

REGION A	STAFF CONTACT	E-MAIL
(Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain (EBCI)) Southwestern Commission Area Agency on Aging 125 Bonnie Lane Sylva NC 28779 (828) 586-1962 FAX (828) 586-1968 http://www.regiona.org	Sarajane Melton, Aging Administrator ext. 220	sarajane@regiona.org
	Jeanne Mathews, Aging Program Coordinator ext. 217	jeanne@regiona.org
	Anna Rogers, Regional Ombudsman, ext. 223	anna@regiona.org
	Pat Baker, Aging Program Assistant ext. 209	pbaker@regiona.org
	Nadia Blow, Family Caregiver Resource Coordinator 828-565-1823	nadia@regiona.org
	Ryan Scaggs, Finance Officer	rscaggs@regiona.org
	Russ Harris, Executive Director	russ@regiona.org
	Lisa Allen, Community Health Educator	llallen@regiona.org
	Kellie Dula, Aging Specialist (Part-Time)	kellie@regiona.org
REGION B	STAFF CONTACT	E-MAIL
(Buncombe, Henderson, Madison, Transylvania) Land of Sky Regional Council 339 New Leicester Highway Suite 140 Asheville, NC 28806 (828) 251-6622 FAX (828) 251-6353 http://landofsky.org	LeeAnne Tucker, Area Agency on Aging Director Ext. 1109 Cell: 828-417-1733 Direct line: 828-251-7436	leeanne@landofsky.org
	Edward Jones, Family Caregiver Specialist Ext. 1122 Cell: N/A Direct line: 828-251-7441	edward@landofsky.org
	Kathryn Florack, Aging Specialist Ext. n/a Cell: 828-470-0383	kathryn@landofsky.org
	Carol McLimans, Family Caregiver Associate	mclimansc@bellsouth.net
	Cori Search, Lead Regional Ombudsman, Ext. 1219 Cell: 828-702-0354 Direct line: 828-251-7433	cori@landofsky.org
	Nancy Hogan, Project C.A.R.E. Family Consultant Ext. 1111 Cell: 828-545-4924 Direct line: 828-251-7432	nancy@landofsky.org

REGION B

Dee Heinmuller, Senior Companion Program Manager Direct Line: 828-251-7443 Ext. 1107 Cell: 828-329-8523	dee@landofsky.org
Zack Schmitt, Aging Program Specialist, Contracts/HCCBG Ext. 1108 Cell: N/A Direct line: 828-251-7435	zack@landofsky.org
Brea Kuykendall, Aging Program Specialist, Health Promotion and Disease Prevention Ext. 1117 Cell: 828-582-4760 Direct line: 828-251-7438	brea@landofsky.org
Jenna Sharrits, Digital Navigator Ext. 1315 Cell: n/a Direct line: 828-337-9264	jenna@landofsky.org
Stacy Friesland, Foster Grandparent Program Manager Ext. 1207 Cell: n/a Direct line: 828-251-7448	stacy@landofsky.org
Donna Case, Regional Ombudsman Ext. 1319 Cell: 828-273-0713 Direct line: 828-251-7430	donnac@landofsky.org
Donna Thomason, Regional Ombudsman Ext. 1219 Cell: 828-206-3031 Direct line: 828-251-7439	donna@landofsky.org
Carol Allison, MFP Community Inclusion Specialist Ext. n/a Cell: 828-490-3077 Direct line: n/a	carola@landofsky.org
Vicki Benadvies, SCP Support Specialist	vicki@landofsky.org
Charlotte Sullivan, Finance Director, ext. 1158 Direct: 828-251-7470	charlotte@landofsky.org

REGION B	Nathan Ramsey, Executive Director, ext. 1105 Direct: 828-251-7473	nathan@landofsky.org
REGION C	STAFF CONTACT	E-MAIL
(Cleveland, McDowell, Polk, Rutherford) Foothills Regional Commission P.O. Box 841 Rutherfordton, NC 28139 (828) 287-2281 FAX (828) 287-2735 http://www.regionc.org	Laura Lynch, Aging Director ext. 232	llynch@foothillsregion.org
	Lori Simpson, Aging Specialist/Omb ext. 222	lsimpson@foothillsregion.org
	Danielle Williams, Family Caregiver Specialist ext. 258	dwilliams@foothillsregion.org
	Mandy Johnson, Ombudsman ext. 225	mjohnson@foothillsregion.org
	Carrie Rhodes, Aging Program Assistant ext. 227	Crhodes@foothillsregion.org
	Charlotte Sullivan, Finance Officer ext. 230	csullivan@foothillsregion.org
	Danna Stansbury, Executive Director ext. 264	dstansbury@foothillsregion.org
REGION D	STAFF CONTACT	E-MAIL
(Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, Yancey) High Country Council of Governments 468 New Market Boulevard Boone, NC 28607 (828) 265-5434 (see individual extensions) FAX (828) 265-5439 http://www.hccog.org www.highcountryaging.org	Zack Green, AAA Director ext. 122	zgreen@hccog.org
	Samantha Oleschuk, Aging Services Coordinator for Compliance and Administration ext. 107	soleschuk@hccog.org
	Quinn Griffin, Health Promotion Specialist ext. 143	qgriffin@hccog.org
	Stevie Welborn, Ombudsman ext. 126	sWelborn@hccog.org
	Myles Stacey, Family Caregiver Support Specialist ext. 123	mstacey@hccog.org
	Tammy Nelson, Aging Services Coordinator, Lifespan Respite Coordinator ext. 139	Lifespan@hccog.org
	Fred Wilson, Digital Navigator ext. 144	fwilson@hccog.org

REGION D	Maddy Wilson, Home Modification Project Manager ext. 132	mwilson@hccog.org
	Caroline Briggs, Finance Officer ext. 103	cbriggs@hccog.org
	Julie Wiggins, Executive Director ext. 125	jwiggins@hccog.org
REGION E	STAFF CONTACT	E-MAIL
(Alexander, Burke, Caldwell, Catawba) Western Piedmont Council of Governments P.O. Box 9026 Hickory, NC 28603 (828) 322-9191 FAX (828) 322-5991 www.wpcog.org	Tina Miller, AAA Director (828) 485-4212	tina.miller@wpcog.org
	Christina Franklin, Project Care Family Specialist (828) 485-4267	christina.franklin@wpcog.org
	Sarah Evitt, Aging Program Manager (828) 485-4216	sarah.evitt@wpcog.org
	Mary Mitchell, Family Caregiver Support Program Administrator (828) 485-4256	mary.mitchell@wpcog.org
	Michele Francois, Ombudsman (828) 485-4271	michele.francois@wpcog.org
	Ashelin McCoy, Aging Specialist (828) 485-4257	ashelin.mccoy@wpcog.org
	Michael Layza, Ombudsman (828) 485-4213	Michael.layza@wpcog.org
	Andrea Roper, Finance Officer (828) 485-4255	andrea.roper@wpcog.org
	Anthony Starr, Executive Director (828) 485-4272	Anthony.starr@wpcog.org
REGION F	STAFF CONTACT	E-MAIL
(Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly, Union) Centralina Regional Council 10735 David Taylor Drive Suite 250 Charlotte, NC 28262	Linda Miller, AAA Director (704) 348-2712	lmiller@centralina.org
	Debi Lee, Assistant Aging Programs Director (704) 348-2714	dlee@centralina.org
	Katie Kutcher, Assistant Director, Aging Programs (704) 348-2705	kkutcher@centralina.org

(704) 372-2416
FAX (704) 347-4710

(see individual #s for voice mail)
1-800-508-5777
<http://www.centralinaaging.org/>

REGION F

Laurie Abounader, Aging Program Administrator (704) 688-6501	labounader@centralina.org
Amanda Dawson, Aging Program Coordinator (704) 385-4789	Adawson@centralina.org
Austin Caton, Aging Program Coordinator (704) 348-2708	acaton@centralina.org
Kelsey Lieungh, Aging Program Coordinator (704) 348-2710	klieungh@centralina.org
Kelly Mach, Aging Program Coordinator (704) 688-6509	kmach@centralina.org
Caitlin McElrath, Aging Program Administrator (704) 348-2726	cmcelrath@centralina.org
Molly O'Day, Aging Program Coordinator (704) 385-4461	moday@centralina.org
Kristen Srouji, Aging Program Administrator (704) 348-2729	ksrouji@centralina.org
Rachel Kiel, Regional Ombudsman (704) 348-2739	rkiel@centralina.org
Cindy Kincaid, Aging Program Manager (704) 348-2715	ckincaid@centralina.org
Hilary Kaylor, Ombudsman Program Manager (704) 348-2724	hkaylor@centralina.org
Rochelle McIver, Ombudsman (704) 348-2736	rmciver@centralina.org
Jeannie Mullies, Ombudsman (704) 688-6504	jmullies@centralina.org

REGION F	Evelyn Pressley, Aging Finance Specialist/ARMS (704) 688-6505	epressley@centralina.org
	Denise Strosser, Finance Director (704) 348-2704	dstrosser@centralina.org
	Geraldine Gardner, COG Director (704) 348-2703	ggardner@centralina.org
REGION G	STAFF CONTACT	E-MAIL
(Alamance, Caswell, Davidson, Davie, Forsyth, Guilford, Montgomery, Randolph, Rockingham, Stokes, Surry, Yadkin)	Adrienne Calhoun, AAA Director ext. 2000	acalhoun@ptrc.org
	Eboni Lewis, AAA Assistant Director ext. 2006	elewis@ptrc.org
Piedmont Triad Regional Council 1398 Carrollton Crossing Drive Kernersville, NC 27284 Main Phone Number (336) 904-0300 http://www.ptrc.org REGION G	LaTonya Smith, Family Caregiver Support Specialist ext. 2021	lsmith@ptrc.org
	Christina Peoples, Health Promotion Coordinator ext. 2017	cpeoples@ptrc.org
	Tracy Warner, Regional LTC Ombudsman ext. 2007	twarner@ptrc.org
	Adriene Carmicheal, Regional LTC Ombudsman Ext. 2004	acarmicheal@ptrc.org
	Crystal Norman, Regional LTC Ombudsman ext.2013	cnorman@ptrc.org
	Beth Johnson, Regional LTC Ombudsman ext. 2001	bjohnson@ptrc.org
	Bob Cleveland, Aging Program Planner ext. 2008	bcleveland@ptrc.org
	Luna Williams, Aging Program Planner ext. 2027	luwilliams@ptrc.org
	Joe Dzugan, Aging Systems Coordinator ext. 2020 Quality Assurance	jdzugan@ptrc.org
	Susan Ferriola, Aging MIS Specialist ext. 2019 Quality Assurance	sferriola@ptrc.org

REGION G	Gwen Shields, Aging Systems Specialist ext. 2023 Quality Assurance	gshields@ptrc.org
	Laura Quiceno Castellanos, Community Health Worker ext. 2018	lcastellanos@ptrc.org
	Jarrold Hand, Finance Director ext. 5000	jhand@ptrc.org
	Matthew Dolge, Executive Director ext.1100	mdolge@ptrc.org
REGION J	STAFF CONTACT	E-MAIL
(Chatham, Durham, Johnston, Lee, Moore, Orange, Wake) Central Pines Regional Council 4307 Emperor Blvd., Suite 110 Durham, NC 27703 Aging Information Line: 1-800-310-9777 FAX 919-549-9390 https://www.centralpinesnc.gov	Jenisha Henneghan, AAA Director 919-558-2708	jhenneghan@centralpinesnc.gov
	Ashley Price, AAA Assistant Director 919-558-2711	aprice@centralpinesnc.gov
	Jasmine Wilson, Aging Program Coordinator 919-558-9398	jwilson@centralpinesnc.gov
	Jennifer Link, Family Caregiver Program Coordinator 919-558-9391	jlink@centralpinesnc.gov
	Autumn Cox, Regional Ombudsman 919-558-9401	acox@centralpinesnc.gov
	Carolyn Pennington, Ombudsman 919-558-2703	cpennington@centralpinesnc.gov
	Charlene Purkett, Ombudsman 919-558-9401	cpurkett@centralpinesnc.gov
	Tracy Burton, Ombudsman 919-558-2714	tburton@centralpinesnc.gov
	Angela Woodard, Ombudsman 919-558-9404	awoodard@centralpinesnc.gov
	Hannah Caswell, Aging Program Associate 919-558-2705	hcaswell@centralpinesnc.gov
	Amanda Richardson, Aging Program Specialist 919-558-2702	arichardson@centralpinesnc.gov
	Hope Tally, Chief Finance Officer 919-558-9403	htally@centralpinesnc.gov

REGION J	Jenny Halsey, Assistant Executive Director 919-558-9343	jhalsey@centralpinesnc.gov
	Lee Worsley, Executive Director 919-558-9395	lworsley@centralpinesnc.gov

REGION K	STAFF CONTACT	E-MAIL
(Franklin, Granville, Person, Vance, Warren) Kerr Tar Regional COG 1724 Graham Avenue P.O. Box 709 Henderson, NC 27536 (252) 436-2040 FAX (252) 436-2055 http://www.kerrtarcog.org/aging/	Alan Winstead, AAA Director (252) 436-2040, ext. 2047	awinstead@kerrtarcog.org
	Kimberly Hawkins, Regional Ombudsman (252) 436-2040, ext. 2050	khawkins@kerrtarcog.org
	Michael Patterson, Family Caregiver Specialist (252) 436-2040, ext. 6072	mpatterson@kerrtarcog.org
	Crystal Allen, Aging Specialist (252) 436-2040 ext. 2036	callen@kerrtarcog.org
	Katie Conner, Finance Director (252) 436-2040 ext. 6071	kkconner@kerrtarcog.org
	Christa Hight, Administrative and Aging Assistant (252) 436-2040 ext. 2041	chight@kerrtarcog.org
	Diane Cox, Executive Director (252) 436-2040, ext. 2039	dc Cox@kerrtarcog.org
REGION L	STAFF CONTACT	E-MAIL
(Edgecombe, Halifax, Nash, Northampton, Wilson) Upper Coastal Plain Council of Governments 121 W. Nash Street PO Box 9 Wilson, NC 27894 Main Phone: (252) 234-5952 (see individual numbers) FAX (252) 234-5971 http://www.ucpcog.org	Mary Marlin, AAA Director (252) 234-5956	mmarlin@ucpcog.org
	Michael Stanford, Aging Program Specialist (252) 234-5977	mstanford@ucpcog.org
	Dawn Tillery, Aging Program Specialist (252) 677-6059	dtillery@ucpcog.org
	Demetria Ellis, Aging Program Specialist (252) 234-5955	dellis@ucpcog.org
	Ty Whitaker, Regional Ombudsman (252) 234-5963	twhitaker@ucpcog.org
	Annetta Brown, Regional Ombudsman (252) 234-5962	abrown@ucpcog.org
	Ashleigh Glover, Family Caregiver Resource Specialist (252) 234-5984	aglover@ucpcog.org

REGION L	Kelly Lancaster, Finance Officer	klancaster@ucpcog.org
	Robert Hiett, Executive Director	rhiett@ucpcog.org
REGION M	STAFF CONTACT	E-MAIL
(Cumberland, Harnett, Sampson) Mid-Carolina Regional Council 6205 Raeford Road Fayetteville, NC 28304 (910) 323-4191 FAX (910) 323-9330 http://www.mccog.org/	Tracy Honeycutt, AAA Director ext. 27	thoneycutt@mccog.org
	Carla Smith, Aging Program Specialist ext. 23	csmith@mccog.org
	Kareem Strong, LTC Ombudsman ext. 25	kstrong@mccog.org
	LaShonda Gough, Health Promotion Coordinator ext. 40	lgough@mccog.org
	Barbara White, Family Caregiver Specialist ext. 28	bwhite@mccog.org
	Lisa DeCandia, Home Services Coordinator ext. 35	ldecandia@mccog.org
	Glenda Dye, Finance Director ext. 22	gdye@mccog.org
	Samantha Wullenwabar, Executive Director ext. 33	swullenwabar@mccog.org
REGION N	STAFF CONTACT	E-MAIL
(Bladen, Hoke, Richmond, Robeson, Scotland) Lumber River Council of Governments 30 CJ Walker Road COMtech Park Pembroke, NC 28372 see individual extensions) Phone: (910) 618-5533 FAX: (910) 521-7556 http://www.lumerrivercog.org/	Twilla Allen, Aging Program Administrator (910) 775-9781	tca@lrcog.org
	Ursula Selles, Nutrition Program Director (910) 775-9762	Ursula.selles@lrcog.org
	Markalya Foote, Regional LTC Ombudsman (910) 775-9761	msf@lrcog.org
	Stephanie Powers, Family Caregiver Resource Specialist (910) 775-9779	Stephanie.powers@lrcog.org
	Kayla Lowry, Aging Specialist (910) 775-9741	Kayla.lowry@lrcog.org
	Donna Wright, Aging Coordinator (910) 775-9759	Donna.wright@lrcog.org
	Caitlyn Jacobs, Aging Specialist (910) 775-9780	Caitlyn.jacobs@lrcog.org

REGION N	Camisha Lewis, Nutrition Coordinator (910) 775-9788	Camisha.lewis@lrcog.org
	Jo-Annah Sinclair, Finance Officer (910) 775-9769	Jo-Annah.Sinclair@lrcog.org
	David Richardson, Executive Dir. (910) 775-9752	david.richardson@lumberiverco.org
REGION O	STAFF CONTACT	E-MAIL
(Brunswick, Columbus, New Hanover, Pender) Cape Fear Council of Governments 1480 Harbour Drive Wilmington, NC 28401 (910) 395-4553 (see individual extensions or direct dial numbers) (800) 218-6575 FAX (910) 395-2684 http://www.capefearcog.org	Holly Pilson, AAA Director (910) 274-0339	hpilson@capefearcog.org
	Logan Britt, Aging Compliance Specialist (910) 274-0340	lbritt@capefearcog.org
	Carrie Herstine, Aging Specialist (910) 274-0345	cherstine@capefearcog.org
	Kandace Gray, Family Caregiver Resource Specialist (910) 274-0343	kgray@capefearcog.org
	Dana Bentley, Project Care Family Consultant (910) 408-6365	dbentley@capefearcog.org
	Jeff Brunsink, Regional LTC Ombudsman (910) 444-8198	jbrunsink@capefearcog.org
	Holli Blackwelder, Ombudsman (910) 444-8485	hblackwelder@capefearcog.org
	Dawn Tucker Finance Officer (910) 274-0342	dtucker@capefearcog.org
	Allen Serkin, COG Director (910) 274-0341	aserkin@capefearcog.org
REGION P	STAFF CONTACT	E-MAIL
(Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, Wayne) Eastern Carolina Council of Governments 233 Middle Street P.O. Box 1717	January Brown, Area Agency on Aging Interim Director ext. 3011	jbrown@eccog.org
	Amanda Young, Aging Consultant ext. 3008	ayoung@eccog.org
	Angelia Pridgen, Lead Ombudsman ext. 3007	apridgen@eccog.org

New Bern, NC 28563 (252) 638-3185 1-800-824-4648 COG - FAX (252) 638-3187 http://www.eccog.org/	Lauren Latshaw, Regional Ombudsman ext. 3010	llatshaw@eccog.org
	Carol Bell, Finance Director ext. 3029	cbell@eccog.org
	David Rosado, Interim Executive Director ext. 3013	drosado@eccog.org

REGION Q	STAFF CONTACT	E-MAIL
(Beaufort, Bertie, Hertford, Martin, Pitt) Mid-East Commission 1502 N. Market St, Suite A, Washington, NC 27889 (252) 946-8043 FAX (252) 974-1852 http://www.mecaaa.org	Annette Eubanks, AAA Director (252) 974-1835	aeubanks@mid-eastcom.org
	Laura Jett, Regional Ombudsman (252) 974-1838	ljett@mid-eastcom.org
	Tamyra Jovel, Family Caregiver Specialist (252) 974-1837	tjovel@mid-eastcom.org
	Brandie Garner, Aging Services Coordinator (252) 974-1854	bgarner@mid-eastcom.org
	Crystal Satterthwaite, Aging Services Coordinator, (252) 402-7553	csatterthwaite@mid-eastcom.org
	Amanda Biggs, Project CARE Specialist (252) 414-3230	abiggs@mid-eastcom.org .
	Martha Wing, Vaccine Coordinator (temp) (252) 833-2206	mwing@mid-eastcom.org
	Shannon Carter, Community Inclusion Specialist (252) 940-3680	scarter@mid-eastcom.org
	Ann Everette-Boyd, Aging Administrative Assistant, (252) 974-1839	aeveretteboyd@mid-eastcom.org
	Sherri Respass, Deputy Finance Director, (252) 974-1830	sresspass@mid-eastcom.org
	John Moses, Finance Director (252) 974-1853	jmoses@mid-eastcom.org
	Bryant Buck, Executive Director (252) 974-1844	bbuck@mid-eastcom.org

REGION R	STAFF CONTACT	E-MAIL
(Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell, Washington) Albemarle Commission 512 South Church Street Hertford, NC 27944 (252) 426-5753 FAX (252) 426-8482 www.albemarlecommission.org	Laura Alvarico, AAA Director (252) 404-7078	lalvarico@accog.org
	Kayla White, Aging Program Specialist (252) 404-7088	kwhite@accog.org
	Shannon Ray, Aging Program and Contract Specialist (252) 426-8244	sray@accog.org
	Shari Harris, Nutrition Program Coordinator (252) 404-7085	sharris@accog.org
	Laura Rollinson, Senior Nutrition Program Manager (252) 404-7091	llrollinson@accog.org
	Ashley Lamb, Family Caregiver Support Specialist (252) 404-7090	alamb@accog.org
	Brenda Gates, Nutrition Program Coordinator (252) 404-7082	bgates@accog.org
	Melissa Hines, Ombudsman (252) 404-7086	mhines@accog.org
	Bradley Yates, Administrative Assistant (252) 404-7087	byates@accog.org
	David Whitmer, Interim - Executive Director (252) 404-7094	dwhitmer@accog.org