Sheila K. Wilson Elliott graduated with a B.A. in Biology from the University of Virginia and both the B.S. and Pharm.D. degrees from the VCU-MCV School of Pharmacy. She has been a pharmacist since 1982 and began working at the Hampton VA Medical Center in 1989, where she pursued more advanced clinical opportunities in the area of primary care/geriatrics, and anticoagulation. Dr. Elliott has served two terms on the Virginia Board of Health and one term on the Virginia Board of Pharmacy. She continues to proudly serve veterans at the Hampton VAMC today.

Soon after beginning her employment at the Hampton VAMC, Dr. Elliott began working with the American Federation of Government Employees (AFGE) Local 2328 as Treasurer/Steward and gradually worked her way up to President. After serving as President of AFGE Local 2328 for over 15 years, Dr. Elliott retired as local president in June 2025. Dr. Elliott also serves as an Executive Board Member in the Virginia AFL-CIO. Dr. Elliot is also a proud Tribal Citizen and Chairwoman for the Circle & Square Foundation - Nottoway Indian Tribe of VA, Inc. She is a Life Member of the Portsmouth Chapter of the NAACP.

Sheila, an avid gardener, is married to Retired Judge Archie Elliott, Jr. and, along with her sister, serves as caregiver for their elderly mother.