



VALLEY PROGRAM FOR AGING SERVICES
BOARD OF DIRECTORS BIOGRAPHIES
January 2026

Crista Cabe is a marketing/communication professional that currently juggles multiple roles: an instructor in the Communications Department at Mary Baldwin University, a senior advisor with A Safe Haven for Seniors LLC, and a marketing/communications consultant. She was Director of Marketing & Sales at Bridgewater Retirement Community for 5 years. She served Mary Baldwin University for 28 years holding a succession of positions culminating with nine years as Vice President for Communication, Marketing, and Public Affairs. Other career highlights include serving Rockbridge Area Community Services as its first director of public relations and development, The University of Chicago as a program director, and Court Theater as director of audience development. Crista holds a bachelor's degree from The College of William & Mary and a master's from The University of Chicago. She serves as a member of the WMRA Advisory Council, is immediate past president and board member of the Public Relations Council of the Shenandoah Valley, and is fundraising chair for the Augusta Bird Club. A native of Waynesboro, Crista lives in Augusta County with her husband.

Dr. Ralph Caldrony grew up in Newport News and attended Washington and Lee University, class of 1972; MCV 1976; trained in Internal Medicine in Charleston, SC, at the Medical University of South Carolina; Fellowship in Critical Care Medicine at the University of Florida in Gainesville, FL. Dr. Caldrony spent seven years on the teaching medical staff at University of Kentucky Medical Center in Lexington, KY, and then 25+ years in private practice in Lexington, KY. In addition to private practice, Caldrony spent eight years in the Army Reserves, volunteered on 9/12/2001 with deployments to Landstuhl, Germany; Camp Bucca, Iraq and Kandahar Airfield, Afghanistan. He has served as Medical Director at Rockbridge Area Hospice, and will join the RAH Board of Directors in January 2020.

Olivia Cooper graduated from JMU with a degree in Health Services Administration and a minor in Business. She worked in the capacity of Assistant Administrator during the leadership transition at a long term care facility. She also served as the Executive Director of a 120 bed facility in Charlottesville, overseeing independent living, assisted living and memory care. She is dedicated to making an impact by enhancing the lives of older adults.

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.

Lynwood Dent is a retired Senior Foreign Service Officer of the Department of State. His 31 years of diplomatic service as a Management Officer included domestic assignments in the Department as well as overseas postings. After retiring he continued to work part-time for the Department, managing the logistics for numerous U.S.-hosted international summit meetings. Upon retirement in 2006 he and his wife Carol moved to Rockbridge County and then Lexington. He is an active member of Grace Episcopal Church, having served on the Vestry, as one of the leaders of the Men's Prayer Breakfast, on Grace's Neighborhood Grocery volunteer team, and as a mentor on Grace's STEPS team. He is also a former board member of the United Way of Rockbridge, and was active in the work of the Rockbridge community Hosting Ukrainian Families organization. He holds an A.B in History from The College of William and Mary, and an M.A. and Ph.D in American History from Louisiana State University. He and his wife are the parents of two adult children and have three grandchildren.

Jamie Dunn has been employed with the Waynesboro Police Department for 19 years. He has spent time as a Patrol Officer, School Resource Officer, Detective, Patrol Supervisor, and currently, Support Services Division Supervisor. His hobbies are watching his two children, Peyton and Lilah, play sports, and watching football, baseball, and basketball.

Annette Frantz has an interest in eldercare that began as a teen-ager working in nursing homes and also while pursuing a nursing degree. She continued her work as a nurse in a nursing home in the 1980's and later, was able to care for her mother in her home, till her death. She has been a regular participant in caregiver support groups, and served in many educational opportunities where she remains a strong advocate for healthcare education that meets the needs of each person individually.

Julie Goyette is Director of Rockbridge Regional Library System and has been for ten years. She received her B.A. in English from the University of Virginia and her M.L.I.S. from the University of North Carolina at Greensboro. She has been working in public libraries for thirty years and as a professional librarian for twenty-three years. She was a Technology Librarian for Rowan County, NC; Adult Services Librarian Manager for the City of High Point, NC; and



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Chief Librarian at Fort Bragg, NC. She enjoys building relationships and partnerships, and working to improve service in communities. She lives in Lexington with her dog, Arlo.

Calissa Hiligh is an Elderly Services Attorney at Blue Ridge Legal Services, Inc. (BRLS) in Harrisonburg, Virginia. Prior to joining the staff of BRLS, Calissa was an Elder Justice Attorney at Senior Legal Services in Baltimore, Maryland. A Baltimore City native, Calissa N. Hiligh received her Bachelor of Arts in Jurisprudence from the University of Baltimore (MD) and her Juris Doctor from the University of Akron School of Law (OH). She has been licensed to practice law in Maryland since 2017 and is pending admission to the Bar in the Commonwealth of Virginia.

Marc Jaccard is married to Wendy S. Jaccard, lives in Highland County, and is the father of three children. He holds a B.A. in Psychology from the University of Maryland and completed 56 hours post graduate work in Community/Agency Counseling at James Madison University. Some of his achievements include work for the National Consultant for Drug and Alcohol Abuse Education, Prevention and Treatment; development of direct operations for Charter Brook Hospital in Atlanta; and assisted in the development and establishment of the Community Assistance Program in Winchester and Frederick County, VA. His employment included: Executive Director, Henry and William Evans Home for Children, Winchester, VA; Case Manager, Timber Ridge School, Cross Junction, VA; Director, Alcohol and Other Drug Education, Shenandoah University, Winchester, VA; Associate Director of Admissions/Continuing Education, Shenandoah College and Conservatory, Winchester, VA; Program Coordinator, Community Assistance Program, Winchester, VA; Development Director and Director of Outpatient, Aftercare, and Prevention Programs, Charter Brook Hospital, Atlanta, GA; National Youth Coordinator, PRIDE (National Parents' Resource Institute for Drug Education). Locally, he serves as Board Member and Vice President, Highland County Library 2022 – present; Board Member, Highland Children's House 2023 – present; and Board Member, Highland Historical Society 2022 – present.

Ryan Miracle heads Strategic, Estate and Retirement Planning at Financial Wellness Planning, LLC in Fishersville. Ryan is a Certified Financial Planner™ primarily focused on pre- and post-retiree issues. He was born and raised in Rockingham County, volunteering in his youth at the Virginia Mennonite Retirement Community where his mother served as Nursing Director for many years. He graduated from Virginia Tech in 1998 and has been active in the Wilson Workforce & Rehabilitation Center Foundation, Rotary International, giv2giv.org (a nonprofit startup), the Financial Planning Association, coaching youth sports and more. Ryan resides in Albemarle County with his wife and three children.

Laura Powell is the Director of Volunteer Services at Bridgewater Retirement Community where she handles administration of all aspects of volunteer recruitment, orientation, placement, retention, and recognition for over 300 individual and group volunteers. She also works to expand partnerships with community organizations. She is a 2004 graduate of James Madison University with a Bachelor of Science, Major in Health Services Administration and Minors in Business and Gerontology.

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.

Nancy Wayland is a seasoned professional in the senior living industry and currently serves as the Executive Director for Sunnyside Retirement Community in Harrisonburg, VA. Joining the Sunnyside family in 2011, Nancy has held various key positions, including Interim Executive Director on two occasions, as well as Marketing Director and Director of Corporate Marketing and Communications. Before her time at Sunnyside, she worked with VaLiance Health, LLC, and Shenandoah Shared Hospital Services, Inc., where she oversaw workforce development, human resources, and communication functions for both organizations. She is a certified Alzheimer's facilitator and holds a bachelor's degree in Psychology from the University of Virginia. She is actively engaged in her church and the broader community. Currently, she serves on the boards of both the Horizons Learning Foundation and the Massanutten Presbyterian Church Preschool.