



# NEWSLETTER

## Message from CEO

Spring is a season of renewal, and across our campus, that spirit is coming to life in meaningful, visible ways.

As CEO, I am proud to share that our Spring 2026 Refresh is well underway, reflecting our unwavering commitment to providing an exceptional living experience for our residents and peace of mind for their families.

In our District Home Assisted Living, every resident room has been thoughtfully enhanced with new furnishings, including wardrobes, nightstands, and lighting, bringing a fresh sense of comfort, dignity, and warmth to each space.

At Willow Oaks Assisted Living, critical infrastructure improvements are in progress with the replacement of our fire panel and dry pipe sprinkler system, an investment that strengthens safety and reliability for everyone who calls our community home.

Within our nursing home, we are undertaking a comprehensive renovation of resident rooms. From new flooring and ceilings to upgraded lighting and fully refaced bathrooms, these enhancements are designed to elevate both comfort and quality of life.

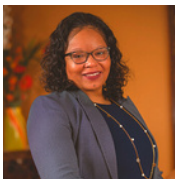
We are especially excited about the addition of new serving stations in our Garden Hill neighborhood. These stations allow meals to be served directly to the table, filling the space with the comforting aroma of home cooking, awakening the senses, and creating a more intimate, engaging dining experience.

Behind the scenes, another major milestone is nearing completion: the installation of our new generator. As we finalize the transition from the rental generator power, this system will have the capacity to support our entire nursing home for extended periods, ensuring resilience, security, and continuity of care in any circumstance.

These improvements are more than upgrades; they are expressions of our mission. Every detail reflects our belief that those we serve deserve environments that are safe, beautiful, and inspiring.

Thank you for being part of our community and for trusting us with what matters most.

Warm regards,



*Denise Chadwick Wright, CEO*

*Denise Chadwick Wright*

## IN THIS ISSUE

**EVENTS RECAP & UPCOMING EVENTS**

**AWARDS & RECOGNITION**

**CHARITY & VOLUNTEER INVOLVEMENT**

**RENOVATION UPDATES**

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





# American Heart Health Month

American Heart Health Month serves as a reminder that small, consistent choices can have a big impact on our daily lives. Whether it's staying active, choosing heart-healthy meals, or simply checking in with loved ones, every step counts. Many thanks to **Dr. Jeffrey Waldman (Medical Director), Elizabeth Bass (Registered Dietitian), Chris Moon (Director, Rehabilitative Services), and Jeffrey Kurtz (Chef Manager)** for providing residents and team members with insight into diet, exercise, and what it takes to be healthy.



## APRIL EVENTS

- 04/01-04/30 National Volunteer Month
- 04/01-04/30 Occupational Therapy Month
- 04/01-04/30 Parkinsons Awareness Month
- 04/01-04/30 Stress Awareness Month
- 04/05 Easter Sunday
- 04/05-04/11 Occupational Health Nurses Week
- 04/18-04/24 National Health Professionals Week
- 04/19-04/25 Administrative Professionals Week
- 04/24-04/30 World Immunization Week





## Events Recap

# Black History Month Celebration

We celebrated Black History Month by inviting our residents to reflect, participate, and uplift with stories that inspire hope and empower change. Many thanks to our guests: **Keynote Speaker John Steinbach, NAACP, Musicians Phyl Lynah (Vocalist), Doug Byrd (Base Guitar), Mike Cary (Lead Guitar), Ron Cooper (Saxophone), Ron Hill (Saxophone), Vic Carter (Drums),** and our very own **Director of Volunteer & Support Services Director, Andre' Porter (Keyboardist).**



# Health Education and Screening (ALFs)

Medical professionals from **Marymount University's Center for Optimal Aging** visited our assisted living community to deliver an informative health education session and offer on-site screenings for our residents.



## MAY EVENTS

- 05/01-05/31 Mental Health Awareness Month
- 05/01-05/31 National Nurses Month
- 05/01-05/31 National Women's Health Month
- 05/01-05/31 Older Americans Month
- 05/08 National Student Nurses Day
- 05/08 World Red Cross and Red Crescent Day
- 05/10-05/16 Food Allergy Awareness Week
- 05/10-05/16 National Hospital Week
- 05/10-05/16 National Skilled Nursing Care Week
- 05/10-05/16 National Women's Health Week
- 05/25 Memorial Day
- 05/27 National Senior Health Fitness Day





## Events Recap

### Family Day - Fire Safety

**Christopher Brothers**, Fire and Life Safety Education Specialist with the Prince William County Fire and Rescue System, engaged our residents and family members during Family Day with valuable information on the importance of fire safety.



### Alzheimers' Walk

Birmingham Green team members and residents came together as they always do for the annual **Alzheimer's Walk**, proudly supporting the fight against Alzheimer's.



### Trunk or Treat

There is never a dull moment when residents, families, and friends come together to celebrate **Trunk or Treat** by enjoying a delightfully ghoulish Halloween.





### Delegate Maldonado Campus Wide Tour and Town Hall

It's always a pleasure welcoming **Delegate Michelle Lopes Maldonado** to our community. Her visit and the town hall she led were greatly enjoyed by our residents, who appreciated the opportunity to engage, ask questions, and connect.



### National Wear Red Day

On February 6, we joined the nationwide movement by encouraging our staff to wear red and spark conversations about heart health, and we honored those impacted by heart disease.



### Mardi Gras Day

Mardi Gras Day was full of color and excitement as our Life Enrichment team and residents joined in with beautiful masks and festive cheer, making it a lovely day.



## LIFE ENRICHMENT SPRING PROGRAMS

- 04/01-04/09 Passover
- 04/03 Good Friday
- 04/05 Easter Dinner
- 04/23 National Picnic Day - Outdoor Picnic
- 04/30 National Oatmeal Cookie Day - Baking Oatmeal Cookies
- 05/05 Cinco De-Mayo Celebration
- 05/10 Mother's Day Brunch





## Nurses Aide Training and Graduation Day

Many thanks to **Dr. Isatu Nabie** and the Learning and Development team for spearheading the grant-funded six-week Certified Nurses' Aide Training Program. Upon completion of the course, participants will have the opportunity to sit for the state exam to become a Certified Nursing Aide in Virginia. Our open houses are ongoing, and we welcome anyone interested in beginning a rewarding career in caregiving.



## VOHRA Inservice Training with Dr. Steven Hawkins

The VOHRA In-service wound care certification training with **Dr. Steven Hawkins** commenced on January 9, 2026 providing our wound care graduates with the opportunity to take what they've learned to the actual bedside. We are grateful to have you Dr. Hawkins!

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



## General Federation of Women's Club of Manassas

In October, the Outreach Coordinator for the **General Federation of Women's Clubs of Manassas (GFWC)**, **Kait Anderson**, donated Halloween-themed Tootsie Pops for our residents.



## Linton Hall School Donation

In November, **Lisa Winch from Linton Hall School**, donated 100 Holiday Treat Bags prepared by her students.

## Vicky Casey, Community Supporter

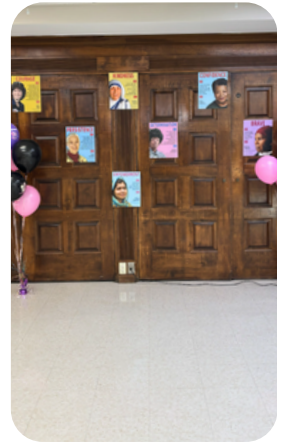
In December, community supporter, **Vicky Carey**, donated 30 Gift Basket for our residents.





## Women's History Celebration

As we celebrate **Women's History Month**, we recognize the women within our own community, residents, team members, families, and friends, whose stories, resilience, and achievements enrich our lives every day. Their experiences remind us that progress is not only found in history books but in the moments we live and the wisdom shared by the women around us.



## First Mount Zion Baptist Church Dumfries

When we ask **First Mount Zion Baptist Church of Dumfries, Va. Senior's Ministry** for support, serving the Birmingham Green Nursing Home Community, this is what happens! Our residents are extremely thankful for them stocking our in-house store. Our residents can shop at no cost to them. Many thanks to FMZBC Senior's Ministry for your heart to serve the community!





## The Northern Virginia Health Center Commission Room Renovations

In an effort to create modern, comforting, and truly homelike spaces for our residents, renovations have begun in the skilled care section of our nursing home. **Led by Hani Ghannam, Facilities Director, and Donte' Copeland, Facility Operations Manager**, this project focuses on transforming resident rooms with updated paint colors, new flooring designs, and fully modernized restrooms featuring tiled, walk-in showers. The goal is to enhance both comfort and dignity by providing an environment that feels more like home while continuing to deliver the highest quality of care to our residents in the place they call home.

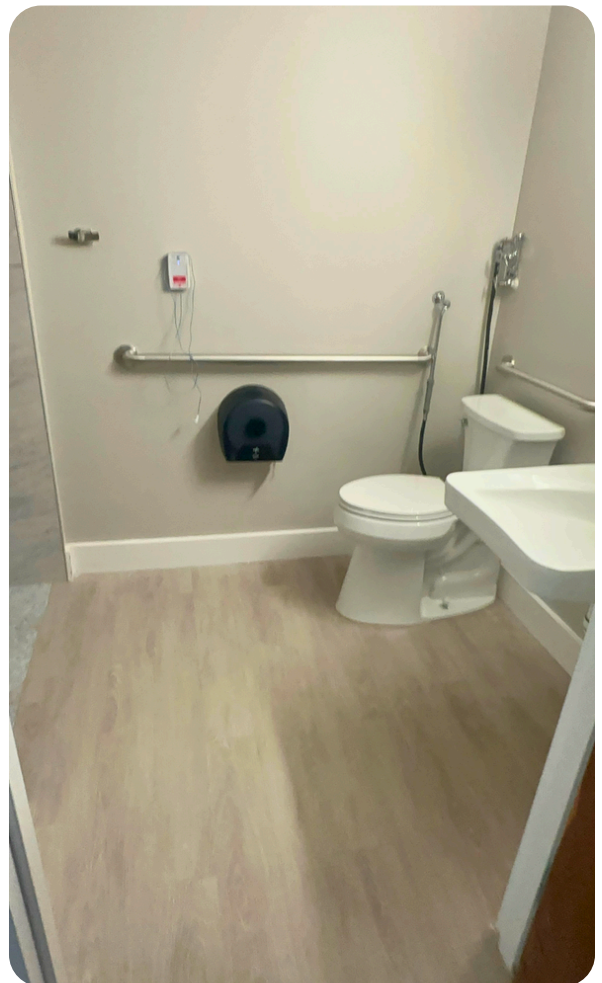


Garden Hill Interior Door Serving Station - Before & After





## The Northern Virginia Health Center Commission Room Renovations



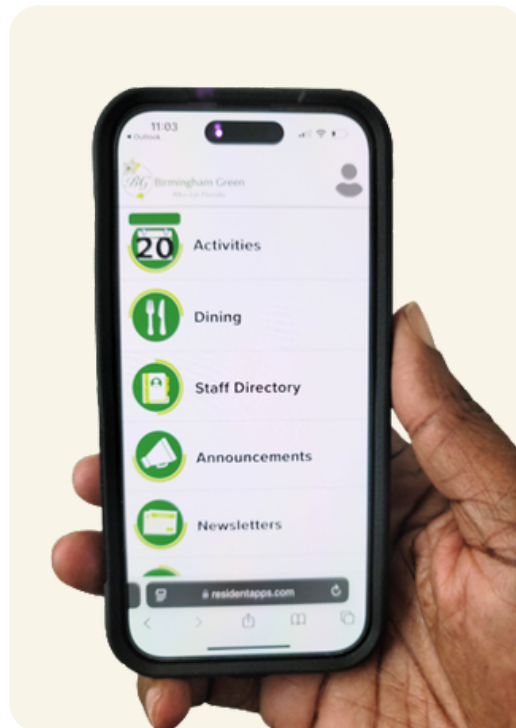
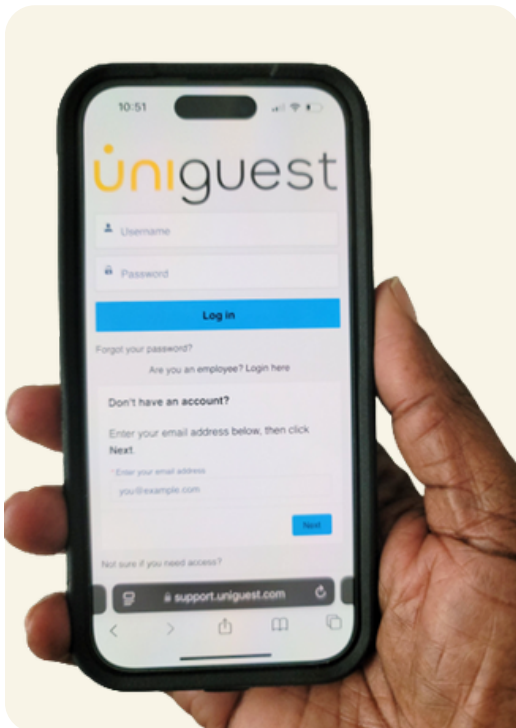


## Have You Tried Our New Resident Community App Yet?

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

**Interim Assistant Administrator:**

Walmeka Williams ~ 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:**

DeAnne Mullins ~ Ext. 6217

**Social Worker:**

Shawnita Collins ~ Ext. 6215

Jasper Hu ~ Ext. 3493

**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: Vacant ~ 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

8605 Centreville Road, Manassas, Virginia 20110  
(703) 257-0935 | BirminghamGreen.org

## INFECTION CONTROL UPDATES

Birmingham Green is dedicated to following the guidelines established by the Centers for Disease Control and Prevention (CDC) and the Virginia Department of Health (VDH) concerning infection control. We implement standard precautions to prevent the spread of disease.

To help prevent the spread of germs, please follow these important practices:

- **Hand Hygiene:** Wash your hands with soap and water for at least 20 seconds, especially after coughing or sneezing, and before meals.
- **Sanitization:** Use an alcohol-based hand sanitizer (containing at least 60% alcohol) when soap and water are not readily available.
- **Respiratory Etiquette:** Cover your mouth and nose with a tissue or your elbow when you cough or sneeze.
- **Masking:** If you are coughing or sneezing, please wear a mask.
- **Vaccination:** Staff and visitors are encouraged to stay up to date on vaccinations to help protect themselves and our vulnerable residents.

Thank you for your cooperation in keeping our community safe and healthy!

Dr. Isatu Nabie, Learning and Development Director



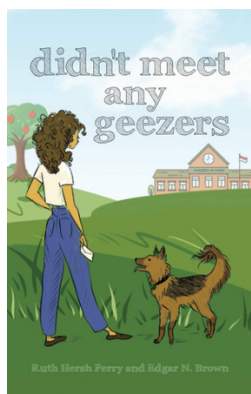
## Ways To Contribute



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 may be used for medical and financial emergency relief for eligible employees of Birmingham Green and their immediate family members only. **100% of your donation** will be used to help a Birmingham Green employee in need.

To donate to this fund, contact Alice Decker at 703-257-6210 or email: [adecker@birminghamgreen.org](mailto:adecker@birminghamgreen.org)



### Volunteer!

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



Scan to Volunteer

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



# Let's Connect!

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 [Twitter](#)

 [LinkedIn](#)