**Office of the State Long Term Care Ombudsman**

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| **Region** | **Area Agency on Aging**  | **Regional Ombudsman** | **Counties Served** |
| A | Southwestern Planning Commission125 Bonnie LaneSylva, NC 28779P: (828) 586-1962 ext. 223F: (828) 586-1968 | Anna Rogersanna@regiona.org | CherokeeClayGrahamJacksonMaconHaywoodSwain |
| B | Land of Sky Regional Council339 New Leicester Hwy.Suite 140Asheville, NC 28806Toll Free: 1-800-727-0557P: (828)251-6622F: (828) 251-6353 | Cori Searchcori@landofsky.orgDonna Casedonnac@landofsky.orgDonna Thomasondonna@landofsky.org | BuncombeHendersonMadisonTransylvania |
| C | Foothills Regional Commission *(Previously Isothermal Commission)*PO Box 841Rutherfordton, NC 28139Toll Free: 1-800-331-9891P: (828) 287-2281F: (828) 748-4023 | Mandy Johnsonmjohnson@foothillsregion.org Lori Simpsonlsimpson@foothillsregion.org | ClevelandMcDowellPolkRutherford |
| D | High Country Council of Governments468 New Market BoulevardBoone, NC 28607Toll Free: 1-866-219-3643P: (828) 265-5434 ext. 126F: (828) 265-5439 | Stevie Welbornswelborn@hccog.org | AlleghanyAsheAveryMitchellWataugaWilkesYancey |
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| F | Centralina Regional Council10735 David Taylor DriveSuite 250Charlotte, NC 28262Toll Free: 1-800-508-5777P: (704) 348-2724(704) 688-6503(704) 348-2739(704) 348-2736(704) 688-6504F: (704) 347-4710 | Hillary Kaylorhkaylor@centralina.orgPatricia Cowanpcowan@centralina.orgRachel Kielrkiel@centralina.orgRochelle McIverrmciver@centralina.org | AnsonCabarrusGastonIredellLincolnMecklenburgRowanStanlyUnion |
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| J | Central Pines Regional Council*(Previously Triangle J Council of Governments)*4307 Emperor Blvd.Suite 110Durham, NC 27703Toll Free: 1-800-310-9777P: (919) 558-2719(919) 558-2703(919) 558-9401(919) 558-2714 | Aimee Keplerakepler@centralpinesnc.govCarolyn Penningtoncpennington@centralpinesnc.govAutumn Coxacox@centralpinesnc.gov Angela Woodardawoodard@centralpinesnc.gov |  DurhamChathamJohnstonLeeMooreOrangeWake |
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| L | Upper Coastal Plains Council of Governments121 West Nash StreetPO Box 9Wilson, NC 27894P: (252) 234-5963(252) 234-5962F: (252) 234-5971 | Tyronda Whitakertwhitaker@ucpcog.orgAnnetta Brownabrown@ucpcog.org | EdgecombeHalifaxNashNorthamptonWilson |
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