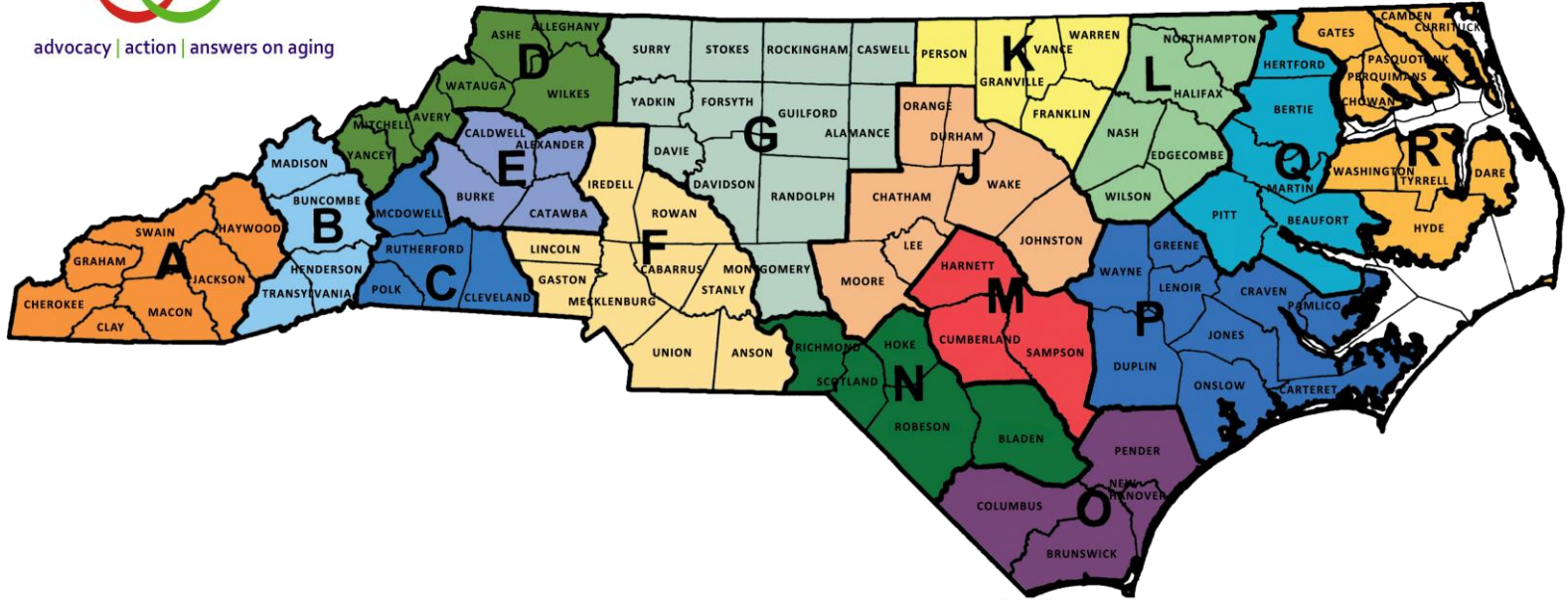




advocacy | action | answers on aging

# North Carolina Area Agencies on Aging



**Region A – Southwestern Commission**  
Sarajane Melton, Area Agency on Aging Administrator  
828-586-1962 x220, sarajane@regiona.org

**Region B – Land of Sky Regional Council**  
LeeAnne Tucker, Area Agency on Aging Director  
828-251-6622 x115, leeanne@landofsky.org

**Region C – Isothermal Planning & Development Commission**  
Laura Lynch, Area Agency on Aging Director  
828-351-2336, llynch@regionc.org

**Region D – High Country Council of Governments**  
Nicole Hiegl, Area Agency on Aging Director  
828-265-5434 x122, nhiegl@hccog.org

**Region E – Western Piedmont Council of Governments**  
Tina Miller, Area Agency on Aging Director  
828-485-4212, tina.miller@wpcog.org

**Region F – Centralina Council of Governments**  
Linda Miller, Aging Program Director  
704-348-2712, lmiller@centralina.org

**Region G – Piedmont Triad Regional Council**  
Adrienne Calhoun, Area Agency on Aging Director  
336-904-0300, acalhoun@ptrc.org

**Region J – Triangle J Council of Governments**  
Mary Warren, Area Agency on Aging Director  
919-558-2707, mwarren@tjcg.org

**Region K – Kerr-Tar Regional Council of Governments**  
Nancy Francis, Area Agency on Aging Director  
252-436-2040 x2047, nfrancis@kerrtarocog.org

**Region L – Upper Coastal Plains Council of Governments**  
Mary Marlin, Area Agency on Aging Program Director,  
252-234-5956, mmarlin@ucpcog.org

**Region M – Mid-Carolina Council of Governments**  
Tracy Honeycutt, Area Agency on Aging Director  
910-323-4191 x27, thoneycutt@mccog.org

**Region N – Lumber River Council of Governments**  
Twillia Allen, Aging Program Administrator  
910-775-9781, tca@lrcog.org

**Region O – Care Fear Council of Governments**  
Jane Jones, Area Agency on Aging Director  
910-395-4553 x209, jjones@capefearcog.org

**Region P – Eastern Carolina Council of Governments**  
Tonya Cedars, Human Services Director  
252-638-3185 x3012, tcedars@eccog.org

**Region Q – Mid-East Commission**  
Annette Eubanks, Area Agency on Aging Director  
252-974-1835, aeubanks@mideastcom.org

**Region R – Albemarle Commission**  
Laura Alvarico, Area Agency on Aging Director  
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