

NEWSLETTER

Birmingham Green's Summer Newsletter

Message from CEO

As the days grow longer and the sun shines brighter, the Birmingham Green community welcomes the summer season. The warmer weather offers a chance to enjoy the outdoors and connect with friends and loved ones. I encourage you to explore the value of engaging in a new challenge- whether it's reading, you can utilize our mobile library when they are onsite, or doing something you've always wanted to do.

A calendar of summer activities is planned, including the introduction of our Vibrant Minds brain-healthy menu to complement our wellness programs. We look forward to creating summer memories with you during our July 4th BBQ and summer concert series indoors, as well as opportunities for outdoor activities. Remember to stay hydrated and take precautions to stay safe in the summer heat, especially when participating in outdoor activities.

We appreciate our team's hard work in making our community a welcoming and safe environment. The care and compassion provided to residents, visitors and one another are valued.

We encourage you to participate in our upcoming events and share in the creation of new summer memories and traditions with us. Together, this summer can be made special.

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

With gratitude,



Denise Chadwick Wright, CEO

Denise Chadwick Wright

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Mother's Day

Saturday, May 10 and Sunday, May 11, 2025

WE LOVE MOMS, and at Birmingham Green, we love to celebrate them. We shared two beautiful days of festivities honoring those all-important ladies in our lives. Our residents enjoyed a delicious brunch with their families and a variety of treats for their Mother's Day gifts!



UPCOMING EVENTS

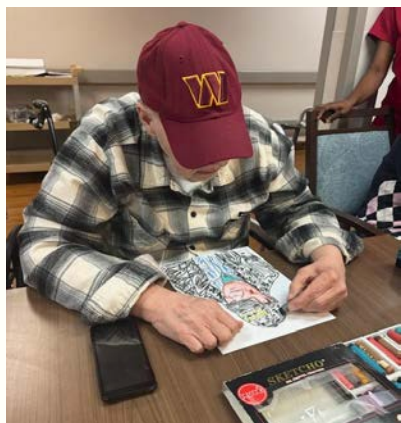
- 07/04 Independence Day
- 07/25 CEO Insider (NH Multi-Purpose Room)
- 07/27 Parents' Day
- 08/17 National Senior Citizens Day



Washington Wizards Game

Thursday, March 27, 2025

What a ball we had at the Washington Wizards Game! Thank you to the Fenwick Foundation for the tickets.



Arts & Crafts

Wednesday, March 19, 2025

Engaging in arts & crafts activities can boost mental well-being. Benefits include increased self-esteem, reduced stress, and fosters creativity. Our resident is super proud of his still portrait of his fellow peer!



Spring Planting

Thursday, April 10, 2025

Spring planting across campus, with flowers donated from Micron Technology, Inc.



Peter Cottontail Visits

Sunday, April 30, 2025

Peter Cottontail hopped around campus, visiting our residents and handing out chocolate-filled eggs!!!



AHCA/NCAL Congressional Briefing

Monday and Tuesday, June 9-10, 2025

Our team had a productive meeting with US Senator Mark Warner and his staff at the AHCA/NCAL Congressional Briefing. There are a lot of important issues surrounding Senior Care. Senator Warner's willingness to hear Birmingham Green's views was appreciated.



LIFE ENRICHMENT SUMMER PROGRAMS

- 06/7 Trip to the Wizard of Oz Play
- 06/15 Father's Day BBQ
- 07/01 Visit from All Saints Mission Service Camp
- 7/04 4th of July BBQ

Certified Nursing Assistant Training Graduation

Monday, May 5, 2025

GRADUATED AND READY TO SERVE! Congratulations to our 1st CNA graduates of 2025. We are so proud of you. At Birmingham Green, we offer 100% free CNA training, and we provide job assistance. Reach out to our team for more information.



Letters Received From Birmingham Green Residents

WE ADMIT IT! At Birmingham Green, getting notes like this thrills us. We love our residents and we love when it gets noticed.

To the nurses and other staff who took care of Ronnie Foster:

We wanted to thank you for everything that you did for our dad and our family. My mom had taken care of my dad since he was diagnosed in 2014. When it started to take a serious toll on her health, the decision was made to admit him into long-term care.

Because there was a waiting list for Birmingham Green, we placed him in a different facility. It was our first experience dealing with long-term care. While he was in that facility, he lost 30 lbs, his bed and belongings were covered in feces multiple times, His adult diaper was ripped, covered in dried feces and hanging out of his pants. He was in someone else's clothes that were so big that he had to hold his pants up when he walked, he went to the hospital twice and he was dehydrated both times, the nurses talked about him and us on the main floor while my mom and I were in listening range, all of his belongings except his dog went missing the first day that included a blanket with his photo on it, and he had palm size bruises on his arm that no one told us about. We would each take a different day and drive an hour back and forth, forcing him to eat extra food and drink coffee which we filled with mostly water. I would drive home crying every time I went to see him and cry at work the next morning. It was horrible. When we got the call that we got him into Birmingham Green we were ready to move him.

When dad transferred to Birmingham Green, we expected the same care because that is all that we knew. In dad's first week at Birmingham Green the nursing staff tried to get to know him, they brought him the food that looked delicious and they made sure everything he owned was labeled. Dad even started dancing again.

We know that dealing with my dad was not always easy. Dealing with me was even harder when I was fighting to keep him at Birmingham Green. I knew what terrible facilities existed and I was determined that he would never go back. We are sorry that he was difficult and sometimes acted like the Tasmanian Devil, that was not our dad. Our dad was a kind, funny, witty, loving guy who loved music, his family and nature (I wish that you had known that dad).

We need to tell you how grateful we are that my dad was cared for by you. If I cried, it was not because I worried about his care. We could finally sleep at night. We didn't feel like we needed to spend our entire visit making him eat and drink. We didn't have to give up on him having familiar things because the items were always returned. We never had to help him change his clothes because he was filthy, he was always clean. We knew that activities were offered even if he chose not to do them. We appreciate how hard you tried to get to know my dad, his triggers and how to redirect him. I loved how you danced with him, joked with him, read to him, listened to his stories, comforted him, sat with him and treated him like a human being. I know that dad was not everyone's cup of tea, but no matter how you felt about him, he was treated with dignity and respect. Loving someone who has Alzheimer's is heartbreaking, but it made the journey easier not having to worry about our dad's care. When dad died, I immediately thought about notifying the nursing staff at Cherry Blossom. You were never just the people who cared for our dad, you were extended family. I know that you had a special place in my dad's heart but know that you will also always have a special place in ours.

Love,

James "Ronnie" Foster's Family

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



Celebrating National Volunteer Month

Thursday, April 10, 2025

Birmingham Green highlights that in April we celebrated National Volunteer Month in the United States. Volunteers are an essential part of our team. We honor our volunteers whose selfless efforts embody this year's theme: "There's Nothing Stronger than the Heart of a Volunteer." They make a difference every day by serving and supporting others. Choose to make a difference by volunteering at <https://www.birminghamgreen.org/work-with-us/volunteer/>



Micron Technology Volunteers

Babylon Micro-Farms

We love our hydroponic Garden. Chef Jeff is harvesting fresh herbs for a great summer soup!

[#GreatPlaceToWork](#) [#GreatPlaceToLive](#) [#GreatPlaceToLearn](#) [#GreatPlaceToBe](#)

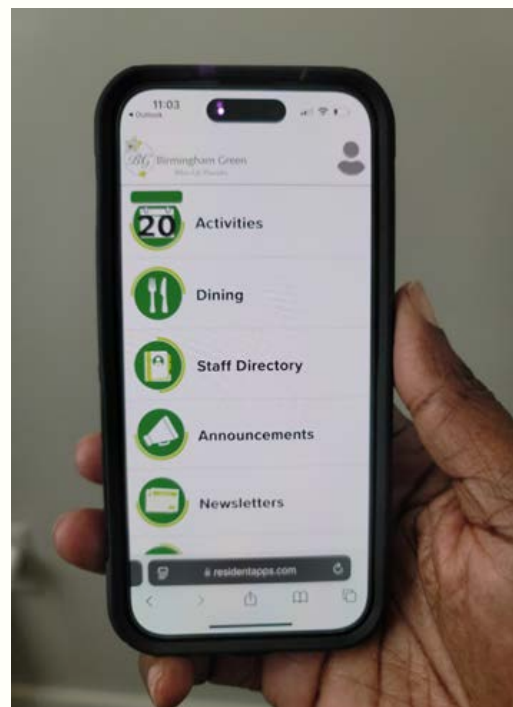
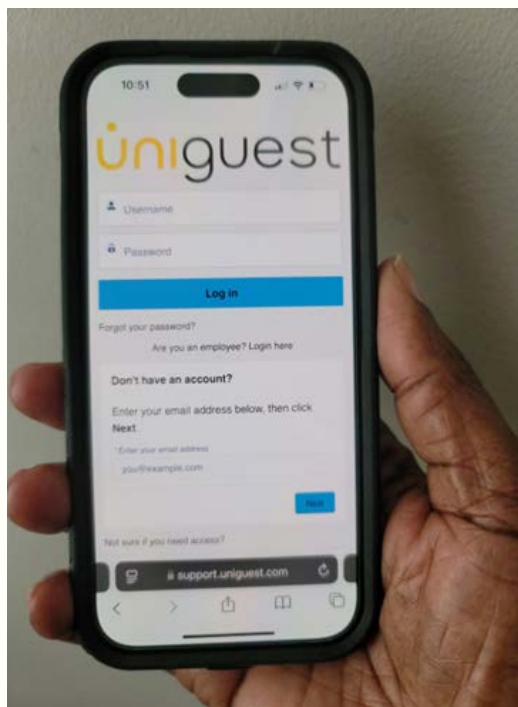


Birmingham Green Resident Community App

We are pleased to announce the launch of our new Resident Community App. Our custom app was specifically designed to streamline your living experience with convenient access to features like activities, menus, announcements and more!

Your Administrator and Life Enrichment team member can fill you in on how to view the app from your cellphone and facility tablets!

Birmingham Green Resident Community APP



The Health Center (Nursing Home)

Interim Administrator & Admissions Liaison:

Patricia McDowney ~ Ext. 6243 & 6206

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

Director of Social Services:

Joyce Johnson ~ Ext. 6217

Social Worker:

Vacant ~ Ext. 3493

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 Nkepang ~ Ext. 6261

ADON: Alain Ndayi ~ Ext. 6225

Rehab Therapy PT ~ Ext. 6258

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

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 Operating Officer:

Vacant, ~ Ext. 6226

Director of Human Resources & Compliance Officer:

Alice Decker, BS ~ Ext. 6210

Chief Advancement Officer:

Robert Hahn ~ Ext. 6279



INFECTION CONTROL UPDATES

Birmingham Green continues to seek the best practices for infection control and follow guidance from the CDC and VDH.

All Birmingham Green teams continuously deliver excellent care ensuring a safe and clean environment for residents.

Due to the recent Covid 19 outbreak, we reinstated mandatory masking, reinforced hand hygiene, use of PPEs as appropriate and extra environmental cleaning.

We will continue to monitor infection trends and seek guidance from the CDC on an ongoing basis.

Donate to the Foundation

There are many ways to donate to the Foundation. Scan the QR Code or visit [Birmingham Green Foundation](https://www.birminghamgreen.org/foundation) | [Birmingham Green](https://www.birminghamgreen.org)



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.



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

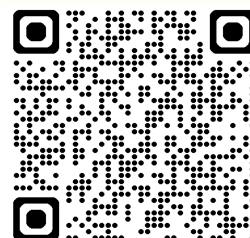
We've got big news to share!

**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!





Let's Connect!



BirminghamGreen.org



Facebook.com/BirminghamGreen



Instagram.com/BirminghamGreen



Twitter.com/BirminghamGreen



Linkedin.com/company/Birmingham-Green