

**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<br>125 Bonnie Lane<br>Sylva, NC 28779<br>P: (828) 586-1962 ext. 223<br>F: (828) 586-1968  | Anna Rogers<br><a href="mailto:anna@regiona.org">anna@regiona.org</a>   | Cherokee<br>Clay<br>Graham<br>Jackson<br>Macon<br>Haywood<br>Swain    |
| B      | Land of Sky Regional Council<br>339 New Leicester Hwy.<br>Suite 140<br>Asheville, NC 28806<br>Toll Free: 1-800-727-0557<br>P: (828)251-6622<br>F: (828) 251-6353                           | Cori Search<br><a href="mailto:cori@landofsky.org">cori@landofsky.org</a><br><br>Donna Case<br><a href="mailto:donnac@landofsky.org">donnac@landofsky.org</a><br><br>Donna Thomason<br><a href="mailto:donna@landofsky.org">donna@landofsky.org</a> | Buncombe<br>Henderson<br>Madison<br>Transylvania                      |
| C      | Foothills Regional Commission<br><i>(Previously Isothermal Commission)</i><br>PO Box 841<br>Rutherfordton, NC 28139<br>Toll Free: 1-800-331-9891<br>P: (828) 287-2281<br>F: (828) 748-4023 | Mandy Johnson<br><a href="mailto:mjohnson@foothillsregion.org">mjohnson@foothillsregion.org</a><br><br>Lori Simpson<br><a href="mailto:lsimpson@foothillsregion.org">lsimpson@foothillsregion.org</a>   | Cleveland<br>McDowell<br>Polk<br>Rutherford                           |
| D      | High Country Council of Governments<br>468 New Market Boulevard<br>Boone, NC 28607<br>Toll Free: 1-866-219-3643<br>P: (828) 265-5434 ext. 126<br>F: (828) 265-5439                         | Stevie Welborn<br><a href="mailto:swelborn@hccog.org">swelborn@hccog.org</a>  | Alleghany<br>Ashe<br>Avery<br>Mitchell<br>Watauga<br>Wilkes<br>Yancey |

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| E | <p>Western Piedmont Council of Governments<br/>PO Box 9026<br/>Hickory, NC 28603<br/>P: (828) 485-4213<br/>P: (828) 485-4271<br/>F: (828) 322-5991</p>   | <p>Christina Franklin<br/><a href="mailto:christina.franklin@wpcog.org">christina.franklin@wpcog.org</a></p> <p>Michael Layza<br/><a href="mailto:michael.layza@wpcog.org">michael.layza@wpcog.org</a></p>   | <p>Alexander<br/>Burke<br/>Caldwell<br/>Catawba</p>  |
| F | <p>Centralina Regional Council<br/>10735 David Taylor Drive<br/>Suite 250<br/>Charlotte, NC 28262<br/>Toll Free: 1-800-508-5777<br/>P: (704) 348-2724<br/>(704) 688-6503<br/>(704) 348-2739<br/>(704) 348-2736<br/>(704) 688-6504<br/>F: (704) 347-4710</p>            | <p>Hillary Kaylor<br/><a href="mailto:hkaylor@centralina.org">hkaylor@centralina.org</a></p> <p>Patricia Cowan<br/><a href="mailto:pcowan@centralina.org">pcowan@centralina.org</a></p> <p>Rachel Kiel<br/><a href="mailto:rkiel@centralina.org">rkiel@centralina.org</a></p> <p>Rochelle McIver<br/><a href="mailto:rmciver@centralina.org">rmciver@centralina.org</a></p> <p>Jeanette Mullies<br/><a href="mailto:jmullies@centralina.org">jmullies@centralina.org</a></p>   | <p>Anson<br/>Cabarrus<br/>Gaston<br/>Iredell<br/>Lincoln<br/>Mecklenburg<br/>Rowan<br/>Stanly<br/>Union</p>  |
| G | <p>Piedmont Triad Regional Council<br/>1398 Carrollton Crossing Drive<br/>Kernersville, NC 27284<br/>P: (336) 904-0300<br/>F: (336) 904-0302</p>   | <p>Kim Johnson<br/><a href="mailto:kjohnson@ptrc.org">kjohnson@ptrc.org</a></p> <p>Tracy Warner<br/><a href="mailto:twarner@ptrc.org">twarner@ptrc.org</a></p> <p>Crystal Norman<br/><a href="mailto:cnorman@ptrc.org">cnorman@ptrc.org</a></p> <p>Adriene Carmicheal<br/><a href="mailto:acarmicheal@ptrc.org">acarmicheal@ptrc.org</a></p> <p>Beth Johnson<br/><a href="mailto:bjohnson@ptrc.org">bjohnson@ptrc.org</a></p>  | <p>Alamance<br/>Caswell<br/>Davidson<br/>Davie<br/>Forsyth<br/>Guilford<br/>Montgomery<br/>Randolph<br/>Rockingham<br/>Stokes<br/>Surry<br/>Yadkin</p> |
| J | <p>Central Pines Regional Council<br/><i>(Previously Triangle J Council of Governments)</i><br/>4307 Emperor Blvd.<br/>Suite 110<br/>Durham, NC 27703<br/>Toll Free: 1-800-310-9777<br/>P: (919) 558-2719<br/>(919) 558-2703<br/>(919) 558-9404<br/>(919) 558-2714</p> | <p>Aimee Kepler<br/><a href="mailto:akepler@centralpinesnc.gov">akepler@centralpinesnc.gov</a></p> <p>Carolyn Pennington<br/><a href="mailto:cpennington@centralpinesnc.gov">cpennington@centralpinesnc.gov</a></p> <p>Autumn Cox<br/><a href="mailto:acox@centralpinesnc.gov">acox@centralpinesnc.gov</a></p> <p>Angela Woodard<br/><a href="mailto:awoodard@centralpinesnc.gov">awoodard@centralpinesnc.gov</a></p> <p>Tracy Burton<br/><a href="mailto:tburton@centralpinesnc.gov">tburton@centralpinesnc.gov</a></p> | <p>Durham<br/>Chatham<br/>Johnston<br/>Lee<br/>Moore<br/>Orange<br/>Wake</p>   |
| K | <p>Kerr-Tar Regional Council of Governments<br/>PO Box 709<br/>Henderson, NC 27536<br/>Toll Free: 1-866-506-6223<br/>P: (252) 436-2050<br/>F: (252) 436-2055</p>   | <p>Kimberly Hawkins<br/><a href="mailto:khawkins@kerrtarocog.org">khawkins@kerrtarocog.org</a></p>   | <p>Franklin<br/>Granville<br/>Person<br/>Vance<br/>Warren</p>  |

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| L | Upper Coastal Plains Council of Governments<br>121 West Nash Street<br>PO Box 9<br>Wilson, NC 27894<br>P: (252) 234-5963<br>(252) 234-5962<br>F: (252) 234-5971  | Tyronda Whitaker<br><a href="mailto:twhitaker@ucpcog.org">twhitaker@ucpcog.org</a><br><br>Annetta Brown<br><a href="mailto:abrown@ucpcog.org">abrown@ucpcog.org</a>                                  | Edgecombe<br>Halifax<br>Nash<br>Northampton<br>Wilson                                   |
| M | Mid-Carolina Council of Governments<br>PO Box 1510<br>Fayetteville, NC 28302<br>P: (910) 323-4191 ext. 25<br>F: (910) 323-9330   | Kareem Strong<br><a href="mailto:kstrong@mccog.org">kstrong@mccog.org</a>  | Cumberland<br>Harnett<br>Sampson  |
| N | Lumber River Council of Governments<br>30 CJ Walker Road<br>Pembroke, NC 28358<br>P: (910) 775-9761<br>(910) 775-9741<br>F: (910) 521-7556   | Markalya Foote<br><a href="mailto:Markalya.foote@lrcog.org">Markalya.foote@lrcog.org</a><br><br>Kayla Lowry<br><a href="mailto:Kayla.lowry@lrcog.org">Kayla.lowry@lrcog.org</a>                      | Bladen<br>Hoke<br>Robeson<br>Richmond<br>Scotland                                       |
| O | Cape Fear Council of Governments<br>1480 Harbour Drive<br>Wilmington, NC 28401<br>Toll Free: 1-800-218-6575<br>P: (910) 395-4553<br>F: (910) 395-2684  | Holli Blackwelder<br><a href="mailto:hblackwelder@capefearcog.org">hblackwelder@capefearcog.org</a><br><br>Jeff Brunsink<br><a href="mailto:jbrunsink@capefearcog.org">jbrunsink@capefearcog.org</a> | Brunswick<br>Columbus<br>New Hanover<br>Pender  |
| P | Eastern Carolina Council<br>PO Box 1717<br>New Bern, NC 28563<br>Toll Free: 1-800-824-4648<br>P: (252) 638-3185 ext. 3007<br>(252) 638-3185 ext. 3010<br>(252) 638-3185 ext. 3011<br>(252) 638-3185 ext. 3008<br>F: (252) 638-3187 | Angelia Pridgen<br><a href="mailto:apridgen@eccog.org">apridgen@eccog.org</a><br><br>Lauren Latshaw<br><a href="mailto:llatshaw@eccog.org">llatshaw@eccog.org</a>                                    | Carteret<br>Craven<br>Duplin<br>Greene<br>Jones<br>Lenoir<br>Onslow<br>Pamlico<br>Wayne |
| Q | Mid-East Commission<br>1502 North Market Street<br>Suite A<br>Washington, NC 27889<br>P: (252) 974-1838<br>F: (252) 946-5489   | Laura Jett<br><a href="mailto:ljett@mideastcom.org">ljett@mideastcom.org</a>   | Beaufort<br>Bertie<br>Hertford<br>Martin<br>Pitt  |

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| R | Albemarle Commission<br>512 South Church Street<br>Hertford, NC 27944<br>P: (252) 404-7086<br>F: (252) 426-8482 | Melissa Hines<br><a href="mailto:mhines@accog.org">mhines@accog.org</a> | Camden<br>Chowan<br>Currituck<br>Dare<br>Gates<br>Hyde<br>Pasquotank<br>Perquimans<br>Tyrrell<br>Washington |
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