Staff Highlight
Alyssa Duvall



Alyssa was born and raised in Richmond, Virginia. When she was about 2 years old, her family moved to Gulfport, Mississippi, and later to Bumpass, Virginia with her grandfather, who raised chickens for Tyson's Chicken. She helped him care for chickens, which taught her responsibility and the value of hard work at a young age.

Alyssa started working at the age of 12 through the Mayor's Youth Academy here in Richmond. Starting work so young helped her develop a strong work ethic and taught her the importance of responsibility, dedication, and being dependable.

Around the age of 14, Alyssa started learning how to cook because her mom worked 3 jobs, and she needed to know how to help at home. By 9th grade, she was cooking meals from scratch for her & her family. Cooking became a passion, and Alyssa eventually started selling dinner and building a small catering business. After having her son in 2015, she continued growing her business while caring for her son and providing for family.

During COVID, Alyssa became a caregiver for her grandmother, which reminded her how much she enjoys caring for others. In 2021, she started at CABA as a Concierge, later becoming a Lead Concierge and then our Business Office Associate.

Alyssa says, " I truly love my job and caring for our residents. They have become like family to me, and I enjoy knowing that I can make a difference in their lives through kindness, support, and compassion."

Alyssa still loves cooking and hopes to eventually have her own food truck on the road. She also plans to return to school to study social work or possibly become an RN. Alyssa states, "My goal is simply to continue helping people, caring for others, and making a difference with purpose."

October Birthdays

Dinah Moses	October 1
Jennifer Martin	October 4
John Hillis	October 4
Perina Hall	October 5
Judith Ramey	October 6
Anthony Pharo	October 6
Betty Johnson	October 8
Nancy Randall	October 9
Robin Sibold	October 11
Ernestine McPeters	October 13
Jerrie Johnson	October 14
Linda Pritchett	October 21
Sandra Wayland	October 25
Janette Melton	October 26
Shirley Catron	October 27
Janice Johnson	October 28
Pat Castine	October 29



Welcome New Neighbors

Anita Harrison - 108

Jim Fain - 258

Frances Ortell - 322

Geneva Morrow - 333

Pamela Blevins - 423

The Crossroads Chronicle

October 2026

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Our Management Team

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Fox Health Corner

OCTOBER – POSTURE AND BODY MECHANICS

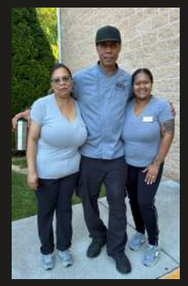
The way we stand, sit and move affects the way we feel and what we do. Proper posture can improve pain and activity tolerance, and good body mechanics can protect from injury. Join FOX Rehab for a Health Talk about Posture and Body Mechanics on Thursday, October 15th at 1:00 PM in the activity room to learn more!



FOX™
REHABILITATION

October 2026

Wacky Tacky + Twin Day









Activities to Try

Poetry Group w/ Ellee
Wednesday, Oct. 7th @ 2:00 PM

Halloween Visit w/ Everwild Homeschoolers
Thursday, Oct. 8th @ 11:00 AM

Candy Corn Craze w/ Kathy
Sunday, Oct. 11th @ 1:00 PM

Resident Food Meeting
Wednesday, Oct. 14th @ 2:00 PM

Jammin' w/ Jillson Exercise Class
Thursday, Oct. 15th @ 11:00 AM

Not Your Granny's Bingo w/ Bonnie
Saturday, October 17th @ 2:00 PM

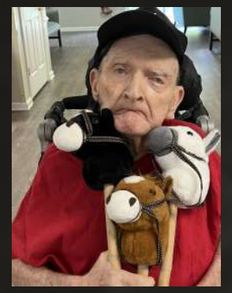
Magic Show w/ Jonathan Austin
Wednesday, October 21st @ 2:00 PM

Autumn Craft w/ Lori
Saturday, October 24th @ 1:30 PM

Chef's Demo w/ Ivan
Saturday, October 31st @ 1:00 PM

Memory Care Neighborhood





Ice Cream Tacos! *Horse Racing !*



Birthday Celebrations are always fun!



Start Planning your costumes now! CABA's Annual Halloween Costume Contest will take place on Friday, October 30th at 12:00 PM in the dining room.

Crazy Hat Day









CABA Spirit Week was a Huge Success!