

ADVISORY COUNCIL BIOS – November 2023

Mary Kay Adams, an educator and concert flutist, has taught at JMU, EMU, Bridgewater College, Mary Baldwin, and Arkansas Tech University. She is past executive director of the Shenandoah Valley Bach Festival and past assistant director of JMU's honors program. She has been a member of the Roanoke Symphony, Fort Smith Symphony, and the Shenandoah Symphony. She has performed as soloist at conventions of the National Flute Association and Music Educators National Conference. Having retired early to care for her husband Gary who has Alzheimer's Disease, she currently serves on the Programs and Awareness Advisory Committee of the Alzheimer's Association (Central/Western Virginia Chapter), raises funds to eradicate the disease, and presents educational and advocacy programs for the Association.

Jan Bigelow serves as the CEO of Kendal at Lexington, a Life Plan Community. Jan holds an undergraduate degree in Hearing and Speech Sciences and a Master's Degree in Public Administration/Health Care Administration. She has been involved in the senior living industry for over 25 years. Making a positive difference in the lives of seniors is her passion. Jan enjoys spending time with family and friends, biking, hiking and relaxing with music. She lives in Lexington with her husband Richard and her Mother Kathryn, along with the family dog Isla and two cats Levi and Grant.

Steve Bickley was born and raised in Portsmouth VA. After 34 years I retired in 2013 as a senior nuclear manager for the department of defense. Pursuing my wife and my lifelong dream, we moved to the mountains in 2016. Elected to the Goshen town council in 2020.

Sabrina Burress is a Resident in Counseling and Executive Director of ARROW Project. Sabrina's professional experience with community engagement and mental health services brought her to her current role. But her love for and desire to build a more resilient community is a cornerstone of personal values that makes her work possible.

Sharon DeBoever is currently a licensing specialist for the Virginia Department of Social Services, licensing assisted living and adult day programs. She is a Support Group Facilitator for the Alzheimer's Association, and trainer in the areas of dementia and elder abuse. She participates in several local and state organizations concerned with issues in aging, dementia, and caregiving.

Mary Lee Huffman serves as the Treasurer of the City of Buena Vista.

Ashley W. Kane, PT, DPT received her Master of Science, Physical Therapy degree from Virginia Commonwealth University/Medical College of Virginia in 2000 and her Doctorate of Physical Therapy from Utica College in 2017. She has 20 years of experience as an outpatient orthopedic physical therapist, and has been employed with Augusta Health for over 15 years. Areas of specialty include vestibular (inner ear) and balance disorders, pelvic health, and aquatic therapy along with orthopedic disorders. She finds working with older adults and individuals dealing with vestibular and balance disorders very rewarding. She has served as a volunteer in some capacity with VPAS since 2013.

Elizabeth MacDougall – not available

Emily Morris is a life-long resident of the Shenandoah Valley, growing up in Broadway Virginia. She is the owner and Chief Officer of MORRIS INSURANCE & FINANCIAL, an independent insurance agency in Broadway, Virginia. She is very active in her church and community. She currently serves on the

boards of the Salvation Army and Massanutten Regional Library. She is a Charter Member and Past-President of the Rotary Club of Broadway-Timberville. She is married and has two children and five grandchildren. Emily enjoys reading, traveling and spending time with her family. She is an avid football, basketball and baseball spectator.

Sallie Strickler was born and raised in the Harrisonburg Rockingham County area. She is a graduate of Randolph-Macon College in Ashland, VA. She has spent time working in the mental health field and education. She has been an active volunteer in the local community and Asbury United Methodist church. Sallie served 2 elected terms on the school board for Harrisonburg City Public Schools. She looks forward to giving back to the community by advocating for the needs of the elderly, their families and caregivers, especially those impacted by dementia and Alzheimer's disease. In her spare time, she enjoys outdoor activities, traveling, Virginia Tech sports, reading and continuing to learn, grow and volunteer to help those less fortunate.

Daniel David Sullivan is a retired Marine who is now a Navigator for the Affordable Care Act, helping people to enroll in affordable health care insurance. He is an advocate for underserved people, a volunteer with multiple organizations, and a public voice for those challenged by underemployment, under education, physical and mental illness, and others who need assistance to access health care. Dan and his wife have lived in Waynesboro since 2009.