

**Division of Aging and Adult Services
North Carolina Long Term Care Ombudsman Program**

Office of the State Long Term Care Ombudsman

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Region	Area Agency on Aging	Regional Ombudsman	Counties Served
A	Southwestern Planning Commission 125 Bonnie Lane Sylva, NC 28779 P: (828)586-1962 ext. 223 F: (828) 586-1968	Anna Rogers anna@regiona.org	Cherokee Clay Graham Jackson Macon Haywood Swain
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 Donna Case donnac@landofsky.org Donna Thomason 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 Lori Simpson 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	Alleghany Ashe Avery Mitchell Watauga Wilkes Yancey

Revised: August 2022

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E	<p>Western Piedmont Council of Governments PO Box 9026 Hickory, NC 28603 P: (828) 485-4213 P: (828) 485-4265 F: (828) 322-5991</p>	<p>Christina Franklin christina.franklin@wpcog.org</p> <p>Anita Roberts anita.roberts@wpcog.org</p>	<p>Alexander Burke Caldwell Catawba</p>
F	<p>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</p>	<p>Cindy Kincaid ckincaid@centralina.org Hillary Kaylor hkaylor@centralina.org Lindsay Tice ltice@centralina.org Patricia Cowan pcowan@centralina.org Rachel Kiel rkiel@centralina.org</p>	<p>Anson Cabarrus Gaston Iredell Lincoln Mecklenburg Rowan Stanley Union</p>
G	<p>Piedmont Triad Regional Council 1398 Carrollton Crossing Drive Kernersville, NC 27284 P: (336) 904-0300 F: (336) 904-0302</p>	<p>Kim Johnson kjohnson@ptrc.org Ashley Marcolivio amarcolivio@ptrc.org Tracy Warner twarner@ptrc.org LaTonya Smith lsmith@ptrc.org Christina Peoples cpeoples@ptrc.org</p>	<p>Alamance Caswell Davidson Davie Forsyth Guilford Montgomery Randolph Rockingham Stokes Surry Yadkin</p>
J	<p>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</p>	<p>Aimee Kepler akepler@tjcog.org Jennifer Link jlink@tjcog.org Carolyn Pennington cpennington@tjcog.org Autumn Cox acox@tjcog.org</p>	<p>Durham Chatham Johnston Lee Moore Orange Wake</p>
L	<p>Upper Coastal Plains Council of Governments 121 West Nash Street PO Box 9 Wilson, NC 27893 P: (252) 234-5963 (252) 234-5962 F: (252) 234-5971</p>	<p>Tyronda Whitaker twhitaker@ucpcog.org</p> <p>Annetta Brown abrown@ucpcog.org</p>	<p>Edgecombe Halifax Nash Northampton Wilson</p>

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M	<p>Mid-Carolina Council of Governments PO Box 1510 Fayetteville, NC 28302 P: (910) 323-4191 ext. 25 F: (910) 395-2684</p>	<p>Kareem Strong kstrong@mccoq.org</p>	<p>Cumberland Harnett Sampson</p>
N	<p>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</p>	<p>Shontelia Sowers shontelia.sowers@lrcoq.org</p>	<p>Bladen Hoke Robeson Richmond Scotland</p>
O	<p>Cape Fear Council of Governments 1480 Harbour Drive Wilmington, NC 28401 Toll Free: (800) 218-6575 P: (910) 395-4553 F: (910) 395-2684</p>	<p>Holli Blackwelder hblackwelder@capefearcog.org</p> <p>Jeff Brunsink jbrunsink@capefearcog.org</p>	<p>Brunswick Columbus New Hanover Pender</p>
P	<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</p>	<p>Angelia Pridgen apridgen@eccog.org</p>	<p>Carteret Craven Duplin Greene Jones Lenoir Onslow Pamlico Wayne</p>
Q	<p>Mid-East Commission 1502 North Market Street Suite A Washington, NC 27889 P: (252) 974-1838 F: (252) 946-5489</p>	<p>Laura Jett ljett@mid-eastcom.org</p>	<p>Beaufort Bertie Hertford Martin Pitt</p>

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