

# Staff Highlight

Kevin Burton



Kevin was born in Chesterfield VA and graduated from Meadowbrook Highschool in 2018. Shortly after graduation and turning 18, Kevin's mom (who worked in the nursing department) helped Kevin get a job at CABA as a server. He worked his way up over the last 7 years from server, to dishwasher, to prep cook. Needless to say, Kevin is well versed in all aspects of the dining department. His favorite part of working here is interacting with residents, staff, and family members. He says, "If I am having a bad morning, seeing the residents' smiling faces turns my day around. If they're good, then I am good."

When Kevin is not at CABA, he also works as a substitute history teacher for Chesterfield County Public Schools since February of this year. He particularly enjoys teaching ancient history and working with middle schoolers. It is no wonder Kevin is good with kids, considering he has 5 nieces and 2 nephews! In his spare time, he enjoys playing basketball. Next time you see Kevin in the dining room, be sure to thank him for all his hard work.

# April Birthdays

- Kim Hepler- April 2
- Su Chin Rivera- April 2
- Joan Reynolds- April 5
- Pat Billings- April 8
- Dennis Daigneault- April 9
- James Woody- April 19
- Janie Lee- April 25
- Eliza Wright- April 25
- Denise Goodman- April 26
- Ricky Bailey- April 27
- Pat McDermott- April 28

## Welcome New Neighbors

- Dinah Moses ~ 304
- Andrew & Dianna Robertson ~ 327
- Edith Creech~ 344
- Perina Hall ~ 301 A
- Carol Martin ~ 301 B
- Nancy Wilder ~ 139
- Joan Palazzo ~ 120
- Shirley Wimbrough ~ 128

🌸 The Crossroads Chronicle 🌸

# April 2026

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## Our Management Team

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# Fox Health Corner

APRIL – THE BENEFITS OF EXERCISE

Did you know that the normal aging process includes changes in posture, strength, balance, endurance, and our senses? And that these changes can affect your functional ability and the way you participate in everyday tasks. If you would like to learn more about the Benefits of Exercise and how it can improve your quality of life, please join FOX rehab for a Health talk on 4/16/26 at 1:30 PM.



Join at 1:00 PM for a free blood pressure check before the talk.

New urgent needs line available to residents and family from 7 pm to 7 am.

**\*\*For emergency use only\*\***

804-801-7238



Zander and Marjorie's Farewell



We are all wishing Marjorie a wonderful second retirement!



We mummified Zander to preserve his legacy at CABA!



Residents wore all black in solidarity to express their feelings of sadness.

# Activities to Try

Music Performance: Joe Loschiavo  
Friday April 3rd @ 6:00 PM

Root Beer Floats w/ Kathy  
Saturday, April 4th @ 10:30 AM

New Musical Guest: Kris Belgica  
Saturday April 11th @ 11:00 AM

Trip to Buford Rd. Pharmacy  
Tuesday, April 14th @ 10:00 AM

Hearing Aid Clinic w/ Elijah Tozar  
Wednesday, April 15th @ 11:00 AM

Health Talk & BP Checks w/ Fox Rehab  
Thursday, April 16th @ 1:00 PM

Cooking w/ Alyssa  
Friday, April 17th @ 3:00 PM

Pressed Flower Craft w/ Kristen  
Sunday, April 19th @ 1:00 PM

Jubilation Choir Spring Concert @ CABA  
Tuesday, April 21st @ 10:30 AM

Speaking Historically w/ Professor Cei  
Monday, April 27th @ 1:30 PM

## Memory Care Neighborhood



Enjoying the first warm day of March on the patio



Our new resident enjoying pom-pom exercise



Never too old to learn modern technology!



Residents celebrated National Plant a Flower Day with a beautiful floral happy hour hosted by the business office



Everyone dressed Festive for St. Patrick's Day!

**SAVE THE DATE**  
**Shred-It Truck at CABA**  
**Thursday, April 30th at 9:00 AM**



Making sure it's secure.™