

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

Office of the State Long Term Care Ombudsman

2101 Mail Service Center
Raleigh, North Carolina 27699-2101
(919) 855-3400
Fax: (919) 715-0364
Website: <https://www.ncdhhs.gov/aging>

Renee Kea, Interim State Long-Term Care Ombudsman: renee.kea@dhhs.nc.gov , (919) 855-3431
Kendra Dixon, Ombudsman Program Specialist: lakendra.dixon@dhhs.nc.gov, (919) 855-3433
Shelia Ward, Ombudsman Trainer: shelia.ward@dhhs.nc.gov, (919) 214-4402

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: 1-800-727-0557 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	Foothills Regional Commission <i>(Previously Isothermal Commission)</i> PO Box 841 Rutherfordton, NC 28139 Toll Free: 1-800-331-9891 P: (828) 287-2281 F: (828) 748-4023	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: 1-866-219-3643 P: (828) 265-5434 ext. 126 F: (828) 265-5439	Stevie Welborn swelborn@hccog.org	Alleghany Ashe Avery Mitchell Watauga Wilkes Yancey

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

E	<p>Western Piedmont Council of Governments PO Box 9026 Hickory, NC 28603 P: (828) 485-4213 P: (828) 485-4271 F: (828) 322-5991</p>	<p>Christina Franklin christina.franklin@wpcog.org</p> <p>Michael Layza michael.layza@wpcog.org</p>	<p>Alexander Burke Caldwell Catawba</p>
F	<p>Centralina Regional Council 10735 David Taylor Drive Suite 250 Charlotte, NC 28262 Toll Free: 1-800-508-5777 P: (704) 348-2724 (704) 688-6503 (704) 348-2739 (704) 348-2736 (704) 688-6504 F: (704) 347-4710</p>	<p>Hillary Kaylor hkaylor@centralina.org</p> <p>Patricia Cowan pcowan@centralina.org</p> <p>Rachel Kiel rkiel@centralina.org</p> <p>Rochelle Mclver rmciver@centralina.org</p> <p>Jeanette Mullies jmullies@centralina.org</p>	<p>Anson Cabarrus Gaston Iredell Lincoln Mecklenburg Rowan Stanly 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</p> <p>Tracy Warner twarner@ptrc.org</p> <p>Crystal Norman cnorman@ptrc.org</p> <p>Adriene Carmicheal acarmicheal@ptrc.org</p> <p>Beth Johnson bjohnson@ptrc.org</p>	<p>Alamance Caswell Davidson Davie Forsyth Guilford Montgomery Randolph Rockingham Stokes Surry Yadkin</p>
J	<p>Central Pines Regional Council <i>(Previously Triangle J Council of Governments)</i> 4307 Emperor Blvd. Suite 110 Durham, NC 27703 Toll Free: 1-800-310-9777 P: (919) 558-2719 (919) 558-2703 (919) 558-9404 (919) 558-2714</p>	<p>Aimee Kepler akepler@centralpinesnc.gov</p> <p>Carolyn Pennington cpennington@centralpinesnc.gov</p> <p>Autumn Cox acox@centralpinesnc.gov</p> <p>Angela Woodard awoodard@centralpinesnc.gov</p> <p>Tracy Burton tburton@centralpinesnc.gov</p>	<p>Durham Chatham Johnston Lee Moore Orange Wake</p>
K	<p>Kerr-Tar Regional Council of Governments PO Box 709 Henderson, NC 27536 Toll Free: 1-866-506-6223 P: (252) 436-2050 F: (252) 436-2055</p>	<p>Kimberly Hawkins khawkins@kerrtarocog.org</p>	<p>Franklin Granville Person Vance Warren</p>

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

L	Upper Coastal Plains Council of Governments 121 West Nash Street PO Box 9 Wilson, NC 27894 P: (252) 234-5963 (252) 234-5962 F: (252) 234-5971	Tyronda Whitaker twhitaker@ucpcog.org Annetta Brown abrown@ucpcog.org	Edgecombe Halifax Nash Northampton Wilson
M	Mid-Carolina Council of Governments PO Box 1510 Fayetteville, NC 28302 P: (910) 323-4191 ext. 25 F: (910) 323-9330	Kareem Strong kstrong@mccog.org	Cumberland Harnett Sampson
N	Lumber River Council of Governments 30 CJ Walker Road Pembroke, NC 28358 P: (910) 775-9761 (910) 775-9741 F: (910) 521-7556	Markalya Foote Markalya.foote@lrcog.org	Bladen Hoke Robeson Richmond Scotland
O	Cape Fear Council of Governments 1480 Harbour Drive Wilmington, NC 28401 Toll Free: 1-800-218-6575 P: (910) 395-4553 F: (910) 395-2684	Holli Blackwelder hblackwelder@capefearcog.org Jeff Brunsink jbrunsink@capefearcog.org	Brunswick Columbus New Hanover Pender
P	Eastern Carolina Council PO Box 1717 New Bern, NC 28563 Toll Free: 1-800-824-4648 P: (252) 638-3185 ext. 3007 (252) 638-3185 ext. 3010 (252) 638-3185 ext. 3011 (252) 638-3185 ext. 3008 F: (252) 638-3187	Angelia Pridgen apridgen@eccog.org Lauren Latshaw llatshaw@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 ljet@mideastcom.org	Beaufort Bertie Hertford Martin Pitt

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

R	Albemarle Commission 512 South Church Street Hertford, NC 27944 P: (252) 404-7086 F: (252) 426-8482	Melissa Hines mhines@accog.org	Camden Chowan Currituck Dare Gates Hyde Pasquotank Perquimans Tyrrell Washington
---	---	---	---