

ADVISORY COUNCIL BIOS July 28, 2020

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.

Bruce Allen was born and raised in Waynesboro. He retired from Waynesboro law enforcement in April, 2004. After retirement, he was employed as a Safety Manager and then as a property manager for commercial and residential prosperities. Mr. Allen has served on the Waynesboro City Council 2008 to present. He and his wife Debra have three adult daughters and one grandson. He is active in several civic organizations.

Kathie Bare has been a proud citizen of the Rockbridge County area for over 40 years; most spent in Buena Vista with her husband Randy Bare. During her 40-year tenure at Carilion Stonewall Jackson Hospital she served as Director of Facility Services, Safety Officer and Director of Emergency Preparedness. Since retirement in 2018, she has joined the ranks of certified tutors through the Rockbridge Youth Literacy Program and has been asked to continue to chair the Rockbridge County Area Local Emergency Preparedness Committee (LEPC). She blessed to enjoy her family, especially grandson, Zachary Rogers and daughters, Lisa and Dana. Her motto is "Don't take no for an answer"! There are always options.

Virginia Bethune and her husband Dick have been residents of Sunnyside Retirement Community, Harrisonburg since 2003. Dick, a retired Presbyterian (PCUSA) pastor served pastorates in southside Virginia, Danville, Front Royal, and Pulaski. Virginia, pianist, organist, and harpist, was organist for Blacksburg United Methodist Church '89-'03. She is an Area Co-Ordinator for the Music for Healing and Transition Program, offering instruction for therapeutic musicians to play at bedside.

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.

Donna Brown is a Business Development Officer & Lender with F & M Bank headquartered in Timberville, Virginia. She is a member of the Broadway-Timberville Rotary Club and served on the local VPAS advisory council for the Broadway-Timberville center. She is a life-long resident of Rockingham County where she resides with her family. Donna enjoys spending time with family get-togethers, traveling, and hiking with the family dog.

Lucy Evans Ferrebee is retired as CEO of Auto Workers of North Tarrytown Federal Credit Union and Texaco Federal Credit Union located in North Tarrytown and Tarrytown NY. After her retirement in 1999, she returned to her home town of Buena Vista and began volunteering for AARP Virginia. Her volunteering career includes service to Rockbridge Area Transportation System, Maury River Senior Center, VPAS Board of Directors, Rockbridge Disability Board, Planning Board City of Buena Vista, Lylburn Downing Alumni Association, and Buena Vista Colored School Historical Society

Ashley W. Kane, PT, DPT received her Masters 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.

Dr. Laura Kornegay is the Health Director for Central Shenandoah Health District (CSHD). CSHD is one of 35 health districts that comprise the Virginia Department of Health, and serves the counties of Augusta, Bath, Highland, Rockbridge and Rockingham. Dr. Kornegay received her Bachelor of Arts and medical degree at the University of Virginia, and she completed a residency in Internal Medicine at the Medical University of South Carolina. She received a Navy scholarship to medical school, and served for four years on active duty, working with the U.S. Marine Corps at Parris Island, South Carolina. She was an Assistant Professor of Medicine at Eastern Virginia Medical School for three years before joining an Internal Medicine practice in Lexington, Virginia, where she practiced primary care for 15 years. Dr. Kornegay earned a Masters of Public Health degree from Benedictine University in 2012. She started work with the Virginia Department of Health in 2015. She lives in Lexington with her husband Keith and daughter Katelyn.

Ryan Miracle is an investment professional at Cornerstone Wealth Advisors. He graduated from Virginia Tech and is active in the Wilson Workforce & Rehabilitation Center Foundation, Rotary International, giv2giv.org (a nonprofit startup), the Financial Planning Association and more. Ryan resides in Albemarle County with his wife and three children.

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.

David C. Nahm is an attorney at the law firm of Clark & Bradshaw. He is on the board of directors of the Collins Center.

Barrett Owen is the senior pastor at First Baptist Church in Waynesboro, Virginia.

Mary Schooler was born in South Carolina, but has lived in Highland County most of her adult life. Her husband Jack is a retired pastor, and until retirement, Mary worked at Bath Community Hospital. Since

retirement the Schollers have farmed the family beef and poultry farm and helped drive Highland seniors to medical and other appointments as VPAS volunteers.

Sallie Strickler is from the Harrisonburg Rockingham area and currently lives in Harrisonburg, VA with her husband, Scott. Ms. Strickler graduated from Randolph-Macon College in Ashland, VA. She has spent time working in the mental health field and education. She has been a community advocate for a number of years as a member of the Harrisonburg Junior Woman's Club (now Harrisonburg Women's Service League), serving in various roles in the Harrisonburg City Schools PTA and as an active member of Asbury United Methodist Church. In addition, Ms. Strickler served 2 elected terms on the school board for Harrisonburg City Public Schools. Ms. Strickler 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. Ms. Strickler is the mother of 4 adult children and in her spare time enjoys outdoor activities, traveling, Virginia Tech sports, reading and continuing to learn, grow and volunteer to help those less fortunate.

Patrick Webb served in several development positions after retiring from a career in the military. He was the Director of Information Services for Office of Advancement at Ohio University and subsequently the Vice President for Annual and Reunion Giving with the VMI Foundation. Pat served as the chairman of the Virginia Department of Veterans Services' Foundation and president of the George C. Marshall Chapter of the Military Officers Association of America in Lexington, VA. He is now a full-time caregiver for his wife Carol and a long-distance caregiver to his mother in Kansas. As a result of his first-hand experience with Alzheimer's disease and experience in advocacy, Pat is the Alzheimer's Ambassador to Congressman Ben Cline.