**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](mailto: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](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 | Foothills Regional Commission  *(Previously Isothermal Commission)*  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](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: 1-866-219-3643  P: (828) 265-5434 ext. 126  F: (828) 265-5439 | Stevie Welborn  [swelborn@hccog.org](mailto:swelborn@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) 485-4271  F: (828) 322-5991 | Christina Franklin  [christina.franklin@wpcog.org](mailto:christina.franklin@wpcog.org)  Michael Layza  [michael.layza@wpcog.org](mailto:michael.layza@wpcog.org) | Alexander  Burke  Caldwell  Catawba |
| F | 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 | Hillary Kaylor  [hkaylor@centralina.org](mailto:hkaylor@centralina.org)  Patricia Cowan  [pcowan@centralina.org](mailto:pcowan@centralina.org)  Rachel Kiel  [rkiel@centralina.org](mailto:rkiel@centralina.org)  Rochelle McIver  [rmciver@centralina.org](mailto:rmciver@centralina.org) | Anson  Cabarrus  Gaston  Iredell  Lincoln  Mecklenburg  Rowan  Stanly  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)  Tracy Warner  [twarner@ptrc.org](mailto:twarner@ptrc.org)  Crystal Norman  [cnorman@ptrc.org](mailto:cnorman@ptrc.org)  Miranda Taylor  [mtaylor@ptrc.org](mailto:mtaylor@ptrc.org)  Adriene Carmicheal  acarmicheal@ptrc.org | Alamance  Caswell  Davidson  Davie  Forsyth  Guilford  Montgomery  Randolph  Rockingham  Stokes  Surry  Yadkin |
| J | Central Pines Regional Council  *(Previously Triangle J Council of Governments)*  4307 Emperor Blvd.  Suite 110  Durham, NC 27703  Toll Free: 1-800-310-9777  P: (919) 558-2719  (919) 558-2703  (919) 558-9401  (919) 558-2714 | Aimee Kepler  [akepler@centralpinesnc.gov](mailto:akepler@centralpinesnc.gov)  Carolyn Pennington  [cpennington@centralpinesnc.gov](mailto:cpennington@centralpinesnc.gov)  Autumn Cox  [acox@centralpinesnc.gov](mailto:acox@centralpinesnc.gov)  Angela Woodard  awoodard@centralpinesnc.gov | Durham  Chatham  Johnston  Lee  Moore  Orange  Wake |
| K | 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 | Kimberly Hawkins  [khawkins@kerrtarcog.org](mailto:khawkins@kerrtarcog.org) | Franklin  Granville  Person  Vance  Warren |
| 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](mailto:twhitaker@ucpcog.org)  Annetta Brown  [abrown@ucpcog.org](mailto: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](mailto:kstrong@mccog.org) | Cumberland  Harnett  Sampson |
| N | Lumber River Council of Governments  30 CJ Walker Road  Pembroke, NC 28358  P: (910) 775-9761  F: (910) 521-7556 | *Vacant* | 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](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: 1-800-824-4648  P: (252) 638-3185 ext. 3007  (252) 638-3185 ext. 3010  F: (252) 638-3187 | Angelia Pridgen  [apridgen@eccog.org](mailto: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  [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 | Melissa Hines  [mhines@accog.org](mailto:mhines@accog.org) | Camden  Chowan  Currituck  Dare  Gates  Hyde  Pasquotank  Perquimans  Tyrrell  Washington |