



**VALLEY PROGRAM FOR AGING SERVICES
BOARD OF DIRECTORS BIOGRAPHIES
JANUARY 2024**

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 VPAS' Bath Senior Services 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 2nd 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. They have three children and eight granddaughters.

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.

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.

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.

Lora Hamp grew up in the Tidewater area of Virginia and practiced law for several years at the law firm of Allen & Carwile, P.C., specializing in the areas of estate planning, estate administration, and elder law. After graduating from the University of Virginia School of Law, she was awarded the [Borchard Research Fellowship in Law and Aging](#) and designed an elder law clinic model that subsequently was implemented as the Advocacy Clinic for the Elderly (ACE) at the law school. A former PTO President, Lora is an active Rotarian and has enjoyed serving on the boards of numerous nonprofit organizations. Most recently, after serving on the Board of the Community Foundation of the Central Blue Ridge, her love of the organization led her to make the transition from a practicing attorney to the new Director of Nonprofit Relations at the foundation. In addition to holding a law degree, Ms. Hamp earned an undergraduate degree from the College of William and Mary and a Master of Science degree in gerontology from the Medical College of Virginia. She currently resides in Waynesboro with her husband and their two daughters.

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 Council 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 which is a group of 12 Bath County Churches 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. 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