



Centralina Area Agency on Aging
Living Healthy: Chronic Disease
Self-Management Program
Leader List

Name	County	Agency/Organization Affiliation	Date Certified
Alvi Houston	Mecklenburg	Mecklenburg DSS Adult Services	September 2008
Angel Stoy-Trietley	Cabarrus	Cabarrus Department of Aging/Senior Centers	September 2008
Angela DePietro	Anson	Anson Council on Aging	June 2009
Angela Schlottman	Mecklenburg	Centralina Area Agency on Aging	June 2009
Ashley Sassano	Mecklenburg	Arthritis Services	April 2010
Barbara Guthrie	Mecklenburg	Levine Senior Center Matthews	June 2009
Beth Croom	Cabarrus	Volunteer	April 2010
Bonnie Rushing	Union	Union Council on Aging	April 2010
Caroline Mette	Mecklenburg	Charlotte Mecklenburg Senior Centers Inc. – Tyvola Senior Center	April 2010
Charmaine Huntley	Mecklenburg	Mecklenburg DSS	June 2009
Cheryl Fleming	Gaston	Belmont parish Nurse Ministry	April 2010
Cheryl Miller	Gaston	Gaston Senior Center	June 2009
Cheryl Roberts	Mecklenburg	North Mecklenburg Senior Center	September 2008
Cindy Berrier	Mecklenburg	Arthritis Services	September 2008
Cliff Roberts	Mecklenburg	North Mecklenburg Senior Center	September 2008
Cora Witmore	Union	Union Council on Aging	April 2010
Dana Rudisill	Gaston	Gaston College	June 2009
Diahna Wallace	Union	Ellen Fitzgerald Senior Center/ Union County	September 2008
Doris Graham	Gaston	Gaston Senior Center	June 2009
Eileen Polak	Union	Volunteer	April 2010
Faye Hinson	Union	Union Council on Aging	April 2010
Gail Poulton	Rowan	Rufty Holmes Senior Center	June 2009
Ginger Watkins	Mecklenburg	Charlotte Mecklenburg Senior Centers/North Mecklenburg Senior Center	April 2010
Isabelle Howard	Stanly	Stanly Senior Services	June 2009
Joan Dickey	Union	Volunteer	April 2010
JoAnn Rathbun	Mecklenburg	Mecklenburg DSS Adult Services	September 2008
Joanne Ahern	Mecklenburg	Charlotte Mecklenburg Senior Centers/North Mecklenburg Senior Center	September 2008

Name	County	Agency/Organization Affiliation	Date Certified
Johnsie Barringer	Stanly	Stanly Senior Services	April 2010
Katie Kutcher	Mecklenburg	Mecklenburg Council on Aging	September 2008
Kylie Adams	Cabarrus	Cabarrus Senior Centers	June 2009
Linda Carlisle	Stanly	Stanly Senior Services	June 2009
Linda Minges	Gaston	Gaston Cooperative Extension	June 2009
Linde Jensen	Gaston	Gaston Memorial Hospital	June 2009
Lisa Ugland	Mecklenburg	National MS Society	September 2008
Lisa Marisiddaiah	Gaston	Gaston Parish Nurse Ministry	June 2009
Lisa Martinez	Mecklenburg	Centralina Area Agency on Aging	April 2010
Marty Garges	Mecklenburg	Charlotte Mecklenburg Senior Centers Inc. – Tyvola Senior Center	April 2010
Melinda Houser	Lincoln	Lincoln Cooperative Extension	June 2009
Mildred Johnson	Iredell	AARP	June 2009
Mona Sossoman	Cabarrus	Cabarrus Department of Aging/Senior Centers	September 2008
Myra Green	Mecklenburg	Charlotte Mecklenburg Senior Centers/Shamrock Senior Center	June 2009
Myra Lowden	Union	Union Council on Aging	April 2010
Pat Whitten	Mecklenburg	Centralina AAA	September 2008
Rita Short	Anson	Anson Council on Aging	June 2009
Sandra Adcock	Mecklenburg and Union	Plantation Estates at Matthews	September 2008
Sandra Lestik	Mecklenburg	North Mecklenburg Senior Center	September 2008
Shelley DiDonato	Rowan	Rufty Holmes Senior Center	June 2009
Shirley Lockhart	Mecklenburg	Mecklenburg DSS	June 2009
Sue Brooks	Lincoln	Lincoln Senior Services	June 2009
Susan Whitley	Stanly	Stanly Senior Services	April 2010
Vicki Day	Mecklenburg	Mecklenburg DSS Senior Nutrition	September 2008

Region F Master Trainers

Name	Affiliation
Doris Uliss	AARP
Ann Simmons	NC Cooperative Extension – Iredell County
Larry Watts	Plantation Estates at Matthews
Sarah Jackson	RSVP (Charlotte Mecklenburg Senior Centers)

Region F Coordinator and Master Trainer

Name	Affiliation	Email	Phone
Linda Miller	Centralina AAA	lmiller@centralina.org	704-348-2712 1-800-508-5777