Building Services Director:

Hani Ghannam ~ Ext. 6273

Infection Control Preventionist:

ADON: Charlotte Nkepnang ~ Ext. 6261

ADON: Alain Ndayi ~ Ext. 6225

Director, Rehab Therapy PT ~ Ext. 6258

Christopher Moon ~ 703.424.6087

Willow Oaks Assisted Living

Administrator:

Robert Wagner ~ Ext. 6226

Director of Nursing (WO and DH) Assisted Living:

Kumba Sarr, RN ~ Ext. 6219

Social Worker/Case Manager:

Martha Turay ~ Ext. 6248

Angelica Botchway ~ Ext. 6265

Registered Dietitian (WO and DH):

Elizabeth Bass ~ Ext. 6285

Nurse Manager:

Angela Davis, RN ~ Ext. 6263

Admissions Coordinator (WO and DH):

Victoria Mason ~ Ext. 6264

Team Member Directory



District Home Assisted Living

Administrator:

Carmen Louise ~ Ext. 6254

Nurse Manager:

Michelle Short-Pack, LPN ~ Ext. 6294

Life Enrichment Supervisor:

Shawndai Griffin ~ Ext. 6224

Executive Office

Chief Executive Officer:

Denise Chadwick Wright ~ Ext. 6240

Chief Financial Officer:

Perry Mason ~ Ext. 3494

Chief Resident Services Officer:

Adriane Oliver ~ Ext. 6226

Director of Human Resources & Compliance Officer:

Alice Decker, BS ~ Ext. 6210

Chief Advancement Officer:

Vacant ~ Ext. 6279

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(703) 257-0935 | BirminghamGreen.org

INFECTION CONTROL UPDATES

Birmingham Green is committed to following the guidelines established by the Centers for Disease Control and the Virginia Department of Health regarding infection control and management.

With the flu season approaching and recent COVID-19 cases reported, Birmingham Green has implemented preventive measures to help curb the spread of infection within our community. Our infection prevention teams are actively educating and reminding staff about the importance of proper hygiene practices, including frequent handwashing and the use of masks.

We appreciate everyone's cooperation in our efforts to maintain a safe environment.

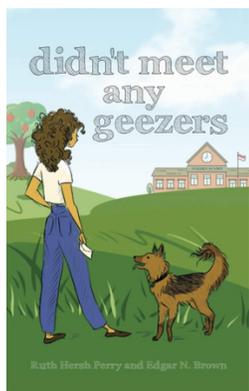
Ways To Contribute



Scan to Donate

Donate to the Foundation

There are many ways to donate to the Foundation. Scan the QR Code or visit [Birmingham Green Foundation | Birmingham Green](#)



Buy a Book!

Birmingham Green is honored that authors Ruth Hersh Perry and Edgar N. Brown have requested for all proceeds from the sale of their book, *Didn't Meet Any Geezers*, to go to the Birmingham Green Foundation. Didn't Meet Any Geezers will serve to educate and prepare young people for visits to long-term care facilities. To purchase, scan the QR code with your phone's camera.



Scan to Purchase
Didn't Meet Any Geezers

Donate to the Employee Fellowship Fund

The Employee Fellowship Fund is a charitable fund within Birmingham Green. Donations to the fund are available to be used for medical and financial emergency relief for eligible employees of Birmingham Green and for their immediate family members only. **100% of your donation** will be used to help a Birmingham Green employee who needs it.

To donate to this fund, contact Alice Decker on 703-257-6210 or email: adecker@birminghamgreen.org



Volunteer

We've got big news to share! We've launched our new Website **"Get Connected"**!

Birmingham Green has launched our new "GetConnected" volunteer website!

Our aim is to share awesome, fun, and easy-to-find volunteer opportunities.

Please check us out and invite your family and friends to join us by using this QR Code. Let's start making an impact in our Birmingham Green community together!



Scan to Volunteer



Let's Connect!

 birminghamgreen.org

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 [Instagram](#)

 [Twitter](#)

 [LinkedIn](#)