



**VALLEY PROGRAM FOR AGING SERVICES  
BOARD OF DIRECTORS BIOGRAPHIES  
JANUARY 2023**

**Janet Bryan** has worked in the Bath County Administration Office for over 15 years beginning as a Clerical Assistant in 2007 and moving into various roles over the years including Executive Assistant and Deputy Clerk to the Board of Supervisors. In 2017 she was asked to consider managing Human Resources for the County. A certificate in human resource management from Blue Ridge Community College and achieving the SHRM-Certified Professional certification helped with the transition. Janet has been involved with the Bath Senior Center and VPAS since 2011. Janet enjoys spending time with her three grandsons and attending activities at her church.

**Warren J. "Buddy" Bryan** is a native of Roanoke, and graduated from VMI in 1971. Commissioned as a 2<sup>nd</sup> Lieutenant in the United States Air Force, he served one tour as a KC-135 pilot. He returned to Lexington in 1976 to work at the VMI Foundation. Over his 43-year career, he served in a number of capacities, most recently as the Foundation's COO. He now works part time for the VMI Alumni Agencies. During his years in Lexington, he has served on the board of the Kiwanis Club (president) and the Session of Lexington Presbyterian Church. He currently serves as vice chairman for the Community Foundation of Rockbridge, Bath, and Allegheny. Buddy's wife Carol taught for several years in the Lexington and Rockbridge County school systems. They have three children and eight granddaughters.

**Crista Cabe**, a native of Waynesboro, is Director of Marketing & Sales at Bridgewater Retirement Community. In the course of her career, she has held a variety of roles in marketing, communications, advancement, and nonprofit management. She began her marketing career at the Court Theater in Chicago and since has served organizations as diverse as The University of Chicago, Mary Baldwin University, and Rockbridge Area Community Services. She earned her BA from the College of William & Mary and her master's from The University of Chicago, and she holds the Professional Certified Marketer – Marketing Management certification. She currently also serves on the WMRA Community Advisory Board and on the board of the Augusta Bird Club. She lives in Weyers Cave with her husband Gary Lancaster, who teaches in the Rockingham County school system.

**Dr. Ralph Caldrony** grew up in Newport News, Virginia, 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.

**Deborah Bundy-Carpenter** is the recently retired District Nurse Manager for the 7 health departments of the Central Shenandoah Health District. Deborah received a B.S. in Nursing from George Mason University. She is a scholar of the Public Health Leadership Institute of the University of North Carolina and a scholar of The Southeast Public Health Management Academy. She lives in Stuarts Draft. Her favorite hobbies are hiking, biking, fishing, reading, and studying the Bible. Deborah has two grown children and two grandchildren.



**Don Driver, Jr** retired in February 2017 after serving 41 years with the Harrisonburg Rockingham Social Services District, with the last 28 years as agency director. This offered numerous opportunities to work with state and local government and non-profit human service organizations both in the creation and implementation of various programs. He resides north of Timberville, Va. with his wife, Lind and now enjoys more time with cattle farming and woodworking. Don is a member of Timberville Church of the Brethren where he has served as Deacon Chair, Administrative Board Chair, and moderator.

**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 my two children, Peyton and Lilah, play sports, and watching football, baseball, and basketball.

**Liz Garvey** is from Waynesboro, Virginia. Ms. Garvey has a Health Administration degree from Winthrop University. Most of her work experience has been in long term care. Ms. Garvey managed the Medical Records Department at Region Ten Community Services Board, worked at a local nursing home as the Admissions and Social Services Director, then worked part-time as Contracts Manager of the personal care program at Valley Community Services Board from 1999-2001. Then Ms. Garvey took 10 years to stay at home to raise her three children and manage the office for her husband, Michael Garvey's construction business, Garvey Homes, Inc. In 2010 Ms. Garvey returned to using her passion to serve the seniors in our community. Ms. Garvey has been a Family Services Specialist with Adult Protective Services at Shenandoah Valley Social Services for almost seven years.

**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.

**Deborah Lambert** has volunteered for VPAS in Highland County. for several years. She was the last chair of the Local Advisory Counsel in Highland and served on the VPAS Advisory Council from 2021 to 2022. She also serves on the FAITH in Action representing the Shrine of the Sacred Heart Catholic Church. FAITH in Action is a group of 12 Bath County Church serving Bath County needs. She volunteers on Mondays in the Meals on Wheels kitchen making meals for both counties.

**Christopher Miller**, a lifelong resident of Shenandoah County, received his B.S. in Criminal Justice from Old Dominion University. He has worked as a probation officer and currently serves as a Family Services Supervisor in APS for Harrisonburg-Rockingham Social Services District. He resides in New Market with his wife and two young daughters, where he volunteers for little league and the parks and recreation department. He enjoys hunting, fishing, farming, and spending time with his family.

**Ryan Miracle** heads Strategic, Estate and Retirement Planning at Financial Wellness Planning, LLC in Fishersville, VA. 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 Va. 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](http://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.

**Charlotte Sibold** most recently served (2020-2023) as Executive Director at Sunnyside in Harrisonburg, VA. Prior to that she served nearly 18 years at Kendal at Lexington, where she held a variety of roles, the last 8 as the Health Services Administrator. She holds a BS degree in Professional Communications and a MS in Community Health/Healthcare Management, both from Old Dominion University. For the past 25 years, Charlotte lives with her husband Sam in Fishersville.

**Lori Turner** is Executive Director of The Community Foundation for Rockbridge, Bath and Alleghany and holds a B.S. in Human Resource Management from The Ohio State University and M.P.A. from Liberty University Online Program. Lori has been involved in non-profit organization management for the past 30 years. She is a founding board member of the Community Table for the Rockbridge Area. She co-founded the Rockbridge Area Executive Directors Council, and she currently serves as the chair of the Lexington Police Foundation Board of Directors.