

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

Office of The State Ombudsman

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Website: <http://www.ncdhhs.gov/aging/ombud.htm>

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Area Agency on Aging	Regional Ombudsmen	Counties Served
Southwestern Planning Commission 125 Bonnie Lane Sylva, N.C. 28779 Telephone (828) 586-1962 Ext 223 Fax:(828) 586-1968	Larry Reeves larry@regiona.org	<u>Region A</u> Cherokee Clay Graham Haywood Jackson Macon Swain
Land-of-Sky Regional Council 339 New Leicester Hwy., Suite 140 Asheville, N.C. 28806 Toll-Free: 1-800-727-0557 (828) 251-6622 Fax: (828) 251-6353	Ruth Price ruth@landofsky.org Julia Gibson julia@landofsky.org Nancy Smith-Hunnicut nancysh@landofsky.org	<u>Region B</u> Buncombe Henderson Madison Transylvania
Isothermal Commission P.O. Box 841 Rutherfordton, N.C. 28139 Toll Free: 1-800-331-9891 (828) 287-2281 Fax: (828) 287-2735	Mandy Johnson mjohnson@regionc.org , Lori Simpson lsimpson@regionc.org	<u>Region C</u> Cleveland McDowell Polk Rutherford
High Country Council of Governments 468 New Market Boulevard Boone, NC 28607 Toll Free: 1-866-219-3643 (828) 265-5434 ext. 126 Fax: (828) 265-5439	Laura Jane Ward ljward@regiond.org	<u>Region D</u> Alleghany Ashe Avery Mitchell Watauga Wilkes Yancey
Western Piedmont Council of Governments P O Box 9026 Hickory, N.C. 28603 (828) 485-4213 Fax: (828) 322-5991	Vacant Call the Office of the State LTC Ombudsman Program (919) 855-3400	<u>Region E</u> Alexander Burke Caldwell Catawba

Area Agency on Aging	Regional Ombudsmen	Counties Served
<p>Centralina Council of Governments 525 North Tryon Street, 12th Floor Charlotte, N.C. 28202 Toll Free: 1-800-508-5777 (704) 348-2715, 348-2724, 688-6503, 348-2739, 688-6504 Fax: (704) 347-4710</p>	<p>Cindy Englert cenglert@centralina.org</p> <p>Hillary Kaylor hkaylor@centralina.org</p> <p>Patricia Cowan pcowan@centralina.org</p> <p>Laurie Abounader lounader@centralina.org</p> <p>Lindsay Tice ltice@centralina.org</p>	<p><u>Region F</u></p> <p>Anson Cabarrus Gaston Iredell Lincoln Mecklenburg Rowan Stanley Union</p>
<p>Piedmont Triad Regional 1398 Carrollton Crossing Drive Kernersville, N.C. 27284</p> <p>Main Number (336) 904-0300 Fax: (336)904-0302</p>	<p>Kim Johnson kjohnson@ptrc.org</p> <p>Ashley Marcolivio amarcolivio@ptrc.org</p> <p>Karin Kiser kkiser@ptrc.org</p> <p>Jennifer Harriss jharriss@ptrc.org</p> <p>Warren Wilson wwilson@ptrc.org</p> <p>Cynthia Moir cmoir@ptrc.org</p>	<p><u>Region G</u></p> <p>Alamance Caswell Davidson Davie Forsyth Guilford Montgomery Randolph Rockingham Stokes Surry Yadkin</p>
<p>Triangle J Council of Governments 4307 Emperor Blvd., Suite 110, Durham, N.C. 27703 Toll Free: 1-800-310-9777 (919) 558-2719, (919) 558- 2714, (919) 558-9404, (919) 558-2703, (919) 558-9401 Fax: (919) 998-8101</p>	<p>Aimee Kepler akepler@tjco.org</p> <p>Carmelita Karhoff ckarhoff@tjco.org,</p> <p>Jennifer Link jlink@tjco.org</p> <p>Charlotte Terwilliger cterwilliger@tjco.org</p> <p>Carolyn Pennington cpennington@tjco.org</p>	<p><u>Region J</u></p> <p>Chatham Durham Johnston Lee Moore Orange Wake</p>
<p>Kerr Tar Regional Council of Governments P.O. Box 709 Henderson, N.C. 27536 Toll Free: 1-866-506-6223 (252) 436-2050 Fax: (252) 436-2055</p>	<p>Kimberly Hawkins khawkins@kerrtarco.org</p>	<p><u>Region K</u></p> <p>Franklin Granville Person Vance Warren</p>

Area Agency on Aging	Regional Ombudsmen	Counties Served
Upper Coastal Plains Council of Governments 121 West Nash Street P.O. Box 9 Wilson, N.C. 27893 (252) 234-5963, 234-5962 Fax: (252) 234-5971	Tyronda Whitaker twhitaker@ucpcog.org Autumn Pittman apittman@ucpcog.org	<u>Region L</u> Edgecombe Halifax Nash Northampton Wilson
Mid-Carolina Council of Governments P.O. Box 1510 Fayetteville, N.C. 28302 (910) 323-4191 ext. 25 and ext. 27 Fax: (910) 323-9330	Kareem Strong kstrong@mccog.org Tracy Davis tdavis@mccog.org	<u>Region M</u> Cumberland Harnett Sampson
Lumber River Council of Governments 30 CJ Walker Road Pembroke, N.C. 28358 Toll Free: 1-866-582-4251 (910) 775-9761 Fax: (910) 521-7556	Twilla C. Allen tca@lrcog.org	<u>Region N</u> Bladen Hoke Robeson Scotland Richmond
Cape Fear Council of Governments 1480 Harbour Dr. Wilmington, N.C. 28401 Toll Free: 1-800-218-6575 (910) 395-4553 Fax: (910) 395-2684	Audrey Marshall amarshall@capefearcog.org Patricia Sacchetti psacchetti@capefearcog.org	<u>Region O</u> Brunswick Columbus New Hanover Pender
Eastern Carolina Council Area Agency on Aging P.O. Box 1717 New Bern, N.C. 28563 Toll Free: 1-800-824-4648 (252) 638-3185 ext. 3010 and ext. 3007 Fax: (252) 638-3187	Angelia Pridgen apridgen@eccog.org Renee Kea rkea@eccog.org	<u>Region P</u> Carteret Craven Duplin Greene Jones Lenoir Onslow Pamlico Wayne
Mid-East Commission 1385 John Small Avenue Washington, N.C. 27889 (252) 974-1838 Fax: (252) 551-7683	Tameka Riggsbee triggsbee@mideastcom.org	<u>Region Q</u> Beaufort Bertie Hertford Martin Pitt
Albemarle Commission P.O. Box 646 Hertford, NC 27944 (252) 426-5753 Fax: (252) 426-8482	Debra Sheard dsheard@albemarlecommission.org	<u>Region R</u> Camden Chowan Currituck Dare Gates Hyde Pasquotank Perquimans Tyrrell Washington

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