

**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 125 Bonnie Lane Sylva, NC 28779 P: (828)586-1962 ext. 223 F: (828) 586-1968	Larry Reeves larry@region.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: (800)727-0557 P: (828)251-6622 F: (828) 251-6353	Cori Search cori@landofsky.org Jamie Foust jamie@landofsky.org Carol Allison carola@landofsky.org	Buncombe Henderson Madison Transylvania
C	Isothermal Commission PO Box 841 Rutherfordton, NC 28139 Toll Free: (800) 331-9891 P: (828) 287-2281 F: (828) 287-2735	Mandy Johnson mjohnson@regionc.org Lori Simpson lsimpson@regionc.org	Cleveland McDowell Polk Rutherford
D	High Country Council of Governments 468 New Market Boulevard Boone, NC 28607 Toll Free: (866) 219-3643 P: (828) 265-5434 ext. 126 F: (828) 265-5439	Stevie John sjohn@regiond.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) 485-4265 F: (828) 322-5991	Christina Franklin christina.franklin@wpcog.org Anita Roberts anita.roberts@wpcog.org	Alexander Burke Caldwell Catawba

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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 Ashley Marcolivio amarcolivio@ptrc.org Karin Kiser kkiser@ptrc.org Warren Wilson wwilson@ptrc.org Tracy Warner twarner@ptrc.org Holly Sluder hsluder@ptrc.org</p>	<p>Alamance Caswell Davidson Davie Forsyth Guilford Montgomery Randolph Rockingham Stokes Surry Yadkin</p>
J	<p>Triangle J Council of Governments 4307 Emperor Blvd. Suite 110 Durham, NC 27703 Toll Free: (800) 310-9777 P: (919) 558-2719 (919) 558-2714 (919) 558-9404 (919) 558-2703 (919) 558-9401</p>	<p>Aimee Kepler akepler@tjocog.org Jennifer Link jlink@tjocog.org Carolyn Pennington cpennington@tjocog.org Autumn Cox acox@tjocog.org Pam Palmer ppalmer@tjocog.org</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: (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>
L	<p>Upper Coastal Plains Council of Governments 121 West Nash Street PO Box 9 Wilson, NC 27893 P: (252) 234-5963 (252) 234-5962 F: (252) 234-5971</p>	<p>Tyronda Whitaker twhitaker@ucpcog.org Annetta Brown abrown@ucpcog.org</p>	<p>Edgecombe Halifax Nash Northampton Wilson</p>

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P	<p>Eastern Carolina Council PO Box 1717 New Bern, NC 28563 Toll Free: (800) 824-4648 P: (252) 638-3185 Ext. 3010 and Ext. 3007 F: (252) 638-3187</p>	<p>Angelia Pridgen apridgen@eccog.org</p> <p>Colby Smith csmith@eccog.org</p>	<p>Carteret Craven Duplin Greene Jones Lenoir Onslow Pamlico Wayne</p>
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R	<p>Albemarle Commission PO Box 646 Hertford, NC 27944 P: (252) 426-5753 F: (252) 426-8482</p>	<p>Brandi Jordan bjordan@accog.org</p>	<p>Camden Chowan Currituck Dare Gates Hyde Pasquotank Perquimans Tyrrell Washington</p>