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

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| **Region** | **Area Agency on Aging** | **Regional Ombudsman** | **Counties Served** |
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| B | Land of Sky Regional Council  339 New Leicester Hwy.  Suite 140  Asheville, NC 28806  Toll Free: (800)727-0557  P: (828)251-6622  F: (828) 251-6353 | Cori Search  [cori@landofsky.org](mailto:cori@landofsky.org)  Donna Case  [donnac@landofsky.org](mailto:donnac@landofsky.org)  Donna Thomason  [donna@landofsky.org](mailto:donna@landofsky.org) | Buncombe  Henderson  Madison  Transylvania |
| C | Isothermal Commission  PO Box 841  Rutherfordton, NC 28139  Toll Free: (800) 331-9891  P: (828) 287-2281  F: (828) 287-2735 | Mandy Johnson  [mjohnson@foothillsregion.org](mailto:mjohnson@foothillsregion.org)  Lori Simpson  [lsimpson@foothillsregion.org](mailto:lsimpson@foothillsregion.org) | Cleveland  McDowell  Polk  Rutherford |
| D | High Country Council of Governments  468 New Market Boulevard  Boone, NC 28607  Toll Free: (866) 219-3643  P: (828) 265-5434 ext. 126  F: (828) 265-5439 | Stevie John  [sjohn@hccog.org](mailto:sjohn@hccog.org) | Alleghany  Ashe  Avery  Mitchell  Watauga  Wilkes  Yancey |
| E | Western Piedmont Council of Governments  PO Box 9026  Hickory, NC 28603  P: (828) 485-4213  P: (828) 485-4265  F: (828) 322-5991 | Christina Franklin  [christina.franklin@wpcog.org](mailto:christina.franklin@wpcog.org)  Anita Roberts  [anita.roberts@wpcog.org](mailto:anita.roberts@wpcog.org) | Alexander  Burke  Caldwell  Catawba |
| F | Centralina Area Agency on Aging  9815 David Taylor Drive  Suite 100  Charlotte, NC 28262  Toll Free: (800) 508-5777  P: (704)348-2715  (704)348-2724  (704)688-6503  (704) 348-2739  (704) 688-6504  F: (704) 347-4710 | Cindy Kincaid  [ckincaid@centralina.org](mailto:ckincaid@centralina.org)  Hillary Kaylor  [hkaylor@centralina.org](mailto:hkaylor@centralina.org)  Lindsay Tice  [ltice@centralina.org](mailto:ltice@centralina.org)  Patricia Cowan  [pcowan@centralina.org](mailto:pcowan@centralina.org)  Rachel Kiel  [rkiel@centralina.org](mailto:rkiel@centralina.org) | Anson  Cabarrus  Gaston  Iredell  Lincoln  Mecklenburg  Rowan  Stanley  Union |
| G | Piedmont Triad Regional Council  1398 Carrollton Crossing Drive  Kernersville, NC 27284  P: (336) 904-0300  F: (336) 904-0302 | Kim Johnson  [kjohnson@ptrc.org](mailto:kjohnson@ptrc.org)  Ashley Marcolivio  [amarcolivio@ptrc.org](mailto:amarcolivio@ptrc.org)  Tracy Warner  [twarner@ptrc.org](mailto:twarner@ptrc.org)  LaTonya Smith  [lsmith@ptrc.org](mailto:lsmith@ptrc.org)  Christina Peoples  [cpeoples@ptrc.org](mailto:cpeoples@ptrc.org) | Alamance  Caswell  Davidson  Davie  Forsyth  Guilford  Montgomery  Randolph  Rockingham  Stokes  Surry  Yadkin |
| J | Triangle J Council of Governments  4307 Emperor Blvd.  Suite 110  Durham, NC 27703  Toll Free: (800) 310-9777  P: (919) 558-2719  (919) 558-2714  (919) 558-9404  (919) 558-2703  (919) 558-9401 | Aimee Kepler  [akepler@tjcog.org](mailto:akepler@tjcog.org)  Jennifer Link  [jlink@tjcog.org](mailto:jlink@tjcog.org)  Carolyn Pennington  [cpennington@tjcog.org](mailto:cpennington@tjcog.org)  Autumn Cox  [acox@tjcog.org](mailto:acox@tjcog.org) | Durham  Chatham  Johnston  Lee  Moore  Orange  Wake |
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| M | Mid-Carolina Council of Governments  PO Box 1510  Fayetteville, NC 28302  P: (910) 323-4191 ext. 25  F: (910) 395-2684 | Kareem Strong  [kstrong@mccog.org](mailto:kstrong@mccog.org) | Cumberland  Harnett  Sampson |
| N | Lumber River Council of Governments  30 CJ Walker Road  Pembroke, NC 28358  Toll Free: (866) 582-4251  P: (910) 775-9761  F: (910) 521-7556 | Shontelia Sowers  [shontelia.sowers@lrcog.org](mailto:shontelia.sowers@lrcog.org) | Bladen  Hoke  Robeson  Richmond  Scotland |
| O | Cape Fear Council of Governments  1480 Harbour Drive  Wilmington, NC 28401  Toll Free: (800) 218-6575  P: (910) 395-4553  F: (910) 395-2684 | Holli Blackwelder  [hblackwelder@capefearcog.org](mailto:hblackwelder@capefearcog.org)  Jeff Brunsink  [jbrunsink@capefearcog.org](mailto:jbrunsink@capefearcog.org) | Brunswick  Columbus  New Hanover  Pender |
| P | Eastern Carolina Council  PO Box 1717  New Bern, NC 28563  Toll Free: (800) 824-4648  P: (252) 638-3185  Ext. 3007 and Ext. 3010  F: (252) 638-3187 | Angelia Pridgen  [apridgen@eccog.org](mailto:apridgen@eccog.org) | Carteret  Craven  Duplin  Greene  Jones  Lenoir  Onslow  Pamlico  Wayne |
| Q | Mid-East Commission  1502 North Market Street  Suite A  Washington, NC 27889  P: (252) 974-1838  F: (252) 946-5489 | Laura Jett  [ljett@mideastcom.org](mailto:ljett@mideastcom.org) | Beaufort  Bertie  Hertford  Martin  Pitt |
| R | Albemarle Commission  512 South Church Street  Hertford, NC 27944  P: (252) 404-7086  F: (252) 426-8482 | Vacant | Camden  Chowan  Currituck  Dare  Gates  Hyde  Pasquotank  Perquimans  Tyrrel  Washington |